



Assheton Bowmen

Tudor Lodge, Victoria Avenue East,
Manchester, M40 5SH

Induction & progression pack

A quick guide of what you need to know, now you
have joined our club.



To arrange a coaching session with our own club coaches contact:

coaching@ashhetonbowmen.com

You can find more resources and information on our website:

asshetonbowmen.com

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Your first visit, after passing the Beginner's Course

Book yourself in for your first visit

At Assheton Bowmen we have an induction process that will take you through those first steps of finding your way around as a full member of our club.

Together with your Members Handbook, we can guide you through what you can expect of the club and what we will expect of you. This club is run by its members, the more you put in, the more you will get out!

What you should receive when you join Assheton Bowmen:

Members Handbook



Membership Fob



20 Visit Validation Card

ASSHETON BOWMEN 20 Visit Validation Card		
1	2	3
4	5	6
7	8	9
10	11	12
13	14	15
16	17	18
19	20	CONGRATULATIONS!

Once all visits have been signed, please request a key from a committee member.

Once you have joined our club, you must book your first visit with one of our Coaches or Committee members. Your first visit will need to be on a Club Day: Wednesday, Friday or Sunday.



Induction checklist

Name of archer Name of Coach/Committee

	Details	Done	Notes
Signing in book	Show Signing in book and give instructions for each visit	☐	
Accessible toilet	Show accessible toilet and cleaning procedure	☐	
Tools/Desk	Show desk area, drawers and where club tools are kept. Explain tool usage rules	☐	
Equipment room	Show Equipment room and how club equipment is stored and where to find it	☐	
Equipment Care	Club equipment must be put back as found. Ensure all arrows are counted out and back in.	☐	
Lounge	Show Lounge area and explain information whiteboards	☐	
Kitchen	Show Kitchen and where cooking utensils are stored - club cups, plates etc. Explain cleaning procedures and cleaning equipment. Where Tea and Coffee are stored and usage.	☐	
Indoor Range	Show Indoor Range - explain details of how practice is different from competition etc. Where scoresheets and targets are stored and usage	☐	
Lights	Show light switch for Indoor Range and give details of switch controls	☐	
Toilets	Show toilet location and cleaning procedure	☐	
Contribution to club	Suggest contribution to running of the club, eg: Field Party, Workdays etc	☐	
Lounge Tel No.	0161 681 6409	☐	
Facebook Group	Assheton Bowmen Members	☐	
20 Visit Card Coaching	Explain how the 20 visit validation card works	☐	
	coaching@asshetonbowmen.com	☐	

Member's signature Coach/Committee

Own a target and a bow but don't know where to start?

Our progression plan is the perfect way to build your skills and see the improvement made

Firstly, well done on recently passing your beginners course and welcome to Assheton Bowmen and the amazing sport of archery.

First Piece of Advice. Don't go rushing out to buy a new or second-hand riser or limbs! Ask a club coach for advice, you could save yourself a lot of money. Use club equipment while you develop your skills, it's free.

The following is a guide to further developing your personal archery skills to a higher level.

"One Step at a Time". There is quite a lot to take in about archery. It's therefore very important to take it "just one step at a time". This way, you choose to progress at your own pace to achieve your goals. There are club coaches, committee members and several experienced archers who can assist you on your route to achieving your archery goals. Don't be shy at coming forward for advice, it's free, just ask!



Step One



252 Progress Badge Scheme

The easiest route to improving your archery ability and a great way to transition from indoor to outdoor shooting, and you get badges for achieving set scores.

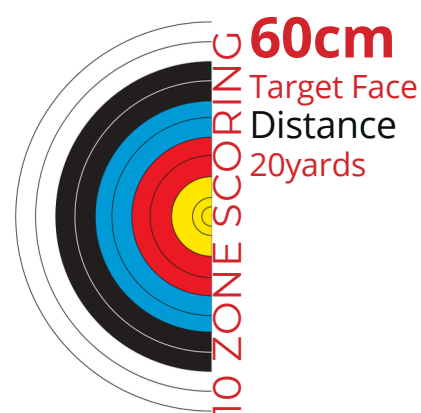
To start you shoot indoors at 20 yards, then progressively increasing the distance at set stages outdoors up to 100 yards.



