



"Family Fun"

Editorial

While reflecting on the fun shoot, it occurred to me that the club is not just a meeting of people who like archery, but a gathering of friends, more importantly a family. With that in mind it is crucial that we nurture the young and protect the old, care for the nervous and enjoy the exuberant. So, where does that leave you? Don't panic if you feel you cannot find your place in the club, there is always a place in a family.

Having commented last month about the beginners progressing, they seem to be gathering pace with the enthusiasm.

Several attended away shoots last month and even came away with awards. Excellent.

Once again I am hearing the phrase, "what happened to this year, where has the time gone". With one more month of outdoor competitions, focus will change to 20 yards and why aren't my arrows in the gold all the time?

I have to admit I have enjoyed this year's outdoor season, although I have not achieved the targets I set myself, I have not worried, it's my hobby.

Club Notices

Please take the time to say hello to our new members Emily, Dave and Terry.

Please check the website for any changes/times of club competitions.

The setting up and taking down of equipment is the responsibility of all club members. So, please don't arrive late and leave early. Everybody's help is needed.

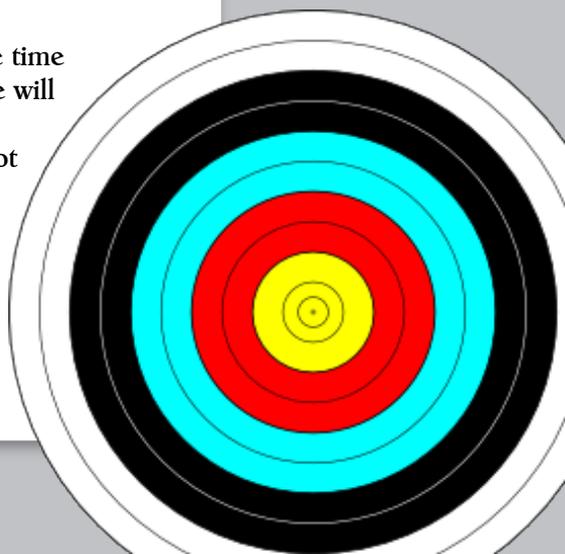
From the 1st October, the archery indoor season starts. We are still outdoors, so will not be running any club competitions until we are indoors. Planned date for moving indoors is the 23rd November. Once we are indoors, please check the website to make sure we are shooting, in case of snow.

While we are still outdoors, please take advantage of a bit of one to one time with a more experienced archer. On Saturday from 1pm until 2pm there will be a senior archer available if you wanted some advice, or for example "can you watch me while I shoot, as I keep catching my arm". You cannot see yourself shoot, unless you video it, but a second pair of eyes might just solve the problem.

If you are interested in becoming a coach, please contact Jayne Curnock, see the L&RCAA website (www.lrcaa.org).

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CONGRATULATIONS

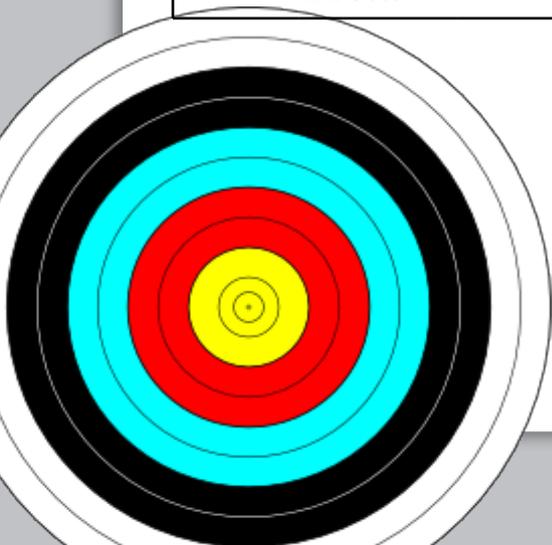
Eleanor, Sue and Stuart	1st Place	Team	Western	Melton Mowbray	25th August
Eleanor	Club Record	Ladies U12 Recurve	Junior National	458	24th August
	Club Record	Ladies U12 Recurve	Junior Western	640	25th August
	Junior Bowman				25th August
	2nd Place		Short Junior National	Chocolate Shoot	7th September
	Club Record	Ladies U12 Recurve	Short Junior National	548	7th September
	1st Place		Short Junior National	Novice Shoot	7th September
	Club Record	Ladies U12 Recurve	Short Junior Warwick	309	21st September
	2nd Place		Short Junior National	Chocolate Shoot	28th September
Glynis	Club Record	Ladies Recurve	Long National	418	24th August
Sylvia	Club Record	Ladies Longbow	Short National	155	31st August
	Club Record	Ladies Longbow	Long Warwick	109	28th September
Andrew	Club Record	Gents Longbow	New National	93	28th September
Chris	Club Record	Gents U18 Recurve	Junior National	482	4th August
	3rd Class				24th August
	2nd Place	Junior Gents	Junior National	Melton Mowbray	25th August
	Club Record	Gents U18 Recurve	Junior National	692	25th August
Marc	Club Record	Gents Recurve	New National	475	31st August
	Club Record	Gents Recurve	FITA 70	609	21st September
	Club Record	Gents Recurve	Double FITA 70	1197	21st September
	Club Record	Gents Recurve	FITA Star	1171	22nd September
Mitch	Club Record	Gents Recurve	Short Warwick	244	21st September
	Club Record	Gents Longbow	Short Windsor	710	27th July
Nigel	Bowman				31st August
Ray2	Club Record	Gents Longbow	Short Warwick	166	21st September
Stuart	Club Record	Gents Recurve	Short National	487	4th August
	2nd Class				24th August

