



"It is so cold this summer"

Editorial

I sat down to write the editorial with t-shirt, jumper and fleece on. I felt like I was putting together November's newsletter and not June's. It has been good to see so many people at the field on Saturdays; double parking at times.

I was reminded at the last club day, that it was not so long ago that I was the new boy. I gasped and thought that's true, so time really does fly when you're having fun

(ok forget about the stress of tuning, and retuning and release problems).

We have now had our awards evening (see report), and the good news is that we have been awarded some money towards our new clubhouse. For some there are many memories associated with the old clubhouse, and for others their memories will start with the new one. New or old, the clubhouse is the meeting location for the L.A.C.

Message from our Sponsor

I hope you all enjoyed the Awards Evening and had an enjoyable time. As new social secretary, but only joining the club last year, I had not been to an awards evening before so was a little nervous about getting it right. However advice and info was never far away, and on the evening people pulled together to help and get things ready and clear up afterwards.

Just a few thankys from my side, I would like to thank Mick for running after milk at short notice (I think that was my only oversight). Meg thanks for helping with the venue and checking an eye over the arrangements I had made, and thanks Marc who also got involved in the initial location search. Also thanks to the member of the press taking notes on my right, Charles never stopped scribbling in his scruffy reporter's

notebook... Whatever you said you can bet it's been recorded.

My experience is when we all get together we have a strong camaraderie and a good time, and we don't always get chance for that while shooting especially in the indoor season, where shooting time goes so fast. The club social calendar is actually something that the club should be proud of... We are a friendly club and I hope to play a part in continuing that tradition and I hope everyone will take part.

In the future if you have any ideas or thoughts about some things we can do let me know and we can consider them.

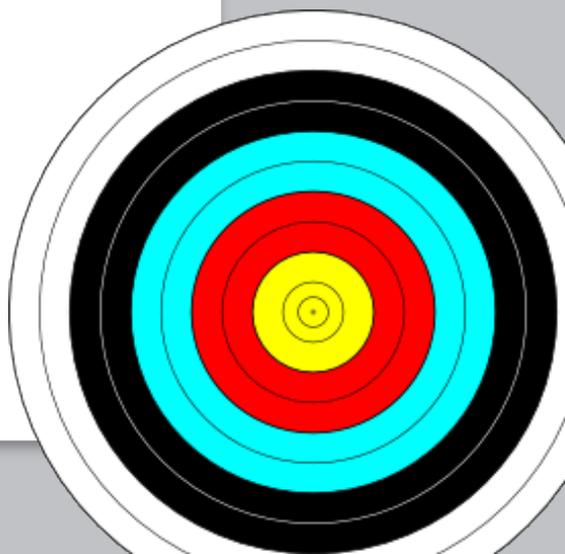
Here's to many happy events and fun off the shooting line as well as on it.

Martin

Club Shoots		
June	22nd	St. George, Albion or Windsor
	29th	
July	20th	Western
	27th	

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CONGRATUAL TIONS

Eleanor	Club Record	Ladies U12 Recurve	Short Junior National	322	20th April
	Club Record	Ladies U12 Recurve	Short Junior Warwick	324	18th May
	2nd Class				
Glynis	Club Record	Ladies Recurve	Warwick	370	25th May
Meg	Club Record	Ladies Recurve	Short National	445	27th April
Andrew	1st	Gents Longbow	York	Phoenix	18th May
	Club Record	Gents Longbow	Warwick	128	25th May
Martin	Club Record	Gents Recurve	Short National	417	27th April
	Club Record	Gents Recurve	Warwick	288	18th May
Ray2	Club Record	Gents Longbow	Short National	112	27th April
	Club Record	Gents Longbow	Short Warwick	78	25th May

Notices

Please take the time to say hello to our new member Shane, and also from the beginners course, Chris, Gaynor, George, Michael, Stuart and Sue.

Reminder - club fees are due. We need these in as soon as possible, otherwise the purchase of our new clubhouse could be delayed.

If you have changed your email address, please let the secretary know, so the records can be updated and also to ensure you do not miss out on information.

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.

200 Club

The 200 Club is now making headway into the clubs vocabulary. Good to see the chart in the clubhouse filling up, as we each try to achieve a score of 200 at the given distances.

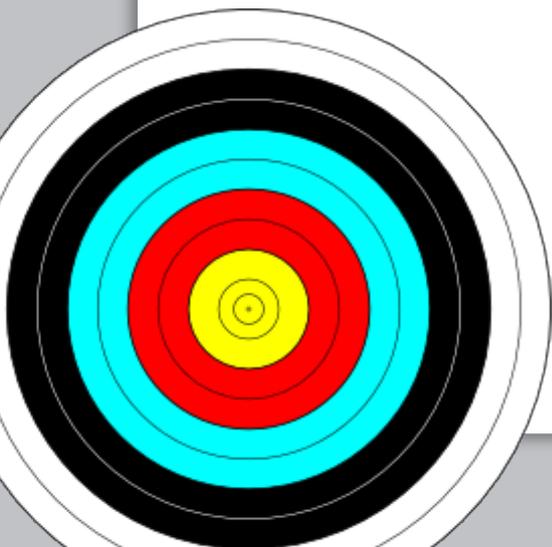
This is not just for the beginners and novices, it is for all archers. Use it to gauge your progress as an archer. It will also help, by using progression, as you will not spend time looking for arrows at a distance that you are not quite ready for.

