



West Essex Bowmen

Members' Pack

West Essex Bowmen was founded in 1980 and is now one of the largest archery clubs in the UK with a current total membership of around 130, incorporating a Junior club and a Para Archers section.

This document will hopefully, provide members with essential information about the club and also serve as a guide as to what is expected from its members.

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SECTION 1.

Club People

The following list sets out the club officials and committee members and their various areas of responsibility within the club. Whilst these people make the club tick and give freely of their time to help the club maintain its high reputation within the archery community, they cannot function fully without **YOUR** help and support whenever possible.

Role	Contact Details	Name
President		Graham Hill
Chairman	webchair@webarchery.co.uk	Jeremy Clifford
Secretary	websec@webarchery.co.uk	Phil Davis
Treasurer	treasurer@webarchery.co.uk	Kevin Sykes
Membership Secretary	membership@webarchery.co.uk	Rob Plummer
Vice Chairman	webvicechair@webarchery.co.uk	Simon Powell
Field Marshall		Ian Clampin
Equipment Officer	equipment@webarchery.co.uk	Ian Clampin
Records Officer Seniors	webrecords@webarchery.co.uk	Sam Davidson
Records Officer Juniors	jnrrecords@webarchery.co.uk	Marty Gardner
Child Protection Officers	webcoach@webarchery.co.uk	Paul & Dawn Tolson
Competition Secretaries	webcoach@webarchery.co.uk	Paul & Dawn Tolson
Para Club Representative		Simon Powell
Junior Club Representatives		Madison Clampin & Aimee Davis
Catering Secretary		Sara Mahoney

Section 2

Shooting at the field

The field is located within Belhus Woods Country Park, Romford Road, Aveley. For SatNav directions, please use postcode RM15 4XJ.

Generally, shooting can take place at the field when the park is open. However, please check the park closing times which will vary from season to season. Security at the park is managed by an outside contractor who locks the gates at the park closing time and they do not check whether people are still in the park or not. So please check park closing times or you could find that your car is locked in until the following day.

Similarly, car parking is also managed by an outside agency and they are not slow at dispensing Penalty Charge tickets. Please ensure that you display your WEB Parking Permit or a valid ticket from the parking machines.

You should also be aware that your WEB Parking Permit should only be used when shooting at the field. If you are visiting the park for other reasons, you must purchase a parking ticket.

Please remember that our free parking is a privilege extended to the club by the Park management – it is not a right of membership and any abuse of the privilege could lead to a withdrawal of parking permits.

The field itself is basically split into two sections – left-side and right-side.

If you just want to practice or tune a bow, then use the targets on the right side of the field and move them to the distance that you wish to shoot at.

If you want to shoot a recognized round, then use the targets on the left side of the field, these are wheeled but are normally set out at distances to suit the most common competition rounds – 50, 60 & 80 yards and 70 & 90 metres

If all the targets on the left side of the field are in use and you wish to shoot a recognized round, then please use the wheeled targets on the right side of the field. Alternatively, you may be able to join archers already using a target, but please ask first – it is only courteous to do so.

Target faces are kept in the plastic tubes hanging behind the targets. Please do not use the plastic tubes to push the targets, they are not strong enough for that purpose. Please also ensure that you return the faces to the tube when finished and cap the tube securely – there's nothing worse than soggy target faces! If the face is 'shot out' and full of holes to the point where it is useless, then please dispose of it in one of the Park rubbish bins, or take it home with you.. Replacement faces are kept in the right hand container and any committee member can supply you with the combination for the lock on the container. Please remember that if you unlock the containers, it is your responsibility to ensure that they have been locked up again before you leave the field. **PLEASE DO NOT DUMP RUBBISH IN THE CONTAINER FOR SOMEONE ELSE TO CLEAR UP.**

For information, access to the three other containers on the field, is controlled by committee members. The left hand container holds other club kit and maintenance tools and the container over on the left hand side of the field, is a store for all our competition bosses.

Section 3

Indoor Shooting Guide

During winter, we have indoor shooting facilities available at The Gateway Academy, Marshfoot Road, Tilbury/Chadwell-St-Mary. For Sat Nav directions, use postcode **RM16 4LU**.

