

# THE JESTER



MARCH 2022 ISSUE | WRITTEN BY Kate, Alan, Mark, Paul, Charlie

## FEBRUARY INDOOR SHOOT 2022

A little bit of background: me, Kat, being a complete beginner, having just started the archery adventure in the Autumn. Seb, coming back to the sport after a 7 year break just a few months earlier, having a few years of casual shooting before on the account. Neither of us had any experience with competitions before, so when we heard about Indoor Friendly Competition we thought - "why not? It must be an interesting experience." And we weren't mistaken! We've learned the rules in a really relaxed atmosphere. The judge explained to us everything about how the kit is being checked and what's not allowed. Everyone was really helpful - any questions we've had about anything



from clothing to scoring were kindly answered. Having a chance to experience a competition with all the usual components but without any pressure has definitely boosted our confidence. For sure it's now going to be less stressful to take the next step and join a record-status tournament. Last but not least, we've got all these benefits with the great addition of some amazing cake! (I don't think they provide this on the big competitions, do they?) We found the Indoor Friendly to be a really good introduction to the world of tournaments and a great prep for any future events. We can truly recommend it to anyone who's new to shooting

## HARLEQUIN HAWKEYES

*A review on this year's February Indoor Friendly Competition, from a Young Archer's perspective, by Charlie Broomfield.*

"Arriving at the competition, my nerves were high. Having never done a competition before, I expected a serious atmosphere. I could not have been more wrong. The indoor friendly competition was exactly as it said it would be. A laid-back and low stakes challenge for everyone, including novices to serious shooters from other archery clubs.

Yet while the competition was friendly, it was still clearly that. With an experienced judge on hand to call the shots and guide the group as a whole through the stages. Making the day go smoothly and efficiently. Grouping for the shoot was done perfectly. Pairing more experienced archers with those who have less experience gave a chance for coaching, even if it was a small amount. Furthermore, the different categories in the results allowed for more people to be highlighted in their skills with their respective bows.

The icing on the (literal) cake was the catering. Done brilliantly by Freya and Helen with extras baked by members everyone was well fed and taken care of. The competition was fantastic, and I highly recommend to anyone who thinks it would be a fun idea. Have a go and shoot your shot!"

## MARCH CALENDAR

FRI 4<sup>TH</sup> 18:00 — AGM, John Mason School  
SAT 5<sup>TH</sup> 13:00 — Winter Coaching Session 5  
SUN 6<sup>TH</sup> 10:00 — Monthly Shoot: FROSTBITE  
FRI 11<sup>TH</sup> 18:00 — Indoor Shooting  
FRI 18<sup>TH</sup> 18:00 — Indoor Shooting  
FRI 25<sup>TH</sup> 18:00 — Indoor Knockout H2H Event  
SUN 27<sup>TH</sup> 12:00 — Winter Clout Shoot

## MEET THE COMMITTEE



**Hello everyone, I'm Alan!**

### ROLE ON THE COMMITTEE:

I am a Session Coach (formerly Level 1 Coach) with the club and am Beginners Course Coordinator.

### MY ARCHERY EXPERIENCE:

I started archery in the summer of 2019 and have mostly shot target recurve and barebow clout, but this year I'm experimenting with barebow target for a change!

### DID YOU KNOW:

Archery first became an Olympic sport in 1900 but was dropped in the 1920 Olympics. It did, however, return in 1972 and, unlike a lot of Olympic sports, female archers were allowed to compete from 1904, though the first modern female Olympians were 4 years earlier (but only in 5 sports).

### EMAIL:

[beginners@harlequinbowmen.org.uk](mailto:beginners@harlequinbowmen.org.uk)



**Two Hawkeyes in action:** Charlie as Lady paramount awarding Freya a Gold medal and hotshot Joe at full draw!

## COACHING TIP OF THE MONTH: TIME YOURSELF!

Timing your shooting occasionally can help you to see how long you ACTUALLY take versus how long you THINK you take 😊

Whilst shots benefit from being 'dynamic', you have up to 3 minutes to shoot 6 arrows. 30 seconds per arrow! Pause at points in your shot sequence, give your muscles a break between arrows and TAKE YOUR TIME. You'll be amazed at how much it can help.



## YOU FEATURE: BILL MURFETT

Being the modest and unassuming gentleman that he is, Bill will undoubtedly wonder why we have chosen him for this month's 'You Feature' section of our newsletter. As a long-standing member of the club, Bill has been an active participant on the shooting line for many years now. However, it would be fair to say that, like a good wine, Bill's archery has been maturing more and more in recent times, with multiple Club and Country records in 2021 which saw him achieve:

- Club open and overall records for both the single and double WA 70m rounds
- Club overall record for the St George, a round shot at 100, 80, and 60 yards
- Long western overall club record
- Western overall club record
- National overall club record
- At least 3 of these rounds were also County longbow records too!

Along with this record success, Bill's more general longbow archery skill has continued to go from strength to strength with an improvement of outdoor handicap from an initial 68 in mid-2018 to a current handicap of 53... a drop of 15 in 3 years which saw him win the handicap improvers medal for 2019.

