



RUGBY ARCHERS

**BEGINNER'S
INFORMATION
BOOKLET**



CONGRATULATIONS ON COMPLETING YOUR BEGINNER'S COURSE

You've put in a lot of hard work in over the last few weeks and probably worked some muscles you haven't used before or in a long time, and it's paid off because now you can join a club as a member if you want to.

You don't *have* to join Rugby Archers (you can join any club, though they may have additional joining requirements), but we hope you will. We like to think we're a friendly bunch and we're always delighted to welcome new members into our club.

This booklet is a brief guide to everything you might need to know, including a little about club life, how to join, what kit you might need and where to get it, plus a dictionary of key terms and a list of committee contacts.

If you have any questions about joining, please find Shona, our Membership Secretary, or send her an email: membership@rugbyarchers.co.uk.



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ABOUT RUGBY ARCHERS

The club was formed in 2002 as an amalgamation of two existing archery clubs: Rugby Archery Club and Acorn Archery Club.

In January 2023, we changed our name from Rugby Bowmen to Rugby Archers, but our club ethos, community-feeling and inclusive membership still remains.

We shoot all year-round, breaking only for bad weather (we like it just right) and for Christmas. We welcome all abilities and bowstyles, with recurve and barebow being our most popular.

We have two shooting seasons: indoor and outdoor. At the end of each season, we hold a friendly club competition. Some of our members also choose to compete in local, county and national competitions, but it's not required to compete if you don't want to.

We try and hold frequent fun shoots throughout the year – again, these are optional but they can help you learn new skills and are a break from the usual targets and scoring. They're also, as the name says, a bit of fun.

We have two Level 1 Session Coaches in Trevor, our Chair, and Suzanne, our Secretary. We also have three qualified Instructors (Alan, Shona and Clare) and we're currently training more members as coaches and instructors.

As a club, we are moving towards a more modern, community-focused club, and we'd be delighted if you'd like us to join us as we grow. If you have any questions about the club, its members or joining, please feel free to drop us an email at secretary@rugbyarchers.co.uk, and we'll do our best to answer.





HOW TO JOIN RUGBY ARCHERS

Joining us as is easy as 1, 2, 3.

1 GIVE US YOUR DETAILS

To get the process started, we'll need some details from you. Fill out this form: <http://eepurl.com/dApaob>.

2 PAY YOUR FEES

Our 2023/24 club fees are as follows:

Seniors – £129 (*pro rata fee: £64.50*)

Senior members aged 18-24 (inclusive) – £92 (*pro rata fee: £46*)

Juniors (under 18s) – £69 (*pro rata fee: £34.50*)

Disabled – £90 (*pro rata fee: £45*)

Affiliates – £70 (*pro rata fee: £35*)

Our membership runs from 1st October to 30th September. It is charged on a half yearly pro rata basis, so, for example, if you join in April, you'll be charged 50% and then come September, you will pay the full yearly fee.

We currently only accept payment for membership via BACS.

3 WAIT

We've got to process your details and register your membership with Archery GB and CWAA/WMAS, all of which takes a little bit of time, so we appreciate you waiting while we sort all that out. As soon as it's ready, we'll let you know. When you join, you'll receive a **New Members Information booklet**, which will explain how you can book a session, what to expect from your first one, and a few other details about the club.

WHERE DO YOUR FEES GO?

The membership fee is split between three separate organisations:

The first part of your fee comes to the club. This helps us pay for ground rental, equipment like the beginners bows you used and the bosses you hopefully hit, and the training courses our instructors and coaches go on. It also goes towards the badges we award and the medals you can win at our club competitions.

The second part of the fee goes to the County of Warwick Archery Association, which is our county group and West Midlands Archery Society, our regional group.

The final part of the fees goes to Archery GB, the UK governing body and insurer. By joining Archery GB, each member gains access to a large range of resources and is able to enter competitions held by other clubs all around the country.



WHEN AND WHERE WE SHOOT

We shoot indoors at the Thornfield Indoor Bowls Club in Rugby.

INDOORS

Thornfield Indoor Bowls Club,
Bruce Williams Way, Rugby

Our indoor season runs from October to April.

During this season we shoot inside a hall. Our indoor sessions are one hour long, and the times are currently as follows:

Sunday – 12pm to 3pm
Thursday – 6pm to 8pm

OUTDOORS

Our outdoor season runs from May to September.

During this time we shoot at distances up to 60 metres. Outdoor sessions are weather-dependent and may be cancelled if it becomes hot, wet or dark to shoot safely. We try to give members as much notice of a cancellation as possible, but sometimes it's necessary to wait and see.

We are currently in the process of looking for a new outdoor venue.

