



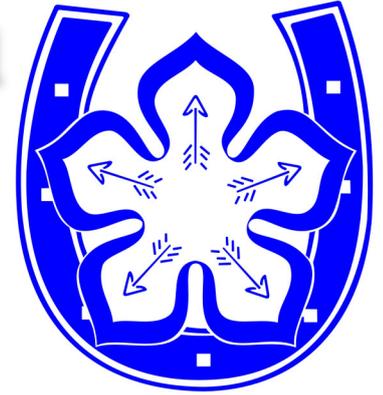
Some of 2017's L&R archers training with the Regional Senior Squad.

EMAS

L&RCAA

Regional Squad

21st January 2018



2017 saw the start of a plan to bring some of the best shooters from around the Region together to form the basis of a Regional Senior Squad. This year, 2018, continued the plan with a meeting of archers at the Joseph

Whittaker School in Mansfield for a familiarisation and 'get-together' leading to some training exercises.

The day's session began with introductions because some of the archers were new to shooting with a squad and a semi formal introduction breaks the ice and leads to a more relaxed atmosphere. Every archer then spent an hour, or so, limbering up, shooting and generally sorting kit and sight settings out. This preparation period was followed by a Bray 1; a very short shoot conducted on a 40cm face.

During the short break for food and drink scores were recorded and preparations made for a Head-to-head match. All bowstyles were represented at the meeting so a plan was devised in which compounders would shoot at their usual three spot 40cm face using the inner ten ring, recurves would shoot at their usual full 40cm face using the outer ten ring and longbow and barebow archers would shoot on the 60cm face. This went a little way to levelling the playing field, as it were, and meant that a good recurve shot stood a better chance against compounders etc. Furthermore, the winners were based on set points rather than pure score (as is usual for compounds) which meant another chance for the recurves, barebows and longbows. The afternoon was planned and conducted in such a way that even if knocked out each archer entered a 'Round Robin' and still competed against every other archer present.

The meeting was open to archers who had shot for the Counties previously and provided a massive learning curve of information and experience for those who had never shot in an individual H2H.

From the L&R perspective few regular County shooters took part because the date, 21st January, coincided with a shoot at LAOFAC. The few who attended, though, enjoyed an interesting and challenging day which worked them hard and brought them into contact with other like-minded people eager to test their skills.



2018's archers attending the Regional Senior Squad meeting at J Whittaker School, Mansfield.

Thanks should go to L&R Team Captain, Caroline, for keeping everybody informed via the web site, Mario Stankovic of Sherwood Archers for running the shoot so effectively and Sharon Dix for running the scoring and organising the H2H.