



"Don't know why there's no sun up in the sky"

Editorial

I do remember on our first outdoor session I promised that this year it would not rain on a Saturday. How wrong could I be? On Saturdays when the weather was fine, it was so good to see the shooting line full, recurves, flatbows, barebows, longbows and compounds, all making an appearance.

One important thought to remind you about is that Mick is standing down as chairperson at the end of the club year, so if you are interested in doing the job, then have a word with a committee member. You could also encourage someone else. As a club member don't leave it to someone else to make a decision.

Club Notices

Welcome to Robert. Please find time to say hello and introduce yourself. And a welcome back to Adam who now joins us as a senior.

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.

**If you are last to leave the field,
then please make sure the gate is closed.**

Birthdays in August

David Wiggins

Birthdays in September

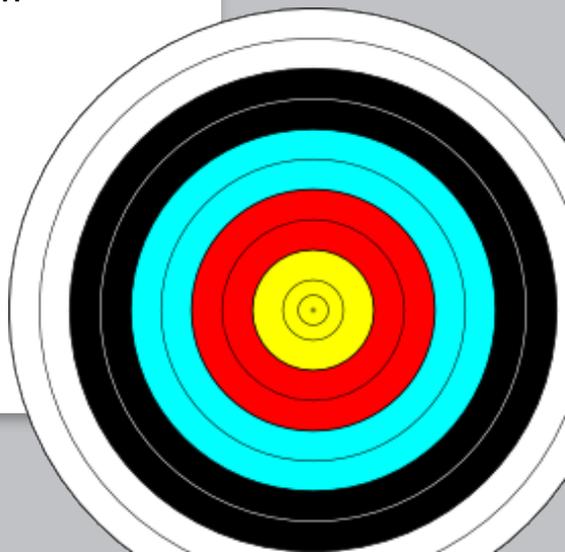
Stephen Hubbard

Eleanor Matkin

Meg Powell

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CONGRATULATIONS

Fran	Club record	Ladies Recurve	Short Metric	503	1st June
Sally	Club record	Ladies Recurve	Metric III	751	29th June
	Club record	Ladies Recurve	Bristol II	577	13th July
Andrew	Club record	Gents Longbow	Long Metric II	247	1st June
	Club record	Gents Longbow	WA70	191	29th June
Jon	Club record	Gents Longbow	Short National	199	13th July
Marc	Swindon	Gents Recurve	WA1440	1st	7th July
	Club record	Gents Recurve	WA1440	1175	7th July
Steve	Club record	Gents Recurve	Metric III	873	29th June
Terry	Club record	Gents Recurve	Short Metric	575	29th June

Auntie Jayne

If you have an archery problem, let Auntie help
Email: news@lutterwortharchery.org.uk

Dear Auntie Jayne

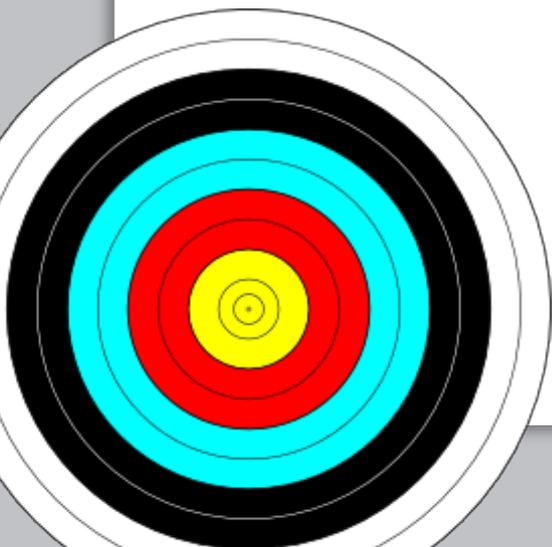
I seem to have a problem with consistent expansion through the clicker. I know I have to squeeze the back muscles, but I end up concentrating on this so much, that I lose my focus on aiming, please help.

Yours Ona Bacque

Dear Ona

Sit down with a pen and paper and write down your shot routine, then break it down into steps. For each step of your routine summarise it with a word, so it could be Set, Raise, Draw, and so on. When you get to your "sticking point" have two words that you continue to say to yourself in your head, it could be Aim, Expand, and keep saying them both to yourself until your clicker goes off and you release the arrow. When you shoot you can use these words as prompts to your routine, and your brain will then focus on the word and the job that word represents.

Auntie Jayne



LRCAA Diary		
August	4th	L&RCAA Outdoor Champs - Hosted by Kirby Muxloe Archery Club
	14th	Junior Shoot - Hosted by Fosse Company of Archers
	18th	Kirby Muxloe Archery Club - Double 720
	25th	Fosse Company of Archers - Western

Archery according to 'One Sheet'

An old chinese proverb says "Man with arrow in head says ouch".

Steve Hallard

Steve Hallard of Rugby was a member of the British archery squad at the 1984, 1988, 1992 and 1996 summer Olympics, winning a bronze medal in 1988 and 1992.

I was lucky to have the opportunity to meet Steve and also get some advice about my shooting from him.

A very wet and cold July evening (yep I said July) saw Fran, Rob and myself meet up with Steve for a two hour coaching session. Steve was friendly and knowledgeable, you know as he looked at the way you shot that he could see not only what you were doing right, but also what was wrong. His approach meant that you knew he was helping you. We shot from a covered area, and only got wet when we collected our arrows. This meant we could shoot without being encumbered by coats and waterproofs.

No sooner had we started, then the two hours were up. It was well worth the time and coming away with lots to think about, and tips on how to improve.

If you want to improve, then I recommend a coaching session with Steve. If you want to hear more then ask. Steve's contact details can be found in the clubhouse.

LAC Diary		
August	10th	St George/Albion/Windsor
	17th	BBQ
	24th	American
September	7th	Beginners course
	8th	Beginners course
	14th	Funshoot/hog roast
	21st	National
	28th	Warwick

Unstrung

I missed because someone shouted Battenberg
I missed because ... too busy eating cake

