

# The Bowmen Bulletin



Welcome to the third edition of the Valley Bowmen of Huddersfield Bulletin.

Our aim is to keep you up to date with news, forthcoming events, results and anything that we think might be of interest to members of the club.

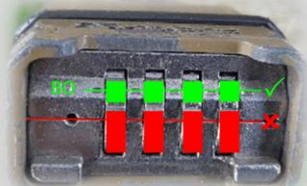
October 2023

Please feel free to give us your feedback and get in touch with articles and content you would like to see here.

## A reminder: Security, Safety and Departure procedures.

### Field Security

The combination padlock on the gate. Unlike most locks the code needs to be aligned to the **TOP** row of numbers **NOT** the centre row.



### Key Safes

The Key safe on the side of the indoor range contains:

- Key to the Disabled Persons Toilet ("DPT").
- Keys to the Target shed door and padlock.



The Key safe in toilet contains:

- Keys to the Kitchen (top & bottom locks and padlock).
- Key to indoor range.



Pavilion Windows.

Each window has two shutters, each with bolts top and bottom.

### Departure Procedures

- Please put away and stack chairs.
- Wash up, dry and put away any crockery/cutlery used.
- If someone is still shooting, please check that they know how to do all the following:

The last person to leave should:

- Turn off water heater.
- Close and lock pavilion shutters.
- Check lights are off.
- Lock pavilion and indoor range then put keys away.
- Return "No Entry" sign to the DPT.
- Lock DPT and put key away.
- Check target shed is locked.
- Lock the gate.
- Please check that all key safes are fully closed and secure.

**Think safety  
Act safely  
Be safe**

**SAFETY** The shooting line extended to the full width of the site forms the boundary to the side Safety zones (which includes the drive alongside the indoor range). Pedestrians and vehicles must not enter the safety zones whilst shooting is in progress.



Whenever accessing the target shed, please switch on the strobe light next to the defibrillator at the end of the shooting line. Whoever switches on the light is responsible for ensuring everyone has returned behind the shoot line and then switching off the light.

**There must be no shooting whilst the warning light is in operation.**

There is a portable "No Entry" sign stored in the DPT that may be placed across the drive to prevent unauthorised access.



Whistles should **ALWAYS** be used to control shooting. Several blue squeeze whistles are available both outdoors and indoors. Three whistles: safe to collect arrows / walk up the field / set up a target. One whistle: Ok to shoot.



### High Draw and Overshoot

Members are reminded that there is a farm beyond the trees at the top end of our field. No one should "try to see how far their arrow will go", because the answer is "Into the farmers field!!!"



## Forthcoming Club Events



**FIRE & ICE**  
FROSTBITE  
DOZ @ 30M

04/11/2023  
17:45 FOR 18:00

The whole family welcome.  
Cost £5pp (under 10's free).  
Please pay to club account with  
reference "Bonfire".  
Please let the secretary or  
treasurer know when you've paid.

**JOIN US AT THE FIELD  
FOR A BONFIRE SHOOT**

18:00 Sighters, outdoor under floodlight.  
18:45 Shooting finished, bonfire lit. 19:00 Food. 19:30 Fireworks.



**Novice  
Indoor  
Competition**

16th November 2023 18:00 for 18:30

Do you have up to 18/20 months shooting experience?  
An informal opportunity to meet with other novice archers and  
experience a no pressure competition.

Portsmouth Round. 5 dozen arrows @ 20yards on a 60cm target face.  
If you are interested in competing, please let Tony know [tony.1@ntlworld.com](mailto:tony.1@ntlworld.com)



**Thanksgiving  
Shoot  
and Soup**

Have they gone, are we safe?  
No, they're inside having soup!

**26/11/2023 10:00 for 10:30**  
Suitable for all archers, targets at  
random distances up to 30m



**3<sup>rd</sup> December 2023**

**INDOOR  
TASTER EVENT**

**PLEASE REMEMBER THE DATE**  
On Sunday 3<sup>rd</sup> December 2023  
9:30 to 3:30 the indoor range  
will be booked out to facilitate  
Taster Sessions.  
You are welcome to shoot using  
the outdoor facility or after 3:30  
in the indoor range.

These events bring much needed income for the club  
and help supporting the clubs' events is desperately  
needed. Anyone can help, you don't need to be a coach,  
you don't need years of experience. Just a willness to  
support your club. You will be made most welcome.



