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BOW INTERNATIONAL

FULL REPORT

THE EUROPEAN GAMES SPECIAL

THE KI BO BAE EFFECT

EXCLUSIVE

WORLD NO.1 GIBSON ON LA28 



TALENT SPECIAL

WA COACH OF THE YEAR

WA YOUTH CHAMPS: LIMERICK | COMPOUND TECH | ISLAND GAMES

Ki Bo Bae, photographer John Stanley



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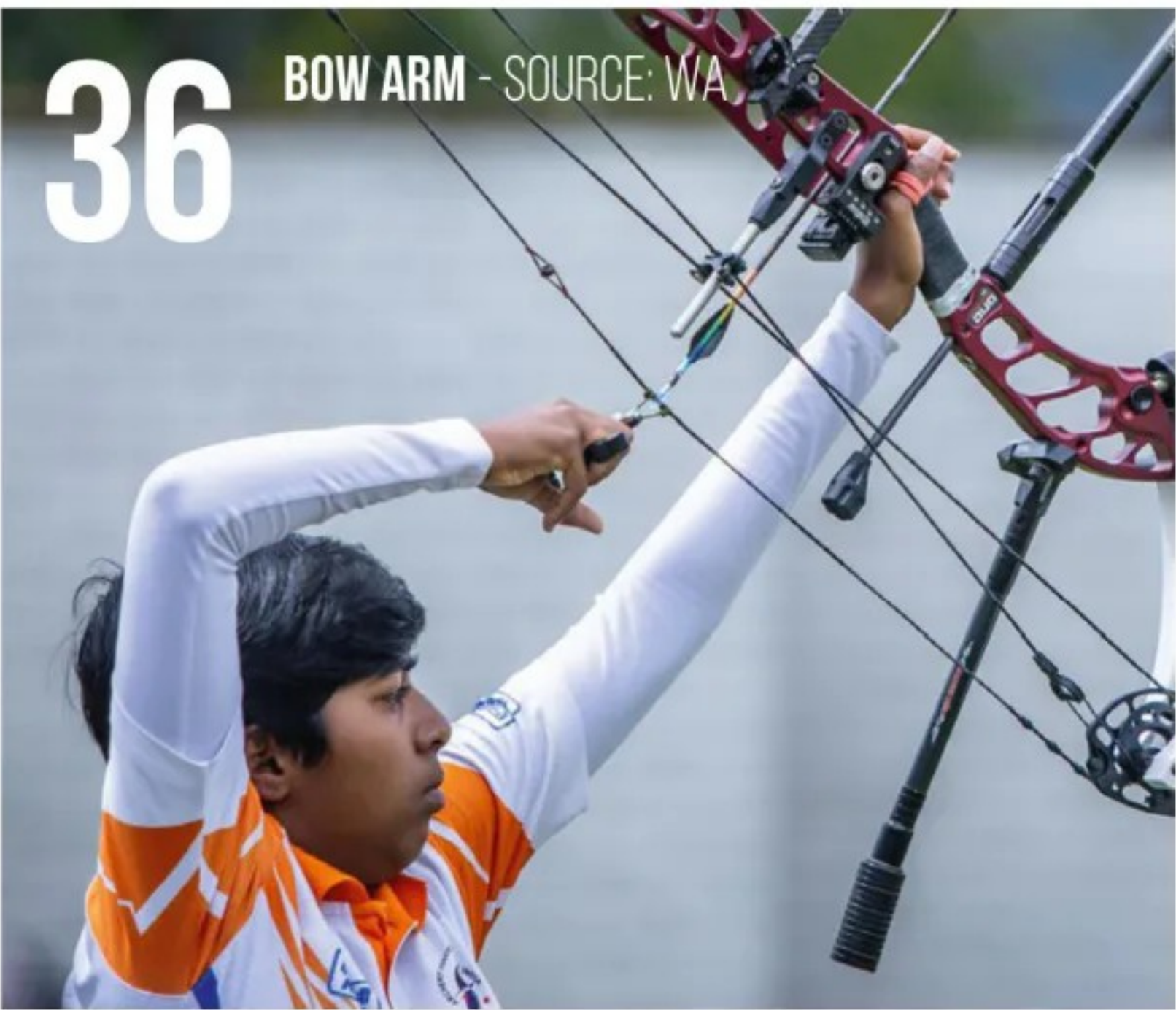
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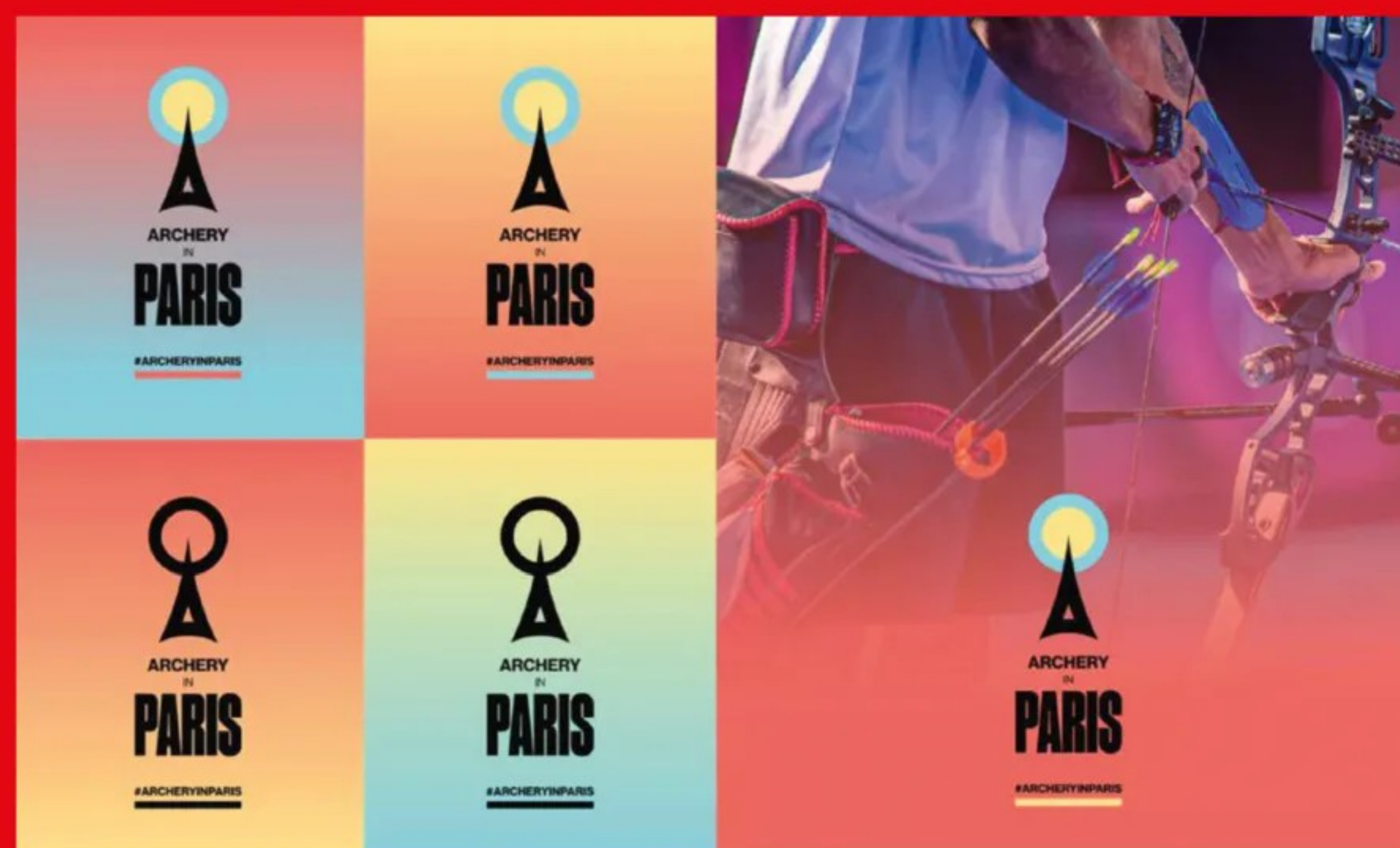
SHEETAL DEVI MAKES HISTORY

India's 16-year-old becomes the first female armless archer to reach a world final. Having shot for 11 months, Sheetal earned her first world silver in compound in the Women's Open individual category at the 2023 World Archery Para Championships in Pilsen, Czech Republic. In her finals match, Devi shot against Turkey's Öznur Cüre, the Tokyo 2020 Paralympic silver medallist. With her teammate Sarita, Devi set a compound women's double record, with India securing a total of 6 quota places for Paris 2024 Para games at this event.

Born without arms in rural India, Sheetal was the only armless female at the event. She made her debut in May this year at the European Para Archery cup at Nove Mesto, also taking silver. This event in Pilsen was particularly special to her, as she met her idol, veteran armless archer and three-time Paralympian, Matt Stutzman of the USA, who helped the young athlete with technique before the qualifying round. It clearly paid off, as Sheetal shot 4 points above her mentor, scoring 689 in qualifications. Stutzman is set to retire after Paris 2024 games. There are currently 6 armless archers in the world.

#ARCHERYINPARIS LAUNCHED

July 26 marked the official one-year countdown to the Paris 2024 Olympic and Paralympic Games. World Archery has launched the new visual identity for the promotion of the sport of archery in the lead-up to the games – the design inspired by classical French art-deco and colour palette is a homage to “vintage travel art”. The icon for archery is a play on the arrow and target incorporating the design of the Eiffel Tower.



As part of the campaign WA plans to produce a range of educational and inspirational content to help promote the sport in the lead-up.

A total of 128 archers, 64 men and 64 women, will compete for five Olympic titles in Paris; the mixed team event will return. To qualify for the Olympic Games, archers need to achieve a Minimum Qualification Score (MQS), between July 28, 2023, the first day of the World Archery Championships in Berlin, and June 28, 2024. MQS for men is 640 points, for women, 610; shooting distance 70 meters. The host country, France, will receive three quotas per gender, provided they enter three athletes per gender at the 2023 World Archery Championships.

GB PARA QUALIFIERS

Team GB Para athletes returned home from the Para World Championships in Pilsen, Czech Republic (July 17-23), with four medals and three Para Olympic quota places.

Jodie Grinham (30) and Phoebe Petterson-Pine (25) ranked first in the Compound Women's Open doubles and took home gold in the final against Brazil. Phoebe is a Tokyo 2020 Paralympic champion, and Jodie a Rio Para Games silver medallist.

Steve Prowse (64), who shoots in a visually-impaired 2/3 category, ranked first and took his fourth World Championship gold in the final against Italy's Piran Daniele.



Thomas Nicholas ranked second and took bronze in a match against a teammate, Phil Tranter, who ranked fifth.

78 quota places were assigned at the primary qualifying event in Pilsen; six were allocated to the host

country, France, making a total of 84. The secondary continental qualifiers will allocate 10 places at each of the following: the European Championships in Rotterdam, the Para Pan Am Games in Chile, and the Asian

Championships in Thailand. Six more will be allocated at the African/Oceania qualifier in Dubai. The final world tournament qualifier event will allocate 12 spots in Dubai. Eight quotas will be given to emerging para nations by invitation.

2023 EUROPEAN GAMES: INDIVIDUAL MEDALLISTS

RECURVE WOMEN

- Penny Healey (Great Britain) 
- Elia Canales (Spain) 
- Chiara Rebagliati (Italy) 

RECURVE MEN

- Florian Unruh (Germany) 
- Miguel Alvarino Garcia (Spain) 
- Pablo Acha (Spain) 

COMPOUND WOMEN

- Elisa Roner (Italy) 
- Ella Gibson (Great Britain) 
- Hazal Burun (Türkiye) 

COMPOUND MEN

- Josef Bosansky (Slovakia) 
- Marco Bruno (Italy) 
- Emircan Haney (Türkiye) 

who had twice shot a single point under the record this year, finally liberated the mark from her Colombian nemesis Sara Lopez, who had held it since 2015.

The second official day of archery competition saw the team events. The recurve women from Great Britain and the recurve men from Italy emerged triumphant. Despite being seeded third and fourth respectively, both teams demonstrated their resilience by getting past semi-final shoot-offs and delivering focused, dominant performances at the last.

The British team, led by an experienced Olympian Bryony Pitman, displayed remarkable determination; in the crucial tiebreak against the higher-ranked Italian women, the British team's two tens and a nine knocked them out, quickly sealing their victory with a 5-1 victory over France.

Jessica Sagoo emphasised the team's ability to swiftly recover from any setbacks, highlighting its pivotal role in their success: "Even if one of us had a bad shot, we bounced straight back. That really helped. It was what we needed to do." Sagoo would need all that resilience; she was taken ill immediately after the team competition and had to withdraw from the individual phase.

Great Britain's women were, of course, defending a title from Minsk; one of the archers in that team, Naomi Folkard, was now standing behind, coaching the women's team. For the 18-year-old Penny Healey, the current world number one in



AN EMOTIONAL PENNY HEALEY ON THE PODIUM, WHO DEDICATED THE VICTORY TO HER GRANDMOTHER WHO HAD RECENTLY PASSED AWAY



AUDREY ADICEOM, HEART OF THE FRENCH TEAM



PENNY HEALEY AND KATHERINA BAUER: TARGET MATES

recurve women's archery, it marked her first multisport medal, after a year where she had secured her first major outdoor event victory at the opening stage of this year's Hyundai Archery World Cup in Antalya. It wouldn't be her last this week.

The Italian recurve men's team, comprising veteran Mauro Nespoli, Federico Musolesi, and Alessandro Paoli, also gave an impressive performance, thrashing Great Britain in the first round, making a remarkable recovery from a 4-0 deficit against the top-seeded Dutch men, and finally edging out Spain 5-1 in a high-quality, high-scoring final.

OLYMPIC SPOTS

Much of the focus and energy behind attending and performing at the European Games was the handful of Olympic places available. For recurve archers and teams, making the next Olympics is of almost existential importance, as the increase or decrease in national funding could affect the course of archery in your country for a generation, as well as make or break a career. It sometimes seems a shame that the Games sucks up so much of the oxygen in the room, but there is no sign of anything changing. Many of the recurve archers said their

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CHANGING OF THE GUARD

Hello, and welcome to Issue 171. It is my pleasure to greet you as *Bow's* new editor. As one of the magazine's long-standing and dedicated contributors, I am excited to become its new guardian; I would like to invite you to go to page 6, where you will find a short self-introduction and my vision for the magazine.

You might wonder why is Ki Bo Bae on the cover of a European Games Special? This photo, taken in 2017 during her last international appearance, is no random choice. This years' return of Ki Bo Bae to the Korean national squad, my personal admiration of her as an athlete, and my fondness of all things Korean, seemed good enough reasons. Moreover, you might be surprised to learn that Ki has not appeared on the cover in over 5 years. But most important, I felt it was a fitting ode to its photographer, and *Bow's* former editor, John Stanley. John, I sincerely wish you much success in your next adventure!
My grandfather used to say, "the first pancake is never round", meaning that first

attempts may not play out as we want them. I am happy with the way this one turned out.
In 171, you will find some excellent reports on the European Games and the WA Youth championships in Limerick; two very special interviews, one with coach Richard Priestman, another with Ella Gibson, talking on compound's LA28 inclusion; Duncan Busby will treat you to a compound technique special; historian Jan H. Sachers will delight you with a Tudor feature, and much more. You will also find a special feature on the 'queen of recurve', Ki Bo Bae, by yours truly. I hope you enjoy the content. Keep your eyes on the target,



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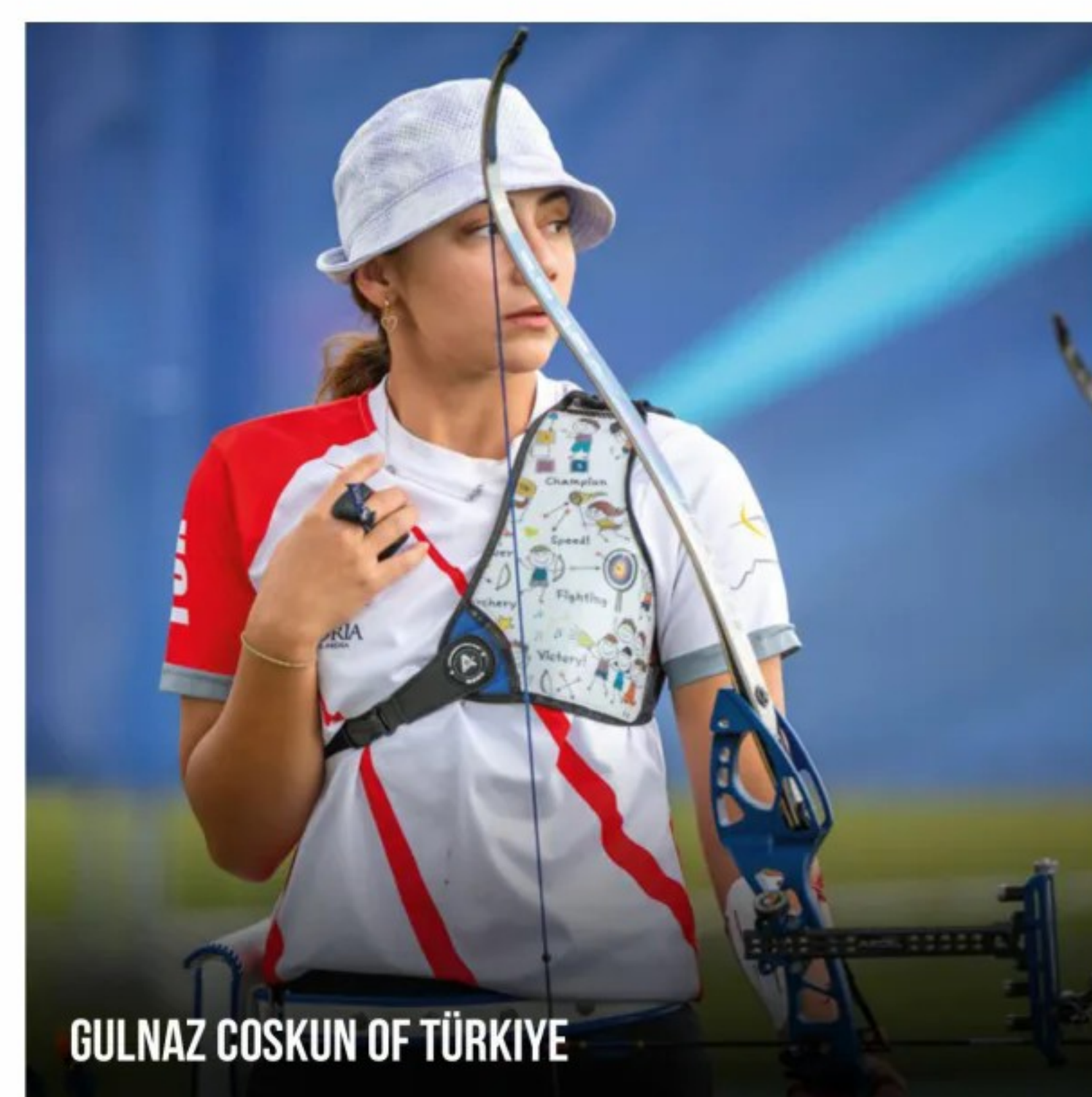
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ALESSANDRO
PAOLI OF ITALY
SWEEPS THE
BOW ASIDE IN
INDIVIDUAL
COMPETITION



THE JAATMAS ON THE PODIUM: MIXED TEAM CHAMPIONS



GULNAZ COSKUN OF TÜRKİYE

primary focus was on Olympic places, rather than European Games glory.