Portsmouth Progress Badges Scheme

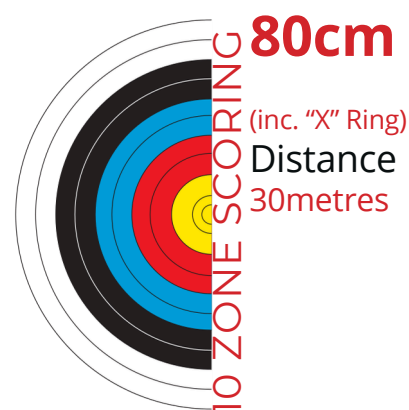
Starting indoors at 20 yards your improved scores are rewarded with badges as you achieve set scores.

There is also a set of AGB Indoor classifications to work towards. Ranging from Indoor Archer 3rd Class (H) through to Indoor Bowman 1st Class (C).



Frostbite Progress Badge Scheme

Shooting outdoors at 30m your improved scores are rewarded with badges at increasing score levels.



Step One

1

Assheton Target Awards

We also have the Assheton Target Awards that focus on understanding archery and the equipment used rather than how highly you can score.





Assheton Target Awards



Name of archer

Date assessed

Knowledge and/or know-how	Required knowledge and/or know-how	Acheived	Not yet acheived	Notes
Bow safety	Nodry fire	☐	☐	
	Place bow fully behind equipment line after each end	☐	☐	
Arrow nocking safety	Nock arrow on the bow, only when field of play is empty	☐	☐	
	To be done when both feet are correctly placed either side of	☐	☐	
Safe arrow retrieval	the Shooting Line	☐	☐	
	Walk carefully to target (do not run and watch your step)	☐	☐	
	Stand at the side (not directly in front of arrows)	☐	☐	
Shooting direction	Correctly pull arrows from target or grass	☐	☐	
	Only draws towards the target from the Shooting Line (not	☐	☐	
Safety and etiquette on the line	towards anyone or the sky)	☐	☐	
	Do not touch, disturb or talk to other archers when they or	☐	☐	
Scoring	you are shooting	☐	☐	
	How to retrieve an arrow that has dropped to the floor	☐	☐	

Knowledge and/or know-how	Required knowledge and/or know-how	Acheived	Not yet acheived	Notes
Feet position (stance)	Be able to identify an arrows scoring value	☐	☐	
	Can correctly complete a scorecard for a complete round	☐	☐	
	Feet either side of ShootingLine	☐	☐	
Safe and proper arrow nocking	Feet at shoulder width apart	☐	☐	
	Line of feet square to the Shooting Line	☐	☐	
	Implemented with bow vertical	☐	☐	
Body setting before drawing and at full draw	No finger pressing on rest	☐	☐	
	Arrow properly rotated, cock/index feather away from	☐	☐	*Compound cock/index feather vertical
	bow body*	☐	☐	
Body setting	Vertical body	☐	☐	
	Balance on two feet (if applicabte)	☐	☐	
	Spine and shoulders make a "T" shape	☐	☐	
Raising	Let the string hand land on face (chin and/or lips - do not	☐	☐	
	reach foward to the string)	☐	☐	
	Synchronised hands	☐	☐	
Bow preparation	Raise hand while keeping shoulders down	☐	☐	
	Hands at same height and at nose or eye level	☐	☐	
	Know how to disassemble and reassemble the limbs from the	☐	☐	
Total	riser			☐ YES ☐ NO

