

## **BINGHAM LEISURE CENTRE ARCHERY CLUB**

### **ARCHERY NOTES** **END OF BEGINNER'S COURSE**

Your beginner's course is coming to an end and it is our hope that you will have enjoyed the experience - now what?

Well you could simply forget about archery and return to a "Normal" life.

If however you would like to continue with the sport you have two options, you could carry straight on or you could leave it for a little while and come back at a future date - but not to repeat a beginners course at this club. Insurance rules do not allow this. To carry on you should join a club, and that could be ANY club, although we would hope that we would be your first choice. Any club you apply to will want to know that you have completed a beginner's course to consider your application.

To join us you should apply to the club secretary Simon Barnicott (15 Juniper gardens, Bingham NG13 8UA) and the club committee will consider the application.

**It will be necessary for you to obtain your own set of equipment** - once you start progressing in Archery it is vital that you have equipment which is matched to you and can be adjusted and tuned to your particular shooting technique. Equipment can be purchased from specialist archery suppliers, either new or second-hand, or there may be some second-hand equipment around for private sale that we know about - you have but to ask!

You will, hopefully, remember from information given during the course that equipment needs to be matched to the archer -- and that is especially important in the match of the bow with the arrows. For this (and other reasons) newcomers to the sport need to be particularly careful if considering buying a second-hand kit - all the parts may not be the correct combination.

We will be pleased to help with advice on this; we will try, if asked and when possible, to accompany you on a trip to an archery shop. There are four suppliers near to us, Custom Built Archery at Eakring, KG Archery at Walesby, Merlin at Loughborough and Quick's at Sapcote near Leicester. All of these will guide you in your choice if requested - it will help to tell them that you have just completed a beginner's course at Bingham. Merlin and KG Archery are bow - makers selling a range of their own make as well as some other makes with ranges of all the other essentials (and of course some non-essential but useful extras). Custom Built Archery and Quick's are retailers supplying a range of bows and equipment. There are several other suppliers, all further away. Most suppliers supply goods through the postal service, often via the Internet, but really you need to know what you want to use this source. We do have various catalogues and can give you addresses, telephone numbers and websites.

### **EQUIPMENT**

**So, what will you need and what will the different bits do?**

The following notes are only intended to provide a simple introduction, not a full and complete text book! Most of this information will have been talked about during your course and this is really a reminder.

#### **BOW**

Generally beginners start with wooden or plastic handled bows - this is not a fixed rule, just the most common. There are different types of bow (excluding the crossbow) - the original Longbow, the modern Target or Recurve bow and the Compound bow (shorter bows fitted with pulley wheels on the ends). We have people shooting all these types of bow in the Bingham Club, though the majority (and indeed most British Archers) shoot Recurve bows. These notes only refer to this type: if you want to know more about Longbow or Compound, ask us.

Most bows come in three parts, one Riser (the middle bit that you hold) and two Limbs (the long, curved and bendy bits) and they can't shoot anything without a string. Risers can be made of wood, plastic, metal or carbon and, thanks to the skills of paint and varnish manufacturers and anodisers, they can be almost any colour or combination of colours. Limbs are made of wood laminated with

glass fibre, carbon or some other material - on some high specification bows, limbs can be made of plastic foam instead of the wood.

Variations of bow length and draw weight can be obtained and these allow for the matching of bow to archer - and bows are made differently for left and right - handed archers.

### **SIGHT**

A device fitted to bow handles, which you use to work out where you want the arrow to land. Never accurate (!) as the arrows may go somewhere completely different and this device is given the blame - *not you, the archer, of course!* Sights range from simple and fairly cheap to complicated and very expensive. Start with a relatively simple one and change as you gain more experience.

### **STRING**

Not just any piece of string but made of thin strands of man-made fibres twisted together and bound at each end to form loops, with some more binding (called the serving) for part of the middle length. They are made with different numbers of strands and in different lengths to suit each bow and the type of arrow. Wooden riser bows use strings made from Dacron, metal riser bows can use Dacron and other materials, commonly "Fastflite". One string is usually supplied with every new bow.