Access is from 7.00 pm, with shooting commencing no later than 7:30pm and finishes at 9.00pm. There is a small charge to help cover the cost of the hall hire, at time of print this is £3.00 for seniors and £2.00 for juniors. We also use this venue on the first Saturday of the month during winter months (10 am to 1 pm), for our Junior Club and for indoor coaching, the fee associated with this at time of print is £5.00 for seniors and £3.00 for juniors.

We have to set up and take down the target bosses for each session this is done as a team effort for fairness and is as follows:-

1. All archers meet at the WEB container in the car park at 6.45pm and wait for a keyholder.
2. All archers help unpack the target trolleys and wheel a trolley from the container to the hall. Two archers per trolley.
3. All archers help to set up the bosses, net etc. to the best of their physical ability, before setting up their bows.
4. At the end of shooting, all archers help to break down the bosses before packing personal kit away. Everyone leaves together, wheeling the bosses back to the container and helps load the container.

It is important that this process is followed as it helps to make the setting up and breaking down, easier and quicker, thus making more time for shooting.



ROUTE TO HALL

Section 4

Member Obligations

West Essex Bowmen is a large and friendly club that offers year-round coaching and also organizes both internal and external competitions.

A great deal of work happens behind the scenes when it comes to event organization, and this work is carried out totally by volunteers. However, in the immediate run-up to an event, and on the day of the event itself, club members are expected to help with the multitude of tasks involved. The reasons for this are obvious, but to name a few:-

- Revenue from external events helps the club coffers and helps keep your membership fees down.
- Coaching is free of charge, therefore, the setting up involved in this, should be a shared task.
- Sharing the workload makes the job quicker and easier for everyone and it should not be left to the willing few to do all the work.
- External competitions place the club in the 'archery spotlight' and members should all be prepared to help in making the event a notable success.

In the approach to an event, there will be notification on the Facebook WEB Members page and volunteers will be asked to assist with the event. These duties will include such things as

- Helping to set out and mark the field
- Helping to set up targets, marquee and other equipment
- Helping to break down and put equipment away

Members do not have to be in attendance for the whole duration of an event – any time given is appreciated. If members can attend for the whole day, all the better.

Section 5

Safe Shooting

Safe shooting is nothing more than the application of common sense and can be divided into 3 areas – Personal Safety, Equipment Safety and Range Safety.

PERSONAL SAFETY

- Tie long hair back
- Don't wear 'dangly' earrings
- Wear sensible shoes – no sandals
- Make sure you don't have any items of loose clothing
- Always wear an arm brace – you'll be sorry that you didn't!
- Always use a finger tab or release aid
- Use a chest guard if you need one
- Use a bow sling or a finger sling
- Don't run – walk

EQUIPMENT SAFETY

- Ensure the bolts on the bow are tight
- Check that the bowstring is in good condition – not frayed or damaged
- Check that the string loops are in good condition
- Ensure that the bowsight is tight on the bow
- Ensure that the arrow rest is in good condition and is secure
- Ensure that the limbs on the bow are not damaged
- Check that the bowsling is secure
- Always use a stringer to string the bow – any other method is an invitation for trouble
- Check that the bowstring is the right way up
- Check that the limbs are the right way up

RANGE SAFETY

- Always aim only at the boss – anywhere else is dangerous and unacceptable
- Never fire arrows straight up in the air
- Only nock your arrow when you are on the shooting line
- Listen for 'FAST' and ensure that you react accordingly
- Always approach the boss from the side
- Never stand directly behind arrows being pulled from the target
- Ensure that bosses are pegged down and anchored securely
- Always check that it is safe to shoot
- Always check that it is safe to retrieve arrows

In addition to the above, please leave the field in a tidy condition and take your rubbish and litter home with you.

Please refer to the GNAS rules of shooting for further guidelines or ask a Committee member or Qualified Club Coach.

Section 6

USEFUL CONTACTS

The Club tries to keep members as informed as possible but there are a number of other sources of information which are particularly recommended to provide information and advice.

