

# THE ARROWHEAD

## THE NEWSLETTER OF LASSWADE ARCHERY CLUB

Issue No. 86

February 2003

**Dear Members,**  
No waffle this month so let us proceed straight to this month's hot gossip.....

### **CLUB NEWS**

#### **An Apology**

I owe an apology to Mark in my report last month on our Christmas Balloon Shoot I reported that he had not attended and I therefore called him a party-pooper. This was incorrect as he was there and I therefore wish to apologise for any embarrassment to him or his family. He has kindly donated his compensation cheque to his favourite charity, The Association of Distressed Archery Club Presidents of which I am the founder and only member!

#### **A Confession**

Yes it's true! I did miss one shooting end at the

Area Championships last month.

However, I do not think I am to blame. It must be something I picked up from Elise!

P.S. Elise has asked me to remind you that she shot a Robin Hood at a club session back in January. Mrs Hood (Dianne) is not amused! As she had to suck out the poison from the wound. No Elise! Robin was not shot in the leg as you thought but Mrs Hood got to the 'bottom' of the problem!



#### **S.A.A WEBSITE**

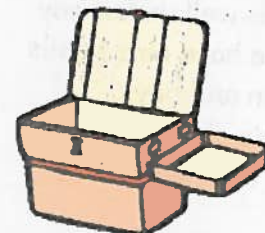
Muriel has asked me to remind you of the new S.A.A. Website that is now up and running. You can log on at

[www.scottisharchery.org.uk](http://www.scottisharchery.org.uk)

Any comments or suggestions you may have should be addressed to Muriel.

#### **Tackle Boxes**

Although most of you are well behaved it has been noted that some tackle boxes etc have



started to appear behind the shooting-line and this can cause problems on busy club sessions.

The problem is also complicated due to the fact that the large alcove we used to use is now stuffed with trampoline mats, so if you are not already doing so can you please ensure that all boxes etc are put along either side of the shooting

range. Also please make sure your bows are not too near the doors to the toilet/changing rooms. Although, it rarely happens somebody may come out of the rooms and into our waiting area, which they are entitled to do. So take care, as Bill C will not entertain claims for broken bows!

### BEGINNERS CLASS



At the time of writing our latest beginners class is well under way and we have nine pupils all men and boys. Oh! We also have Mark's other half as well!

#### Lasswade Open Worcester (BRS) - 2 March 2003

Just the usual requests. Can we please have a few bodies to get the range set up, immediately after the last beginners class ends at 8-30pm on Saturday 1<sup>st</sup> March? Any donations for the raffle will also be appreciated. For those of you who have not shot this round before then here is a

brief description but you should also see Derek or Bill M if you still have any further questions.

As with the Portsmouth round 60 arrows are shot but they are shot in ends of 5 as opposed to ends of 3 in the Portsmouth. The target face is composed of black and white rings with a white centre spot scored from the centre spot outwards as 5,4,3,2,1 giving a potential top score of 300.

When the shoot commences archers A and B on each target shall shoot one sighter end of 5 arrows, then archers C and D will do the same.

Unlike the Portsmouth round when the scoring arrows are being shot archers A and B will always shoot first followed by archers C and D so rotation does not apply here.

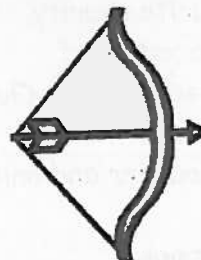
After the first 2½ dozen (30) arrows are shot the archers who were shooting at faces A and B will shoot their remaining 30 arrows on faces C and D. Thus archers C and D will shoot at faces A and B but all archers will continue to shoot in the

same order, A and B followed by C and D. You will have 4 minutes to shoot each 5 arrow end but if you shoot more than 5 arrows at any end then you will lose the value of your highest scoring arrow or arrows.