The first two went to Spain, as Elia Canales and Miguel Alvariño emerged victorious over Ukraine in a three-set recurve mixed team final, potentially securing the first quota places for Paris, pending formal qualification at the worlds in August.

Canales expressed her satisfaction with their performance, repeating the mantra: “We believed in our abilities to secure a place, but we focused on the process rather than the outcome.” Canales, who won the spot on her birthday, shot the decisive arrow that secured the victory, but it was a consistent team effort, with regular 38-point sets – four of them were enough to sink Germany in the semi. The final against Ukraine followed a similar pattern, with scores of 37, 38, and 38, leaving Anastasia Pavlova and Aleksii Hunbin of Ukraine with little chance.

Spain’s early qualification success was a big improvement on the previous cycle. While the country secured a men’s spot for the Tokyo 2020 Olympics at the previous European Games, the women’s spot was obtained only in the penultimate opportunity at the European quota tournament, held shortly before the Olympics.

Spanish coach Elias Cuesta acknowledged the team’s dedication, saying, “They have been working so hard. Not just Alvariño and Elia but the whole team, and it’s paying off. I know we can beat everyone, we can win every competition. But we never put focus on it. We just try to put the focus on... what can we do? What can we control?”

The victory marks Miguel Alvariño’s fourth medal at the European Games. He was the individual champion at the first edition in 2015, also taking team silver, one in 2015 and one in 2023. Alvariño now adds a mixed team gold to his collection, and Spain are clearly a serious recurve force to be reckoned with at the worlds.

“MUCH OF THE FOCUS AND ENERGY BEHIND ATTENDING AND PERFORMING AT THE EUROPEAN GAMES WAS THE HANDFUL OF OLYMPIC PLACES AVAILABLE.”

INDIVIDUAL GLORY

Canales, for her part, would be back out against Great Britain’s Penny Healey for the individual title, in a quality final that was nonetheless dominated by the Briton, 6-2. Healey, who had qualified in second place, was always looking like the strongest archer on the field as she moved through the brackets as the only woman putting in 30-point scores with regularity.

When she finally took hold of the final match, she found the shots and crucial

set-closing arrows with ease, with a perfect second set against Canales’ 29. She had become the third European Games champion – and gathered an Olympic quota place as well. She played it down immediately afterwards, saying: “It was not easy. It was not smooth. I think there was a lot of nerves there. It’s never easy going up against a good opponent. It’s never nice going against a friend as well.”

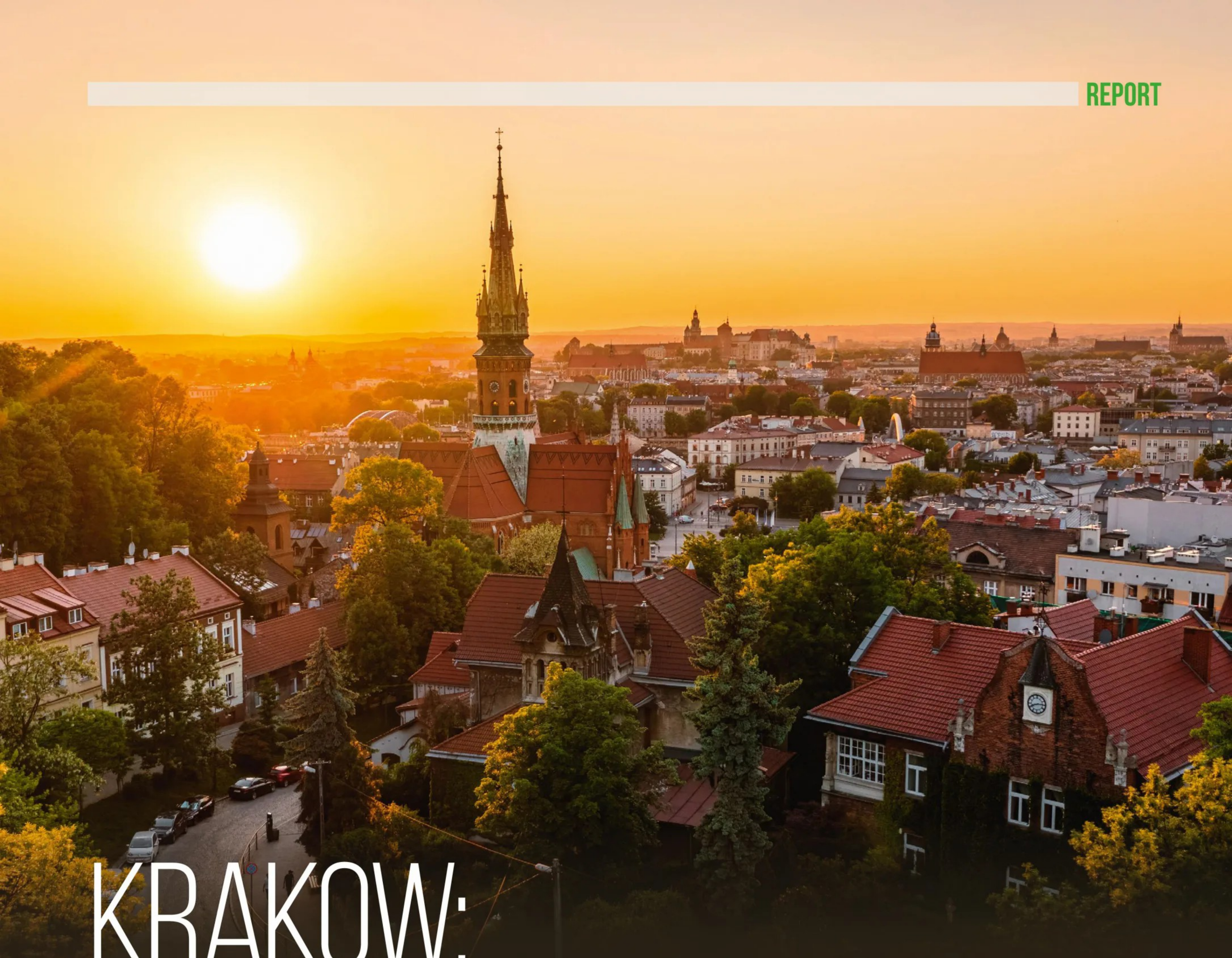
“My nan unfortunately passed away before I came out here. So, I said to my mum I’d get the quota spots for her, and I’d win for her, and I’ve done that. It means a lot. I said that I wanted to make my nan proud, and I have, and I’m really happy to do that.”

A men’s spot was also up for grabs, but with Miguel Alvarino and compatriot Pablo Acha back in the mix, it meant that Germany’s Florian Unruh and Dan Olaru of Moldova took the remaining tickets by winning their quarterfinals. Germany’s Unruh, perhaps now the best male recurve archer in Europe, again, focused more on the Olympic place than the victory afterwards. “It’s very, very nice to be in this position. It was the second opportunity after the mixed team, and we took it. Was I expecting it? It’s hard to expect anything in recurve men, the field is so tight. But we got it, and that’s that.” Classic Unruh.

Pablo Acha of Spain took third place and the bronze - exactly as he did in Minsk four years ago. It was also perhaps surprising to see the top seed, favourite and Olympic champion Mete Gazoz not quite deliver on the field – but again, that’s exactly what happened four years ago.



A BAD DAY AT THE OFFICE FOR METE GAZOZ



KRAKOW: 2023 EUROPEAN GAMES

GBR, Spain and others triumph over an eventful week in Krakow by Joe Parker

The 3rd European Games, in Krakow, Poland and the surrounding regions was an interesting affair. Europe was, of course, the last region of the world to finally get an official sub-Olympic regional multi-sport competition, with the first edition being held in Baku, Azerbaijan, in 2015. This was followed by a competition in Minsk, Belarus in 2019, held shortly after the archery World Championships that year. The other continental Games around the world are often a very big deal. The Asian Games has become a huge event over several decades and is by far the largest multi-sport event outside the Olympics, with over 10,000 athletes attending. The Pan-American Games are an increasingly important and

prestigious event for athletes in the Americas, and there is also a Pacific Games and an African Games, the former currently offering Olympic spots for archery.

This edition was by some distance the biggest so far. Almost 7,000 athletes descended on Poland to contest 254 events in 29 sports. However, like the first two editions, it is fair to say it has still not made an enormous impact on the public consciousness in Western Europe; being barely mentioned in the sports press and failing to find a TV distributor in many countries, including the UK.

Location for the next 2027 edition is not yet confirmed, but perhaps next time it will finally land with more of an impact. In Krakow, the mix of sports was curious to

say the least: the programme included no swimming that wasn't synchronised, but featured ski jumping and Thai boxing. Many archers got to lead their countries in the athletes' parade in the grand, Olympic-style opening ceremony, including Jean-Charles Valladont, Mauro Nespoli, Anastasia Pavlova and Miroslav Duchon.

GETTING UNDERWAY

After a stormy morning that saw the archers briefly removed from the field at Krakow's Plaszowianka Archery Park, an impressively calm ranking round for the compound women saw Great Britain's Ella Gibson shatter the previous world record for the 72-arrow 50-metre qualifying event by two points, scoring 715 out of a potential 720. Gibson,

BOW NEWS

If you have a news story, email editor@international-media.com

WELCOME BOW'S NEW EDITOR

Hello Everyone,

It is my pleasure to introduce myself as the next editor of *Bow International*. Many of you may be familiar with my contributions to the magazine, I have written about archery history, technique, mental and physical development, and everything in between. Archery is my biggest passion and everything I do is related to, or inspired by, the sport.

I am a coach, an athlete and a historian who loves to read and write about our sport. I have strong ties to South Korea where I spend a few months each year, training and competing. I made my first trip to SK with the aim of learning from the best in order to become the best athlete I can be. I am a member of the South Korean Archery Culture Preservation Association, an appointed honorary reporter to the Korean Ministry of Culture, Tourism and Sport, and an archery development coach, certified by Coach Kim Hyung Tak, a coach who led the Korean women to their first Olympic gold! As a technical development coach, I teach and focus on the Korean approaches to shooting, and am interested in the development of technique. At present I am working on developing educational material for advanced barebow archers. I currently work with a couple of World level shooters as a coach and have my own remote practice.

As an athlete, I am the first non-Asian female member to enter the traditional clubhouse. Korean traditional archery is



KRISTINA DOLGILEVICA

my discipline, which involves shooting at a distance of 145m. I compete and represent the city of Seoul, and received my first medal last year. I also represented GB at the 2022 World Nomad Games, in Turkey. I have a very active lifestyle and love to train. My second biggest passion is boxing – a sport opposite to archery in terms of its demands on the body and mind. I am currently training at a boxing training camp in Aldershot, the military town where I live.

Aside from writing on barebow technique, I have contributed on different historical subjects. I am a historical researcher by education and have written a historical research dissertation on the subject of the eighteenth-century archery society revivals in

England and Wales. The English longbow (which I also shoot), and the social history surrounding it, continue to fascinate me as a historian. For over a decade I have worked in various museums and archives in London, and have also been involved in the rare book business. At present I am finishing my second Masters in science, and my dissertation subject is performance anxiety and target panic. I am very much interested in current debate, and have been selected to represent my university, St Mary's Twickenham, as the official United Nations delegate for the International Women's Forum. I am bilingual in English and Russian, have some knowledge of German, and am currently learning Korean.

What I aim to bring to *Bow*

is the best of the arts and the sciences, introducing in the new and reimagining the old. I aim to attract multidisciplinary world-class experts, and to produce more content on archery technique, expanding its scope by scouting for advanced material for barebow and traditional archers. I would also like to hear more from archers themselves, of all levels. I care deeply about the quality of information delivered to the reader and believe that content should be informative, useful, inspiring, and, above all, thought-provoking. I hope my diverse knowledge will help achieve all of those things. *Bow* will remain what it has been for the past 28 years - a magazine an archer will want to have and keep.

Kristina Dolgilevica

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INTERVIEW:

RICHARD PRIESTMAN: ON TALENT PART I

Bow meets with WA's Coach of the Year

Richard Priestman turned 68 this year. For those of you who don't know, Richard is one of the world's most experienced top level archery coaches, who has worked in most countries in the world. A native of Liverpool, Richard Priestman comes from an archery family. By his own admission, Richard never had natural talent for archery, and only really started to enjoy the sport once he started earning medals. As competitive archer,

Richard represented GB and earned two team event Olympic bronze medals, at Seoul 1988 and Barcelona 1992.

In 2022, Richard took up a post as Head coach for Team Israel, where he currently resides.

We sat down to talk to Richard on his birthday; the interview is dedicated to the subject of talent, one of Richard's key interests – talent and talent-hunting.

Part I will look at defining what is talent, and who has it.

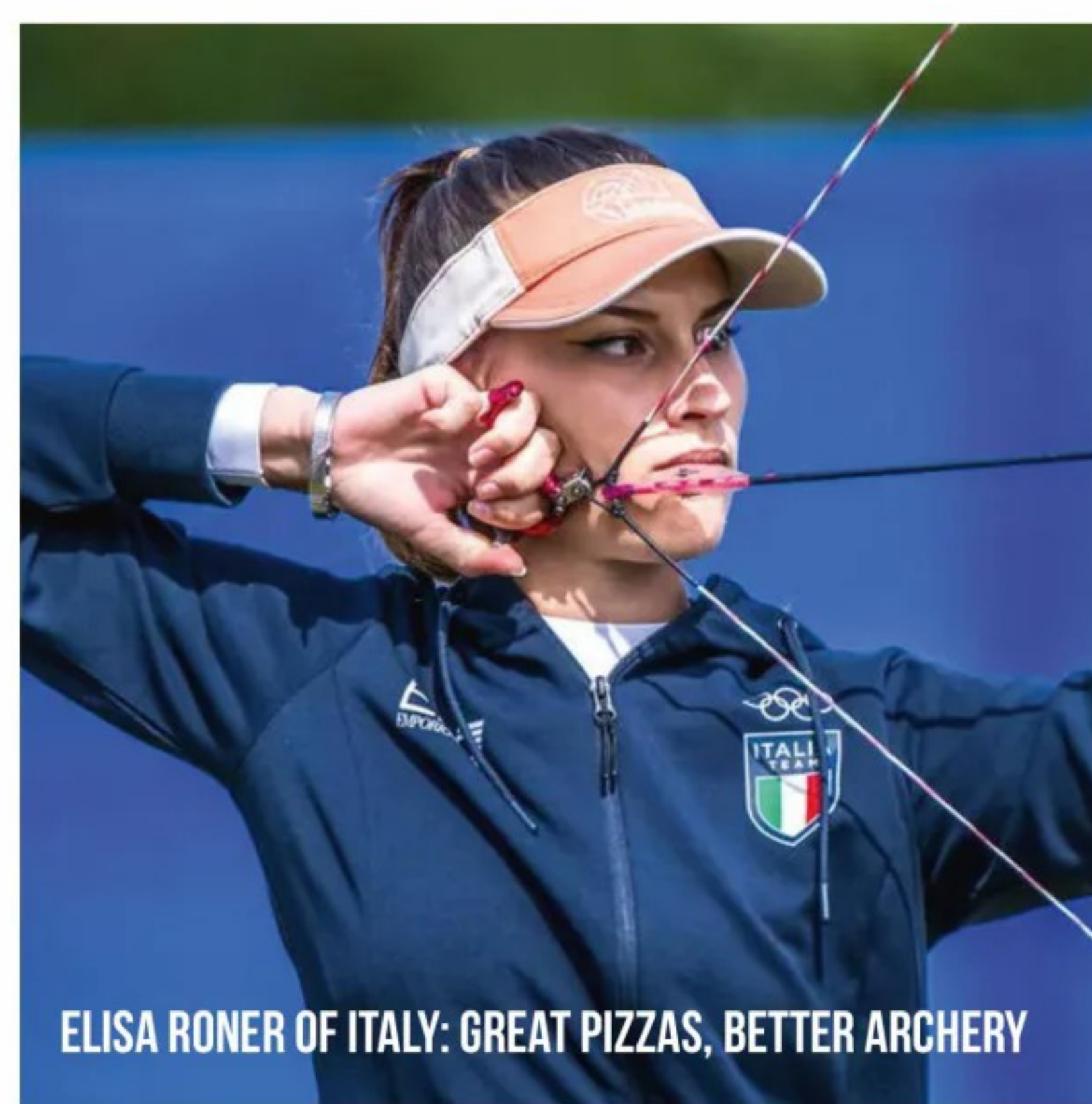
How does talent hunting happen?

The interesting thing is that most of my coaching has been with the archers that have already been talent-hunted. I have mostly worked at the top end, with teams that are competing internationally, where there is a demand and a desire to win medals. That's different from going around countries and finding talent. I have never had the luxury of teaching or searching for talent, it has always been there for me.