Essex County Archery Association

www.ecaa.org.uk

This is the county governing body and they have a wealth of information available on their website, including details of competitions at all the local clubs. As a member of West Essex Bowmen, you are automatically a member of ECAA, so please feel free to make full use of the website.

Archery GB

www.archerygb.org

This is the overall governing body for archery in the UK. A membership card, with a number will be sent to you by ArcheryGB once you have paid your GNAS fees and this will allow you to access your membership details online and shoot at competitions upon production. Please note, we do not have any control over the time it may take for you to receive your membership card. Again, this site is a mine of information about archery at a national level, including rankings and further competition details.

BUYING KIT

You have options! Some people prefer face-to-face contact with a retailer where they can perhaps develop a relationship with the shop staff. This can be particularly useful in sorting out any problems that may develop after purchasing equipment. Other people prefer the variety and better deals that internet shopping can offer. Below is a list of some suppliers that fellow members tend to use:-

www.perrisarchery.co.uk With shops at Raydon and Rettendon just 30 minutes from Belhus

www.bowsports.com Based in W. Midlands a few miles off J12 on the M6

www.quicksarchery.co.uk Shops at Honiton Devon & Waterlooville Hampshire

www.merlinarchery.co.uk Shops in Loughborough & the North East

www.aimarchery.biz

www.thearcheryshop.co.uk

All of these suppliers have comprehensive, online catalogues.

Section 7

CLUB COMMUNICATIONS

Club communication has many forms and normally starts with word-of-mouth, usually at the field. Unlike common gossip, it tends to be quite accurate and is quite often, the fastest means of communication.

E-mails

You will receive e-mails notifying you of any planned events and requests for help in setting up etc., for competitions. You will also receive e-mails advising you of any matters that are up for discussion, advice and opinion.

Website

The club website is constantly under development and as well as routine club information, it also serves as a portal for competition entry forms and payment. In addition you will find the club calendar which details all the planned events for the year.

Facebook

We have a closed members' page on Facebook and members can of course apply to join this. It is a very useful platform which is used extensively to provide updates for members. These include notifications regarding indoor shooting, Junior Club activities and coaching at the Gateway Academy. It is also used to notify members about planned maintenance at the field when shooting will not be available and this includes items such as grass cutting or field marking prior to competitions or league matches.

This page is not a platform to abuse other people/members. The page is monitored and any inappropriate material will be removed.

Club Committee

The club committee meets on the first Wednesday of each month. Committee meetings are normally 'open' meetings, where any member can attend if they so wish, by prior arrangement.

The Club Annual General Meeting takes place in January and all members should aim to attend. All members are eligible to propose themselves for committee positions, at the AGM. The annual presentations ceremony is also held in conjunction with the AGM and the evening is usually rounded off with a Quiz Night.

Section 8

Club Equipment

In addition to club bows, arrows, chest guards etc., we have various items of equipment and tools that can be used or even borrowed for short periods of time. These include the following:-Arrow saw – for cutting arrows to the desired length

- Arrow straightener – for straightening those strays that hit the target stands
- String-making jigs
- Arrowjack – for extracting those stubborn arrows embedded in target stands

- Bow press – for adjustments to compound bows
- Nocking pliers
- Bow squares
- Paper tuning frame – for practising the dark art of bow tuning
- Chronograph – for measuring the speed of arrows

All this equipment is kept in the left hand container so if you need to use any of it, please contact the Equipment Officer.

If you want to take any of this equipment away from the field for use at home, it has to be signed for to ensure that its whereabouts are known. Please be aware that other people may want to use the same piece of equipment, so please return it within a week.

Metal detectors for finding lost arrows, are kept in the right hand container. Please make sure that you turn them off completely when you have finished using them – flat batteries are no use to anyone. If you notice that batteries appear to be running low, please advise the Equipment Officer.

Clipboards and score sheets are also kept in the right hand container in the filing cabinet. Please return the clipboards to the filing cabinet after use.