As well as a growing skill with the longbow, Bill is a committed member of the club, always willing to offer his assistance with our larger scale annual competitions, and competing in many of them, as well as being a good companion to those who frequently shoot with him. It is one of the main reasons we invited Bill to be our Gentlemen Patron at last year's B.A.A. County Championships.

## DIANA ENTRIES ARE OPEN!

Entries for our 57<sup>th</sup> Diana Competition are now open! Our annual summer event, back to one day of shooting! Celebrate the Jubilee Saturday flinging some arrows down our range and eating cake! Click the link below to find out more and to enter:

<https://www.harlequinbowmen.org.uk/event-info/57th-diana-open-competition>

Saturday 4<sup>th</sup> June, 09:00 – 17:00, Harwell Campus

Assembly is at 10:45, sighters at 11:00

Our Diana is UK Record Status, shooting Albion, and Windsor rounds (all the way from 30 to 80 yards). You can choose to shoot whichever distance you would like, whichever bow style you would like, and can eat as many bacon rolls as you would like (members who help with set-up get extra)! This is our trademark event that everyone attends, and everyone loves. If you *'don't feel ready for a proper competition'* then sign up anyway because honestly... it's just another shoot! If you like good weather, good food, and good company, this event is for you!

# TO CLICK OR NOT TO CLICK?

PLEASE READ AS YOU WOULD IN NEWSPAPER FORMAT

That is the question. In this section of our newsletter, we hear from two club archers about their use of clickers. First of all, what is a clicker?

"A clicker is a thin piece of metal connected to the front of your bowl that *'helps'* you to draw to a consistent point and alerts you when you should release your arrow. Now, I have highlighted the word *'helps'* as this is where my problem lies.

I had become what I call *'clicker conditioned'* and my whole shot process evolved around this thin piece of metal that goes 'click'. I was no longer in control of the shot-process, and this was causing me some problems: mainly back pain, general fatigue, and poor grouping. What was happening was I was either pulling through the clicker too early, so I had to come down and start the shot process again, or I was holding at full draw for so long on expansion that I was getting tired and/or expanding and expanding and expanding until I was either twisting my back or being completely out of alignment when the arrow was released.

So, I made the decision to stop using a clicker. This led to a eureka moment as my grouping was even worse as I could not hold the bow at full draw, relax, and expand before releasing the arrow AND I was shooting too quickly. I suddenly realised that the clicker told me when to release and without it I was all over the place. Eventually, after quite a few ends the group started to come together and *finally felt in control of the shot-process*. I was now making the decision when to release, not a thin piece of metal.

Since then, the back pain has stopped, I haven't felt so tired, and the grouping has improved. Will I go back to using a clicker? Possibly, but with one caveat: organising a one-to-one session with a coach to make sure that all the other parts of my shot process are good just to ensure the clicker becomes an aid to my shot process only."

WRITTEN BY MARK GARDINER

"It's interesting reading about Mark's experience with a clicker, when my own contrast so much with his. As an early archer I moved quite rapidly through the different stages of *'improving'* my kit... I added a long rod and side bars, pushed up my bow weight by 6lbs, and wanted to do the next 'right' thing: add a clicker.

So, 6 months in, I did just that. I spent a little time tinkering with it to get the right position and then shot a few rounds, and what a revelation! Anecdotally, my indoor handicaps shot down from around 53 to 43 in a week... and my outdoor shooting improved almost as well. For me, I view it as the single most significant action\* I have taken that has had the biggest impact on my performance.

This gets me thinking about why Mark and I have such different feelings about using a clicker. Personally, it has removed one variable from my shooting, namely my ability to come back to a consistent draw-length and has also helped me to slow down my shooting a little. Whilst I may hate the struggle to *'get through the clicker'* on occasions, I know that at least the draw length will be okay. My release is so in tune with the click that I don't even think about it, although this does have its pitfalls: sometimes, a nearby clicker has caused me to release my own arrow prematurely!

I have taken time to position the clicker correctly, which can be a common issue. As Mark says, it needs to be tied in with good (and consistent) technique, especially with regards to alignment and expansion. Set it too short and you are through it before you know; set it too far back and you can expand all you like, but it will be your arms and not your back muscles doing the expansion, and you may not make it through.

So, whilst I had a very positive experience introducing a clicker into my shot sequence, I think I agree with Mark's caveat above: **when you think you are ready to make use of a clicker, book some time with a club coach to help you get it set up right.**

"I had also changed my limbs from 30 to 34lbs at the same time (so it could be nothing to do with the clicker)!"

WRITTEN BY PAUL COMINA

## Mick Baines 1939-2022

We are saddened to have to share the news with you that long-standing club member Mick Baines died a little over a week ago. We offer our condolences to his family and our best wishes on behalf of Harlequin Bowmen. Club member, Rob, will be writing more fully on Mick's active participation in the club and we will share this with you in April.

## AGM 2022

Postponed due to lack of numbers! Disappointingly only 18 out of 110 club members were able to indicate they would be attending and so we have postponed the AGM. We will rearrange shortly, and will invite you to join us on a virtual event before the end of March. Please DO try to join if you are available. We intend it as much as a celebration and social event as an AGM. BYO food and drink.