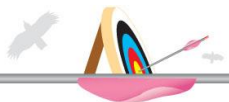


Crawley Archery Club

MEMBERS' MANUAL

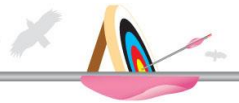


The information contained in this manual is designed to be a quick reference guide for club members. Up to date information on any subject below can also be found on the Club Website



INDEX

1. Contacts
2. Times & Places
3. Club Championship dates
4. Rules
5. Club Library
6. Club Equipment for Loan
7. Club Colours
8. Junior Rounds
9. Short (90 minute) Rounds
10. Score Sheets (x10)



CONTACTS & COMMITTEE

Honorary President: Tony A Jerome

Chair: Neil Seymour

chair@crawleyarcheryclub.co.uk

Secretary: Steven Goodall

secretary@crawleyarcheryclub.co.uk

Treasurer: Geri Barnden

treasurer@crawleyarcheryclub.co.uk

Child Protection (Safeguarding) Officer: Helen Sharples

cpo@crawleyarcheryclub.co.uk

Records Officer: Mike Kirby

records@crawleyarcheryclub.co.uk

Tournament Co-ordinator: James Strudwick

tournaments@crawleyarcheryclub.co.uk

Equipment Officer: Keith Cross

Communications Officer: Rob Cottrell

Coaching Co-ordinator: Neil Seymour

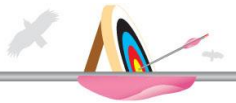
GENERAL CONTACTS

Enquiries: For general questions

enquiries@crawleyarcheryclub.co.uk

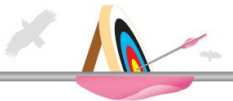
Coaches: Coaching Team

coaches@crawleyarcheryclub.co.uk



COACHING STAFF (DBS Checked)

Level 1 Neil Seymour (Coaching Team Co-Ordinator)
Steve Goodall
Rob Cottrell
Trevor Strudwick
Anthony Jerome
James Strudwick
Dom Kos



GROUND AVAILABILITY.

HAZELWICK SCHOOL FIELD

Only during dates within British Summer Time.

Mondays	17:00 to 20.00
Wednesdays	17:00 to 20.00
Fridays	17:00 to 20.00
Saturdays	09:30 to 14:00

Winter season – November to March

Frostbite Rounds

Saturdays 10.00 to 12.00

Archers are requested to be packed up and leaving the site by the designated finish times.

CLOSED ON BANK HOLIDAY MONDAYS & EASTER.

COPTHORNE SCHOOL SPORTS HALL

Only during October to March

Wednesdays 19.30 setup
20.00 to 22.00

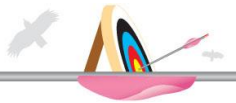
Archers are requested not to arrive before the designated set up time and to be packed up and leaving the site by the designated finish times.

PLEASE CHECK THE WEBSITE CALENDAR FOR UP TO DATE INFORMATION ON SHOOTING DATES.

CLUB CHAMPIONSHIPS:

INDOOR / OUTDOOR & FROSTBITE held annually at the end of each season. Dates will be promoted through Facebook and Website.

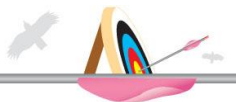
All Competitions and Beginners Courses are run by club volunteers and enable us to keep our annual subscriptions at a level that are some of the lowest in the county. We do however expect help from our membership to achieve this.



CRAWLEY ARCHERY RULES

A Crawley Archer must:-

1. Follow the Archery GB and WA (World Archery) rules of shooting as laid down in their respective manuals, particularly in etiquette and safety.
2. A parent\guardian must always be present & stay with a Junior archer. The Junior may only shoot while in the company of other archers, on a club day or other Archery GB organized event.
3. Drive slowly and carefully when entering and leaving the private property on which we shoot.
4. Park with care and consideration at all grounds
5. Assist with setting up and taking down of targets and safety equipment (as necessary).
6. The tractor must only be driven by members who have been authorized to drive it and do so at their own risk.
7. No one should ride on the tractor trailer at any time.
8. The use of crossbows on club courses is not permitted unless express permission is granted by the owners of the grounds.
9. The use of 100% carbon arrows at Hazlewick School is not permitted.
10. Ensure you finish your archery session with the same number of arrows as when you started. Notify the Line Captain if any arrows are missing & thoroughly search for any arrows that are missing.
11. Assist other archers in finding lost arrows.
12. Where an arrow is lost, and a reasonable but thorough search has not found it, then details (identification and approx location) are to be reported and recorded. (Lost arrow book can be found in the container at Hazlewick).
13. Remove faces from bosses before putting them away.
14. Keep storage tidy.
15. Ensure club property is locked and secure.
16. Ensure ICE (In Case of Emergency) details and a whistle are always kept in your quiver. All medical conditions & medication must be stated on the ICE.

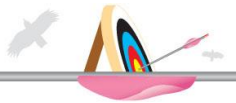


CLUB LIBRARY

The club has a library of archery related books which can be borrowed by members. Contact enquiries@crawleyarcheryclub.co.uk if you wish to borrow a book. Only one book at a time can be loaned to any one archer, and the period of loan is limited to two weeks, with the provision of a £5.00 deposit.

