



# Yorkshire Archery Newsletter

Autumn 2022

## Carpenters medal rush

Izzy and Adam Carpenter of Barnsley Archery Club have put in impressive performances in Germany, France and Colombia.

Izzy competed in the **European Archery Championships**, which were held in Munich in early June. She had an unbelievably good week despite facing an extremely strong field. With GB team mates Ella Gibson and Jessica Stretton, she won the Team gold. She then went on to win individual gold, making her a double European champion!

At the **Paris 2022 World Cup Stage 3** in France later in June, Adam finished 9th individually and won bronze in the mixed team event with Ella Gibson against Estonia.

After a nightmare at Heathrow, Izzy eventually got to the **Medellin 2022 World Cup Stage 4** in Colombia in July. She got through to the individual quarter finals, but was knocked out by her team mate Ella Gibson, the eventual gold medallist. With Ella and Lizzie Foster, the team qualified in first position and went on to win silver.

Back home, both are doing well on the **National Tour**. Izzy won gold in the first stage at Bucks or Bounty, then bronze at the second stage in Scotland. She won silver in stage three at her home ground of Barnsley. Stage 4 was cancelled because of bad weather. She won gold in stage five in Surrey and finished fourth in stage six at Evesham.

Adam finished fourth at Bucks or Bounty, and fourth at Barnsley. He finished third in Surrey and sixth at Evesham.

Congratulations to them for these outstanding performances, and best wishes for the National Tour finals in October.



## Sarah's field successes

Sarah Monteith of Archers of East Riding has been excelling in 3D field archery.

In early May she represented England at the **Archery GB British 3D Championships**, which were held at Pentref Bowmen in South Wales. She came a close second overall in the Ladies Traditional class and earned a World Archery qualification score towards being selected to shoot for Great Britain at the World 3D Championships, to be held in Italy in September.

She won the Mixed Traditional Team gold medal with Terry Stevens for Team England and was also a part of the overall winning England team (Home Nations).



*Photos by Malcolm Rees*

These performances helped her towards selection for Team GB, and she represented Great Britain at the World 3D Championships which were held in Terni, Italy in early September. This was Sarah's first international event. She finished a creditable 22nd against a very strong field.



## Your county needs you

To ALL archery clubs across the county

### Yorkshire Archery Association needs YOUR help

- What do Clubs and its archers want from the YAA?
- What do you think is needed to encourage better attendance at YAA shoots?
- Do you want to see different shoots in the calendar?
- Do you want to see more coaching activity - Seniors/Juniors?
- What support do you want or need?



Drop me an email and we can start a conversation with the aim of visiting your club's committee and members to talk in person.

**Let's all work together to improve what YAA can do for you and what you can do to help and support the association and come together to keep archery strong in Yorkshire**

*Andrew Neal*

*YAA President and Tournament Organiser*

[an@agneal.co.uk](mailto:an@agneal.co.uk)

## YAA and NCAS affiliation fees and process 2022-2023

Affiliation fees are due from the 1st October 2022 for all Yorkshire clubs.

Please note that these should be paid in addition to the Archery GB fees collected through Sport 80.

As last year a list of clubs who have affiliated for the 2022-23 year will be issued every 2 weeks after the 1st October. Any club or individual that has not paid affiliations by 30th November will be deemed to be unaffiliated to county and region until payment is received.

The YAA fees have remained unchanged for 2022-23. Archery GB affiliation fees have remained the same for reaffiliating members and new members in the subscription year 2022-2023. The NCAS fees have not changed.

Please see the Administration page of the YAA website for full details of the current fees and the process to be followed.