Submitting a score sheet

If you wish to submit a score sheet for classification or handicap purposes, the preferred method for doing this is to scan the score sheet and submit it via e-mail to the records officer at webrecords@webarchery.co.uk or jnrrecords@webarchery.co.uk However, if you do not have internet access, please leave the score sheet in the designated box on the right hand wall of the right hand container. Please ensure that the score sheet is **completed correctly and fully and that it is signed and witnessed.** The Records Officers are at liberty to reject any score sheets not completed correctly.

Please submit score sheets once only – do not send them by e-mail AND leave them in the score sheet box.

Section 9

Club Competitions

The club organizes several competitions throughout the year. Some of these are internal (restricted to members only), and some are external (open to archers from other clubs). Occasionally, we also host competitions on behalf of other clubs. Details of all competitions and entry forms are available on the club website, and dates and times of these will also appear on the Facebook page.

All internal competitions are free to enter and are a great way of getting to know other members and they also provide the opportunity to experience a 'competition atmosphere'. More importantly, they are there to provide the fun element of shooting.

Listed below are some of our annual competitions.

Internal Competitions

Indoor Championships – usually held in March at The Gateway Academy with a 3 pm start.

This is an Andy Harris round (3 dozen arrows at 15 yards on a 40 cm target face) for Recurve and a Bray round (2.5 dozen at 20 yards on a 40cm face) for Compound and a Half Portsmouth for Juniors (2.5 dozen on a 60cm face to 20yards) for juniors Recurve. Prizes are awarded in 4 categories – Lady/Gent/Junior Boy/Junior Girl.

Mid-Summer American – normally held on a Saturday or Sunday in July.

This is an American round – thirty arrows at 60 yards, 30 arrows at 50 yards, thirty arrows at 40 yards on a 120 cm target face.

Club Championships – usually held on a Saturday or Sunday at the end of August.

Gents, ladies and juniors have a choice of rounds as follows –

Gents – either a St. George or an Albion

Ladies – either an Albion or a Windsor

Juniors – the 9 dozen Windsor round appropriate to their age and gender.

Bent Stick/Dark Side Competition – held at the end of October.

Entrants for the Bent Stick competition must use a one-piece wooden bow with wooden arrows.

Gents Round – Western (4dozen at 60 yards and 4 dozen at 50 yards on a 120 cm target face).

Ladies Round – Short Western (4 dozen at 50 yards and 4 dozen at 40 yards on a 120 cm target face).

Dark Side Competition – for compound archers only who shoot a Long Metric round (3dozen at 90 metres and 3 dozen at 70 metres).

Fun Day - an annual fun event normally held on a Saturday in June. This is some form of archery based completion, such as Dartchery (using club bows and arrows and the target is a dartboard face), or archery tag. Some members use this as a fun day and bring picnics with them (weather dependant).

Open Competitions

Junior Invitation – normally held on a Saturday in mid-May. Junior archers from clubs throughout Essex compete in a team competition which is free to enter.

Archers shoot a National round relevant to age group.

All juniors who represent WEB receive a commemorative award at the AGM.

Essex Air Ambulance Benefit Shoot – held at the end of April over two days (Sat & Sun).

A double 'Double FITA 70' round (12 dozen arrows at 70 metres on a 120 cm target face) with different categories for all bow types and 12 dozen arrows at 50 metres on a 80cm face for Compound)

This is a fundraiser for the Essex Air Ambulance charity.

WEB Open – held in July at World Record Status, rounds are FITA 1440.

Indoor Open – held in early November.

The round used is a Portsmouth (5 dozen at 20 yards on a 60 cm target face) with Junior and senior categories and all bow types are catered for.

Events for other clubs/associations

Pilgrim Archers Open – normally held on a Sunday in May. An event run by Pilgrim Archers with assistance from WEB.

League Matches – this is a series of league matches held on a Sunday of the month during the spring and summer months. The club enters 3 teams every year (A Team: B Team: C Team) in the competition which comprises of 3 or 4 divisions, depending on the overall number of club teams entered, and matches are played on a head-to-head basis against other teams in the division.

This competitions involves shooting an Albion round.

Any club member is welcome and is encouraged to represent the club and be considered for team selection – if you can hit 80 yards, it's worth having a go!

Team captains for the current season will be communicated once confirmed.

Again, archers who represent the club will receive a commemorative award at the AGM.