ELIA CANALES OF SPAIN



ELLA GIBSON OF GBR WITH HER RECORD-BREAKING SCORE



ELISA RONER OF ITALY: GREAT PIZZAS, BETTER ARCHERY

COMPOUNDING THE PROBLEM

As so often, the Olympic attention overshadowed the compound side of the field. While the men's division could perhaps be described as slightly moribund at the moment, Mike Schloesser almost managed to beat his own compound record on the qualification field, but threw the last arrow wide for a 59. So close and yet so far. Schloesser, however, never looked that comfortable on the stage, and lost in a last-eight shoot-off after tying with Marco Bruno on 148 points.

Bruno would go on to take silver, being outclassed by the 47-year-old figure of Josef Bosansky of Slovakia, 148-146. Bosansky looked like he couldn't quite believe it. "The final? It was great. Because I won. Every match I win is good," he laughed. Bosansky has been on quite the run recently, and is having the time of his life for a non-professional. "I didn't imagine winning the gold before I came here. I just like to enjoy my matches and enjoy shooting. That's all."

The women's title went to another non-professional, Elisa Roner of Italy, who has been at the business end of multiple major tournaments recently – despite not quitting her day job as a pizza chef. "I have to work six days a week. Usually, I go to train in the

morning, and then I go to work. I finish work. I relax in the afternoon. Or maybe I go twice, shooting and then come back working at night. I work to be able to afford to shoot. That's why these competitions and these medals are very important to me."

Roner beat Britain's Ella Gibson, whose match play this year, after her truly astonishing 2022, has not quite hit the same heights. Roner was unfazed by her competition. "I don't talk. I don't like to talk much when I'm shooting, I want to just stay with 'me myself and I'. And I think about what I have to do to shoot 10s."

It was her second victory over Gibson this year. Finally, the Estonian Jaatma twins, Robin and Lisell, took the mixed team competition – their second major multi-sport victory as a pairing; there were no other compound team events at this competition.

In the end, the European Games tournament went off without any serious hitches – albeit the usual handful of organisational oddities – but the wider tournament and its place in the world still seems a little unsettled. Perhaps it will take a high-profile edition in a major Western European city for people to really sit up and take notice. 🍕

2023 EUROPEAN GAMES

What is it? A quadrennial continental multi-sport event which is essentially a regional Olympics; analogous to the Pan American, Asian, African and Pacific Games. However, the European Games, which only started in 2015, is the youngest and least established.

Why should I care? The European Games is one of the first competitions to award Olympic spots for Paris 2024, although it's complicated, as nothing is quite finalised until after the World Championships in August.

Tell me something The name Poland apparently originates from the name of the tribe Polanie, which means "people living in open fields". Poland is bigger than the UK, and over 30% of its land is still forests. Sounds lovely.

Match to rewatch The recurve mixed team matches are available on <https://europeangames.tv> - and are well worth another watch.



MEET PROFESSOR KII (SEOUL NATIONAL UNIVERSITY)

“... SHE LIFTED THE KOREANS OUT OF THE ‘UNCHARACTERISTIC SLUMP’, AND WITH IT, THEIR MORALE.”

NEXT CHAPTER

Later in the WA interview Ki spoke of her interest in developing an elementary school archery programme for children, alluding to retirement, only to reappear, much to everyone's surprise, at the following year's national trials. “When I think of the Paris Olympics, it gives me headache”, said Ki to WA, referring to the amount of hard work it takes to make the team. She qualified overall eighth in the notoriously arduous national trials at Gwangju, finishing out of the top four. This means that she will remain on the squad but will not be representing Korea internationally - though this is not entirely off the cards.

Finding current information on Korean athletes can be problematic; there are few reliable sources. South Korean mainstream media reports are often hearsay. Successful South Korean sporting athletes are treated like celebrities; through their sporting achievements they attain a certain social status. Korean society is still largely hierarchical – social standing and

achievement matter very much. Moreover, despite the obsession with social media and K-culture, many famous people in South Korea tend to be secretive about their personal lives. Not everyone wants the world to know what they have had for breakfast. However, on March 3rd this year, Ki Bo Bae was speaking about her plan for an archery course to a group of students at Seoul National University. From there the rumour has spread that she would be appointed lecturer for the Liberal Arts “Archery” class for university freshmen. Many messages and screenshots appeared claiming a leaked teaching file bore her name. Messages read: “Ki Bo Bae is world class”, “Professor Ki Bo-bae's archery is showing a 10:1 competition rate” and so on. The entry rate for the class speaks volumes of the “Ki Bo Bae effect” – both 9am and 11am lectures exceeded 300 entrants as against a normal class size of 30. The university has officially confirmed her as the tutor for the module.

Ki Bo Bae is here to stay. ●



**ROME 2017,
WORLD CUP**

PHOTO: DEAN ALBERGA



“THE KI BO BAE EFFECT”

Bow takes a closer look at South Korea’s greatest

In April, recurve archery fans were thrilled to see the return of “the recurve queen” to the Korean squad of 2023. Multiple Olympic champion Ki Bo Bae last appeared on the international circuit in 2017, when she earned her final World Cup gold in Rome, the third of her career. Since then, she is said to have been thinking of retiring, at least as an athlete. What will the veteran 35-year-old do now - and how is she perceived in her own country?

RISE TO FAME

Like many Korean children, Ki Bo Bae started archery as an extracurricular activity in middle school, around the age of twelve, with little thought of becoming a professional athlete. But her teacher brought her talent to her parents’ attention and suggested she should compete. By the end of middle school Ki had won three gold medals in one of country’s most important national youth sports festivals and was selected as a junior representative. This kickstarted her career. The gold medal sweep continued with her winning the team gold at the Junior World Championship of 2004 at Lilleshall. Around this time her school grades began to suffer, and it was said that her parents were thinking of discouraging her from pursuing the sport. However, Ki Bo Bae pressed on, collecting gold after gold in individual and team events at the World University Games,

the Asian championships, and World Cups. This culminated in her becoming the double Olympic Champion at the 2012 London Olympics. It seemed that wherever she went, particularly in the solo exhibitions, the gold was hers – “The Ki Bo Bae Effect”. There is no doubt that if there had been a mixed team event at that time, she would have taken that too.

NATIONAL PRIDE AND ITS REWARDS

In South Korea, unlike some other countries, archery is a source of national pride, handsomely rewarded both by the government and private business. Following the Korean War of 1950-1953, and the division of the country, the South remained a military dictatorship until 1980. However, with the installation of a new president came new policies and an influx of wealth and resources, and the divided nations diverted their rivalry to sport. South Korea focussed on developing new generations of athletes from the ground up. In schools, the boys were encouraged to practice taekwondo, the girls archery.

Since then, both government and business, the Hyundai Group at the helm, have acted as patrons of the sport, generously and strategically investing in the infrastructure and the development of archery, and offering handsome rewards for medals earned on international podiums. For example, for winning an Olympic gold medal in archery,



**LONDON 2012,
OLYMPIC GAMES**

PHOTO: KOREAN OLYMPIC COMMITTEE



FIRST GAMES, ISLE OF MAN, 1985 [IIGA]



SHOWING OFF THE HAUL



WITH FAROE ISLANDS COACH, MARTIN DAMSBO

KEY IMPRESSIONS

It started with an opening ceremony along the crowded streets of St Peter Port, followed by four days of intense shooting schedule. The archery range is at Cobo Bay, at the north end of the island, a stone's throw from the sea. The venue was hit by some strong winds and some matches were won with misses!

The first event, on a Monday, began with a traditional FITA WA1440 round, with individual and team medals up for grabs. That day, archers left the field at 7pm, and were grateful to finish at a 30m distance, because the winds were really beginning to pick up.

At 8am the next day, we were back with our scores wiped clean. This was the second time in games history that the mixed team event was held. Archers began their seeding rounds with a WA720, gaining individual and mixed teams ranks. The following days were dedicated to match play. This was followed by an individual knockout round Wednesday and was accompanied by 32mile per hour gusts. But everyone battled through those tough conditions, and many brought home gold.

Thursday was a little more fun, as it was the team round day. Unlike the WA, where teams are made up of 3 women and 3 men, the Island games had to improvise and create some interesting mixes; for example,

a team consisting of 1 woman, 1 man and one other person (preferably the highest scorer from the WA720). This is because most small places do not have enough archers to fill the teams. A fun day was had by all, and the winds had eased off. The medal ceremony was held in the evening at the games village. It was a happy and relaxed occasion. Friday was the official ending to the busy week. Everyone shared t-shirts and pin badges, and partied along the new purpose-built track at Footes lane.

PERSONAL NOTE

The increasingly tough conditions made the week a test of fitness and survival. Winning 5 gold medals was my best achievement at the island game to date; 2 individual golds and 3 team golds. It was incredible to see that everyone's hard work truly paid off this week. Many islanders weren't sure the games would even return after the pandemic. It was fantastic to be part of a multi-sport event, to represent our small communities on such a 'large scale' once again.

For many small island athletes, it is a once in a lifetime experience. It is a great training experience for many youth athletes. It will be interesting to see where the younger archers go next. Bring on the next games in 2025 at Orkney Islands! 🍀

Learn more about the games here: www.iiga.org/

ISLAND GAMES PARTICIPANTS

- Aland (Finland)
- Alderney (GB - Channel Islands)
- Bermuda (GB Overseas)
- Cayman Islands (GB - Overseas)
- Falkland Islands (GB - Overseas)
- Faroe Islands (Denmark)
- Froya (Norway)
- Gotland (Sweden)
- Gozo (Maltese)
- Greenland (Denmark)
- Guernsey (GB - Channel Islands)
- Hitra (Norway)
- Isle of Man (GB)
- Isle of Wight (GB)
- Jersey (GB - Channel Islands)
- Menorca (Spain)
- Orkney (GB - Scotland)
- Saaremaa (Estonia)
- Sark (GB - Channel Islands)
- Shetland Islands (GB - Scotland)
- St Helena (GB - Overseas)
- Western Isles (GB - Scotland)
- Ynys Mon (GB - Wales)

ISLAND GAMES SPORTS



ARCHERY



ATHLETICS



BADMINTON



BASKETBALL



BOWLS (INDOOR)



CYCLING



FOOTBALL



GOLF



SAILING & WINDSURFING



SHOOTING*



SWIMMING



TABLE TENNIS



TENNIS



TRIATHLON

*CLAY, PISTOL, RIFLE & FULL BORE

Guernsey



NatWest International
Island Games XIX



NOTES FROM THE ISLAND GAMES 2023

Lucy O'Sullivan tells you about her adventures at the mini-Olympics

What do you get when you live on an island with less than 120,000 inhabitants obsessed with sports? The Island Games, or the bi-annual multi-sport event, also known as the mini-Olympics.

Following the postponement of the 2021 games due to the COVID-19 pandemic, the NatWest Island games were back for its 19th instalment; Guernsey, Channel Islands were this year's host.

The inaugural inter-island event took place in 1985, in the Isle of Man. 12 islands competed in 7 sports, featuring some 700 athletes. Due to the success of the event, the turnout had more than doubled by the late 90s, and today includes 25-participant islands, competing in 14 different sporting

events. This year the games comprised 2,194 athletes, and the sports, usually selected by the host country, are listed opposite.

The Island Games may have a 'friendly' status, and may not be very well known on the mainland, but they have earned a global reputation, and are considered a calendar event, bringing isolated islands closer together through sports. This event can be thought of as a version of the Commonwealth Games, the only difference being that the participants are all islanders from around the world.

A STEPPINGSTONE TO THE WORLD HEIGHTS

Above all else, The Games have served as great training for up-and-coming athletes, and big names, such as Mark Cavendish

MBE, and other Olympians who have competed for their parent countries. Last week was no exception to excellent sports performances across the board.

In archery we saw some incredible medal hauls from the Channel Island archers from Jersey and Guernsey. Jersey won the medal table over the week of shooting, with 5 golds, 2 silvers and 4 bronze medals across the whole team. The Faroe Islands, with coach Martin Damsbo guiding the team, finished in second with 4 gold medals, 1 silver and 2 bronze medals. Gotland finished in third with recurve Rebekka Gannholm leading the way; they walked away with three gold medals.

The Falkland Islands won their first gold medal in nearly 25 years.

in addition to other big monetary prizes, an archer will also receive a lifetime monthly pension of 1 million Korean Won (around £600). Both silver and bronze podiums are also rewarded.

The Korea Times reported that, for Rio 2016, the Korea Archery Association rewarded each individual gold medallist with an equivalent of £120,000 and around £90,000 was paid out to each team member for winning the team gold. With extra pressure on the unbeaten Korean women, the KAA is set to raise its pay-outs even higher for the Paris Games. Such rewards for success are, unsurprisingly, a further incentive for many professional athletes. Ki Bo Bae has earned a total of four Olympic medals: two gold, one individual, one team event at London in 2012; and one team gold and an individual bronze at Rio in 2016. For each gold she will receive a lifetime pension. But this of course does not mean she should retire.

NOT GOOD ENOUGH?

A year ago, during her interview with World Archery, Ki Bo Bae spoke of gaining a lot of fans following her brilliant win in London. She received one of the highest forms of honour for a sportsperson following her achievements; the International Archery Centre at Gwangju, the capital of archery in Korea, a range used for the second stage of the 2022 Hyundai Archery World Cup, was named after her. On the one hand, this signifies the importance of her achievement as an individual archer at the Olympic

Games. On the other, it confirms her celebrity status in the country. However, the fact that it took ten years for her to receive full recognition for her 2012 achievements begs the question, why?

The issue was raised in the WA's article, that despite the massive international and domestic fanbase, Ki was not as celebrated as the other successful women in the Olympic lineage, Kim Soo Nyung (52) and Park Sung Hyun (40). Like Ki, both women, in addition to other Olympic podiums, also took one individual and two team golds at the Olympics in their careers. It is hard to judge why she was not considered their equal. It is difficult for an outsider to pin down the reason that there seemed to be a feeling that she somehow wasn't "good enough".

It seems that Ki might have drawn the short straw as, compared to her predecessors, her success occurred in an era of social media, where information travels fast and speculation is rife. One need look no further than the 2020 Games, where there was public outrage fed by the anti-feminist groups because An San, the triple gold Tokyo 2020 medallist, had worn her hair cut short! Today, there seem to be two different standards by which the Korean archers are measured, one based on international success, another on domestic, the second of which Ki was perceived not to have achieved following her massive international wins. Reportedly, Ki's failure to top the charts in the national preliminaries, and the subsequent malicious public criticism, left

her devastated, demonstrating the level of pressure and scrutiny to which these athletes are subjected.

The London Olympics of 2012 was the first time the tie break was introduced. The gold medal event culminated in a one arrow shoot off against Mexico's Aida Roman. Both Ki and Roman shot 8s - Ki a high 8, Aida a wide left. Ki walked away with the medal but was also shamed by her countrymen for not finishing it in the "Korean" style - inside the gold. An influential celebrity commented that she had been "lucky to win it"! It did bring her down, and it did feel as though she was still somewhat hung up, "ashamed" even, for not having shot a "good score" in the tie break - as she said to WA in 2022. It is part of the South Korean mentality, which demands nothing less than perfection in its heroes and heroines.

OUT OF THE SLUMP

Narratives do change, and a gold claimed for the nation is still a gold. Domestic commentators now speak favourably, and the media describe Ki Bo Bae as a natural team leader, and are proud of listing her many wins and successes starting from her school years: "She appeared like a comet in 2010 and earned the title of monster rookie". However, the pressure is on for the Korean women: to date, the women's team remains unbeaten, winning their ninth consecutive team gold at Tokyo in 2020. Winning a tenth in Paris 2024 would be a national triumph. Aside from using Ki Bo Bae to inspire and boost the morale of those who will be shooting in Paris, one of her biggest contributions to archery, a point that is usually dismissed, is that she brought the individual gold back to Korea after a brief interruption in the gallery of South Korean medals. The individual gold medal streak starting from the LA 1984 Games was interrupted by Team China at Beijing 2008. What Ki Bo Bae did was more than win 'just another gold' - she lifted the Koreans out of the 'uncharacteristic slump', and with it, their morale. Though she did not win another individual gold at Rio in 2016, she took gold in the team event. Following her final international podium in 2017, Ki Bo Bae married and had a daughter. Apart from attending to her education - a Masters, followed by a PhD in physical education - Ki began to work as an Olympic commentator, speaking proudly of the women from her alma mater Gwangju Women's University, including Choi Mi Sun and An San.



FINAL PODIUM AT LONDON 2012, AIDA ROMAN ON THE LEFT



MAURO NESPOLI, ITALY

Nespoli upsets Korea and finishes with a ten, booking his place at the Hyundai Archery World Cup final. Medellin, Colombia, 2023.

Photo: Dean Alberga

BOW
INTERNATIONAL
PIC OF THE
MONTH





RICHARD'S TOP TALENT PICK: SARA LÓPEZ (28), COLOMBIA (WORLD ARCHERY)



RICHARD'S TOP TALENT PICK: OLIVER HICKS (16), GB (ALES ROSA)

How do you define talent? Is it innate or acquired?

I should start by saying that there is nothing particularly natural about shooting a bow and arrow. It is a closed skill, which means that everything we do as archers can be learned.

It is desirable for an archer to have the ability to listen to instruction, to learn the instruction. As a closed skill, it has a beginning, a middle and an end. Once the archer learns a good process, and achieves a nice-looking technique, it has to be backed up by a mindset that will ensure that that process always happens.

There aren't that many natural talents for archery, but you can speed up the learning process if you have some transferrable skills from past experiences, or if you have something natural within you.

Archers do not need to have great endurance skills or great strength, we do not need them to be particularly athletic, and that is not a negative. There are a lot of things

"THERE IS NO CULTURE IN THE WEST TO GO AND HUNT FOR TALENT IN SCHOOLS..."

we do not need to be because it is such an unusual sport - it is asymmetric for one. Archery is a cerebral sport, where physicality and mobility can be trained. It is helpful if you can come into the sport with good hand-eye coordination, with good focus and concentration skills, but all of that can also be learned.

What kind of mindset is desirable for these archers?