Archery according to 'One Sheet'

Do you think that whoever shot the very first bullseye, got chased by the bull?

LRCAA Shoots

June	9th	Phorenix York
	9th	Foxes Western



Awards Evening



The evening of the 18th May, a gathering of the great and good, or the L.A.C. members, for an awards ceremony, a nosh and mental exercise.

Mick, as chairmain, hosted the evening, but the real work was put in by Martin.

With a plethora of awards, Mick presented the following;

- 200Club 20yds and 30 yds to Martin and Eleanor
- 200Club 20yds to Adam (unable to attend)
- Recurve Gents to Marc
- Recurve Ladies to Glynis
- Most improved handicap (outdoors) to Jon
- Most improved handicap (indoors) to Glynis
- Most improved novice archers to Martin

The most important award of the evening was decided not by score, but by the club members vote. The award went to Sylvia.

Nosh time. A fantastic spread brought together meats, cheeses, and the like. Thanks goes to all who brought this together. There was enough for seconds and thirds. The members of L.A.C. are not shy about their waistlines.

Martin put together a set of quizzes, designed not to stress but to bring out the competitive of nature of the elite athletes that are the L.A.C.

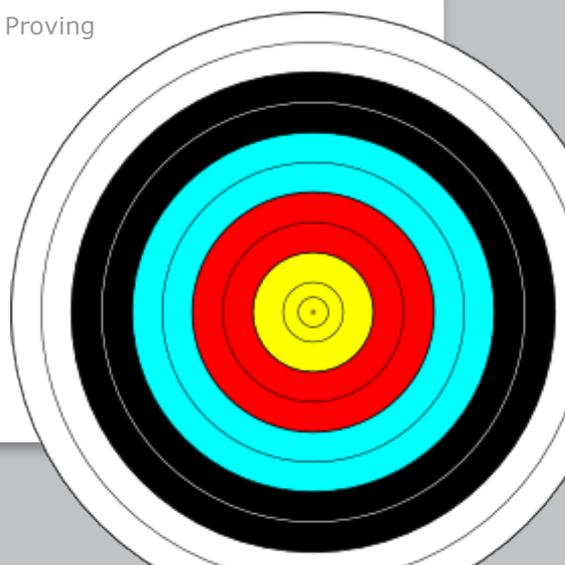
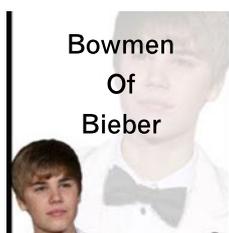
Identifying the famous from pictures was our first task, being won by the Bowmen of Bieber (Marc and Nigel).

The archery trivia section should have been easy, but you ask Martin how difficult it was to find trivia about our sport. This was won by Ray, Pat and Andrew.

Now to the general knowledge section. This caused a level of cheating unseen since Pete (Sylvia's husband) impersonated Pat (Ray2 wife) at skittles. Shame on you Ray2, this was won by Glynis and Phil.

As a final homage to youth and sobriety, Eleanor won the word game. Proving that the one eyed man is king in the land of the blind.

You had to be there quotes
"Snip, snip"
"I suffer from windage"
"Dear Sylvia..."
"Tequila"
"Benny Hill moment"





Beginners Course

Following their successful completion of the "GNAS (Archery Specific) Community Sports Leaders Award" course, Mick and Rik held a beginners course which saw an attendance of nine. They unfortunately suffered the nemesis of an outdoor sport; that of bad weather. There was really only one of the five sessions where a waterproof top was not required. They were a hardy lot and have all completed the beginners' course.

A presentation watched over by all the L.A.C. was held, where certificates and praise was handed out.

Please offer the beginners, who have joined the club, support. We realise that during a club competition it is

not easy for the beginners to integrate, but when we are not in competition please consider shooting a few ends at the lower 20/30 yards so you can introduce yourself.

Well done!



Cousin Chuck

"Let your cousin help with archery"

Dear Chuck,

I grip the bow tightly in my bowhand and have been told to relax the hand and use a sling. What slings are available and why use them?

Yours Hans Sotite

Dear Hans,

A sling is used to be able to shoot with a relaxed bow hand thus increasing the accuracy of the shot.

When shooting without a sling, it goes without saying that one will hold on to the bow during and after the shot. In this way, the bow is held slightly different each time. As we are not machines, it is difficult, not to say impossible, to move every muscle in exactly the same way every shot. A very simple solution to this problem is, just do not hold the bow. In this way the bow moves freely after every shot while hand and wrist can relax. This technique can be reproduced more consistently. The sling only stops the bow from falling and prevents damage.

There are three types of slings: The finger sling, the wrist sling and the bow sling.

The wrist sling is a piece of rope that attaches to the wrist and wraps around the bow. A hook is used to secure the line. It is very easy to adjust.

The finger sling is attached by loops to thumb and index or middle finger. This sling is harder to adjust. If it is too long, the only way to shorten it is by tying a knot in it.

The bow sling is attached to the bow. You slip your hand through a strap when taking hold of the bow. After release the strap will press on the top of the hand and the bow will be supported by the strap only. This sling is easy to adjust.

Yours, Chuck.

Unstrung

I missed because ... it's too windy

I missed because ... it's not windy enough