*Gwen Smith*

*YAA Treasurer*

## County teams 2022

This year's teams representing Yorkshire at the NCTT, Senior Intercounties and Junior Intercounties are:

<b>NCTT</b>	
Ladies Recurve	Malgorzata Sobieraj, Rachael Sanders and Megan Tinker
Gents Recurve	Roger Smart, Matthew David and Samson Wang
Ladies Compound	Lindsay Howard, Marina Rose and Charlotte Addison
Gents Compound	Oskars Lablaiks and Aaron Bainton
Ladies Longbow	Sheila Hudson and Lorraine Slater
Gents Longbow	Patrick Revell, Richard Hudson and David Whitham
<b>Intercounties Seniors</b>	
Ladies Recurve	Malgorzata Sobieraj and Rachael Sanders
Gents Recurve	Roger Smart and Matthew David
Ladies Compound	Lindsay Howard and Marina Rose
Gents Compound	Ian Clark and Mark Franklin
Ladies Longbow	Sheila Hudson and Lorraine Slater
Gents Longbow	Patrick Revell and Ged Hebdige
Ladies Barebow	Amanda Driffield and Grace Helliwell
Gents Barebow	Alan Driffield
<b>Intercounties Juniors</b>	
Girls Recurve	Hannah Fox, Hetty Duncan, Eleanor Stott and Bethany Farrow
Boys Recurve	Johnny Smart, William Coates and Liam Jordan
Girls Compound	Holly Hopkinson, Beth Rhodes and Rowen Herdsman
Boys Compound	Finlay Clark and Bert Smart
Girls Barebow	Emma James
Boys Barebow	Euan O'Connor and Blake Barton

*Sarah Dickinson*

*YAA County Teams Coordinator*

## ABBA bags £500 from Tesco's Community Grants scheme

Archers of Bridlington & Burton Agnes have received a grant of £500 which it will use to purchase equipment to benefit their teenage and young adult Archers.

"Boosting Children's Archery Opportunities" in Driffild/Bridlington was a project that the Coaches at the Club felt was desperately needed to support the younger members of the Club and the future young Archers.

The Club has been unable to give the Junior members of the Club and future members the same opportunities as the Senior members. This grant will enable the club to purchase suitable archery equipment to give the best possible experience in a safe and timely manner to the younger members of our community.

Archers of Bridlington & Burton Agnes would like to thank Tesco Community Grants and all those who supported us by voting for our project in the local Tesco store.

Claire de Silva, Tesco's Head of Community, said: "Tesco Community Grants help support local good causes like Archers of Bridlington & Burton Agnes and especially those projects supporting young people, those providing food, and local causes close to our colleagues' hearts."

Tesco Community Grants is run in partnership with community focused charity Groundwork, which has awarded grants to thousands of local community projects every year.

Tesco Community Grants scheme - previously Tesco Bags of Help - has already provided over £90 million to more than 40,000 projects across Britain.

Groundwork's National Chief Executive, Graham Duxbury, said: "Tesco Community Grants continues to give local projects the boost they need to help their communities thrive. We are pleased to have been able to help so many local good causes over the years and look forward to seeing what community organisations can achieve in the future with the right resources."

Funding is available to community groups and charities looking to fund local projects that bring benefits to communities.

*Dave Hunt*

*ABBA Club Coach*



## Arrowhawks session extended to YAA Junior Team members

Arrowhawks Archery Academy

Training Session September 24<sup>th</sup> at St Georges AC, Harrogate

Invitation extended to YAA Junior Team members

The final summer training session will be held as previously advertised on Saturday September 24<sup>th</sup> at St. Georges AC from 10.00 to 4.30 pm.

As this falls a week before the Intercounties competition the session is open to all YAA Junior team members who would like to practice for the round they will be shooting in a friendly atmosphere supported by experienced coaches who have developed their skills in the National Academy and National Talent Development Programme.

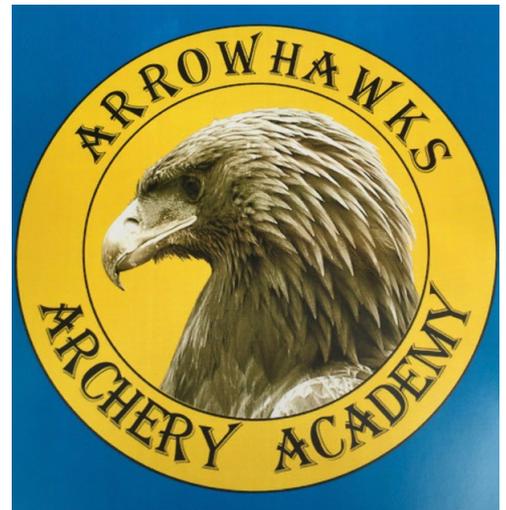
Any archer is welcome to attend, irrespective of bow style or age.