Assessors signature Can brace **THEIR** bow and know its Bracing Height

25 Points are required to gain the **WHITE** Target Award

Badge received



Assheton Target Awards



Name of archer

Date assessed

Skills	Key Elements (What should be done)	Achieved	Not yet achieved	Notes
Draw Process	Done with TWO hands always at the same level (or Arrows always parallel to floor)	☐	☐	
	Draw in shooting plane	☐	☐	
Main action (What is happening at full draw)	Stationary arrow point (no draw creeping) or better arrow point constantly moving back	☐	☐	
Erecting a BOSS	1) Correct position of FRONT Legs on the line.	☐	☐	
	2) Position sides rails and tighten stand bolts through FRONT legs.	☐	☐	
	3) BOSS correctly positioned & restraints in place	☐	☐	
	4) All LEGS are pinned & STAND secured	☐	☐	
	5) Ensure BOSS restraints are correctly in place and pinned securely with ground pin.	☐	☐	
	6) Target Correctly positioned & PINNED	☐	☐	
Arrow Safety & checking	Know what to do in the case of a hanging arrow (RoS 14.2.6.1.)	☐	☐	
	Count arrows out/in	☐	☐	
	Can check the STRAIGHTNESS of an Aluminium Arrow or the INTEGRITY of a Carbon Arrow	☐	☐	
Total	10 Points are required to gain the BLACK Target Award			☐ YES ☐ NO

Assessors signature

Badge received



Assheton Target Awards



Name of archer

Date assessed

Skills	Key Elements (What should be done)	Achieved	Not yet achieved	Notes
String hand	Flat back of hand (no knuckles pointing out)	☐	☐	
	3 fingers are used for hooking the string	☐	☐	
	Back of hand vertical	☐	☐	
	Consistent grip	☐	☐	
	Consistent holding of the string	☐	☐	
Reference Points	Are constant	☐	☐	
	Provide "decent" alignment between arrow & string & forearm	☐	☐	
	Keep BOW vertical	☐	☐	
Feeling attention	Can shoot with eyes closed	☐	☐	
Total	8 Points are required to gain the Blue Target Award			☐ YES ☐ NO

Assessors signature

Badge received



Assheton Target Awards



Name of archer

Date assessed

Skills	Key Elements (What should be done)	Achieved	Not yet achieved	Notes
Release	Along jaw or neck	☐	☐	
	Backwards motion generated by the follow through contraction of the back and posterior strong shoulder muscles	☐	☐	
Bow hand	Consistent bow hand on grip	☐	☐	
	Stationary upon release or moving a little toward the target due to the push or the bow arm, strong shoulder muscles	☐	☐	
Bow arm	Still upon release or moving a little forwards due to the release of the tension, strong shoulder muscles	☐	☐	

Knowledge and/or know-how	Required knowledge and/or know-how	Achieved	Not yet achieved	Notes
Archery disciplines	Can give the overall description of three archery disciplines	☐	☐	
Arrow preparation	Know how to fit and glue a point and fletch and arrow. Wooden, Aluminium or Carbon	☐	☐	
Total	6 Points are required to gain the Red Target Award			☐ YES ☐ NO

Assessors signature

Badge received



Assheton Target Awards



Name of archer

Date assessed

Skills	Key Elements (What should be done)	Achieved	Not yet achieved	Notes
Follow through	Impassive face on release	☐	☐	
	Impassive aiming on release	☐	☐	
Sequence	Repeat with consistency the shooting steps	☐	☐	
	Consistent shooting time (+/- seconds)	☐	☐	

Knowledge and/or know-how	Required knowledge and/or know-how	Achieved	Not yet achieved	Notes
Tournament registration process	Know the registration process (of the club) or at a local competition	☐	☐	
Arrow preparation	Know how to fix an arrow rest and make a nocking point	☐	☐	
Total	5 Points are required to gain the Gold Target Award			☐ YES ☐ NO