**Frostbite  
in the snow**

31/12/2023  
13:00 for 13:30

Frostbite 3 doz @ 30m

Please Note: The committee don't recommend arrows with White fletching's on this shoot.

**An accolade for the Valley**

**November 18<sup>th</sup>** York Archers Society.  
Double Portsmouth. (Euan, Mollie,  
Jonathan Holmes entered).

**November 26<sup>th</sup>** Chantry Bowmen Indoor  
Championships. Single Portsmouth. (Euan  
entered).

**December 3<sup>rd</sup>** Audry Lawrence Memorial  
Tournament. UKRS Double Worcester.  
(Euan entered).

Euan and Mollie were selected to  
represent Yorkshire at the 5 County  
Championships in Northumberland, Euan  
won his category and Mollie did the same.

Associate member Neil Crickmore won the  
Compound for the senior inter counties  
also held in Northumberland.

## Coaching Sessions

We continue to run formal coaching sessions.

On the following dates at least one of the coaching team will be available to assist members.

To ensure greatest opportunity for people to attend these sessions they will alternate between Sunday morning and Monday evenings each month, dates as below.

If these dates are inconvenient for you, please contact the coaching team and we will arrange other sessions.

- Sunday 19<sup>th</sup> Nov 10.30 to 12.00
- Monday 11<sup>th</sup> Dec 19.00 to 21.00

Although we intend these to be "open door" sessions for members to just "drop in", if you do intend coming, would you please complete the booking form on our website or alternatively please email [coaching@valleybowmen.co.uk](mailto:coaching@valleybowmen.co.uk) so, we know how many people to expect.



## Shooting Seasons

Each year the summer shooting season commences on 1st January and the indoor season on 1st July, both run for 12 months and archers hold separate Handicaps and Classifications for each season. This means if you shoot indoors and outdoors, with two bow styles, you will have four handicap values and four classifications (assuming enough scores have been submitted).

For the 2023 Outdoor and Indoor seasons ArcheryGB have introduced new schemes for Handicaps and classification. Handicaps now range from 150 down to 0 and the two classification schemes have been aligned with three tiers, each with three grades (except there is no Indoor Elite Bowman classification). The relevant tables may be downloaded from the AGB and club websites, or binders with all the tables are available in the pavilion and Indoor range.

With the change to these systems, this year at the start of each season everyone's outdoor and indoor handicaps reset to 0 and three scores need to be submitted to gain your first handicap value. Similarly, for both seasons your classification reverted to "Unclassified" and the relevant scores need to be submitted to gain your first classification.

Going forward Handicaps and Classifications will be reassessed at the start of each season using an archer's best rounds from the previous season. Archers then hold these handicaps and classifications for the forthcoming season or until improved upon. Archers who have not shot enough qualifying scores during the previous season will be reassessed as Unclassified. For Handicaps the reassessment uses the average of the three best scores (if less than three scores submitted then any scores submitted plus the previous year reassessment shall be used).

Note that one of the changes AGB have introduced is the concept that scores for the Bowman tier classifications should be shot at a "Competitive Event" and the Master Bowman tier classifications must be shot at record status events.

All scores should be recorded in "Golden Records" the record keeping system used by the club. Whenever you submit a score, once approved by the Records Officer, will show the handicap and classification values for the score.

As the season progresses Golden records will track and update your current handicap and Classification.

Please remember that all scores without a countersignature must be recorded as "Practice" and are not eligible for Club Records.

In addition to Club Competitions and Bowman Series shoots, the Club has nominated the following "Target Days" when scores may be recorded as "Club Events" in Golden Records and thus qualify for Bowman classifications.

Day/Time	Indoor	Outdoor
Tuesday	10:00 - 14:00 19:00 - 21:00	
Wednesday	15:00 - 19:00	15:00 - 19:00
Sunday	13:00 - 15:30	13:00 - 15:30

## Dates for the Diary



**November meal** – Wednesday 1<sup>st</sup> Nov 8pm at Anello in Slaithwaite. Please notify [entertainment@valleybowmen.co.uk](mailto:entertainment@valleybowmen.co.uk) if attending. <https://anellopizza.co.uk/sample-menu> for a sample menu.

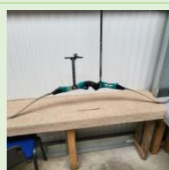
**Bonfire Night** - 4th Nov. £5 a head (under 10's free entry), please pay into club accounts beforehand, if possible, with Reference "Bonfire". We need to know numbers for food provision. Please let the Secretary or Treasurer know when you've paid. (Volunteers for making some savoury tricks or sweet treats welcome).