PLEASE NOTE

- All sessions are subject to change and cancellation. A session may be moved to accommodate a club event or a venue event.
- Under 18s must be accompanied by a guardian at all sessions. This is non-negotiable.



BOWSTYLES

There are four main bowstyles that you will see in archery. There are slightly different rules for each and some are more expensive than others, but none of them are better or worse than another (despite the friendly banter you might hear at the club!) and they're all welcome.

RECURVE

This is the most common type of bow used in target archery and the one you used during your beginner's course. It's also the style used in the Olympic Games, so if you're planning to enter the Olympics, this is the one you need to be shooting.

A recurve gets its name from the two curves that appear when the limbs and riser are connected. It stores more energy and delivers energy more efficiently than the equivalent straight-limbed bow, giving a greater amount of energy and speed to the arrow.

Longbow/TRADITIONAL

A longbow is a shallow D-shaped bow made of wood that's usually as tall, if not taller, than the archer. Traditional bows (and there are more types than just longbows) are made with wood and have no gadgets or metal aids.

Longbows have been used throughout history and are considered to be the original hunting bow. We don't teach using longbows because they usually have quite a heavy draw weight, but a number of members shoot with longbows and traditional bows, so if you have any questions please ask them.

BAREBOW

A barebow is exactly the same recurve bow, but without the addition of sights to help aim and stabilisers to help balance. Weights can be attached to the riser, but to be a true barebow in competition the whole bow must fit through a ring that measures 12.2 centimetres in diameter.