'Get it right the first time' kind of mindset, a mindset to reset when they mess up. Archers who have a fear of messing up, ones that worry about outcome, will always ultimately fail, unfortunately. There is a lot of mental

skill that is part of talent. It's that 'why not' attitude, 'let's go for it', 'let's try it'. This is why archery is good for many kinds of people who might not be naturally wanting to do a team sport, running around the field. To be a top first class international takes a special kind of person. If I am looking for that talent, I want the person to really want to do archery, I want to get them addicted to archery. It is a crazily difficult sport to master, it requires many, many, many hours of training, of repetition. The mindset to get somebody to do two-three-hour session twice a day, six days a week, that's takes a special kind of person. As coaches we do need to give them praise and tell them they have talent - 'come do archery, I will teach you how to be really good', definitely.

However, often perceived talent, it doesn't really show itself until a moderate amount of practice and training, because many can get good at archery, but can they really be a winner? You often see that later on. The archers that advance are the ones that get it right the first time, and we can only,



INTERVIEW: ELLA ON LA28

With Olympic inclusion of compound possibly just around the corner, Duncan Busby talks to Ella Gibson for her thoughts and ambitions

The Olympic bid for the inclusion of compound archery in the upcoming Summer Games in LA is currently awaiting decision. We thought we would ask the World Number 1 compound archer Ella Gibson for her thoughts on the proposal. The current three world record holder in compound, Ella is no stranger to success. The 23-year-old achieved gold medals in 4 World Cups, The World Games and The European Indoor Championships. If anyone stands a chance at

winning an Olympic gold, it's Ella. Let's see what she has to say.

Should compound archery be in the Olympics?

Absolutely – we're just as competitive as the recurves, and, in recent years we've seen a really big increase in the depth of field and skill level of compound archers. A decade ago, at least in the compound women's category, it wasn't as high-level as it is now, and we didn't have

as many competitors, especially from around the world. Just this year, we've had multiple winners at the World Cup events, which shows there is a larger group of women shooting well and no single name is guaranteed to dominate each event. The same could be said about the compound men's category too. More countries are also sending compound athletes to events; uptake in numbers is being seen across not only in the US and UK, but Europe, Asia and South America too. This is an important factor in being accepted into the Olympics,



SOUND ADVICE!

I compete most weeks, so at least half my year is taken up with competitions, and I'd want to continue doing that. I also like being able to choose who is in my life, the coaches I go to, the physios I see. So, if we do go into the Olympics, I hope I get to keep that kind of autonomy and I'll be able to be involved in the running of the programme. As the bid is so small, I think only one man and one woman from each qualifying country, there's less likely to be a full-time programme. So, the first Olympic compound archers may be able to keep hold of the independence we've all grown to love.

What do you think of the indoor format that has been proposed for the LA 2028 Olympics?

I would personally prefer it was done outdoors, indoors isn't my favourite discipline. But I would, of course, compete in this format if it gave me the opportunity to shoot at the Olympics. The field is really tight indoors and scores are so similar (as they are outdoors at 50m), so I don't know whether the Olympic bid as an indoor format is the best idea. As much as our sport is about perfection and accuracy, you also want to be able to watch a match and see the best archer win. But when everyone is shooting perfect scores, there's no real separation in skill and it can come down to luck sometimes as to who'll win, which can seem unjust.

"... THERE IS A LOT OF CONTROL WHEN YOU'RE IN AN OLYMPIC PROGRAMME AND YOU LOSE THE ABILITY TO MAKE MANY OF YOUR OWN DECISIONS AS AN ATHLETE."

The 18m head-to-head world record is the same for both sexes and the qualifying round world record is currently only separated by 3 points. So, should we take this opportunity to treat men and women equally and have them compete together at the Olympics?

Indoors is the only format where you could consider men and women competing together in the same category, as it eliminates other variables, where men have a large advantage over women. However, I don't think it would be entirely fair and would potentially create a problem for a lot of female archers. Whether we like it or not, men do have a biological advantage over women: in upper body strength, in building muscle, in stability and recovery times etc. A lot of men are also taller than women and have a longer draw length, which gives their bow a larger power stroke and a lot more arrow speed, and there's nothing we can do about that. Though archery is in a large part a mental sport, these biological advantages can't be ignored. So, for the sport

in general, I think, it would be a negative thing as it could discourage women from competing. Some would happily do it and train even harder to beat the men, myself included. I would still compete and want to win because I want to be the best; but I wouldn't want to see other women give up because they couldn't get past the advantages of their male competitors.

Do you think compounds inclusion would risk the future of recurve archery?

The truth is, I don't know. I really hope it doesn't, as I think we have enough differences to showcase both disciplines. But I think you could potentially reduce the amount of recurve competitors in the Olympics without it taking away from the event, though it shouldn't have to be an either/ or choice. There's no reason why both disciplines couldn't be given the opportunity to appear together at the games.

What do you hope for the future of compound archery whether it's accepted into the Olympics or not?



GOOD THINGS COME IN THREES

as you don't want a sport to be dominated by any one country or continent. The Olympics are about being inclusive and there should be equal opportunity for countries to compete for medals. I think compound archery has now achieved that.

I think compound archery is also different enough from recurve to be able to offer audiences something new at the games. We shoot different equipment at different distances and if the bid is accepted at 18m indoors, the competition will be held in a different venue too. Archery is already a multi-disciplinary event at The Paralympics, so there's no reason not to showcase the two disciplines together at the Olympics. We stand out from other sports as archery is completely inclusive – it's great that para-archers can compete at the same or similar level to the able-bodied archers, and this should be celebrated at the Olympics.

Would you like the opportunity to compete at the Olympics?

I would love the opportunity to compete for an Olympic medal but I'm not going to hold my breath on the decision, because I know there's a real chance it won't happen. I really hope it does, but I don't want to get my hopes up too much and disappoint myself as the decision is entirely out of my control.

What do you think inclusion in the Olympics will mean for compound archery?

I think if compound archery was in the Olympics, it would change a lot for our sport and for me personally, but there would be both good and bad points. Most, if not all, the current funding in archery goes to the Olympic and Paralympic disciplines. If we get into the Olympics that will change and it will make those resources available to us too. At the moment, compounds have very limited funding; we get a couple of trips a year funded and a coach available at those tournaments. We've gone to World Cups with

no staffing, and we don't get many resources outside of competitions. We have a couple of squad sessions a year, where the team have an opportunity to practice together, but it's not enough. Inclusion in the Olympics would mean that all my international tournaments would be funded, and I'd have access to more coaching, physios and Psych's, which I currently don't have.

But there are some downsides too, there is a lot of control when you're in an Olympic programme and you lose the ability to make many of your own decisions as an athlete. You don't get to decide which competitions you do, or don't want to do, or when and how you want to train, this is all decided by those who run the programme. As compound archers we value our independence and autonomy, and I know personally I would have a problem if someone told me I wasn't allowed to compete somewhere because I love competing; it makes me a better archer, the more I compete, the more I get a feel of those nerves, the better I can be at the next competition. Right now,



QUICK TIPS WORKING WITH YOUR TALENT

Lucy O’Sullivan shares some quick tips on athleticism and talent

When it comes to performance, talent is something that cannot be measured. In a dictionary it is described as “a natural aptitude or skill”. However, that natural skill can often make people lazy.

Latest sports journals surmise that talent is “how good you can be, if you did everything correctly with proper training”, as opposed to having raw talent and no training.

Coaches expect their athletes to train and develop talent in a variety of skills, corresponding to the demands of the elite sports; those who train their athletic skills with consistency, will win. Naturally, some will be better at developing these skills, but all will need high self-motivation, if their goal is to succeed. Building and working with a dedicated team is an essential part in becoming a more well-rounded athlete. Your natural talents will flourish if you collaborate with a coach and a psychologist, adding other and necessary team members to meet individual demands. 🕒

KEY ATHLETIC SKILLS TO INCREASE TALENT

PHYSICAL	MENTAL
Cardiorespiratory endurance	Positive attitude
Speed	Concentration
Agility	Self-motivation
Stamina	Cooperation
Strength	Anxiety management
Power	Emotion management
Flexibility	Goal setting
Balance	Positive self-talk
Coordination	Positive mental imagery
Accuracy	Good pre-shot routine

EXTRA TIP: There are many skills that we need to work on, so it is good advice to break it up and work on your weakest skills first, I promise you will see results with a little hard work.

QUICK TIP: STAMINA BOOST

Cardiorespiratory endurance can be worked by walking, jogging cycling and so on. Speed can be worked by doing short bursts of sprints, followed by walking, or popping down to a local track and running at speed. Agility is improved by working on change of direction, acceleration and deceleration skills; it helps reduce the risk of injury and improves cognitive reactions.

QUICK TIP: STRENGTH AND POWER

Strength can be improved in the gym, via resistance training, either using your own body weight, or sports equipment. Plyometric exercises such as, medicine ball slams and clap press-ups, will improve your explosive power. Strength can be improved further by increasing the speed, further enhancing athletic performance.

QUICK TIP: FLEXIBILITY AND BALANCE

Flexibility improves the range of motion in joints, which assists in decreasing the risk of injury. Balance work, important for archers, helps the core muscles; it is important that you work on single arm and leg movements while maintaining a neutral spine, controlling your body and posture.

QUICK TIP: COORDINATION

Coordination uses skills such as strength, balance and endurance to produce a specific skill. Working on complex skills such as aiming and throwing will help improve this.

QUICK TIP: ACCURACY

Accuracy is archery-specific and comes with practice. This skill can be improved with repetition, in synergy with all other skills.

QUICK TIP: PSYCHOLOGICAL

Psychological skills are essential to boosting athletic robustness. Work with a psychologist to learn how to better manage anxiety and emotions; this will boost your confidence and mental resilience. Positive mental imagery is another skill that can help change how you perform. Choosing practices that involve all 5 of your senses will help you visualise hitting the 10 more vividly.



RICHARD'S TOP TALENT PICK: BRADY ELLISON (34), USA (WORLD ARCHERY)

Most countries don't do the talent hunting, randomly coming across kids and teenagers who turn up in archery clubs. And if these young people show some kind of promise or interest, they find their way into some kind of talent squad, or a national team. It's really quite random.



RICHARD'S TOP TALENT PICK: MIKE SCHLOESSER (29), NETHERLANDS (WORLD ARCHERY)

But with some countries, talent-hunting is more of a challenge, especially if you are trying to find talent to become future national team members and Olympians. Asia is more national team and elite based, but the Western world has more of a club structure. The challenge in somewhere like GB is that you are talent-hunting in the clubs with recreational archers, and it is the same here in Israel. There is no culture in the West to go and hunt for talent in schools either, there just isn't any system for that.

How do you know an archer has a talent?

Speaking to coaches from around the world, including Korea, USA, the UK, France, and Germany, the answer you always get from any coach is, "We just know when they have talent. You just see it." If I went to a youth club or a scout camp, or a school, and if I got them to try archery, immediately I would see two or three who could be archers. You just know. I am not aware of any countries that have any

particular science behind it yet. However, there are some positive steps, and it is the professional end of the sport that drives that. You hear of numbers in Korea, and they have somewhere around a thousand of 8–11-year-olds trying out the sport every year. That is a massive number and, of course, you will find the six for your national team out of those. Whereas in the UK, there is a tier of sports that the kids will go through before they end up in archery. Talented boys, for example will go into football first; if they don't make the team, they will go to the cricket team; and if they don't make that, they turn to rugby or hockey and so on. Eventually, having failed to make those teams, they will come down to archery. Then it is down to the coach to try and make something out of this person, who kind of wants to do the sport, but might not have the skills to succeed. Archery is a sport that they can potentially excel at, and it is interesting that we can make Olympians from people who have, basically, failed at many different sports.

really, teach them to be a winning Olympian if they want it. Who is daft enough, ambitious enough, relentless enough to go for it? It is a massive commitment to a sport that is not going to make you rich.

Characteristics you look for in archers, and ones you are not so keen on

In archery you have to juggle a lot of skills. We have a difficult process to learn, and we need to be good at decision making. You find a lot of archers who are dedicated, committed, who can do a great shot process, and train really hard; but when it comes to making decisions in a competition scenario, they fail because they can't make a decision quick enough. They are allowing mistakes to happen, rather than getting it right the first time. It is hard to teach decision-making.

It is about getting away from that outcome-thinking, which for most archers is, 'I want this to be a 10!', 'I dream it's going to be a 10!', or 'I'm going to mess up!', along with other external thoughts about outcome. For some archers, three 10s can become a negative, so their next arrow is a 4 or a miss. That type of thinking is not a good quality for a winner. Positive or negative score outcome should not affect the archer emotionally; the emotional side is the hardest to deal with, but it is trainable. There are too many archers who are terrified of competition, but if you can find the ones who can shoot without any fear of messing up, that's a really good quality. That's a quality I look for.

If they are not prepared to work hard, if they consider themselves to be good when they are not, that's undesirable. And, of course, what is considered to be 'good' varies from country to country. For example, if I am a 660 (point) shooter in GB, I am considered to be good. If I am a 660 shooter in Korea, I have no self-worth, I will never make the team, I have no desire, no ambition, I'm nowhere near 'good enough'.

Who do you consider to be the most talented archer of all time?

That's a really hard question, because we see archers out there who shoot great scores. Are they shooting those scores because they were talented from the beginning, or is it because they were hard workers? Simon Terry is an archer from a previous generation, he is someone I was a competitor with. He was an incredibly talented person, who could do many sports, was well coordinated, he could do anything to a high standard. He did



TEAM ISRAEL HEAD COACH. ALWAYS GOING BEYOND

"... (ARCHERS) THAT WORRY ABOUT OUTCOME, WILL ALWAYS ULTIMATELY FAIL."

great, went away for 13 years, came back and did even better at it. He did not have a great technique, but he had a great ability to hit 10 a lot. His brain was great for archery, and he won lots of medals.

Look at Brady Ellison, he was a good archer since he was a teenager. He was good at compound, switched to recurve, and was immediately good at recurve; he can transition from one to another with ease. If his physical fitness changes, he remains a good archer.

I worked behind the scenes in Colombia, though I have never worked with Sara Lopez as a coach directly, I was fortunate to witness her winning a World Cup as a teenager; it was only after that you could see she had a great talent. She is the top woman compound, but she continues to want to be better. She had a

natural aptitude from the very start, and she is a hard worker.

And, I am, of course, really impressed with Mike Schloesser, who was also good from his teenage years. I don't think I have ever seen him not shoot a 10. His technique is awkward, it is difficult, but it works, and he does have the ability to shoot those 10s.

The archer I am most amazed with today is Oliver Hicks, shooting barebow. He is just a teenager and hits the 10 with barebow a ridiculous number of times without a clicker. Again, he had that talent from when he picked up the bow for the first time. Impressive maturity and focus.

For female recurves – every Korean I have ever seen. They have an incredible hard-working system, and many do not come through it, but the ones that get to the top, are unbelievably good. Are they finding it from talent or the hard work? There is definitely the hard work, when they are shooting 700-2000 a week, when they are teenagers. I am not sure that Korea is seeing talent as a big thing, it is more about finding those who can go through that system, and come out unharmed, in a way. 🕒



“... THERE’S NO REASON NOT TO SHOWCASE THE TWO DISCIPLINES TOGETHER AT THE OLYMPICS.”

I hope that, whether we are in the Olympics or not, that compound archery continues to grow. I’ve seen compound women achieve so much recently – at the World Cup in Antalya, this year, 15 women shot over 700 which is not something we’ve ever seen before. Multiple women have shot 150 matches and World Records are falling all the time. I want to see the compound field grow in both male and female categories, but the depth of field will only increase, if awareness of the sport is raised. To get more people to take up archery we need to increase TV coverage and get more advertising. I know archery does struggle to attract this kind of investment, because it’s not the best spectator sport. We need to make matches more exciting, so, maybe like the Lancaster shoot, we should have a bonus ring to create a little drama, or maybe push us back to 25m, to separate the scores out. We could go back to the set system that the recurves currently use, because things really can change each end; you don’t know who’s going to win and it isn’t necessarily the archer who’s shot consistently the best all the way through, just the one that’s shot the best at the right time. I don’t entirely know what the right answer is, but it needs to start with getting more people to take up compound archery. We need to make them more aware of where they can shoot and that the sport is as inclusive as it is: you can be on a shooting line with a 7-year-

old or a 70-year-old and that’s incredible, and something that most sports don’t have. Including archery in schools would be a great way to get more kids involved in the sport, that’s how I got started.

I tried it out in an after-school club for six weeks and I loved it and took it up afterwards. Some countries do have archery in schools and kids get to try it as part of their curriculum, but that’s not something we have in the UK, or in a lot of European countries.

School programs would go a long way in increasing membership and allowing young people to fall in love with the sport. Archery is not necessarily something you’d try out, unless you know about it from movies or something; but if it’s offered in schools you



IS KOREA ALREADY ACTIVELY RECRUITING THE NEXT GENERATION OF COMPOUND STARS? (KOREAN ARCHERY ASSOCIATION)

wouldn’t need to rely on outside influences to encourage participation. School programs cost money though, so we need investment from governments and schemes to put into the future of archery, because they could be so successful.

Best piece of advice for those archers wanting to follow in your footsteps?

Shoot and train as much as you can! Someone once told me that, “every minute that you’re not training, someone else somewhere in the world is”, and that made a really big impact on me. Try and learn as much as you can and never be afraid to ask lots of questions – it’s how you improve. If you want to be better at competing, then compete – anything you want to do better you have to do more. There’s no shortcut or easy way unfortunately, you have to put in the time and effort. But remember to enjoy it, if it feels like a chore and you don’t want to shoot, then that’s okay, you don’t have to be a full-time professional archer. Decide what you want out of the sport and pursue it wholeheartedly. If you’re authentic to yourself and you’re doing what you actually want to do, then you’ll get to wherever it is you want to go. 🎯

Thank you Ella for your thoughts and insight into compound’s inclusion in the Olympics – we have no doubt that if the bid is accepted, we’ll see you competing at LA28, and we’ll be cheering for you all the way!