If you are interested in attending, please contact:

Kath Fitzpatrick, Senior Coach

[kath@arrowhawks.co.uk](mailto:kath@arrowhawks.co.uk)

07590 466907



Bringing the best practice of the National Academy programmes to a local level Contact: Kath Fitzpatrick, Senior Coach & AGB Talent team: [kath@arrowhawks.co.uk](mailto:kath@arrowhawks.co.uk)

## National Talent Development Programme 2022-23

### Northern training centre Haxby, York

### Arrowhawks Archery Academy

We are delighted to be delivering the NTDP again this year.

The programme is determined nationally and delivered at three centres: North, Midlands and South.

**Dates for sessions** at the Northern training centre, Haxby Scout Centre, Haxby, York:

- Sunday October 23rd
- Sunday December 11th
- Sunday February 19th
- Sunday April 23rd

The programme includes technical development of your shooting, strength and conditioning to support your technical development, workshops on equipment, sport psychology, nutrition and hydration, training planning and competition planning.

Application is through Sport 80 – specify Arrowhawks (North) or email [kath@arrowhawks.co.uk](mailto:kath@arrowhawks.co.uk) for further information.

## Arrowhawks Archery Academy

### Arrowhawks Winter Training Programme 2022-23

Dates are now available for booking for the winter training programme with Arrowhawks Archery Academy.

Sessions are available for senior and junior archers, all bow styles welcome. All coaches are highly experienced and skilled in current coaching methods and techniques developed through involvement as coaches within the National Academy and National Talent development programme.

Programmes are individualised and include, as appropriate for each archer's experience and stage of development:

- Technique and form development – including video analysis
- Strength & Conditioning for archery
- Training programmes and planning
- Competition planning and preparation
- Sport Psychology – managing emotions, coping strategies, focus and control.
- Nutrition, hydration for competing archers
- And fun! A friendly and supportive atmosphere.

Venue: Haxby Scout Centre, York Road, Haxby, York

Dates:

2022

- Sunday 9<sup>th</sup> October
- Sunday 6<sup>th</sup> November
- Sunday 27<sup>th</sup> November
- Sunday 4<sup>th</sup> December
- Sunday 18<sup>th</sup> December – Christmas fun shoot

2023

- Sunday 8<sup>th</sup> January
- Sunday 5<sup>th</sup> February
- Sunday 5<sup>th</sup> March
- Sunday 2<sup>nd</sup> April

Bringing the best practice of the National Academy programmes to a local level Contact: Kath Fitzpatrick, Senior Coach & AGB Talent team: [kath@arrowhawks.co.uk](mailto:kath@arrowhawks.co.uk)

## South Leeds Archers Indoor Ring Series

South Leeds Archers will be holding an unusual indoor competition this winter.

The Tolkien-themed Indoor Ring Series will be held across four Sundays in November, December, January and March. Each event is a separate tournament in its own right, but you will probably need to attend all four to be **The One To Rule Them All**:

- The Fellowship of the Ten Rings is a Portsmouth round to be held on Sunday the 27th of November.
- The Two Target Faces is a Double Worcester round to be held on Sunday the 11th of December.
- The Hobbit is a WA18 round to be held on Sunday the 22nd of January.
- The Return of the Kings is a Vegas 600 round to be held on Sunday the 5th of March.

You have the choice of a morning or afternoon session on each day. You cannot enter to shoot both sessions with the same bow style, but if there are spaces on the day then you may be able to shoot both sessions. Only one will count towards your score and points.

When all four events have been shot, overall titles will be decided in multiple categories.

The shoots will take place at South Leeds Archers Indoor Archery Centre, Unit 28/3, Dewsbury Mills, Thornhill Road, Dewsbury WF12 9QE.

Please be aware that the site has accessibility issues - the range is up two flights of stairs and there is no lift.

Full information is available from the YAA website.



## Judging news

I am pleased to announce that Claire Bell passed her practical assessment at Thirsk Bowmen in April and passed her theory exam on Saturday the 18th of June at Barnsley. Claire has become a County Judge.

David Coates passed his theory exam at Surrey National Tour Stage 5 at the weekend. David has become a County Judge.