Section 10

Beginners Courses - Terms & Conditions

West Essex Bowmen run a beginners course twice a year, for adults and juniors; Each course takes place over two weeks, with each session lasting 4 hours. This course will cost £35.00 for adults and £25.00 for juniors at time of going to print (juniors are aged under 18). On completion, the successful candidate will be awarded a certificate of proficiency in basic archery, which will allow them to go to any club should they not wish to join us, safe in the knowledge they have a grounding in how to shoot and safety precautions associated with archer. Course dates are available on the club calendar on the website.

Applications for the course should be made to the Club Secretary, via our website, or by email to websec@webarchery.co.uk

Training Equipment

West Essex Bowmen have a comprehensive range of wooden/synthetic training bows which are regularly maintained to ensure complete safety and suitability for these courses. All necessary equipment is provided for instruction. On completion of the course, the newly qualified archer may apply for club membership and hire of the equipment for up to three months at a cost of £50.00 at time of going to print. All equipment hired then becomes the responsibility of the new member and can be taken away from the field, for use in accordance with the terms provided with the hire.

New archers are then expected to purchase their own equipment, within the three months. The club coaches take a pro- active role in measurement and selection of suitable equipment for new members, and can give advice on dealing with a reputable archery supplier.

First Steps

After the purchase of initial equipment, new archers will receive advice on setting- up and tuning. This is often a vulnerable time where a lifelong archer can be made or lost. West Essex Bowmen pride themselves on being a friendly club, with a positive mentoring policy that will see the coach and/or instructor who first introduced them to archery, maintaining a watching brief during the first year in the club.

Your First Purchase

Starter packs are available from all archery suppliers and will vary in price. These will include all you need to get started, including a wooden/synthetic bow similar to the ones you will have used at the beginners' course, plus arrows and a sight etc.

Second hand equipment is always available; this will probably involve a more sophisticated metal or carbon riser bow with better quality arrows etc. The guidance for price for second hand equipment is generally half the new price as given in any of the archery catalogues. Club coaches and members may know of used equipment within the club or at any of the shops.

Section 11

Coaching Information

The Coaches of West Essex Bowmen would like to welcome you to the sport of Archery and offer their services to increase your enjoyment of our sport. The purpose of this section of your information pack is to introduce you to the qualified coaches within the Club, and explain the etiquette surrounding coaching. Many experienced archers will be happy to give you advice on all aspects of your new sport. At West Essex Bowmen we have members who have been specially trained and who are qualified to a nationally recognised standard to coach Archery. They are listed below:

Paul & Dawn Tolson	Level 2
Jeremy Clifford	Level 1
Graham Hill	Level 1
Deborah Horne	Level 2
Lorna Ansell	Level 1

During your introductory course you will have been informed about the etiquette associated with archery.

Etiquette.

Coaching has its own set of rules!! The foremost of these is that a coach will never give you any coaching.....unless they are asked to! In other words it is up to you to ask for help! A lot of beginners believe that once they have paid their fees, that they are ignored - this is not the case - coaches wait to be asked, so make sure that you keep them busy. Please remember the other rule - "don't bother archers when they want to be left alone" i.e. wait until they have finished before asking for help.

Indoor/Outdoor coaching

The club organizes coaching sessions from 10am to 1pm one Saturday a month during the winter at the indoor venue The Gateway Academy, Tilbury. The outdoor coaching is held again on the first Saturday of the month, at the field, during the warmer months and finishes at 2pm.

If you wish to take advantage of this, then please just turn up on the day, there is a small charge for the indoor sessions to cover the cost of facility hire (£5 for an adult and £3.00 for juniors) - outdoor coaching is free. It is possible to shoot at The Gateway, without taking advantage of the coaching available, but the same charge applies.

Archery Publications

There are a number of books and magazines available on the subject of Archery. There are also a number of periodicals published by both the county and national associations. Your coach will be able to advise you on the best ones and may be able to lend you appropriate books and/or DVD's.

New members are advised to purchase a copy of the GNAS rules of shooting, which outlines all the rules and basic information you need to participate. The good news is that they have now published the relevant documents as a free download which you can retrieve from the following link - <http://www.gnas.org/target/aboutus.cfm>.

