



## THE NEWSLETTER OF LASSWADE ARCHERY CLUB

Issue No. 83

November 2002

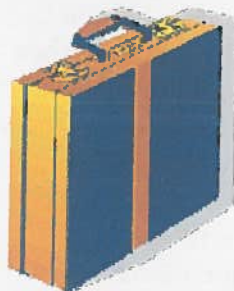
Dear Members,

A slightly shorter edition for you this month....

### Club News

#### Lasswade Archery Club 24th Annual General Meeting

All members are hereby



notified that the Club's AGM will take place on **Wednesday 27<sup>th</sup> November, 7.30pm.** The meeting will be held in classroom B4 of the High School. To get to room B4 go through the main doors of the school. Ahead of you to the right of the schools trophy cabinet there is a set of double doors. Go through the doors and along the corridor until you come to room B4, which is on your left.

All posts on the committee are available for members to stand for either in writing to myself or in person on the night. If any current committee members have a written report then please bring it with you on the night, or if you want it circulated at the AGM, then please let me have it by no later than 20<sup>th</sup> November, so I can get photocopies done. Each member who attends will be given a copy of the meetings agenda and last year's business plus any reports etc. A copy is on our noticeboard.



Three things to remember, under article 22C of the Club's Constitution only those members who attend the meeting are entitled to vote. Secondly under article 22D the Club President

shall, if required, be entitled to cast one additional deciding vote. Third, there will be no club session that evening. Please make every effort to attend, as this is your chance to have your say in how your club is run.

P.S. there is a proposal to make an addendum to the Club's Constitution so please bring your copy of the Constitution with you. If you have lost it, then see me by 13<sup>th</sup> November so I can get a copy for you, as copies will not be available on the night.

P.P.S. A copy of the proposed addendum is attached to each newsletter, any objections to be submitted in writing to me (by 20<sup>th</sup> November 2002).

### CLUB FEES

Once again our Club fees are almost due and, unlike the affiliation fees, they must be paid by ALL members.

The only exceptions are Bill C and Derek who are honorary life members and the following members who have joined us since the outdoor season and these are as follows: Ambar, Denise, Erin, Frank, Michael and Terry.

As was proposed and agreed at the 2001 AGM the fees have been increased as follows: -  
Adults - £15.00 now



**£20.00**

And

Juniors - £7.50 now

**£10.00**

Cheques should be made payable to Lasswade Archery Club and given to the treasurer.

Under article 19 of the Club Constitution any member who has not paid their club fees within 6 weeks of the AGM shall be dealt with as prescribed in article 19.

### **Changing your address**

If you change your address can you please let me know so your details can be passed on to GNAS? You must also include your postcode, as GNAS will not send you any correspondence e.g. Archery U.K. unless they have it.

## **SEVERE WEATHER CONDITONS**



Now that we have experienced our first floods of the year, a reminder to you all that should we suffer more severe weather e.g. heavy snow, and you are not sure if a club session may be cancelled, then please contact the Sports Centre in the first instance, as they will have the most up-to-date information. The phone number for the Centre is 0131 660 1933.

### **EASTERN AREA AGM 17<sup>th</sup> OCTOBER 2002**

Yet another poorly attended AGM with just 10 Area Archers present at the meeting. When you take into account that there are at present 18 clubs in the Eastern Area representing 244 archers you will see what I am getting at. A copy of the minutes will be put up on our noticeboard when I receive them. The main information for Lasswade is that Tina and myself have stood down as Treasurer and Trophy Officer respectively. At the time of writing this leaves 4 Area Archers from 2 Area Clubs on the new committee so please do not feel guilty! There is always next year to get onto the committee and the year after that and the

year after that.

**ZZZZzzzzzz!**

### **THUNK!**

No Bill M had not dropped his wallet, his crocodile skin wallet to be precise. There, that's the reptile joke in this month! No, this is the title of a new booklet I recently received from David Marriott of the Burnham Company of Archers. It has been put together with novice archers in particular, although he does stress that it is a guide rather than a definitive article. The booklet runs to just short of 50 pages and is packed with useful information on all aspects of shooting in both words and photographs. If you would like to see it then please see me and I can also tell you how you can order your own copy priced at £7.99 (inc. p+p). David will also be publishing 2 more booklets, "TWANG" The Beginners Guide to Recurve Target Archery, one for Tina perhaps! Our own coaches have looked at it and feel it may be a bit much for some newcomers so if you do get your own copy I am sure you will not be treading on their toes or in Bill M's case his webbed feet! Ye gods! Two reptile jokes in one item.