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THE **A B C D & E** OF BEING PART OF YOUR CLUB

Peter Hill the author of 'How to Build a Fantastic Archery Club' shares the simple ways in which we can contribute to our clubs

Being part of the archery world is important to so many of us. But why is that? We know that archery can be beneficial for our wellbeing, whether it is in gaining some rest and relaxation, or taking part in a competition, if we seek it. At the club we get the chance to be around other people, for many it is about taking time to bond with our family members. We can get away from

our devices; as Gollum might say, “horridly techie thingies they are”. We get to make some key friendships, or connections that can lead to friendships, which science tells us is great for our overall health. At the club there is the opportunity to collaborate on something bigger than us. Being aware of that sense that we are involved in something larger than we are, can be grounding for any archer.

WHY IT IS GOOD TO ‘BELONG’

Archery lets us get to grips with skills around the bow. But there are other skills that can be learned, adopted, and honed, all in the process of making something that others might enjoy; these are the skills of building a club, a community, to make something that could outlast us, something to leave behind. Many of us that are part of the infrastructure of a club will attest



"MY STOIC NATURE DOES NOT ALLOW OUTSIDE INFLUENCES TO AFFECT WHAT I AM DOING ON THE SHOOTING LINE."

NICHOLAS D'AMOUR (21), AN OLYMPIAN, RECURVE

How do you mentally prepare for a competition?

I don't do much. But of course, I make sure that I have trained hard enough physically, and no matter what the circumstances are, whether I've been sick, or I am maybe not shooting as well as I would like to in practice, I always reassure myself that I am ready to fight. I do not second-guess my abilities and I always exude confidence, in all aspects of my life. So, that way when I go and compete, being confident is just second nature. Before a competition I always make sure that, no matter what, I make myself feel confident by telling myself "I am ready and confident."

How have you got to a mental state to be able to perform so well under pressure?

My ability to perform under pressure is a combination of two things. Firstly, it is the confident state of mind that I use for all aspects of my life. Secondly, I use the KSL Shot Cycle, which has a very clear and defined mental process. Many people confuse the KSL Shot Cycle with being all about biomechanical technique, angular movement, alignment, etc. However, the KSL Shot Cycle is, I would say, 60% about mental process. It is specifically designed to give you a clearly drawn out shot process, to help archers deal with pressure and to help mitigate things like target panic.

How important is mental game and why?

What mental game means to me is the mental process, and the attitude you choose to use to implement it in a competition. I have tried many different competition attitudes, being overly serious, being a bit less serious and making jokes. But what I have found works best for me, is to implement my shot process in competition with a pure stoic, but focused attitude.

If I am stoic, this means, no matter what I am feeling, I am controlling myself mentally enough, so no one on the outside can tell what

I am feeling. This gives me a mental edge over my competitors and gives me the ability to analyse my process better, because it hones my mind to be more focused on the shot, rather than the previous one. My stoic nature does not allow outside influences to affect what I am doing on the shooting line.

How can someone get a better mental game/state?

My first piece of advice to anyone who is struggling with mental game is, first off, have self-confidence. I know many people could say that it is 'easier said than done', but, in my opinion, it is that easy. You have to say to yourself, repeatedly, that you are confident and that you can achieve whatever it is you want to achieve.

I remember when I was in high school, and I was just starting recurve with aspirations to qualify for the Tokyo 2020 Olympics. At the time I was a bit of a loser (at least in the eyes of my peers). I didn't have any friends, I didn't do a mainstream sport, and the only things I cared about were school and archery. People made fun of me for it. I could have either listened to those people, and felt sorry for myself, and had no self-confidence, or I could have said to myself that they were the losers with no futures, and that I am the best archer that has ever lived, just no one knows it yet. It may seem a bit intense, and it may seem a bit arrogant, to say that to yourself, but that level of self-confidence that I possessed is what made me bound for success in my opinion.

So, step one to becoming a more mentally stable competitor is belief in your own abilities and confidence. Then on top of all of that, having a clearly defined mental process.

"...I COULD HAVE SAID TO MYSELF THAT THEY WERE THE LOSERS WITH NO FUTURES, AND THAT I AM THE BEST ARCHER THAT HAS EVER LIVED..."



GET INTO PRESSURE ENVIRONMENTS. VISUALISE.



MENTAL GAME: HOW THE BEST DO IT

Mimi Landström explores the most important aspect of the archer's game.

A lot of archers talk about their mental game. But what is it? We spoke to a few of the world's top archers about their approach to mental game, what they believe in, why they do what they do.

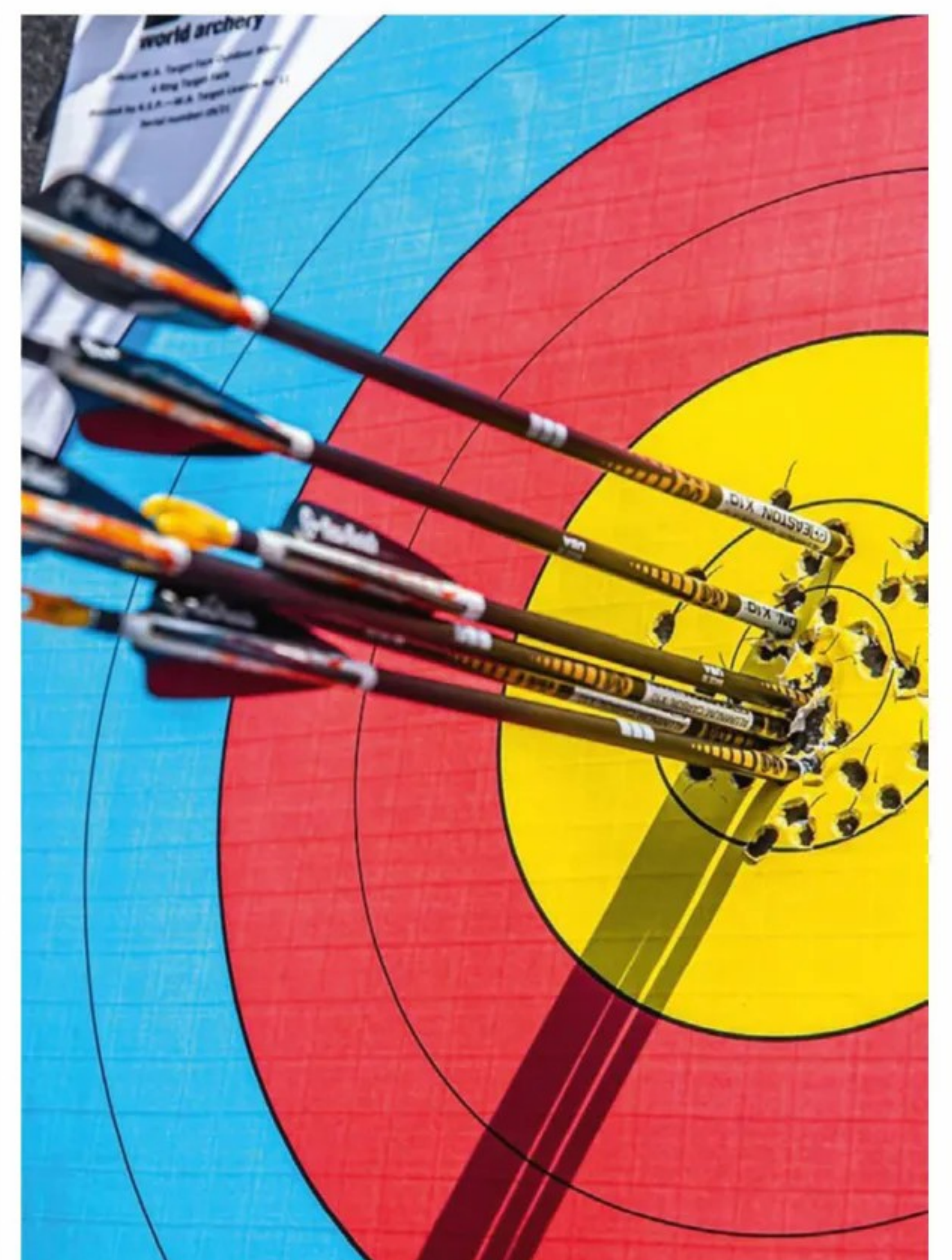
INSIDE THE MENTAL GAME

The mental game refers to the psychological aspect of the sport, or the mental skills and strategies that archers use to optimize their performance. While the physical and technical sides of archery are obviously important, the mental game plays a significant role in achieving consistent accuracy and success.

Some of the key elements to mental game in archery include focus and concentration, confidence, goal setting, visualisation, positive self-talk, managing pressure and nerves, resilience and mental

toughness, and emotional control. These key components are not a simple click of the fingers, where it all goes perfectly in an instant, it takes time and effort, it requires hard work to understand, to learn to be aware of, and to be able to utilise properly.

Mental game is a very personal part of archery and there is no 'one size fits all' approach with it. Just because one thing works for a certain person, it does not mean that it will work for everyone. Every individual needs to find out what works with their shooting, their brain, their lifestyle. We caught up with Ella Gibson of Great Britain, compound women world number 1 and Nicholas D'Amour of the Virgin Islands, recurve men world number 7, to chat about their mental game, how they cope, how they have built their game up over the years, to be where they are today.





STRAIGHT ARM — PAIGE PIERCE (PHOTO: FAIRWEATHER VISION)



RELAXED ARM — LEVI MORGAN (PHOTO: BOWLIFE)



BENT ARM — MORGAN LUNDIN (PHOTO: DEAN ALBERGA)

MODERN SHOOTING FORM

Today, the guiding principle in archery is to use more bone than muscle to support the bow; a straight arm is stronger and more consistent when anchored against the cam stop. You will be steadier and will not fatigue as quickly, because the forces developed by the bow are transferred onto your skeleton. Try doing a push up, for example. You will find that your frame can hold your position for longer when your arms are fully extended, and not when they are bent. Simply put, your muscles will be under less strain from the forces exerted onto them.

A straight arm is much more effective when shooting under pressure. It is more difficult to execute fine muscle movements with nerves, so the less reliance you have on your muscles to create stability, the more consistent your shot will be.

However, it is important not to hyperextend or lock-out your arm, as this can pull your bone alignment out of its ideal position, leading to fatigue. Additionally, this increases the risk of injury to the joints in your arm and shoulder and can create string contact with your bow arm. Hyperextending your bow arm limits the amount of push you can effectively put into the bow; you need some amount of expansion during shot execution to activate your release aid. But if your arm is fully extended, you may find it difficult to hold your aim and execute shots consistently.

So, how much give should you have in your bow arm? Today, many Pros compete with a 'soft' bow arm; that is a relaxed arm position. Adding any amount of tension can massively impact your results, as World Champion Levi Morgan worked out during a particularly difficult tournament: "I just told myself, 'Dude, relax!,' not thinking about what effect that would have on my shooting, as I meant it more for my anxiety rather than my aiming. However, when I said that, I felt my bow arm muscles relax, and my pin instantly stopped moving. The shot fired, and the arrow hit the middle of the target, and I didn't miss the rest of the day."

The guiding principle of biomechanics is to use only the muscles necessary for the action, so, by allowing your arm to sit in its most natural state without excess tension, you will find it's better able to bear the force of the draw and mass weight of the bow, while providing much of the direction for the shot.

A good biomechanical technique will create consistency and endurance, but it must be acknowledged that not every top compound archer will use this method. Some notable names shoot with a bent elbow and engage their muscles during the shot process.

YOUR ARCHERY CLUB CAN PROVIDE A REAL SENSE OF BELONGING



that, as we put the energy into growing our archery clubs, we get to grow as individuals. However, unless we are employed in archery, that feeling can be so very different to the resonance of the rest of our lives; akin to being on holiday every time you get along to your 'happy place', your archery club. We get to be around people who, at least in the archery sense, are somewhat like-minded.

The 'why' we do this can seem hazy, to say the least. It seems that, when we try to turn those feelings into words, we are trying to call on information from a part of our brains that doesn't possess speech, which indeed we are - the limbic system. We seem to get flustered when we try to turn those feelings into words, when we might say something like, 'Well it feels like I belong', or 'I get to do something that makes me feel good'.

I am fortunate to belong to a not-so-little archery club in Norfolk, in the UK. It is one of those thriving communities that you can get involved in with projects like have-a-go's, working parties and much more. If you're a cake fan, there's often plenty around when

helping out, which has got to be a win-win. Helping out at your club can be massively rewarding and fulfilling.

As a club officer or committee member, you might find that people are reluctant to come forward to help and there may be some very clear reasons for this. Below, I have highlighted the ABCD&E of how you as a Chair, coach, committee member or other volunteer, can understand some of the rewards, as well as difficulties, involved in volunteering for your club.

THE ABCD&E

We know archery is a bucket of fun! A place we can relax, take a break, and get away from those tugging stresses of life. Being part of our archery club is a great way to do something simple, yet not easy. No assessments, no performance indicators, just connection to your thing, or other people, even the place; the click, clunk, the green backdrop, the wildlife.

The considerations of encouraging others to get involved are wide. I hope this brief summary helps.



A - ACCESSIBILITY

When we think of accessibility, we may get focussed upon how our archers might get into or use the facilities within our archery ranges. But what about making the 'getting into helping' more accessible? A key factor for club officials is ensuring that your helpers, your volunteers are supported in their efforts. One such direction is to lay out exactly what is expected of the volunteer, before they turn up. Many folks are nervous about taking on additional responsibilities; and quite rightly, our lives can be busy, and we didn't start up archery to take on yet another job. There are plenty of management tools out there to help us organise our volunteers, but we don't have time for that, so, here's just a couple to get you on your way.

Firstly, KISS. You really must 'Keep It Stupidly Simple'. 'It' being the effort, in terms of time, difficulty of task and energy. By suggesting to your prospective volunteers that they help out for only an hour may create more take-up than you might expect. When considering a difficult task, get canvassing for the right people from the outset. Keep asking. Never waste the opportunity to find out what people do in their day jobs. As a leader in your club, not knowing somebody's name, in my book, is by far not as bad as not knowing what they could bring to your club. People will often give more if they know they only have to give a little. Chunking down the task to smaller bits can make it a lot easier to gain support. More hands can make light work... but not always.

Keep it brief, make it clear, keep it small. You will always have a duty of care for your volunteers. Get canvassing in support of your needs. Find someone good with numbers to run the accounts, someone who understands hazard and risk to be your health and safety or a safeguarding officer, someone good with people to be the Chair, someone good at organising events to be your tournament officer and more. When thinking on the practical elements, if the work is messy, you really should provide equipment and, always, a health and safety briefing. Your volunteers will need guidance, safety information and clear direction. We provide this because we are mortal; we might not be here next week. Let's share the effort.



COMPOUND BOW ARM: STRAIGHT OR BENT?

Duncan Busby gives expert guidance on how to find a “perfect” compound bow arm.

Since its introduction in the 1960's, the compound bow has been constantly evolving. It's not just bow design and technology that have moved on, compound shooting technique has also progressed. Technique that was once common practice is now considered to be bad form and is viewed as counterproductive to shooting well with today's equipment; how we shoot today is a result of those compound bow design advancements. The evolution in shooting form is evident in the position of the archer's bow arm, straight or with a bend - how you position your arm could have an enormous effect on your results. So, which way is right?

THE HISTORY

Years ago, the majority of compound bows featured round wheels instead of cams, and there was no definable stop to the bows draw cycle. The advice was to shoot the bow from the middle of the valley, the part of the draw cycle between the point of let-off and what passed as a back wall. Depending on the cam or wheel design, the valley could be quite long, upwards of half an inch or more. Archer's technique needed to accommodate for this and the easiest way to shoot was with a fairly pronounced bend in your bow arm. This gave you some play in your draw length and helped you find a perfect point in the valley to shoot from. Not every

compound archer adopted this bent-arm technique, but it was a lot more common to see archers shooting with, what would now be considered, a pronounced bend in their arm.

As cam technology advanced valleys got shorter, stops got harder and draw length became more of a set measurement. Shooting the bow from the wall of the cam became standard practice and shooting form was adapted to it. Because the new cam systems were a lot more aggressive and pulled against you at full-draw, archers who maintained a bend in their arm found that their aiming patterns could become unstable. Shooting with a straight arm gained popularity as the number one solution to this problem.



ELLA GIBSON (23), WORLD NO.1, COMPOUND

How do you mentally prepare for a competition?

Most of my preparation is more physical, rather than mental. I make sure I train enough, I get my bow in a good enough place, I know what is going to happen when I get to the competition. So, I know all the timings, the rules, the layout. Having the knowledge of all, that calms me down when I'm nervous, because I've prepared for the competition.

times we mess up in the real key moments of pressure, where we don't deliver; but there will also be so many times that we do. The more you do it the more often you do deliver. You get used to it more, and therefore, you know it is possible.

I also practice the pressure environments, as well. When I'm shooting in practice, especially before an important competition, such as the World Cup, I will purposely get myself into the mental state that I will be in

“PERFORMING UNDER PRESSURE COMES DOWN TO EXPERIENCE. THE MORE YOU DO IT, THE BETTER YOU GET AT IT.”

How have you got to a mental state to be able to perform so well under pressure?

Performing under pressure it, honestly, comes down to experience. The more you do it, the better you get at it. The first time you do it, you are not going to be perfect.

The first individual medal match that I was in, was at a youth cup in 2018 in Rovereto, Italy. I was in the gold medal match, and I lost. I got the silver. The match included me shooting a lovely 6 in the wind. There are going to be plenty of

at the competition. I'll make myself nervous. I'll visualise my surroundings, envisage I'm on the World Cup stage and I'll say unhelpful things to myself. Things like, “you can't mess up”, “you have to shoot a ten”, to make myself physically shake and nervous. And I tell myself “I must shoot a 10”, and if I don't do it, I do it again and again until I shoot a 10; I do this over until I shoot a 10 every single time. So, I'll pretend I'm in a shoot off and say, “I need an X”, and keep doing that. So, then when I am nervous and I get to those moments and I say in my head “you need a

10 to win”, I have all of this experience that I have done at home. So, I can go in there with confidence, knowing that I have done this so many times before, so I'm going to be fine.

Do you have a shot process?

Yes, I have a shot process, but it is not something I think about. It's not something I'm aware of by now. It's just kind of engrained in me, it's more of my subconscious than it is my conscious.