I would like to welcome back to our ranks Martin Middleton, who passed his theory then his practical assessment at Thirsk Bowmen in April. Martin is back as a Regional Judge.

Congratulations and welcome to the team, all.

*Allan Shuker*

*YAA SPOC*

*Yorkshire Judges Liaison Officer*

## Trinity winter coaching schedule



Leeds Trinity University,  
Indoor sports Hall,  
Brownberrie Lane,  
Horsforth, Leeds, GB LS18 5HD

**Winter Coaching/Training 2022-23** Sunday  
10:00 -16:00

### Winter Dates

9 October 2022  
20 November 2022  
11 December 2022  
22 January 2023  
19 February 2023  
19 March 2023

A background image showing an archer in a white shirt and cap aiming a bow. The image is slightly faded and serves as a backdrop for the text.

**Technique & Bow Setup Analysis**  
**Video Analysis**  
**Nutrition & Core Strength**  
**Psychology & Mind Conditioning**  
**H2H Preparation**  
**Individual Archers Program**  
**Online Mentoring / Coaching**

Contact Andy Arnold for further info on:

07879330945  
thearrowmaster@gmail.com

## Calling all Yorkshire Juniors

The Yorkshire Junior Sessions are back at Pennine Archers for this winter. There will be the usual mix of coaching, fitness work, and fun as well as opportunities to get to know other juniors in the county. Also, time and space for parents to share information and ask questions.

As always all juniors in Yorkshire are welcome to join us, as are coaches from across the county. Different coaches will lead each session, working together to provide a variety of developmental activities, including input from Lloyd Brown and Rob Andrews from Archery GB. You just need to email Helen on:

[yaajuniors@yahoo.com](mailto:yaajuniors@yahoo.com)

Also, as always, there is no charge to attend - these sessions are supported by the county committee.

All sessions run from 10:00 AM till 1:00 PM. All dates are Saturdays.

Dates:

- 24th September (this is the week before the Intercounties tournament and an excellent opportunity for the selected team (and those who would like to be considered in the future) to get to know each other better.
- 5th November 2022
- 3rd December 2022
- 7th January 2023
- 4th February 2023
- 4th March 2023
- 1st April 2023

We look forward to seeing as many of the juniors as possible.

*Helen Woodcock*

*YAA Junior Organiser*

*Honorary Secretary, Pennine Archers*

# Arrowhawks booklet

Arrowhawks Archery Academy have produced a short booklet describing who they are and what they do:



## Arrowhawks Archery Academy



Established in October 2017 by Kath Fitzpatrick, National Academy Coach and Talent Development Coach for 7 years, with a team of coaches all passionate about bringing the best of current national practice into the region for archers of all levels of ability and ages to benefit from. This followed on from the successful Yorkshire Junior Squad which ran since 1992, established by Kath & Mick with several YAA based coaches.

Initially separate Junior and Senior groups now largely mixed due to the number of parent/child duos among the regular athletes attending.

Sessions are at least monthly throughout the year, with costs being kept as low as possible so that all can participate.



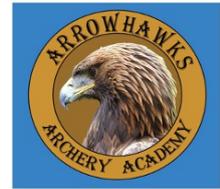
Arrowhawks offers a programme at a level of intensity to suit each person, all that is on offer is available and they can effectively build their own programme. Arrowhawks also delivers AGB's National Talent Development Programme, which is the first step on the National Talent Pathway. To date, we have seen two of our recurve juniors and three of our compound juniors move into national academies and development squads and one archer continued his performance with the GB Field team. Additionally, two seniors who trained with Arrowhawks progressed to the National Tour finals last year. This year three of our juniors progressed to National Academy profiling, one of whom won the Youth festival U18 Mens title.





# Arrowhawks Archery Academy

Coaches and archers working in partnership to improve performance.



So – what does Arrowhawks training consist of?



## How do we support athletes?

Coaches provide technical guidance and support on a 1-1 basis; in addition, we provide short, focused workshops on areas such as: advice on nutrition, hydration, training plans, competition planning, score analysis, strength and conditioning, bow set up and tuning. We also cover the psychological aspects of shooting competitively and how to train technically, physically and mentally to achieve your best performance.

