

Introduction Booklet for New Archers

Welcome to Lakeside Bowmen, one of the best archery clubs in south east Queensland. Lakeside has two main ranges with a variety of terrain and environments to give competing archers a unique challenge.

That being said, as new archers you will need to shoot on the practice range until you gain the necessary skills to be able to shoot on the real ranges.

Our main priority at Lakeside is SAFETY, for the bow and arrow is a weapon and has been used as such in the past and is still used to hunt feral animals.

In other words before we send you out on the range to shoot with local and interstate archers we need to know that you can shoot safely.

First Visit to the Club

- Join as Probationary Member
- Sign the coaching book
- Listen to introductory talk (Takes about 20 minutes)
- If you have your own equipment wait for the coach to take you down to the Practice Range
- If you haven't got your own equipment you will be kitted out and taken down to the Practice Range

Second & Subsequent

- Sign Attendance book (located on the stand outside the club house)
- Enjoy your archery

REMEMBER SAFETY IS PARAMOUNT

Handy Information

- The club has 4 ranges – red and yellow ABA courses and 2 IFAA courses.
- The toilets are situated at the back of the club house.
- There is a canteen in the club house.
- DO wear enclosed footwear.
- DO NOT point a loaded bow at anyone (Drawn or not drawn)
- DO NOT dry fire a bow (Shoot without an arrow, this could damage the bow)
- DO NOT draw and shoot an arrow while people are in front of the shoot line.
- DO NOT run with arrows in your hand.
- DO NOT interfere with other archers or their equipment.
- DO NOT pretend to shoot towards another person.
- DO NOT shoot an arrow up into the air
- DO NOT shoot a cracked or damaged arrow.



Parts of a Recurve Bow

Shooting Sequence

1. **Preparation** – Make sure to step up to the line before nocking an arrow on the bow and wait for the whistle to blow, 1 whistle to shoot, 2 to pull arrows, 3 or more to stop everything, take arrow off the string and wait for the problem to be resolved.
2. **Stance** – Feet should be side on to the target or slightly open to the target and shoulder-width apart; you should feel well balanced. Stand straight and tall, and keep your head up and your shoulders straight and relaxed.
3. **Nocking the arrow** – Turn the bow on the side with the arrow rest facing up and put the arrow just under the brass nock (should make a click) with the different coloured index feather facing out.
4. **String hand** – One finger above and two below the arrow with a 1cm gap between arrow and fingers (top finger must not touch the arrow so it is not pinched against the arrow at full draw causing the arrow to fall off the arrow rest)
5. **Bow hand** – Hold the bow in the grip, don't grip too tightly.
6. **Drawing the Bow** – Hold the bow straight out towards the target with the elbow slightly bent and fingers on the string.
7. **Anchor point** – Draw the string back to your face and place your top finger in the corner of your mouth. Make sure to anchor your finger in the same place every time (your thumb is best placed under the jaw line)
8. **Sighting** – Focus your eyes (keep both eyes open) and your concentration on where you want the arrow to go. Keep the string lined up with the centre of the bow limbs.
9. **Release** – Simply relax the tension in your fingers, and allow the string to let loose.
10. **Follow through** – After releasing the arrow keep your position until the arrow hits the target.
11. **Finishing up** – Continue shooting till arrows have been shot (usually 3) and when finished shooting step back from the shooting line and hang up the bow (wait for 2 whistles to collect arrows)



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