I don't really think about it much when I'm at full draw. All I think about is focusing on the 10, focus on where I want the arrow to go. That's what I keep my focus on. I always say, “shoot for what you want, not what you don't want”.

We are not trying to avoid the 9, we are shooting for the 10, and that is a very important distinction to make, because it is different. I focus on trying to be ballsy and powerful, and certain, and not on being cautious and nervous.

How important is mental game and why?

Mental game is very important because it's a huge part of archery. Unlike other sports, we don't just need to try harder or be better. We must keep ourselves stable and a lot of that is from our mentality.

That kind of thing, honestly, just happens as we grow, as we shoot more, and get more experience. The best way to get better at it is to just practice it. Get yourself in those uncertain situations, get in those nervous spots, practice them if you can. If you're not very good at visualising them, or doing them yourself when you're on your own, do it with other people. Go to your club and do it with your friends, do matches against each other.

When doing this, you need to take it seriously and really want to win. Keep doing it until you can rely on yourself to perform under pressure. So, when you go to that competition and you get just as nervous, you know you will be fine, and you will get practice at smaller competitions. When you go to the next one, you know you will be fine, because you've done it at the little one. It's about putting in the time and effort, and mentally focusing when you are practicing, as well as when you compete. 🍀

Big thank you to both athletes for sharing their insights with us.

As compound archery is less about physical power and more about shooting accuracy, shooters can get away with an unorthodox bow arm position and other variances in their technique, more so than in recurve archery. Some archers find that a slight bend in their arm can steady their aim, especially those that shoot with a lot of pressure on the back wall of the cam, as this gives them more room to expand during the shot. However, this will require more physical strength and many more hours of training to maintain consistency. If the degree of bend in your arm changes at all through fatigue or lack of muscle memory, your reference point will likely be affected, and your results will suffer. Additionally, as your bone alignment is imperfect, you are more likely to compensate for instability by incorrectly loading your shoulder joint, so focus can be diverted away from aiming and onto your muscle control instead, simply to maintain consistency.

But each compound archer's unique body shape, structure or disability can make it difficult to apply the same biomechanical principles across an entire shooting field. You should identify and recognise your own specific requirements and strengths before you commit to what is considered to be the optimum shooting position. Although a straight but relaxed bow arm is today considered to be the correct way to shoot there is scope for diversity. Though you are unlikely

“YOU SHOULD IDENTIFY AND RECOGNISE YOUR OWN SPECIFIC REQUIREMENTS AND STRENGTHS BEFORE YOU COMMIT TO WHAT IS CONSIDERED TO BE THE OPTIMUM SHOOTING POSITION.”

to see the extreme bent arms of yesteryear, a little variety is not a bad thing, and, ultimately, finding a bow arm position that allows you to comfortably shoot well, time and time again, is the most important basis of a good technique.

COACHES PERSPECTIVE

Over the years, I have seen many injuries in archers who tried to force themselves into what is considered to be a textbook shooting position. Though the principles of shooting an arrow apply to both compound and recurve archery, elements of what is largely seen as a recurve shooting process, have to be modified to compensate for the lower brace heights and high let-off cams of compound archery.

Outward rotation of the elbow is believed to be safer and is considered to give more support for the bow's forces, rather than simply locking or bending your arm. But as a coach I am not an advocate of insisting that all archers follow this particular technique; some do not find that this position comes naturally (myself included). I would always advise that you allow your elbow to sit in whatever position feels most comfortable, as long as you are putting

no strain on the joint, and it does not have to support the full force of the shot.

Over rotation of the shoulder to force your arm into a textbook position should, likewise, be avoided, as this can lead to rotator cuff injuries. When raising the bow, you should ensure that your shoulder does not rise up with your bow arm, though you should not force it down into an unnaturally low position. You can avoid damage to the shoulder joint tendons by maintaining a neutral shoulder position, and by allowing your arm to sit in its most natural state; this will allow you to engage your shoulder correctly at full draw.

In young archers, continual compressive forces on the bow arm can generate bone end loadings, leading to permanent deformity in their growing bones. These bone-spurs and other stress-related injuries to the joints are often caused by incorrect joint loading during the drawing process. Overloading the arm with high draw and mass weight can cause permanent damage; this injury can be avoided with the adoption of a straight, relaxed position and a sensible approach to poundage and the overall weight of the set up.

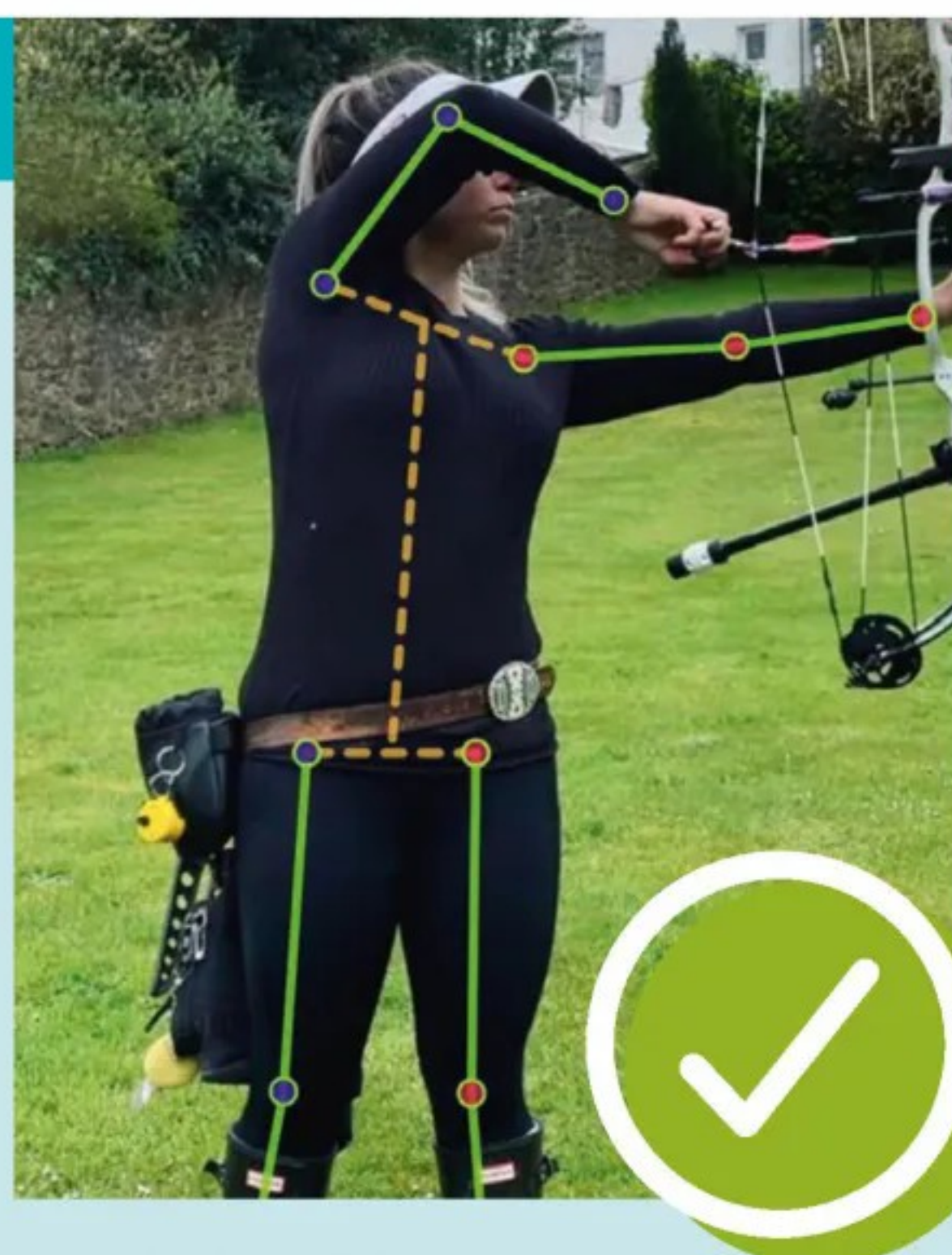
KEY ELEMENTS TO ACHIEVE A GOOD BOW ARM POSITION

I would advise all archers to set their draw position before shooting their bow, as this will form the foundation for a safe draw and stable bow arm. When raising your bow to the target ensure that the shoulder remains in a neutral position, remembering not to force it down. Draw back the string and keep forward pressure on your bow to resist the weight of the draw; your arm may feel a little hyper extended, but this is normal. Here, focus on your core stability and your pectoral muscles as an aid to maintain this position. Your bow arm should mimic the same natural appearance of simply leaning against a wall with your palm flat against it; twisting or contorting your arm into any other position can lead to discomfort, instability and, ultimately, injury.

Once you are at full draw

keep some pressure on the wall of the cam as you lower your bow towards the target; you should try to draw your bow from a slightly raised position, to help prevent your front shoulder from rising up during the draw process. When your sight drops into the gold, your arm should still be straight, but the muscle tension needed to draw the bow, should now have been transferred to your back with your shoulder sitting in a natural, low position.

Your arm should be relaxed and ready to resist the increased back tension now being applied. If you cannot effectively pull through the shot using your back muscles and your release is taking too long, then it is likely that your bow arm is not providing enough resistance to the forces you're exerting on it due to hyper-extension; you may need to



CORRECT BOW DRAW



CORRECT SHOOTING FORM

PHOTOS: LUCY O'SULLIVAN

consider shortening your draw length a small amount.

If, on the other hand, you need to bend your elbow or force your shoulder back, then it is likely that you are putting too much pressure on your front arm, rather than keeping it relaxed. Your back half should be doing most of the work, with your bow arm simply resisting the pressure of the shot, so a

small increase in draw length may be necessary.

Upon release your bow arm should move forward towards the target in a straight line as the tension in your body is released. Try not to allow your arm to drop or swing off to the sides, as this can negatively impact your results; the forward motion and final position of your arm should be as natural as possible. 🎯



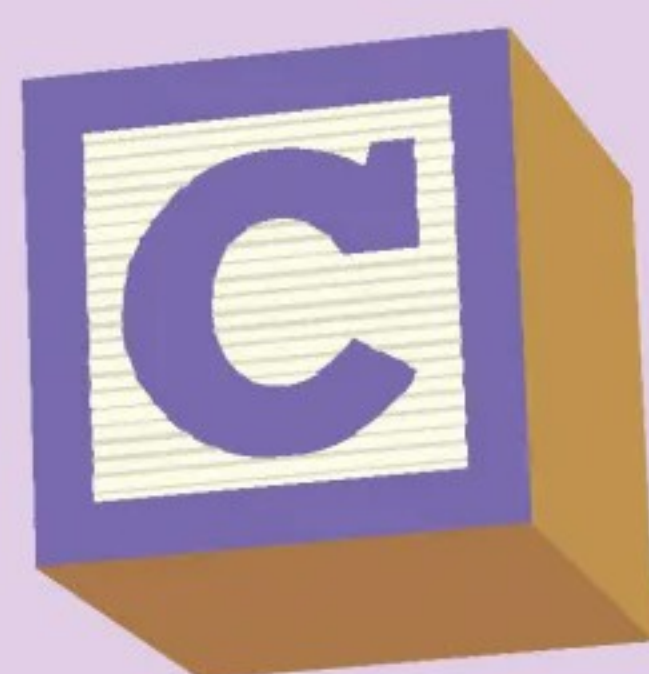
B – BELONGING

Belonging within organisations like the Scouts, the Air Cadets, the Army, Police, Fire Service, Women's Institute, brings something to us that feels like we are part of a kind of a tribe. We know about the 'what' part of archery. But the belonging part of our ABCD&E is all about the 'why' we agree to support our club. Our fellow tribespeople, whoever they might be, could share an agreed mission or task, whether to protect a village in Afghanistan (Armed Services), to protect our citizens (Police, Fire), provide community amongst women (WI), and, when taking part in organising an archery club, your community.

Being part of something like your archery club can provide a real sense of belonging. It doesn't matter what the jobs include, most people are very willing to join in, provided they know 'why' - it is very important. Research shows that, if we know why we are doing something, we are much more likely to do that thing better and for longer. Longer is great, as that sense of belonging develops with the mere exposure effect; our belonging grows as we continue to turn up. It's cyclic. But it'll be down to those issuing out the work to ensure that their fellow volunteers know how important the job is to the club, to their fellow archers and themselves, the volunteer. You might be surprised just how important your club can be for people of all walks of life, how important it can be to find a certain connection. Your archery club can be a part, or maybe more, of this yearning for belonging with other people, a place or thing. Being part of a club, sharing the experiences, the learning, the space can create a connection missed by so many.



"...GET CANVASSING FOR THE RIGHT PEOPLE FROM THE OUTSET"



C – COMMUNITY

As you create your community of archers, you will realise that you will have formed a hub, a place that people rely on. Our communities give us connections to other people, they validate what we do, help provide a kind of identity to where we belong. Our mental health, it turns out, is always in better shape when we form part of a community. And, according to Harvard Medical School and a longitudinal study from Sweden (2000), our hearts and brains are healthier too, as a result. All this means that we get to live longer, which is great. Live longer, get to shoot more arrows. Yippee!

One archer's idea of happiness might be very different from another, but community connection, it seems, pretty much meets all our needs. Community is also good for our pockets. Archers share, lend, sell and support other archers in so many ways, helping us stay frugal during challenging times. As your community grows you might even be part of a wider influence. For example, why not do our best to make archery the No.1 sport in the world? What a dream.



ENSURE THAT YOUR HELPERS AND VOLUNTEERS ARE SUPPORTED IN THEIR EFFORTS



FRENCH JUNIOR MEN'S TEAM UPSET THE KOREAN MEDAL SWEEP



INDIVIDUAL UNDER-18 RECURVE PODIUM

appearance at the event as a junior. The current world number one, Penny Healey, has just returned a winner at the European Games in Krakow, where she earned her Olympic quota for Paris 2024. Neither one of the ladies made the podium in Ireland. Denmark's Matthias Fullerton (20), currently ranked world number 9 in

compound, also made his final appearance at the youth event, taking individual bronze and team gold. In April this year, the Denmark men won the compound team gold at the first stage of the World Cup in Antalya, Turkey. The remaining top seeds for the under-21s were India's Parth Salunkhe in men's recurve, Israel's Shamai Yamrom

in compound, and Turkey's Hazal Burun in women's compound. Shamai Yamrom and Romy Maymon took the under-21 compound mixed team, a first for Israel.

UNDER-18: HIGHLIGHTS

It was a week of 'firsts' for Latvia and Lithuania, the small Baltic states that are normally under-represented in these big events. Latvia's Romans Sergejevs (16) won the first ever world championship title World Archery medal for his country in the men's under-18 individual recurve category. He made his international debut in 2019 at the age of 13, and this was his third World youth appearance. Seeded 29th, on his way up Romans upset the top seed Baptiste Addis from France. In the final he met Korea's Choi Chuljun. In the first set they matched arrow for arrow at 28 points, splitting the set. Romans took the second set with a perfect round, whilst Choi only scored 27. The third set went to Choi by a point, with both archers slipping to an 8 on one arrow. The fourth set was a split, leaving both archers level at 4 set points. The eagerly-anticipated final set started with two consecutive 10s from each archer; but Choi's final arrow landed wide left, scoring an 8, and Roman won the match with a shaky, but perfect round of three tens. Roman's support group burst into tears of joy - not something

INDIVIDUAL RECURVE

UNDER-21 MEN

- India
- Korea
- Germany

UNDER-21 WOMEN

- Korea
- Korea
- India

UNDER-18 MEN

- Latvia
- Korea
- France

UNDER-18 WOMEN

- Korea
- PR China
- Turkey

INDIVIDUAL COMPOUND

UNDER-21 MEN

- India
- Slovenia
- Denmark

UNDER-21 WOMEN

- USA
- Turkey
- GBR

UNDER-18 MEN

- USA
- Lithuania
- South Africa

UNDER-18 WOMEN

- India
- USA
- USA



ST. JOHN'S COLLEGE CAMBRIDGE ENGLAND; PHOTOCHROM PRINT (1890-1900). [PUBLIC DOMAIN]

10,133. — CAMBRIDGE. ST. JOHN'S COLLEGE.

of the pupils living in his house, and handed out the best equipment as prizes: “[...] and he that shot fayrest, shulde haue the best bowe and shaftes, and he that shot ill fauoured lye, shulde be mocked of his felowes, til he shot better” (Tox p. 140). Even in his later years Ascham still praised his benefactor for introducing him to ‘the book and the bow’.

THE SCHOLAR

Sometime around 1530, probably at the age of 15, Roger Ascham enrolled at St. John's College in Cambridge, his academic home for many years to come. As one of the great centres of learning, the university was profoundly influenced by the new ideas. One indicator of the changing intellectual atmosphere was the revival of Greek as an academic subject, to the study of which Ascham immediately devoted himself. He began tutoring his fellow students, because he considered the process of teaching the most effective way to learn a language.

On 18 February 1534 Ascham received his B.A. and was made a fellow of the college. Continuing to study and teach he took his

M.A. degree on 3 July 1537. His main subjects besides Greek were rhetoric and dialectics, but he even held lectures in mathematics. He was well liked and respected, though his pro-reformation stance did not universally meet with approval. And according to later accounts by contemporaries, as well as his own letters and memoirs, Ascham spent as much time as he could practicing archery – a pursuit that earned him a certain amount of criticism, even ridicule.

Strictly speaking he was simply adhering to the mandate issued by King Edward III in 1363, and often renewed, lately by the present king Henry VIII, obligating every able-bodied man to own bow and arrows, and practice their shooting on Sundays and holidays. However, clerics and university members were officially exempt from this rule, and the scholars of the time regarded physical activity beyond a philosophical stroll across the college grounds as unbecoming and undignified.

Engaging in sports of any kind also implied the possibility of betting, which to papists and reformers alike, was almost as bad as

the despised vice of gambling. And although King Henry VIII himself was a dedicated and capable archer, his habit of holding tournaments with his courtiers and shooting for considerable sums of money didn't help much to redeem archery in the eyes of the self-proclaimed guardians of virtue.