### **ARROWS**

The long pointed things that the archer shoots at (and sometimes hits) targets. Again these are made from different materials, usually Aluminium Alloys or Carbon Fibre, although some top specification arrows are made from a combination of the two. Please note that all-carbon arrows are not permitted for use on our field but they can be used indoors. Traditional longbow arrows are still made from wood. Beginners are advised to purchase a set of 8 (a 'set' of arrows is 6 for regular shooting and 2 spares)

Aluminium arrows. Arrows consist of four parts, the shaft, pile (point), fletchings and nocks. The shafts are cut to lengths to suit each archer and will be of a suitable thickness to match the bow weight and archers draw length. Fletchings and nocks can be in different colours (and shapes and sizes!), the colours being chosen to suit each archer's own personality and desire for individuality. All the named suppliers will measure you, and the bow, to select the best match for arrows - a reference guide in the form of a chart system prepared by the arrow manufacturers will be used. Accept the advice given.

### **ARROW REST**

Something to do just what it says - a small device stuck to the side of the bow handle without which the whole set - up is useless. There are many different types and makes but, like strings, one is usually supplied with a new bow - buy at least one spare!

### **BUTTONS**

Not the type which hold clothes together but spring-loaded devices which screw into the side of a bow handle. All arrows bend when they are released from the bow and the Button is fitted alongside the arrow shaft to help in reducing the amount of bending by providing some pressure in the opposite direction (hence the full description of this as a "pressure button"). Adjustment of the button length and the spring pressure can only be done properly by shooting many arrows during a session at the club - this is part of the whole process of tuning the bow and you will initially need help. At shorter distances, you will be able to shoot without one of these but as you progress a button will be needed - it would be helpful to get one from the start so that we can fit (and adjust) it when it is appropriate. Again most bows are supplied with a button as part of a package.

### **QUIVER**

Quite simply something to hold your arrows while you shoot. Normally fixed on a belt around the waist. Lots of colours, shapes and materials, all these may make you feel good but there is no real effect on the score of each arrow. This is another item that you should get at the start.

### **FINGER TAB**

A piece of shaped material (usually Leather), lots of design variations, generally in three sizes and different for left and right handed archers. Used to prevent the bowstring cutting into your fingers as you draw the bow.

### **CHEST GUARD**

A device to prevent clothing interfering with the free movement of the string when the arrow is

released. Variations possible with size, left or right handed shooting and different materials and design.

### **BRACER**

The protective device worn on the bow arm to prevent damage if the string hits the arm when the bow is shot - one of *these is essential*, despite all the teaching, it is almost certain that at some time you will manage to do this. Bracers come in several designs, and sizes and colours: arms without bracers which have been hit by strings can have more colours!

### **STRINGER**

Long pieces of string with attachments at each end to fix on the bow ends. Used to help in fitting the bowstring to the bow, minimising the risks of twisting bow limbs and possibly damaging archers.

### **ARROW PULLER**

A piece of rubber or plastic material to grip arrows and help you get them back from whatever they have stuck into - especially useful if this is the wooden leg of your target (or someone else's)!

### **GLUE**

The stuff that fixes fletchings and nocks to arrows and piles in the ends of arrows. Has the annoying habit of coming unstuck while shooting (usually during tournaments when shooting for a score which **really** matters). Get a tube of fletching glue and a stick of hot-melt glue for piles - and don't forget to carry some matches or a lighter with you when shooting, it's not called hot-melt glue for nothing.

### **STABILISERS**

Various bits and pieces which absorb vibration and give a better 'feel' to the bow when the arrow is shot. In doing this they are claimed to aid shooting accuracy. Lots of types and lots of ranges of adjustment to allow the archer to 'stabilise' equipment - much more effective at **destabilising** the mental state of the archer and, if wrongly chosen and used, can seriously damage an archer's progress and development. *Avoid* these devices when you first buy your kit - take advice from the club coaches as your skill develops.

### **OTHER ITEMS**

Almost a never-ending range including bags and boxes (to carry your kit and protect it from the weather), waterproof and warm clothing (to protect **you** from the weather), score pads, bracing - height gauge, foot markers, sunshades, umbrellas, binoculars, lunch boxes, vacuum flasks, portable stools and chairs, etc. etc...

Oh yes one other item of use - money - you can't shoot with it but then you can't shoot without it. Completely individual choices here!

Hopefully you will have found the above notes useful - if you want to talk over any points, or if you have any suggestions on improving the notes for future beginners, please contact any of the club coaches, Jim Johnson, Les Smeeton, Simon Barnicott or Kate Knaggs.