Good reading!

TITLE	AUTHOR
ARCHERY SHOT EXECUTION	Larry Skinner
ARCHERY: THE ART OF REPETITION	Simon S. Needham
ARCHERY: STEPS TO SUCCESS	K.M. Haywood & C.F. Lewis
FUNDAMENTALS OF RECURVE ARCHERY	Ruth Rowe
MASTERING COMPOUND BOWS – J. PARK	James Park
MASTERING ARCHERY TECHNIQUE ANALYSIS	James Park
MASTERING BOW TUNING (COMPOUND)	James Park
PRECISION ARCHERY	Steve Ruis & Claudia Stevenson
TOTAL ARCHERY – 2 ND EDITION	Kisik Lee
THE SIMPLE ART OF WINNING	Rick McKinney
TUNING YOUR COMPOUND	Larry Wise
THE HERETIC ARCHER	Vittorio & Michele Frangilli
ARCHERY SHOT EXECUTION (DVD)	Larry Skinner
COMPOUND BOW SET-UP (DVD)	Liam Grimwood & Neil Wakelin



CLUB EQUIPMENT FOR LOAN

The club has a selection of archery equipment which can be used by club members; please contact the equipment officer or enquiries@crawleyarcheryclub.co.uk for more details.

What's available:

- ✓ Compound bow press
- ✓ Speed (Arrow) measure
- ✓ Fletching Jig
- ✓ Arrow Cutter
- ✓ Aluminum Arrow Straightener
- ✓ String Jig

BEGINNERS KIT FOR LOAN

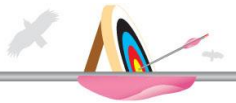
The Club will loan Novice Archers who have completed one of our Courses a Beginners kits consisting of;

Recurve Bow/ 3 Arrows/Quiver/ Arm Guard/Finger Tab/Bow sling/ Sight /String and Stand.

kit is rented with a refundable* deposit of £50.00 (*if all goods are returned in good condition) and a cost of £12.00 per month for a maximum of 6 months.

PLEASE NOTE: The club may need to request the equipment to be returned during the 6-month period if required for a Beginners Course.

Contact Keith Cross or Geri Barnden to arrange this, via enquiries@crawleyarcheryclub.co.uk



CLUB COLOURS

The following items are available through Kudos sports. The club will place an order when the minimum order requirement is fulfilled (10 items)

If you are interested, please contact enquiries@crawleyarcheryclub.co.uk with type, quantity, size, M/F (athletic fit) and name option for the Polo shirt if applicable. The sizing guide can be found on the website under the Members section.

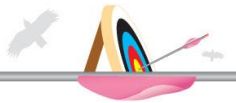
Men's Polo:



Women's Polo:







JUNIOR PAGE

Crawley Archery Club is registered with the Archery GB Junior Progress Award Scheme.

The scheme is open to all junior archers, with qualifying scores for Barebow, Longbow, Recurve and Compound bows.

The award comprises of a rectangular badge showing the Archery GB logo and the word “progress” on a colored background. The background colors indicate increasing proficiency and are: white, black, blue, red and gold.

Shooting may be conducted indoors or outdoors.

The archer must shoot 36 arrows in ends of 6 arrows. A maximum of 12 arrows warm-up is allowed.

In addition to the Archery GB badge, Crawley Archery Club provide a certificate of achievement.

Crawley Archery Club



SHORT (QUICK) ROUNDS (IMPERIAL)

	100Y	80Y	60Y	50Y	40Y	30Y	20Y	10Y
NEW NATIONAL	4	2						
LONG NATIONAL		4	2					
NATIONAL			4	2				
SHORT NATIONAL				4	2			
JUNIOR NATIONAL					4	2		
SHORT JNR NATIONAL						4	2	
NEW WARWICK	2	2						
LONG WARWICK		2	2					
WARWICK			2	2				
SHORT WARWICK				2	2			
JUNIOR WARWICK					2	2		
SHORT JUNIOR WARWICK						2	2	

Crawley Archery Club



SHORT (QUICK) ROUNDS (METRIC)

	122cm FACE						
	90M	70M	60M	50M	40M	30M	20M
LONG METRIC	3	3					
LONG METRIC I		3	3				
LONG METRIC II			3	3			
LONG METRIC III				3	3		
LONG METRIC IV					3	3	
LONG METRIC V						3	3

	80cm FACE					
	50M	40M	30M	20M	15M	10M
SHORT METRIC	3		3			
SHORT METRIC I	3		3			
SHORT METRIC II		3	3			
SHORT METRIC III			3	3		
SHORT METRIC IV				3		3
SHORT METRIC V					3	3

	122cm FACE						
	90M	70M	60M	50M	40M	30M	20M
FITA 70 meters		6					
FITA Standard Round				3		3	

Crawley Archery Club



NAME										BOW TYPE					
ROUND					DATE					SUB T.	HITS	GLD S	Xs	TOTAL	R. TOTAL
TOTALS															

Send score Totals to records@crawleyarcheryclub.co.uk