Hence Ascham later went to great lengths in *Toxophilus* to defend his passion against such suspicions. On the contrary, he believed archery to be a virtuous and laudable pastime, actually discouraging its practitioners from such vices as cards, dice, or other games of chance, and less prone than ball games to physical altercations. Moreover, it was practised in the open air, in the light of day, surrounded by God's natural gifts – not at night in dark, ill-reputed taverns.

However, Roger's enemies used his passion for archery against him, claiming it kept him from serious academic research, pointing to the fact that despite all the years at university he still had no publications or concrete contributions to knowledge to show for them. These enemies were mainly competitors for prestigious, well-paid college positions;



PRINCESS ELIZABETH, AGED 13. ANONYMOUS PORTRAIT (1546) AT WINDSOR CASTLE.



ROGER ASCHAM AND PRINCESS (ELIZABETH), ENGRAVING BY MICHAEL BURGHERS [NPG]



OLD PHOTOGRAPH OF SALISBURY HALL IN WALTHAMSTOW, DEMOLISHED IN 1956. [PRIVATE]

Ascham had realised he would never be able to sustain a family with his rather meagre fellow's income. He had also begun to look for rich, influential patrons at court, in church or the administration, but with little success. His letters from the early 1540s reveal a man torn between his love of the quiet, comfortable life in Cambridge, where he could follow his studies and his passion in peace, and the urgent desire to improve his position and financial situation, and to fully utilise his talents and education.

LOVER OF THE BOW

1544 was a painful year for Ascham, then 29. He heard that his parents died on the same day after 47 years of happy marriage. This event came soon after his older brother Thomas had also died. In the last letter John Ascham had written to his son at Christmas 1543 he had urged him to leave Cambridge and find "some worthy manner of living".

Roger's colleague and friend of many years, John Cheke, left the university in 1544, which meant not only the loss of an intellectual brother-in-arms, but also of an

influential supporter. A little while later his favourite student and protégé William Grindal was passed over in the selection of a new reader of Greek, which, according to his letters, Ascham considered a personal affront. Determined to support the young man despite the setback, with the help of John Cheke he was able to secure Grindal a position as tutor for the eleven-year-old princess Elizabeth.

With the death of the Archbishop of Cambridge on 13 September 1544, Ascham lost an annual stipend of 40 Shillings, which had helped support him for the past three years. He was left still holding the same position as Reader of Greek with an income of as little as £3 per year, and surrounded by fewer friends and supporters, but a growing number of foes and competitors. With no publications or other proofs of his intellectual capacities and achievements, Ascham's future did not look bright. True, he had established links with a number of powerful and influential figures, but he had to compete with a host of others for their patronage and finite resources.

We know from his letters that Ascham had been working on a book 'in re Sagittaria' ('concerning archery') since at least 1543. He meant to present it to Henry VIII in person before the King's departure for France, but the plan failed, because the book was still at the printers when the fleet left on 14 July 1544. He recalled the manuscript for a final revision, intending to present it to the King upon his return instead. His hopes were again dashed when Henry's army scored a series of victories in surprisingly quick succession and returned to England early, in September 1544. For his part, Ascham seems to have substantially revised and extended the original manuscript; in February 1545 he confessed in a letter to his friend Grindal that he had even stopped reading his favourite author Herodotus in order to focus solely on his book.

'Toxophilus, the Schole of Shootinge' was finally published in that year. It was dedicated to Henry VIII, but since he was not able to hand over a copy in person, Ascham sent one to the privy council instead. In the event it was well received, and earned its author an audience with the King in Greenwich.

IT CAN BE AS LITTLE AS PULLING SOMEONE'S ARROWS FOR THEM



D - DIFFERENCE

Making a difference doesn't have to be monumental. I recently asked one of our beginner archers what pronoun they would like me to use. I think they were surprised at my perception. I was thanked. They joined our club, as did their parents; four new members for the effort of asking. Being part of an archery club might not seem the likeliest place to make a difference, but you could be surprised. If you find yourself supporting others as a volunteer, the rewards may be difficult to put into words, just think of hitting a 10 or the spot repeatedly. You will be advocating for your club and for archery, you might also see that others become inspired by your influence. Your club will be made stronger by your efforts. I believe that an archery club would make a great place to research random acts of kindness. As an official or member, you will always be in a place to make a difference to another archer. The smallest effort or an act can make a huge difference at any club, and you could be part of that.



E – ENVIRONMENTAL

Our environmental considerations are important to us. We are, I believe, veritable environment champions in archery. We could of course do more, for example, campaigning for recyclable target bosses from our suppliers. But generally, we do pretty well. We do, after all, collect our ammunition on every occasion we shoot our bows. If you are a club member, there is always something we can do to support the environment and our ranges. If you did this for two minutes every time you were at the club, you would be a hero and you wouldn't even notice the effort. ●

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RECURVE TEAM

UNDER-21 MEN

- Korea
- PR China
- Japan



UNDER-21 WOMEN

- Korea
- France
- Poland



UNDER-18 MEN

- France
- Korea
- India



UNDER-18 WOMEN

- Korea
- PR China
- Chinese Taipei



COMPOUND TEAM

UNDER-21 MEN

- Denmark
- Slovenia
- USA



UNDER-21 WOMEN

- India
- Mexico
- USA



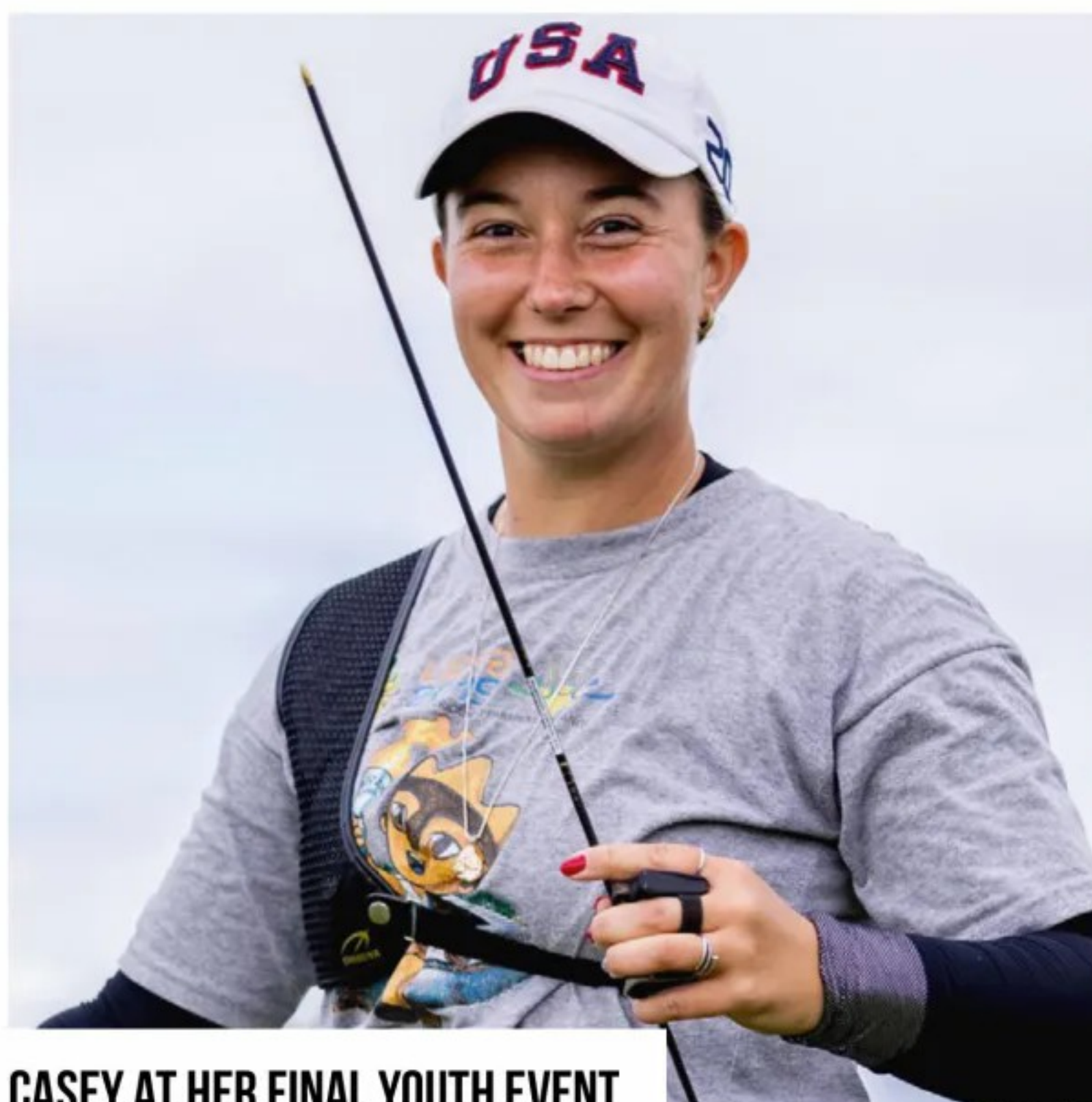
UNDER-18 MEN

- Mexico
- India
- USA



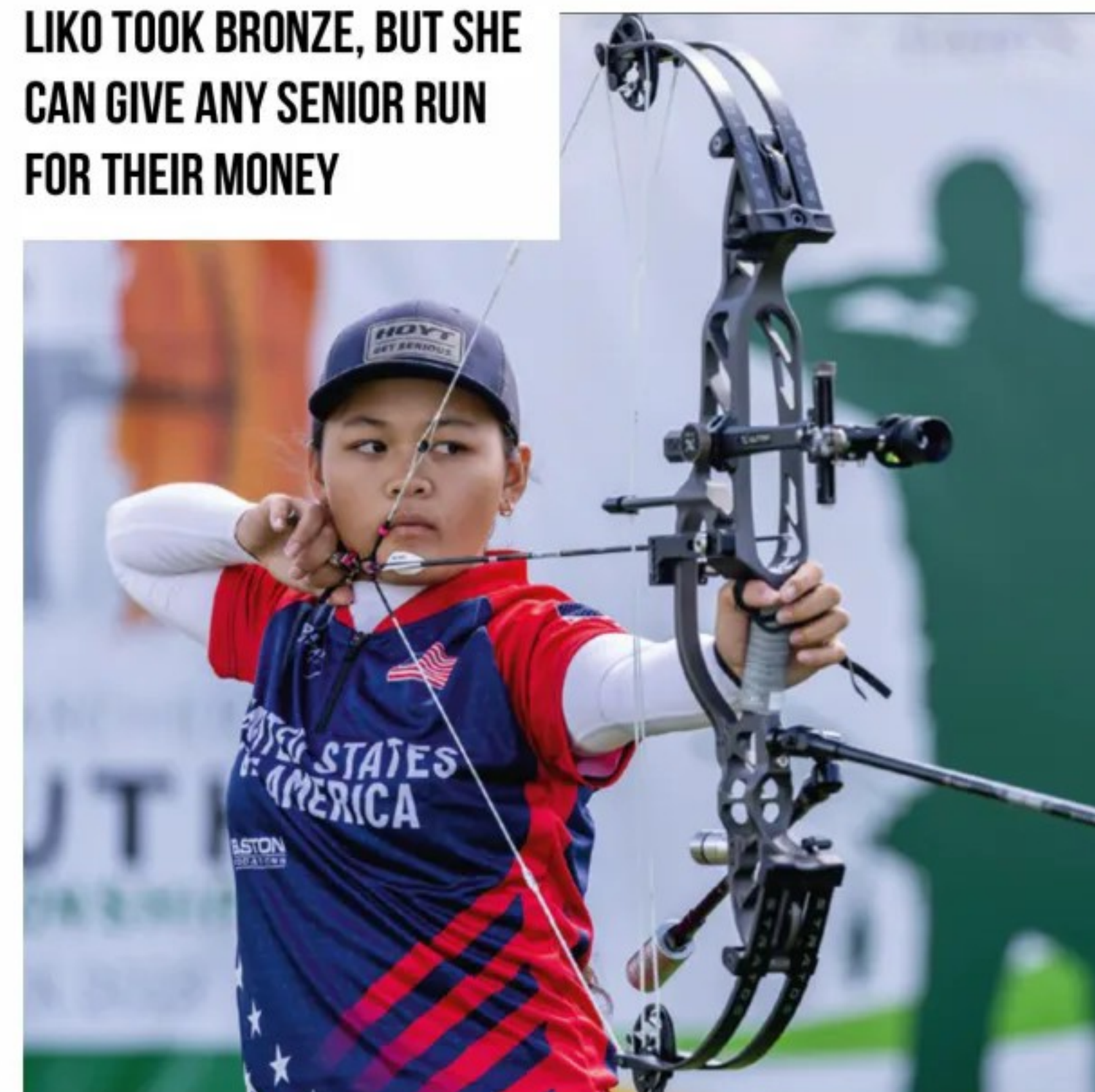
UNDER-18 WOMEN

- India
- USA
- Mexico



CASEY AT HER FINAL YOUTH EVENT

LIKO TOOK BRONZE, BUT SHE CAN GIVE ANY SENIOR RUN FOR THEIR MONEY



you see every day. A truly gripping match and a very emotional and significant win for Latvia.

The neighbouring country Lithuania also made history by winning their first ever medal - Jonas Grigaravicius won the compound men's individual silver in the under-18 event category.

The French under-18 men's team stood out, having upset the Korean medal sweep. Yes, South Koreans serve as a "measuring stick" in the juniors' field just as much as they do in the senior realm. Baptiste Addis, Jules Pedoux and Alexis Renaudineau showed a great display of skill in some challenging weather. In what was described as the "nail-biting" fourth set, the Korean men fell short with Chuljun landing a two, handing victory to the French. As some commentators pointed out, it is at the youth events where you can still see a nervous Korean. The Korean Ladies, however, showed no nerves at all, dominating

the medals table and appearing to have fun in the wind!

AND MORE

India's 17-year-old, Aditi Swami became the Youth World women's individual compound champion for the second time. Aditi has been picked as one of top emerging young talents after she qualified at the top of the score board at this year's World Cup in Medellin, where she set a new under-18 world record with 711 points. The previous under-18 world record was set by the USA's 15-year-old Liko Arreola, in May this year. Liko is another rising star in the world of compound archery and is the youngest ever Hyundai Archery World Cup stage winner. The 15-year-old appeared here as well, taking bronze in the women's individual under-18 compound event. It is always quite a turnout at these events.



ASCHAM: THE MAN BEHIND THE WORK PART I

Jan H. Sachers walks us through early biography of the scholar and author of Toxophilus

Toxophilus, the *Schole of Shootinge* is the oldest known archery manual in Europe – but Roger Ascham's opus magnus is actually much more than that. It was first published in 1545, the year the Mary Rose sank near Portsmouth. It was a time of political, religious, and cultural turmoil. Firearms were replacing the time-honoured longbow in the armouries and on the battlefields. In society, a new class of educated citizens were challenging the positions of the nobility in government and

administration. And new humanistic ideas were spreading across Europe, changing the conventions of cultivation, and the doctrine of what constituted 'the complete man'. Reasons enough to take a closer look at the author and his work.

EARLY DAYS

Kirby Wiske is a tiny village and civil parish in the Hambleton District in the North Riding of Yorkshire. Here Roger was born around 1515, the third of four sons of John Ascham, a steward to Henry, 7th Baron Scrope of Bolton.

His mother Margaret may or may not have been related to the Conyers dynasty, but this detail is as uncertain, as are many others relating to Roger's origins, childhood, and youth.

He received his early education in the household of Sir Humphrey Wingfield, a wealthy lawyer and distant relative, in Suffolk. This is where the young Roger discovered his love of and talent for languages, as well as the other great passion of his life: archery. As he later recalled in his letters, it was his host who personally brought bows and arrows back from London, supervised the shooting



SWAMI, SECOND TIME UNDER-18 COMPOUND CHAMPION



INDIA MATCHED KOREA WITH 11 PODIUM FINISHES

“THE YOUNG MEN AND WOMEN THAT TOOK THE PODIUM WERE PRESENTED WITH THEIR SHINY NEW MEDALS. THE NEW DESIGN IS AN UPGRADE FROM 2011.”

SUMMARY

Despite a few upsets along the way, South Korea took top overall rank in the medals table with 11 medals: 6 gold, 4 silver, and 1 bronze. India came second with an equal total of 11 medals, 6 gold, 1 silver, 4 bronze, followed by the United States with a grand total of 10: 3 gold, 3 silver, and 4 bronze. France and Mexico shared fourth position. The young men and women that took the podium were presented with their shiny

new medals. The new design is an upgrade from 2011 and is produced by the oldest mint in the world, Monnaie de Paris, in France. World Archery stated that “... it’s particularly meaningful to introduce them at the world youth championships and to first present them to our athletes of the future...”. There is plenty of young talent to watch out for this year! Winnipeg, Canada is confirmed as host to the 19th instalment of the event in 2025. 🌱



NEW MEDALS

New medals were introduced at the World Youth championships event this year. World’s oldest mint, Monnaie de Paris produced medals for Olympics in 1900 and 1920. These new medals replace the previous FITA design of 2011. The square medals measure at 75 millimetres in diameter and are minted from monetary bronze. Silver medal is plated in sterling silver; gold with 24-carat gold. World Archery logo is placed at the front, bow and arrow motif and ‘world championships’ words on the rear.