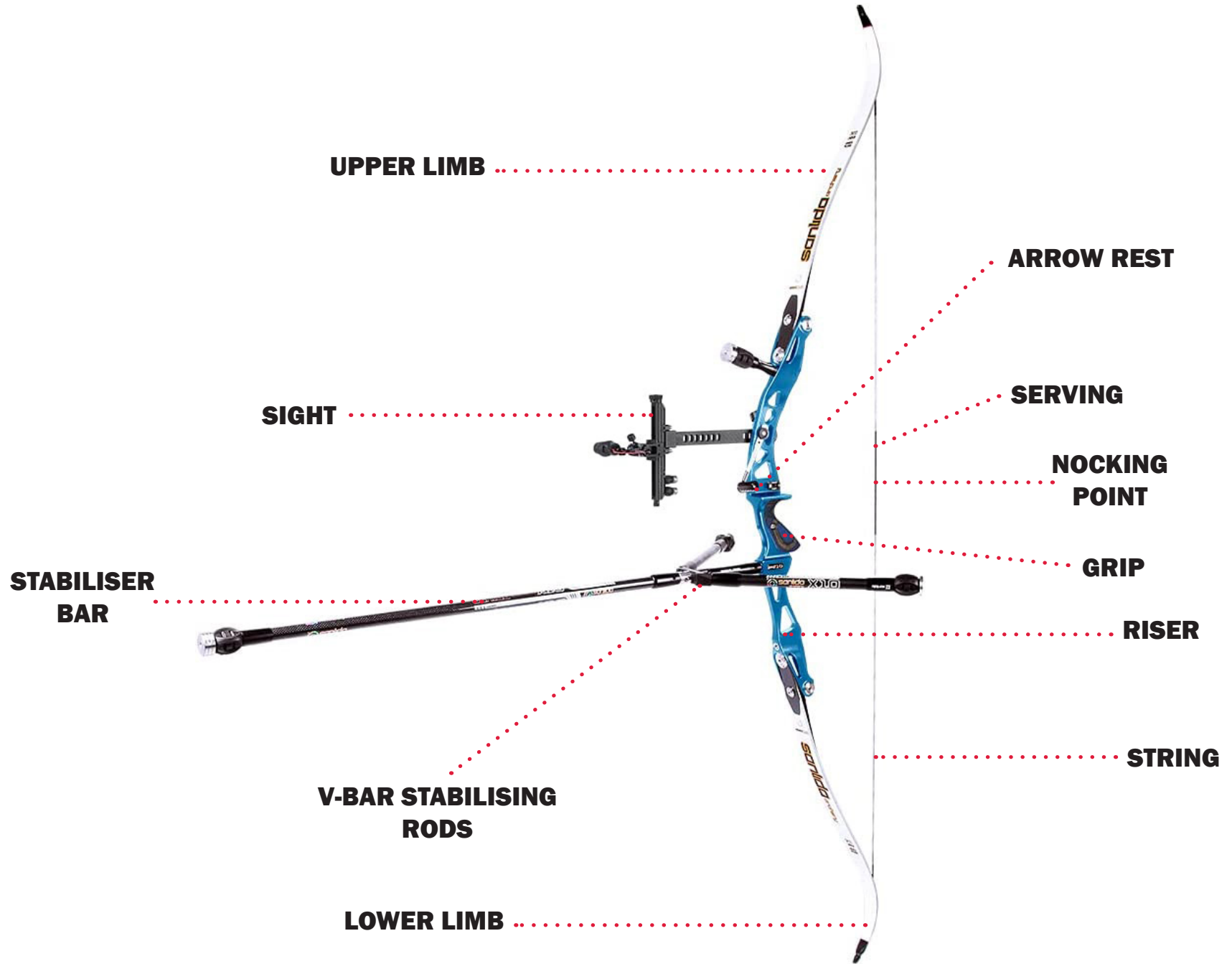
COMPOUND

A compound bow uses a system of cables and pulleys to bend the limbs. Once you pull the string back to its full draw, the pulleys actually take all the weight of the bow so it's much easier to hold for longer periods.

We don't teach using compound bows because they are more complicated than a recurve bow.



PARTS OF A RECURVE BOW





EQUIPMENT LISTS

When first starting out, it can seem like there's a lot of kit and accessories you need, and there are many different choices, each just slightly different. However, to get started all you really need are the basics, which we've included for all bowstyles below. If you want to discuss different types of kit and brands, you can ask any member of the club. We'll all probably have different opinions, but we'll happily share them!

When you first go to an archery shop, it's best if you go with a list as it can be easy to get carried away and buy things you don't need.

RECURVE

- Limbs
- Riser
- Sight
- String
- Bow stringer
- Arrow rest
- Arrows – aluminium/composite only
- Quiver
- Pressure button/plunger
- Bow stand
- Finger tab or glove
- Bow bag
- Arm guard

OPTIONAL ITEMS

- Stabiliser bar/long rod
- Spare fletchings
- Spare nocks
- Finger/wrist sling
- Arrow puller
- Chest guard

BAREBOW

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- String
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OPTIONAL ITEMS

- Spare fletchings
- Spare nocks
- Arrow puller
- Finger/wrist sling
- Chest guard

COMPOUND

- Compound bow
- Sight
- Scope
- Release
- Arrow rest
- Arrows – aluminium/composite only
- Quiver
- Bow bag
- Bow stand

OPTIONAL ITEMS

- Long rod
- Short rod
- Spare fletchings
- Spare nocks
- Arrow puller
- Chest guard

LONGBOW

- Longbow
- String
- Bow stringer
- Arrows
- Quiver
- Bow arm glove
- Arm guard

OPTIONAL ITEMS

- Spare fletchings
- Spare nocks
- Arrow puller
- Bow bag
- Bow stand
- Chest guard



ARCHERY RETAILERS

There are a number of different archery shops within a 2-hour distance of the club. All distances shown are approximate and from Harris Sports Centre.



STYLIST BOWS

8 miles
Lindum, London Road,
Dunchurch, Rugby, CV23 9LJ

An Olympian who offers weekly/monthly bow and equipment rental



HERITAGE LONGBOWS

50 miles
Unit 3, Huntington Industrial
Estate, Cannock, WS12 4PB

Traditional archery equipment including longbows, arrows, points, shafts and courses



BOW SPORTS

52 miles
Calibre Industrial Park,
Laches Close, Four Ashes,
Wolverhampton, WV10 7DZ

Showroom with equipment, targets and kits for beginners



MERLIN ARCHERY

55 miles
329 Wetmore Road,
Burton-on-Trent, DE14 1SP

Specialises in all types of bowstyle



CUSTOM BUILT

69 miles
Unit 1-4 Ryalls Farm, Church
Lane, Eakring, Newark,
NG22 0DD

A pro archery shop in the heart of Sherwood Forest



CENTRE SHOT

71 miles
50 Fruitlands, Malvern,
WR14 4XA

An extensive range of archery equipment, bows and other supplies



WALES ARCHERY

122 miles
Crick Manor, Portskewett,
Crick, Caldicot, NP26 5XU

New and pre-owned archery equipment, including recurve, longbows and compounds



COMMITTEE CONTACTS

The Rugby Archers Committee is made up of volunteer archers who love our club and our sport, and who want to make the club feel more like a community. If you have any questions or concerns about anything to do with the club, the members or archery, please contact us.



CHAIR

Trevor
chair@rugbyarchers.co.uk

Ask me about the club, coaching, techniques and beginners' courses.



MEMBERSHIP SECRETARY

Shona
membership@rugbyarchers.co.uk

Ask me about memberships, beginners courses and renewals.



EQUIPMENT OFFICER

David
equipmentofficer@rugbyarchers.co.uk

Ask me about club equipment and personal equipment.



