



# BROMLEY ARCHERY CLUB

## CHAIRMAN GEORGE'S ARCHERY TIPS



*Our beloved Chairman George Gard, shares tips and anecdotes from his extensive experience of archery.*



### Hot Tips for Cold Days

Brrr, it's cold out there. Get a pair of gloves larger than you would normally wear so that you can hoik them on between ends over any other hand attire.



### Staying Dry

Get yourself a pair of knee-length gaiters to keep the moisture out and the warmth in. With the puddley state of the field, gaiters in combination with a sturdy pair of waterproof boots or shoes should keep your feet dry. [You will also note that it means less hardcore washing at the end of the day and a washing machine that's not full of mud. [Webbie](#)]



### Keeping Your Internal Engine Firing

Have a decent breakfast before you go to archery. None of that old parrot food nonsense, something that sticks your ribs! Make sure you bring enough liquid to see you through your archery session and rather than cereal bars (which may give you a sugar rush to begin with), eat dried fruit and nuts. (Chairman George also likes a bit of beef jerky.) Not only does what you eat give you energy, that energy will help keep you warm. [Depending on how he's feeling, George might even sing you a line or two of an old music hall style song espousing the virtues of good old fashioned grub. [Webbie](#)]



### Top Tips for Competitions

Get to the venue early to familiarise yourself with your surroundings, find the facilities and get a good spot by the waiting line near your target. If you have a portable shelter it will give you time to put that up as well as your archery equipment. Getting there early will also allow you time to talk to acquaintances and others on your target and get that all important breakfast that will probably be on offer. [Try to pack your gear the night before to avoid the last minute rush in the morning. [Webbie](#)]