We also support our athletes with a range of resources – for example, an illustrated guide to current technical model for recurve shooting, a mental skills handbook, training and development plans, equipment management. A few of these are illustrated below.

We also provide support in major competitions, working with parents / family support and personal / club coaches to ensure the best conditions for a focussed, yet relaxed and enjoyable competitive season.

We encourage archers to take part in all organised forms of archery according to their preferences. For those keen to progress nationally, we provide information about pathway routes and support through selection processes. Many of our coaches also work in the Archery GB Talent Pathway delivering the National Talent Development Programme in the Northern areas.



# Arrowhawks Archery Academy

## Interested yet?

Our winter training starts in October based at Haxby in York. Dependent on numbers, some sessions may be junior specific, senior specific or mixed. Mixed sessions have some separate programmes.

Our final outdoor session for the summer will be on September 24<sup>th</sup> at St. Georges AC in Harrogate – come along and meet us if you'd like to know more or have a one-off session.

To book in for the outdoor session send your request and details of name/j. or sr./club/AGB number by the 17<sup>th</sup> of September to:

Kath Fitzpatrick: email: [kath@arrowhawks.co.uk](mailto:kath@arrowhawks.co.uk) or tel. 07590 466907

To register for the winter training programme, please send details to the same address including bow style. We will then send you the programme details and application form.

If you are interested in the National Talent Development Programme, please contact Kath on [kath.fitzpatrick@me.com](mailto:kath.fitzpatrick@me.com) for details; booking will be via Sport 80. This programme is aimed at archers under 20 in both recurve and compound disciplines.

**NTDP dates;** Venue Haxby Scouts, York. Sessions run 9am-4.30 pm

Sunday October 23<sup>rd</sup>

Sunday December 11<sup>th</sup>

Sunday February 19<sup>th</sup>

Sunday April 23<sup>rd</sup>

### Arrowhawks dates:

Venue: Haxby Scout Centre, York Road, Haxby, York

Dates:

2022

Sunday 9<sup>th</sup> October

Sunday 6<sup>th</sup> November

Sunday 27<sup>th</sup> November

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Sunday 18<sup>th</sup> December – Christmas fun shoot

2023

Sunday 8<sup>th</sup> January

Sunday 5<sup>th</sup> February

Sunday 5<sup>th</sup> March

Sunday 2<sup>nd</sup> April

## YAA timing system available to clubs

The YAA's Danage timing system is available to YAA clubs for use at their own WA shoots. The system combines timer, lights, sound, scoreboard, archer rotation indicators and control panels. It's so energy efficient that the whole system can run for a two-day shoot on two car batteries.

Instructions for the use of the system are available from the Judging page of the YAA website. Please contact Allan Shuker if you are interested in using this system at your club's open shoot.

*Allan Shuker*

*Yorkshire Judges Liaison Officer*

## The Yorkshire Award



THE YORKSHIRE AWARD is a prestigious award where clubs can nominate individuals or couples who, in the eyes of their club, deserve recognition for services to that particular club.

Nominations can be made at any time.

If you think someone in your club deserves such recognition, please download the nomination form from the [Shooting resources/Service awards](#) page of the YAA website, complete it, and send it to the county secretary.

## Judges expenses form

The Judges Confirmation and Expense Form was designed following comments made by a number of judges. The tournament organiser or club secretary should send the form to the judge well in advance of the event. The judge should return the confirmation of attendance and expected expenses, so matters can be settled in advance of the event.

To prevent double booking of Judges, the Judges Confirmation and Expense Form includes a tear off slip to send to Allan Shuker, the Judges Liaison Officer, when the booking has been confirmed. The form can be downloaded as a Word document from the YAA website:

[www.yorkshirearchery.co.uk/Documents/JudgeConfExp.docx](http://www.yorkshirearchery.co.uk/Documents/JudgeConfExp.docx)

Alternatively, write to the county secretary or phone him for a copy.

If you want particular judges, please write their names on the slip that is to be sent to Allan.

Many thanks for your anticipated support.

Newsletter produced by Tim Mason on behalf of the Yorkshire Archery Association.

The next newsletter will be produced around the end of October 2022. If you have anything you'd like to be included, please contact me via [yaa@phoenixbowmen.co.uk](mailto:yaa@phoenixbowmen.co.uk).