

THE ARROWHEAD

THE NEWSLETTER OF LASSWADE ARCHERY CLUB

Issue No. 52

April 2000

Dear Members,
Unlike last months Newsletter, we have quite a bit to get through, so let's not hang about!

CLUB NEWS



Outdoor Sessions



Just a reminder that from Sunday 2nd April we will be shooting outdoors between 10am and 12 noon. During April our Wednesday sessions will still be indoors. Therefore our first outdoor Wednesday session will be on the 3rd of May between 6-45pm and 9-00pm.

Club Web Site



I would like to inform you all that the club now has a web site, which Andy has kindly set up. If you get the chance then please have a look at it, and if you think there is anything else worth adding to it, then please see Andy. You can find it at

www.lasswearchers.co.uk

Outdoor Tournament Fixtures

As is normal practice for me, after this month's newsletter, I will only list events at our club in the diary section. As about only three member's shoot outdoor tournaments it is usually pointless listing the fixtures. The new SAA yearbook should be available soon and it will have a complete outdoor list. So if you want to enter my shoots then see me and make sure you keep your copy of the list for safety.

Safety



This item is aimed (no pun intended!) at our newer members, especially juniors who are shooting outdoors for the first time.

As we taught you indoors, you must remember to **Walk** to the target and look for any arrows that have fallen short of the target.

When we mark out the practice field the longer distance targets are usually set out further across from the shorter distance targets. This means that members shooting the shorter distances do not have to wait for members shooting longer distances to collect their arrows.

To that end the whistle is not usually used as this could cause some confusion. However, an adult member should supervise the juniors at all times and should use the call word "**Clear**" when it is safe to shoot and when it is safe to collect arrows, and remember, you may have to use the word "**Fast**" more often!

One final tip. If you lose an arrow then you must let us know **immediately** so we can help you to look for it. Remember that the field is used for other sports, so if an arrow is lost then we

must report it to the Sports Centre.

Three Summer Fun Shoots

All of you have received a copy regarding these 3 shoots that the Eastern Area will be holding.

If you wish to enter any or all of the shoots, then see me by no later than Wednesday 26th of April.

Lasswade Outdoor Open Tournament (BRS) Sunday 21st May 2000

Once again I will be organising this shoot and as it is an outdoor shoot I would be grateful if as many of you as possible could help me to get the range set up. If you can help Please be at the Sports field by 9am. To boost the club funds I would also appreciate some donations for a raffle.

OTHER ITEMS

A beginners Guide to Preparing for Outdoor Shooting

With the outdoor season for 2000 now upon us, I thought it would be timely once again to include an item that Graeme wrote for us back in Newsletter 31. This article is mainly directed at our new members, but hopefully will prove helpful to intermediate members as well.

As with every outdoor season we have noticed a large decline in our regular attendance. There is no reason to reproach yourselves and by no means should anyone feel embarrassed, this is a

Perfectly automatic reaction to the transition between a lovely warm hall and the nasty, bitterly cold weather we sometimes have to endure.

In my opinion, with the exception of football, archery is the best sport in the world, and it would be even better if I lived in a country with a wonderfully warm climate where I could shoot outdoor all year round because make no mistake, outdoor archery can be far more enjoyable and interesting than the mundane 20 yards we must submit ourselves to for the six or seven Winter months. Whatever you do, do not lose sight of the fact that archery is an outdoor activity, it's only very recently in the history of the sport that facilities have been available for archers to shoot indoors. Another point worth mentioning is, at the Battle of Agincourt the Archers didn't cry "For England, Harry and St. George, but not if it's windy, raining or cold", did they??

Unfortunately we can't do anything about the weather, however frustrating it can be. What we can do is ensure we prepare ourselves for all conditions. When you next come to the club or attend a competition, take a holdall with you and in it carry all the things you will need whatever the forecast. You will probably be wearing a T-shirt with a jumper on top and if it's still cold you will be wearing a jacket. In your bag(s) you should have the following items.



1 Another Jumper –



Jumpers should be of reasonably thin material and snug fitting so it won't interfere with your shot. Remember, you will not be able to shoot with a bulky jacket on, so if it's cold, you can wear two jumpers, replacing your jacket *after* you have shot. Wearing many thin layers is more efficient than one thick one, as warm air is trapped between layers.

2 Gloves



Even during reasonably mild days, the cold will affect your extremities. You can't shoot with gloves on but you can wear them between ends. Keeping your hands warm will also help keep you loose and relaxed and your fingers won't hurt.

3 Hat



I can't remember the proportion, but as 60% of all statistics are made up on the spot you lose something like 60% of all your body heat through your head. For those of us who are follicley challenged, it's probably a bit more. As well as a woolly hat, you may wish to carry a baseball cap with you, this is very practical in direct sunshine and looks cool, particularly when worn back to front.

4 Suntan Lotion



Absolutely essential. If you are shooting all day in gorgeous conditions, you will fry without it.

Remember the nose, ears, neck and the backs of your hands. There is really no point in going to work or school the next day looking like the Ribena man if you can avoid it.

5 Waterproofs



If you don't have any you needn't spend a fortune acquiring them. I have a perfectly good pair of waterproof trousers that cost £10. The waterproof jacket need only be a cagoule type top. If the sleeve of your top impedes the string, a tube grip bandage on your bow arm will prove to be very helpful.

I hope these few words have provided you with at least a little practical advice and encouragement. If you follow the advice given, there is absolutely no reason why you shouldn't continue to enjoy Archery all year round, regardless of the weather conditions.