**Christmas Party** - 7th Dec @ Rugby club. Cost yet to be confirmed. Bar opens at 7, closes at 12. Food served around 7:30. Please email [entertainment@valleybowmen.co.uk](mailto:entertainment@valleybowmen.co.uk) to book your spot.



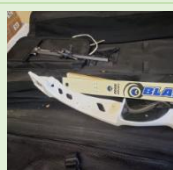
## For Sale / Wanted

Full details of all items for sale can be found on the club website in the Members section.



Full ILF Kit 68-32 (RH) + 8 Arrows

£275.00



Beginner Bow

£80.00



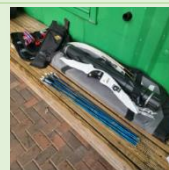
Full Junior Kit 66-22

£100.00



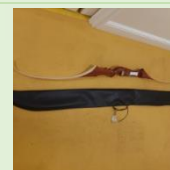
Full ILF Kit 64 - 30 (RH) + 6 Arrows

£175.00



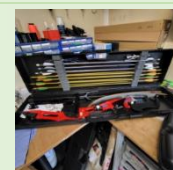
Full ILF Kit (left-Handed) 68 - 30 Inc. 8 Arrows

£200.00



One Piece Recurve 69" - 38lb

p.o.a.



Full ILF Kit 68 -34 (RH) + 24 Arrows

£200.00

## In Other News

In June 2003 Paul forwarded an email from Yvonne Stead the Regional Development Officer (NCAS) inviting archery participants to engage with the RED January Initiative, "We are looking to do some work with Red January, who encourage their members to be outside in January and raise awareness and the benefits of being physically active outdoors".



RED January is a nationwide movement that exists to empower everyone to move for their mental wellbeing during the winter, a time of year where as a nation we tend to be less active, and experience low moods or increased depressive symptoms.

The challenge is to move every day during January, to beat the winter blues away.

Yvonne has been asked by RED January if Archery GB would like to be part of this. The aim being to support new REDers to set a challenge that works for them. "We'd love for Archery GB to be a part of this. Would you be happy to share information on the following?"

- a few lines about how you'd recommend giving archery a go.
- an idea of what you'd recommend as a realistic goal/ monthly challenge you can set yourself around archery (with beginners in mind).
- a photo of yourself (or a member of the team) taking part in archery".



An example was provided by RED January as a model:

"REDer: Ben

My RED January activity goal: Walking 10,000 steps a day (with my dog)

A bit more about my story: I've read so much about how important walking is to both our mental and physical health, but on those colder, rainier days (I live in Manchester!), especially in January, when there's lots of work on, and it gets dark really early, I can very easily not move from a sitting position for most of the day. I'm committing to a personal challenge of walking at least 10,000 steps a day, to help kick-start a habit of daily walking for the rest of the year, and will hopefully be motivated along by my fluffy companion, Bob the dog!"

I've joined the RED January Initiative with the following profile: *REDer: Clive Morley.*

*There is a great deal of material out there to support the notion that January is the most depressing month of the year. But that doesn't mean it has to be that way for you. There are things you can do, and for me its Archery.*

*The physical benefits I get from this sport are huge. Archery is a great sport to keep you active. When I first started shooting, I missed the target frequently, so this meant walking up the field looking for lost arrows. (I easily got my 10,000 Fitbit steps in). Now I don't miss the target so much, but I shoot at further distances so after every end I have to walk further up the field to collect my arrows and walk back to the shooting line, it's still a great workout.*

*It's also a great support for mental health. The concentration and control during the shooting process gives me a focus that pushes out worries and negative distracting thoughts. Socialising at the field lifts my mood, releases stress, boosts my self-esteem and is a great reason to get out the house, in those bleak winter weeks when it's all too easy to become inactive and stay indoor cosy and warm.*

*Yes, the weather in January can be uncomfortable but as an outdoor activity instructor once told me 'Bad weather isn't a thing, it's about bad clothing choices'. So, my RED January activity goal is to shoot regularly throughout January (well layered up), I might be shooting a 'Frostbite' round but I won't be getting frostbite! Oh, and I won't be using my arrows with the white fletching's just in case it's snowing and I miss the target.*

Check out the RED January Website: <https://redtogether.co.uk/>

If you join Red January Yvonne Stead has asked if you would let her know: [yvonne.stead@archerygb.org](mailto:yvonne.stead@archerygb.org)