Special Congratulations

To **Nigel** for achieving **Bowman**

To **Eleanor** for achieving **Junior Bowman** and for being offered a place on the junior development squad, and she seems to have a big smile on her face now she can say she is a "jedis"

<http://www.atomicarchery.co.uk/jedis/>



Fun Shoot



This years fun shoot, set out targets between 20 and 30 yards, so no sights marks, but no ordinary targets either. There were playing cards, darts, Ninja turtles, puppies and a

handsome bunch of photoes of the committee. Some people thought it was cruel to aim at puppies, but aiming at the committee seem to be fair game. Based on what happened, if the

committee appeared on a standard target face , right in the centre, then we would all be representing the country at the olympics, well almost.

All the scores were totalled, and with a formula that even Einstein may struggle, Marc calculated the winners. They being Chris, Charles and Sylvia.



A bring and share tea was organised, but before this Val was invited officially to open the clubhouse. With a pair of scissors the ribbon did not stand a chance. Thanks Val.



Savouries, cakes, biscuits and of course lashings of tea and coffee, saw a happy crowd and the sun even came out and made for a very pleasant end to the fun shoot.

Thanks go to Martin for organising and to Marc for his unbelievably complicated scoring system.

Archery according to 'One Sheet'

A moving target is seldom still



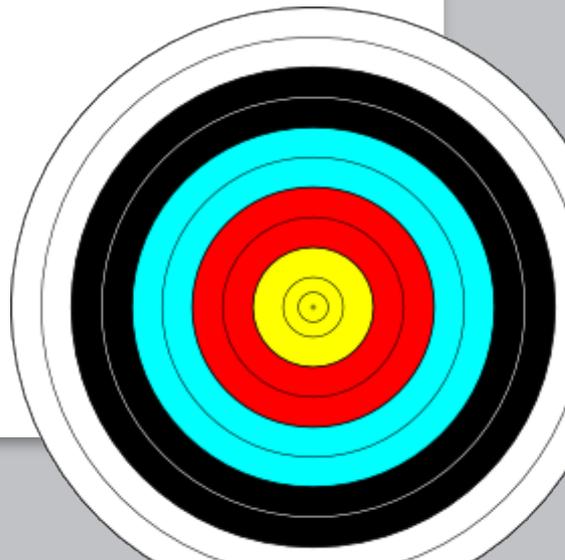
Special Mention

★ "Yes you" says Matt

★ To Andy, for lining the field

★ To Marc, for sorting out the financials for the new clubhouse

★ To Rik, for his patience with the clubhouse electrics



Cousin Chuck

"Let your cousin help with archery"

Dear Chuck,

I never feel I am ready to release an arrow, so end up either being at full draw for a long period of time or releasing the arrow early. Other archers say "come down" if you are not settled and start again. Can you give me some checks to think about, so that I can then focus on aiming.

Yours Nev Errite

Dear Nev,

So that you can concentrate on aiming, get yourself in a routine and think about the following;

- does my hand does feel right on the bow
- is my elbow properly rotated
- are my shoulders pushed downward
- am I leaning back away from the point of aim
- do I feel your unbalanced (too much weight on one foot or leaning on the balls of your toes)
- is my head rotated back or leaning toward the bow

If the answer to any of the above is negative then come down and start again

If the answer to all of the above is positive then concentrate on aiming and relax

I realise there is a lot to think about, but you need to build muscle memory, so that it becomes automatic. Then if something is not right, you will instinctively know it.

Yours Chuck

Beginners Course

The latest beginners' course was slightly different this time. It ran from Tuesday through to Friday evening and then the Saturday as part of the club shoot. This delivery format meant that students had a regular input over the week. It also meant that the instructors could also continue to take part in club shoots and only one Saturday was missed. The down side is that we can only use this format in the middle of the summer, when the nights are light until at least 2030hrs. In the spring/autumn the course will revert to being run over 3 weekends.



We have three new members, so keep an eye out and say hello. If they are struggling then please do not leave them in that state, but offer some assistance.

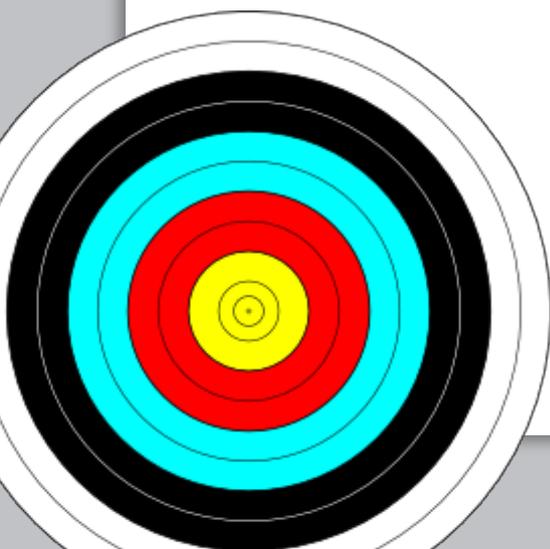
Unstrung

I missed because ... My labrador ran off

I missed because ... Someone put whiskey in my tea



Happy Birthday Meg



Club Dates		
November	23rd	Portsmouth
	30th	

LRCAA Diary		
October	13th	Portsmouth - Hinckley
November	3rd	FITA 18 - Melton Mowbray
	8th	County Social