Graeme.

Breathing and Blinking

An extract from the Glade magazine, spring 2000 edition (Abbreviated). Credits to USA Sports psychologist Debbie Crews and Glade contributor Dick Tone, top USA Coach.

Breathing

Before drawing the bow, focus your mind and attention to the target and the exact spot that you want the arrow to go. During this time breath normally. As you start the draw begin to take in a fairly big breath. Once at full draw (and still exerting pull and back tension) start to slowly release the breath and execute finger release or squeeze release aid. Note that if you run out of breath you have either (1) let out too quickly or (2) too long at full draw.

By letting air out slowly you will notice that everything will start to relax. It is almost impossible to have tense muscles when you are breathing out, resulting in more efficient working of muscles, easier settling on target and effecting arrow release.

Blinking

It is very important to focus your eyes on the target throughout shot sequence, including follow through.

When an archer loses focus, the eyes blink, resulting in split second loss of sight of the intended target. If arrow release occurs during a blink the reaction of the body is to panic, and may cause a whole gaggle of results, such as flinching and loss of back tension.

Improved breathing technique will aid in calming you down, remove stress, therefore increasing focus and reducing blinking. It reduces the amount of target panic created by a build up of anxiety during tournament stress. Target panic is something everyone has to a degree. Target panic cannot

be cured, only controlled, and in this the breathing technique is helpful.

Bill Carmichael

TOURNAMENT REPORTS



Eastern Area Indoor Championships (600) Lasswade 16th Jan. 2000

At long last I have received the results for this FITA 18 round, which 4 of our members entered.

The Eastern Area placings are followed by the overall placings in brackets: -

Ladies

4th (4th) Elayne (526)
5th (5th) Tina (519)
8th (10th) Muriel (478)

Gents

5th (6th) Graeme (528)

Sorry if any of you won any other awards and did not get a mention. This was due to the fact none were listed on the result sheet.

Lasswade Indoor Club Championships (600) 11th March 2000

With some of us absent due to other commitments, 16 of us shot the clubs traditional Portsmouth round.

Tina won the ladies shield for the third time, equalling that of another former member, Evonne Stafford (1993/94/95), although Tina seems to favour taking a year out between wins, 1996/98/2000!

Bill C. won the gent's trophy for the first time and Barry retained the junior award for the third year running.

Barry will no longer be a junior (will mankind survive) by this time next year, so hopefully next years contest amongst the juniors should be more open. Sorry Barry! I just had to get that one in! Also, for the third year in succession, Billy retained the compound trophy, equalling the record of Athol Pirie, B.O.F., 1994/95/96.

We finished in the following positions: -

Ladies

- 1st Tina (559)
- 2nd Muriel (535)
- 3rd Diane (490)
- 4th Avril (344)*

Girls

- 1st Amy (277)*
- 2nd Penny (257)*
- 3rd Laura (234)*

Gents

- 1st Bill C. (490)
- 2nd Francis (436)

Boys

- 1st Barry (466)
- (1st Overall Junior)
- 2nd Daniel (386)*

Compounds

- 1st Billy (552)
- 2nd Ross (539)
- 3rd Andy (522)
- 4th Donald (499)
- 5th Elise (453)

* Shooting 10 yards only

I would like to thank Derek, who acted as judge, and in the absence of Auntie Joan,

(Who was sunning herself on some distant beach)



our senior tea-lady Diane and her under-study Elise who provided the edible material.

Oh! Muriel's man Bob also shot as a visitor. Sorry you did not get a medal but there has to be 2 in any one class. Ha! Ha! but thanks for saving me a piece of Elise's chocolate crispy thing.

SAA Postal League Update to Feb. 2000

League organiser Al Jones has circulated February results, and in the recurve our team slipped back from 7th place to 8th. Div. 1 is a tough place to be in, and although we maintain a steady average, I cannot see us remaining in Div. 1 for season 2000/2001. Our aggregate score to date is 8724, while top of the table are Linwood with 9820, Lethan - 8957 and Links - 8886. Top of Div. 2 is Loreburn with 8810, therefore it is likely they will come up and we will level out in Div. 2. Heriot Watt although currently lying 6th in Div. 2 have started putting in some good scores, and they too may elevate to Div. 1 in next indoor season. Tina is still Div. 1 top scoring. In the Compound Div. our A team remains fast in 5th position and the B team 2nd bottom or 11th place. Aggregate scores are 4390 and 4026 respectively, while the top 3 are Colgrain A with 4611, Colgrain B with 4505 and Loreburn 4474. It would be good if the organiser Al Jones could

Make 2 Divisions of 6 teams but there is no consistency in return of scores and 3 teams failed to do so in February.

Bill C.

DATES FOR YOUR DIARY - 2000



All events are at Lasswade unless indicated otherwise.

April

Sunday 16th - Annual Open Tournament / Fita
Venue: - Falkirk

Sunday 23rd - Kate Kennedy Silver Arrow Shoot / St. George, Albion and Windsor
Venue: - St. Andrews

Wednesday 26th - Last Indoor Club Session

May

Wednesday 3rd - First Outdoor Club Session

Sunday 21st - Lasswade Outdoor Open Shoot / Albion and Windsor (BRS)

We have now reached the termination point of this edition!

Contributors for this issue: - Bill Carmichael and Graeme Mitchell

Donald

Publishers note: - Apologies for any errors as I had to rush this out before I went on holiday. See you all next week.