MIXED TEAM RECURVE

UNDER-21 MIXED TEAM

- 🇰🇷 Korea
- 🇨🇹 Chinese Taipei
- 🇮🇳 India

UNDER-18 MIXED TEAM

- 🇯🇵 Japan
- 🇺🇸 USA
- 🇨🇳 PR China

MIXED TEAM COMPOUND

UNDER-21 MIXED TEAM

- 🇮🇳 India
- 🇮🇱 Israel
- 🇬🇧 GBR

UNDER-18 MIXED TEAM

- 🇺🇸 USA
- 🇬🇧 GBR
- 🇮🇳 INDIA



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HISTORIC WIN FOR LATVIA

UNDER-18 RECURVE CHAMPION, ROMANS SERGEJEVS

WA YOUTH CHAMPIONSHIPS IN LIMERICK



Bow shares highlights from the week in Ireland

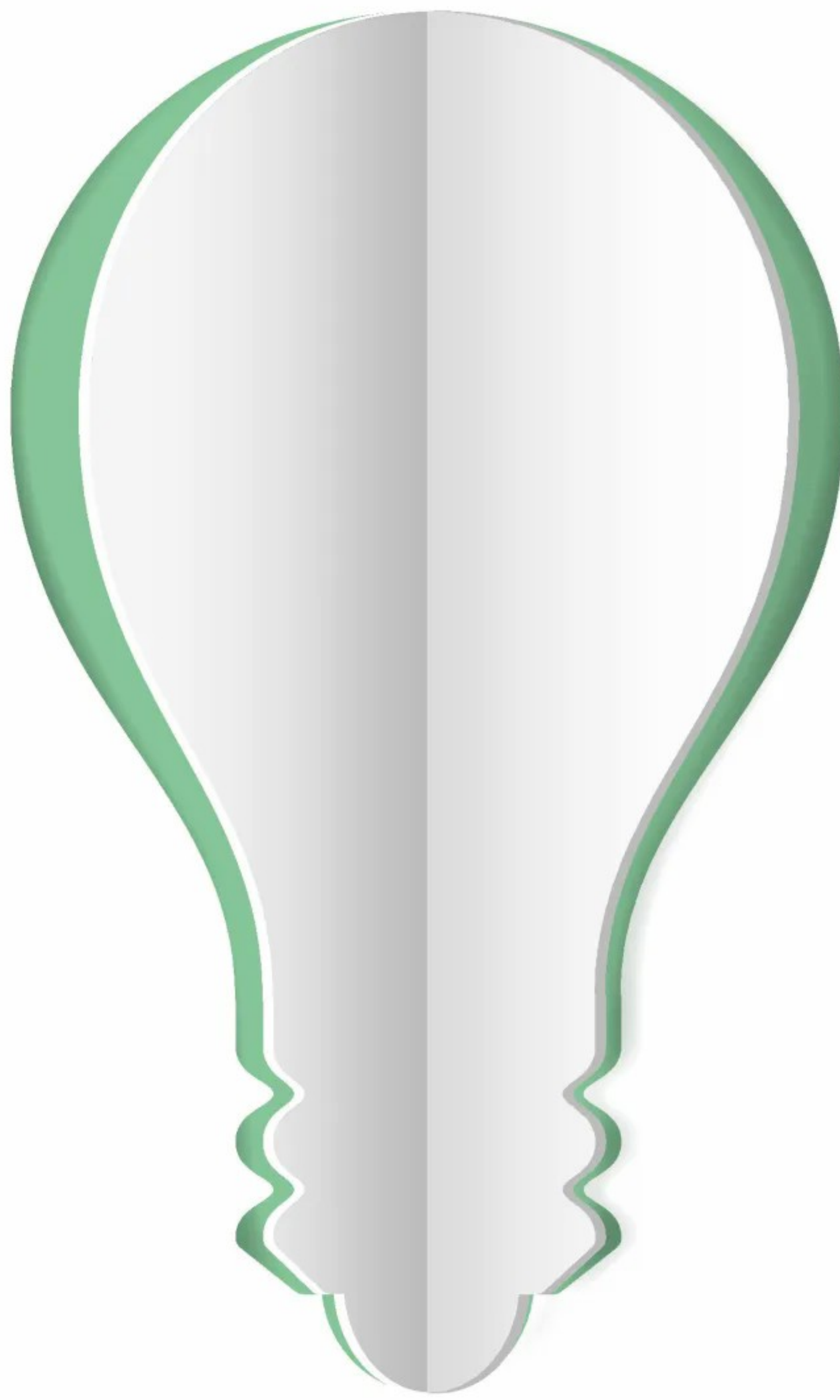
The World Youth Championships takes place every two years and is one of the most important events for up-and-coming talent. This year, a total of 518 juniors and cadets from 58 countries gathered in Ireland to claim the 20 world titles in the under-21 and under-18 age groups. Reigning champions, newcomers and international stars made an appearance, and competed across eight different categories; but it was the under-18s who stole the show - some making history in the process. Here are some of the highlights.

From July 3-9, Ireland's third largest city, Limerick, played host to the 2023 World Archery Youth Championships. The eighteenth edition of this world event was set up on the grounds of the University of Limerick, in whose buildings athletes were accommodated. Many reports and comments highlighted the unfavourable weather conditions. However, it cannot be said to have come as a surprise: the events brochure clearly read: "Limerick city temperatures in July are set to range between 12 and 20 degrees Celsius. There are chances of rain (as it is Ireland)."

UNDER-21: HIGHLIGHTS

The tournament began with the qualifications for the under-21s. All four of the reigning under-18 champions, Iban Bariteaud (FRA), Caroline Lopez (FRA), Brenk Aljaz Matija (SLO) and Selene Rodrigues (MEX), came back to compete in the under-21 category this year.

The USA's Casey Kaufhold (19) was seeded first in the women's individual recurve with 651 points, edging GB's Penny Healey (18) into second position with a score 647. It was the first time Kaufhold has qualified top in the youth event, and it will be her last



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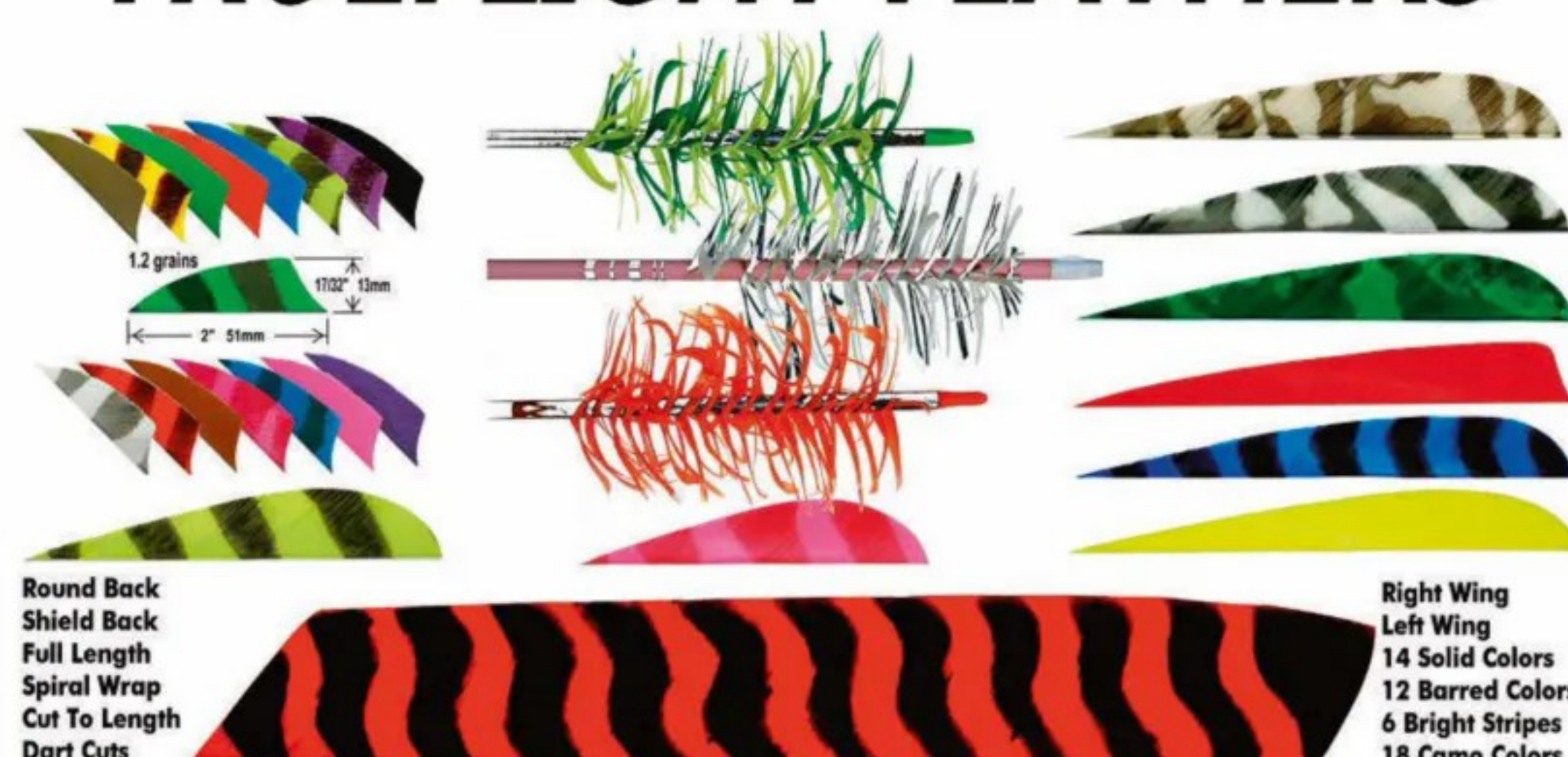


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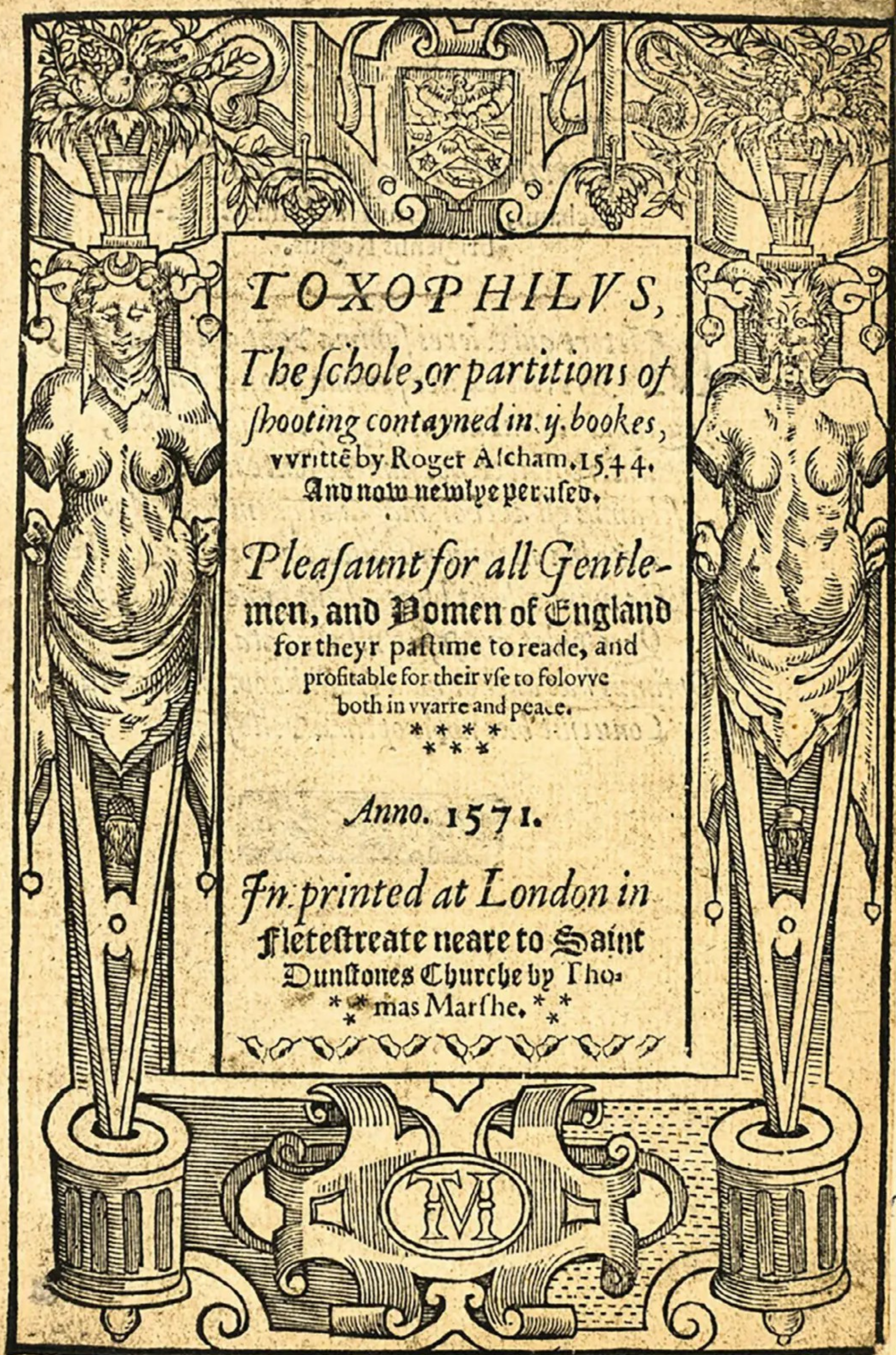
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TOXOPHILUS [ASCHAM, TOXOPHILUS, LONDON, 1571, PRIVATE COLLECTION]

Unfortunately, no records exist of the exchange between those two passionate archers, but one result of their meeting was an annual Royal stipend of £10, which more than doubled Roger's income and helped his financial situation enormously.

High ranking dignitaries like Bishop Gardiner and the Duke of Norfolk had supported him, and overnight Ascham's name became known in the highest circles. Now that he enjoyed the patronage of the King, it would be difficult for his enemies to use his passion for archery against him, or indeed to discredit the sport itself. Though he still lacked a secure position both professionally and socially, he was helped by his nomination as Public Orator at the University in succession to his old friend and mentor John Cheke - which also came with a very welcome forty shillings a year.

TEACHER, SECRETARY, DIPLOMAT

In letters written during this phase of his life, Roger Ascham expressed growing discontent with his situation in Cambridge. So, when William Grindal died in 1548 he successfully applied to succeed him as tutor of Greek and Latin for the then 14-year-old princess Elizabeth. However, after some unspecified legal dispute with the royal court he returned to Cambridge only two years later - albeit not for long - where he was offered, most likely courtesy of influential friends, the position of personal secretary to Sir Richard Morrison, the newly-appointed ambassador to the court of Emperor Charles V. Ascham spent the next few years travelling the continent. Some of his reports were later published under the title 'Report and Discourse of the State of Germany'. His diplomatic mission ended with the coronation of Mary I, but the Catholic

Queen appointed the reformatory scholar as her secretary for Latin correspondence instead. After her sudden death in 1558, Ascham fulfilled the same role for her successor, the protestant Queen Elizabeth I.

He married Margaret Harleston (born circa 1528) on 1 June 1554, and they had at least four sons and three daughters together. But, as a married man, Ascham had to give up his positions at the university, and since Margaret was not particularly wealthy either, he once more called upon his benefactors at court. He managed to buy a rather stately manor house called Salisbury Hall in Walthamstow, and he and his family led a fairly comfortable life, despite his persistent precarious finances.

In 1563 Ascham began his second major work 'The Scholemaster', a kind of manual for private tutors which not only contained a complete syllabus for Latin, but also the author's surprisingly modern views on how to teach by encouragement and assistance, rather than discipline and punishment. Ascham fell ill just before Christmas 1568 and died at the end of December, probably from malaria. The book was first published in 1570. As an elegy published in 1576 noted: '[H]e liued and dyed a poore man, leauing behind him two most excellent bookes, as monuments of his wit, in the English tongue, wherof he intituled the one Toxophilus, and the other Scholarcha.'

Several editions of 'Toxophilus' were published from the 16th to 18th centuries, and later editions appeared in 1868 and 1902. The book enjoyed great and lasting popularity amongst the nobility and gentry alike, and it was often cited by authors like John Smith, William Neade, and Gervase Markham in their arguments against the abolition of the bow as a weapon of war.

Quotes from Ascham's opus, sometimes almost verbatim, can also be found in the works of poets like Shakespeare, Samuel Daniel, Ben Jonson, Robert Burton, and John Milton. Reading it today not only provides entertainment, but also interesting and valuable insights. Who would have expected such a great and long-lasting success? Least of all its author, this poor bow-shooting scholar from a tiny village in North Yorkshire!

The contents and structure of 'Toxophilus', and thus the reasons for its continued popularity, will be the subject of the second part of this article. ☉

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FINAL NOTE

Reflections. By Kristina Dolgilevica



I hope this issue has been informative and entertaining. I came to the job of editor with little experience of the craft of editing, and have had to learn quickly – a task with which the assistance of the previous incumbent, John Stanley has been invaluable. Thank you, John, for all the help and advice; I will strive to live up to your high standards, and if I do no more than that, I will be content. I would also like to thank the staff and contributors, from whom, in the short time since I have taken over, I have received the warmest of welcomes. I am grateful to you all.

However, each editor will have his or her own take on what makes a good publication, so a change of editor necessarily involves a change of style. In the articles I have written as a contributor, I have tried to focus on a presentation which is clear and pleasant to read, but also spare and informative. I have tried to make the content dense, without wasting words which don't contribute to the substance. I shall apply

the same principles not only to my own contributions, but to those of every contributor. So please, try to keep your writing concise and to the point.

As to the nature of the content itself, I hope the present issue provides a good exemplar, and that of the articles you have read you have found the choice of subjects interesting. In any regular publication it is inevitable that some subjects will be revisited not once, but several times. However, this fact is mitigated by the sheer variety of disciplines in our sport, and the range of views about correct technique, the best training schedules, the principles of coaching... the list goes on. Add to that the vast number of top-class archers eager to express their views or give advice, and you will see that the possibilities for new and pertinent content are endless.

My vision for and confidence in the future of *Bow* are built upon this conviction. Whilst it is under my supervision, I will aim to create as high a standard of reporting and comment as I can, and, using my international experience and contacts, to widen the

scope of material even further. I am not just referring to my association with Korean traditional archery.

I believe it is for the long-term benefit of the sport to generate insights into traditions and practices from all over the world, and that international dialogue and discussion, for which the magazine can be a useful vehicle, can only aid technical enlightenment and development. Moreover, all sports can play an important part in bringing together sportsmen and women from nations politically in opposition. Archery is no exception, and there is still plenty of scope for us to improve its internationalism. In pursuing such a goal, we will also discover places where the environment is more favourable to success, but many more where archers labour under all sorts of difficulties and deprivations.

I have noticed that the issue has had an underlying theme, that of talent; so, I will leave you with this: "It is easy to spot a good horse, but it is not easy to find those who can spot it." 🎯