Assessors signature

Badge received

Step Two

2

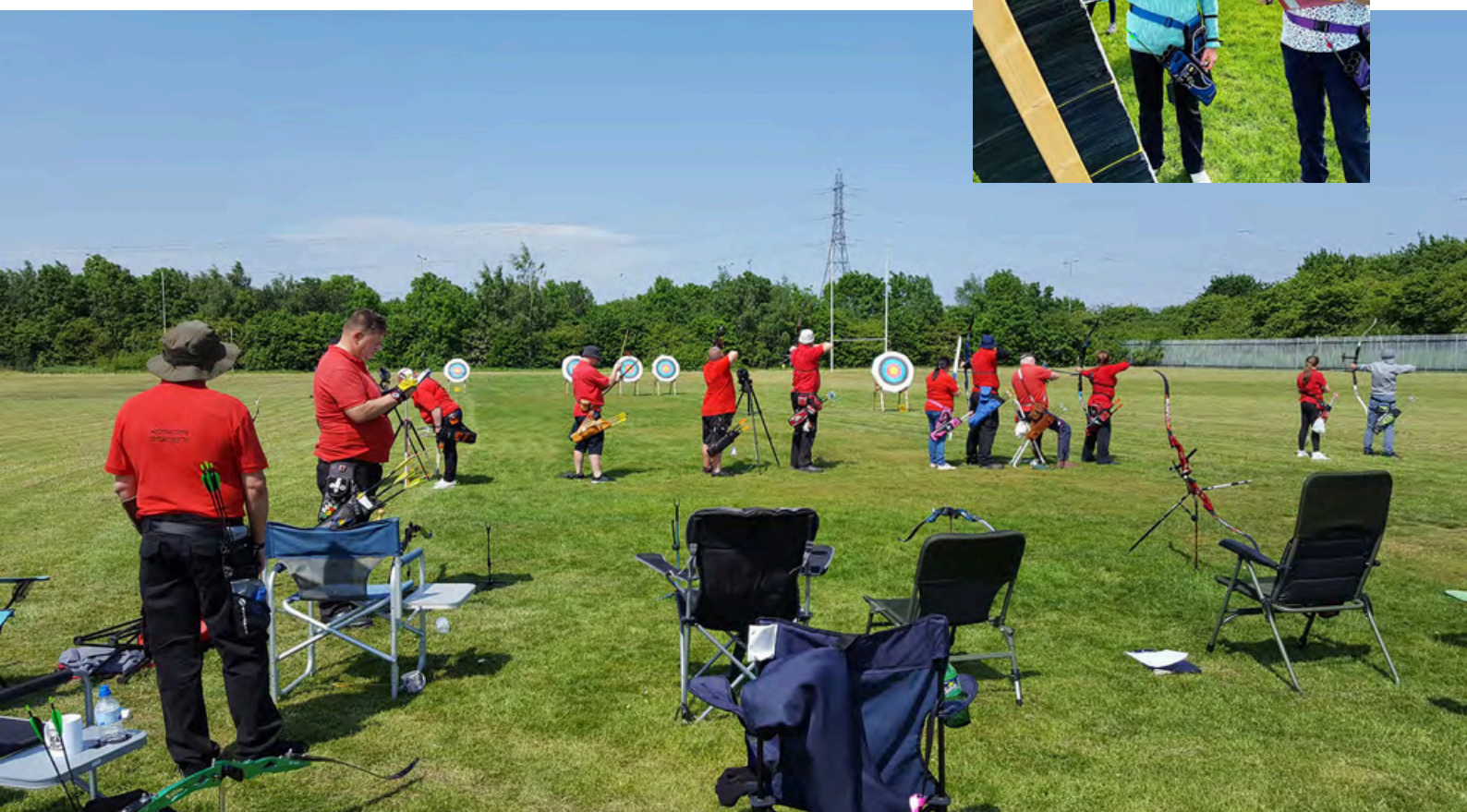
Competition Shooting

Once you've started making progress on the 252 and Portsmouth Schemes, have a go at a club competition. Most of the club competitions have set rounds and distances for new archers. So don't think that you will be competing against more experienced archers.



Assheton Bowmen Club Competitions

In house competitions are a great way to meet your fellow members and extend your social circle. The club runs several indoor & outdoor competitions both through Summer and Winter.



Step Two

2

Winter Season

Club Winter League. A good way of learning about the different indoor rounds. Runs for 5 months over winter, November – March, and consists of 5 separate rounds.