Please take the time to look at these documents as there is a lot of important information contained within them, including the rounds you shoot and classification tables.

Archery-related information is also widely available on the Internet. Web Addresses can be obtained by simply entering 'Archery' into your browser and seeing what is available. The better sites have good links to other useful sites all over Europe; here are some of the more interesting ones

<http://www.bownet.com> - BowNet ("The Bow" Magazine)

<http://www.martinarchery.com/easton/eastchrt.html> - Easton Shaft Charts

http://www.archersreference.pwp.blueyonder.co.uk/archref_05.pdf

<http://www.texasarchery.org/L1/DocumentsRecords.htm> - Useful downloads on various topics

<http://www.archersmate.co.uk/> - Calculates handicap classifications for all indoor and outdoor rounds.

Section 12

Archery Publications

Archery - Steps to Success	Haywood and Lewis	ISBN 08801 13243
The Challenge of Archery	Don Stamp	ISBN 07136 12606
Archery Today	J. Kember-Smith	ISBN 07153 87928
Better Archery	E.G. Heath	ISBN 07182 14463
Archery - The Modern Approach	E.G. Heath	ISBN 05711 11688

Section 13

Child Protection

The Club takes the issue of child protection very seriously and the Club's Child Protection policies follow current GNAS guidelines on this matter. These can be found at:-

<http://www.gnas.org/dyncat.cfm?catid=15546>

Section 14

Guidelines for Young Archers, their Parents and Coaching

This section is by a GNAS National Coach written with the younger archers in mind. By John Kember-Smith, G.N.A.S. National Coach Emeritus.

"Initially archery should be fun and little more. Enjoyment is the name of the game and this should continue even at the highest level of performance. Archery should be enjoyed for its own sake and not to please anyone else. With the passage of time the way in which it is enjoyed may change but this should be left to take its course.

It is important to remember that the child's bone structure and muscular development do not necessarily keep pace with each other as the child progresses through adolescence to adulthood. Much damage can result from overload of bones or muscles and ambition, whether on the part of child or parent, and should be ruthlessly curbed. It is dangerous to compare one child with another – each will progress at a different rate. Above all, avoid at all costs any following of fashion in style or equipment.

Too many parents go forth to buy equipment before the child is ready for it, with the consequent destruction of what was a promising shooting style. Always be guided by the coach or instructor – if money MUST be spent on equipment by way of Christmas or birthday presents there are plenty of accessories which can usefully precede any expenditure on bow or arrows. Bear in mind that no-one likes to be reminded of how much a parent has spent and of any return that is expected return for it.

Height and physique will govern the length of bow or arrow as well as draw weight in the hand of the bow. The problem is further complicated by variable growth rates necessitating changes of both bow and arrows. It therefore makes sense to keep simple basic equipment which will have a useful resale value (even if the parent is a near millionaire) when growth decrees that a change must be made.

A good shooting form can be established with even the most basic simple fibre-glass bow, but it can be destroyed almost at an instant if the draw weight is even slightly more than the child can cope with while fatigue can be the enemy if the bow is too heavy in the hand. Remember that even a minor competition will require the shooting at least 78 arrows in about two and a half hours and a major event will be an all-day affair with one hundred and fifty arrows to be shot.

Training within the club should be directed first and foremost to building up the endurance of the young archer in parallel with establishing a sound shooting style and all this cannot be rushed. Nor should it be – there is plenty of time.

Transport will enter the scene as the young archer develops, first of all to and from the club, then to local matches or tournaments and later perhaps to events further afield. A parent can be supportive of the young archer without exerting pressure, by being close at hand in case of need while avoiding the oft-repeated scenario of anxiously observing every shot through binoculars with inquests after every end. It always helps if the parent learns how to fletch and straighten arrows and maintain bow and string in good condition so that emergencies on the field can be dealt with rapidly and without fuss and, at a tournament, will volunteer to score for the young archers on a target a little bit away from that of their child.

Last but by no means least, if the parent becomes an archer, there will be that shared experience which will add to the enjoyment of archery by both parent and child."