SECRETARY

Suzanne
secretary@rugbyarchers.co.uk

Ask me about club life, coaching, club events, Archery GB queries and volunteering.



SAFEGUARDING OFFICER

Alan
safeguardingofficer@rugbyarchers.co.uk

Ask me about safety and any safeguarding issues.



SENIOR REPRESENTATIVES

Tom and James
seniorrep@rugbyarchers.co.uk

Ask us about club life and let us know about any issues you are having at the club.



TREASURER

Clare
treasurer@rugbyarchers.co.uk

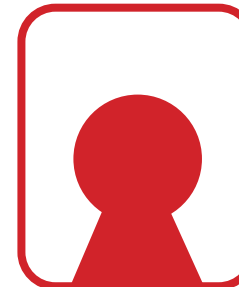
Ask me about any payment issues. As Webmaster, ask me about the website.



RECORDS OFFICER

Position Vacant
recordsofficer@rugbyarchers.co.uk

Ask me about scoring, our badge schemes and club competitions.



JUNIOR REPRESENTATIVES

Izzy and Freya

Ask us about shooting as juniors, club life and junior competitions.



ARCHER'S DICTIONARY

Anchor point A point touched by the **draw hand** or string, usually on the mouth, chin or nose.

Arm guard A piece of material used to protect the inside of the **bow arm** from the string.

Arrow rest A small device on the side of the bow that's used to hold an arrow until it's released.

Barebow A style of shooting without a bow sight, stabilisers or release aid.

Boss A target made from compacted foam or straw.

Bow hand/arm The hand/arm that holds the bow.

Bow sight A device that allows the archer to aim.

Brace height The distance from the string to the pivot point of the bow's grip.

Cant Tilting the bow to the right or left while at **full draw**.

Clicker A device used to indicate an archer's optimum draw length. Recurve only.

Compound A modern bow that uses a system of cables and pulleys.

Creep Letting the arrow move slowly forward before release (not maintaining **draw length**).

Draw hand The hand which draws the bow string back to the **anchor point**.

Draw length The distance, in inches, from the pivot point to the slot in the arrow nock when at **full draw**.

Draw weight The number of pounds of force required to draw a bow to its **draw length**.

End A set number of arrows that are shot before going to the target to score.

Equipment line A line approximately 2 metres away from the **shooting line**, where members put bows and equipment when not shooting.

Fast A call that indicates some form of emergency. An archer should immediately lower their bow.

Finger/wrist sling A strap that stops the bow from falling when the archer shoots without gripping the bow.

Finger tab A small leather patch to protect the fingers.

Fletch To glue a feather or vane to an arrow **shaft**.

Fletching The stabilising fins or vanes of an arrow.

Follow through Movement of the **draw hand** and **bow hand/arm** after the release.

Full draw The position of the archer when the bow string has been drawn to the **anchor point**.

Grip The handle of the bow.

Grouping The pattern of arrows in the target.

Index feather A different coloured fletching that indicates proper arrow alignment on the string.

Limbs The upper and lower arms of a bow.

Longbow A tall wooden bow with a shallow D-shaped cross-section.

Nock To place an arrow on the string.

Nocking point The point where the arrow is to be nocked on the string.

Pinching Squeezing fingers against the arrow nock during the draw, causing deflection of the arrow.

Point Metal point inserted into end of arrow shaft.

Poundage **Draw weight** of a bow.

Pressure button/plunger A device used to correct an arrow's flex at the point of release.

Quiver Device for holding arrows.

Recurve A bow in which the tips of the limbs curve away from the archer.

Release The act of relaxing the fingers of the drawing hand to free an arrow from a bow (a.k.a. loose).

Release aid A device for releasing an arrow used with **compound** bows.

Robin Hood A term for splitting an arrow embedded in a target with another arrow.

Round The shooting of a definitive number of arrows at specified target faces from set distances.

Serving The protective winding on the centre of the string where the arrows are nocked.

Shaft The arrow, excluding the **point**, **nock** and **fletchings**.

Shooting line A line a specific distance away from the targets from which all archers shoot.

Sight An aid used as part of the recurve bowstyle to help aiming.

Sighters A end or two of arrows as practice before a formal competition round.

Spine The stiffness of an arrow **shaft**.

Stabiliser A weighted rod or set of rods used to provide balance to a bow. Recurve and compound only.

Stance The position of the feet and body.

Shooting glove Protective gear for fingers. Alternative to a tab.

Target face The paper which is attached to the **boss** and indicates the scoring areas.

Target Panic A mental condition causing a loss of control in shooting form.

Tune To adjust the equipment on the bow to achieve better shooting.



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