Selby Frostbite. The Winter Frostbite consists of shooting 36 arrows at 30 metres outdoors. Here you will be shooting as a club team member. It's not an individual competition, your scores count towards the Club Team.

Postal Competitions. Run by other clubs and AGB over both winter & summer, but you shoot the appropriate round at Assheton, so no traveling to other venues involved. These postal competitions also have novice sections. Here you will get an understanding of your personal ranking within the County, Region or even Nationally.

Selby Winter Postal. Shooting indoors and for the club. Come along and add your score to the list. Shoot details on the club notice board.

Morecambe Bay Archers, Winter Postal. A well supported postal competition attracting archers from across the UK. Shooting a Portsmouth round indoors or even outdoors if you wish, this competition has novice sections for all bow types.

Summer Season

Club Competitions. The club runs several outdoor competitions throughout the summer season. Details are posted on the notice board. There are also details of the various rounds, distances and the number of arrows for each event on the notice board.

Selby Summer Postal. Shooting outdoors and for the club. Come along and add your score to the list. Shoot details on the club notice board.

There are lots of in club and several postal competitions to choose from. These do not cost you anything to enter, they're all included in your membership fee. Give them a go.

Our advice, pick a distance that you are comfortable with or slightly longer than the last distance you've completed. If you're unsure, speak to a coach, the clubs Tournament Officer, a committee member or an experienced competition archer, that's what they're here for and its free.

Step Three

3

So, by now you've shot a few club competitions, won a bucketful of medals and you're ready to attend competitions away from ABM.

Novice Competitions.

The first, easiest and friendliest introduction to archery competitions held away from your club.

Novice events are designed to enable and educate new archers on how to shoot a competition in the company of fellow new archers from other clubs.

Very similar to club competitions and usually in the presence of an AGB judge or judges who will advise you and guide you on competition rules and shooting procedure. Preparing you to progress to Open Competitions.

Details of venues, dates and rounds can be found on the LAA website. Local Novice events are usually held each year at ABM, Eccles AC, Wigan & Orrell and New Century Bowmen in Macclesfield, though several others will be available. Check on line or just ask!

Please Note



There is an entry fee and you may need proof of your AGB membership.

The definition of a "Novice" may vary from competition to competition. For some its 2 years from first being registered with AGB, other events may state 1 year. There are usually conditions regarding clothing, for example; no blue denim or camo. Please check prior entering.

Classifications

Record Status Level Tournament: Meaning you can claim National, Regional, County and Club Level Records and other achievement awards at this tournament.

Official Club Shoot: At these events you can claim Club Records and achievement awards.

Official Club Fun Shoot: We often organise a Club Fun Shoot to encourage donations and money raising for our chosen annual charity. Even when competing in a fun shoot (fancy dress or otherwise), if it is an official Club Shoot that has followed the correct process outlined in World Archery Rules of Shooting, you are still able to claim Club Records and achievement awards.

Claiming a Club Record

To be eligible to claim an official Club Record you must follow these steps:

1. The competition you plan to shoot has been advertised through the club for at least one week prior to the day of the event itself.

2. The round you have chosen to shoot must be the first round of your session.

You can shoot more than one round and still be eligible to claim multiple records in one day - For example: if you shoot a round in the morning and break a club record, take down your equipment and leave the premises. Then return in the afternoon and shoot another round, breaking another club record in the process, you can submit your scores to challenge the current club record on both rounds.

3. Your scoresheet must be completed correctly and signed by yourself and countersigned by the elected scorer on your behalf.

4. If you feel you have broken a Club Record when competing in a tournament away from our club, you can still submit your score to challenge the current club record.

The away competition must be an advertised Record Status Level Open event and comply with World Archery rules of shooting.

5. The Records Officer will need to verify your score before it is considered an official Club Record.

This is done in the usual process of submitting scores, either through Golden Records or placed in the appropriate area in the Range. The Records Officer has the final say on whether the claim is eligible or not.



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