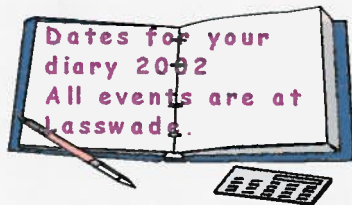
**S.A.A. COACH TRAINING**

Attached to this newsletter is an application form for all of you to apply to train and become assistant coaches. A copy of the form is also on the Club noticeboard.

**CLUB COACHING Goal Setting**

'Can I improve your Archery?' asks Bill M.

A proforma is at the end of the newsletter and Bill would be happy to receive a completed copy from you for his evaluation. He will then be in a better position to coach and help improve your shooting.



DATE	TOURNAMENT/ ROUND OR EVENT
<b>NOVEMBER</b>	
Wed 27 <sup>th</sup>	24 <sup>th</sup> AGM at 7.30pm NO CLUB SESSION
<b>DECEMBER</b>	
Sun 8 <sup>th</sup>	S.A.A. AGM at 1pm Venue: Chuny Clays, Fife
Wed 11 <sup>th</sup>	Lasswade European Postal/FITA 18
Wed 18 <sup>th</sup>	Final Club Session for 2002

**and FINALLY**



**WHY DOGS ARE BETTER THAN WOMEN**

- Dogs love it when your friends come over
- Dogs think you sing great.
- A dogs time in the bathroom is confined to a quick drink
- The later you are, the more excited the dog is to see you
- Dogs will forgive you for playing with other dogs
- Dogs don't notice if you call them by another dog's name
- Dogs don't mind if you give their offspring away
- Dogs can appreciate excessive body hair
- If a dog is gorgeous, other dogs don't hate it
- Dogs don't shop
- Dogs like it when you leave lots of things on the floor
- A dogs parents never visit
- When a dog gets old and starts to snap at you incessantly, you can shoot it
- Dogs like beer

- Dogs agree that you have to raise your voice to get your point across
- Dogs would rather have you buy them a hamburger dinner than a lobster one
- Dogs find you amusing when you're drunk.

**and FINALLY DOGS OVER MEN**

- Spots are an attractive feature on a dog
- A dog is better protection from an intruder
- Dogs can find their way back home - even after a really heavy night out
- Dogs will wait patiently outside clothes shops - and not criticise your purchases afterwards.
- If a dog gets ill, it won't take 18 panadols in order to avoid going to the vet.
- When dogs beg it's cute - when men beg it's pathetic.
- Dogs travel more cheaply on the bus.
- Dogs are less reliant on tinned food ..... but after a few cans, a dog will still be able to stand up.
- Dogs don't attack other dogs for being a different colour.

- You'd feel guilty about turning a dog out on the street.
- A dog will be eager to walk, rather than getting in a taxi.
- A dog might actually take a bath of its own accord.
- There's more chance of your dog being

- able to work the video recorder.
- Dogs are easier to house-train.
  - A dog can look as though it understands what you're saying.
  - A dog is a pack animal. A man is a six pack animal.

- A dog is a faithful companion.  
A dog is for life.

Thus ends the 83<sup>rd</sup> lesson.

*Donald*

## CAN I IMPROVE YOUR ARCHERY?

Coaching comes in many forms but all have one outcome. To make the Athlete, you, the best you can be at your chosen sport.

To enable a Coach to function, they must know what level you think you are performing at, and what level you want to achieve.

This exercise, yes work, is to help find out what makes you what you are.

Think of all the things you need to have or do to be an Archer, and write a list. I will give you some and you can write down the rest, a good number is around 15, an excellent number is around 20. If the ones I have put down do not suit you please use others and delete the ones I have suggested.

Flexibility/Suppleness  
Recovery Time  
Stamina  
Strength  
Time  
Training Facilities  
Ability to Relax  
Confidence  
Natural Abilities

As I said these are some ideas. You may use them if you want.

Now that you have completed your list, mark each one out of 10 - one being beginner and ten being expert. This score is where you think your level is.

WELL DONE.

This is the first part of Goal setting.

More next month.

Please ask if you have any problems, especially Donald, this is a very difficult exercise to do the first time.

*Bill*