As with all rounds if you shoot at the wrong face you score nil. For the benefit of our newer members you should have at least 6 arrows in your quiver, 5 and one spare. If you are using club arrows then please see us so we can get you an adequate amount for your needs. We also have a good supply of the Worcester target faces so you can practise at club sessions prior to the shoot.

### CLUB COMMITTEE MEETING

The next session of the Club Committee will take place on Thursday 6<sup>th</sup> March 2003 at 7.30pm to which all members are respectfully requested to attend.



## TOURNAMENT REPORTS

### Postal League

#### Up-Dates (2002/03)

##### S.A.A.

##### (PORTSMOUTH)

We still await the positions for the January rounds but here is the current situation after the November and December rounds.

##### Recurve Div. 1

##### (9teams)

Our 'A' team have still not managed to move up from the basement but Stuart's score of 485 is the best boy's score for December.

##### Recurve Div. 4

##### (8teams)

Our 'B' team have dropped from 5<sup>th</sup> to 6<sup>th</sup> place although our juniors have done well. A 425 shot by Dean in December was the best for the month. However, a 495 shot by Stuart in November remains the highest boy's score to date. No your eyes do not deceive you Stuart has already appeared in Division 1. How? Simple! His November score of 495 got him into the 'B' team but his December score of 485 although lower was good enough for the 'A' team as fewer of our adult members shot that month. I explained this to his old man, David

who was tearing his hair out with worry. Not wise, as he doesn't have much left anyway!

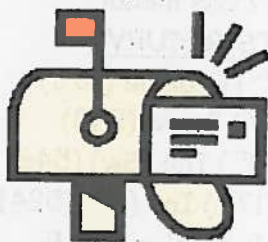


##### Compound Div. 2

##### (7 teams)

Moving on with extreme swiftness we have some better news here as well.

Our team have moved from seventh to fourth place and Billy's 566 was the best gent's score for December.



##### EUROPEAN POSTAL

##### (FITA 18)

##### Recurve Div. 2 (4

##### teams)

For December our team have moved up from third to second and have reduced the gap between Randers (Denmark) and ourselves from 99 to 94 points.

##### Compound Div. 2 (4

##### teams)

We have dropped one place to third but we are only 21 points behind the division leaders New Century 'A' (England) so I await the January

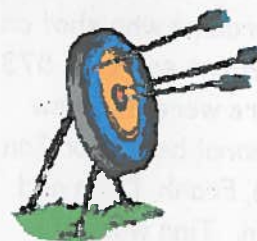
positions in hopeful anticipation!

##### EUROPEAN POSTAL LATE NEWS!!

Just as this edition of "The Arrowhead" was going to press I received the most up-to-date positions for our two teams for the January round.

Although our recurve team retain second place they have dropped further behind the on-going Danish Team Randers.

In the compound second division, Lasswade also retain their third place. This division remains close between the top three teams and we are only 45 points behind New Century 'A' of England.



This month will also see the final round for 2002/03 and I hope to bring you the final results in the next issue in March.

##### EASTERN AREA

##### INDOOR

##### CHAMPIONSHIPS

##### (SRS) (600).

##### LASSWADE - 19<sup>TH</sup>

##### JANUARY 2003

A good entry by our standards saw 15 of us

shooting the Portsmouth round with the senior judge for the day being King Cobra himself, Bill M who looked particularly ravishing in his white trousers! Both sessions took a bit longer than usual due to several target face changes and several arrow piles, which had to be removed when they parted company from their arrow shafts.

**MEMO to TINA:** if you are running this shoot in 2004 can we have softer bosses! Apart from that everything progressed well.

One of our best results was that we retained the Gents' Recurve Cup, which passed from last years' winner, Ian (Sw) to Graeme who shot an excellent score of 573. There were also new personal bests for Ian (St), Frank, Dean and John. Tina was just outside the main medals in fourth place as our sole lady recurve.

Muriel took first place in the Lady C/U group and Ross was awarded the Gents C/Ltd award. The team recurve was close with Lasswade in equal second with Bannockburn, both teams were just 28 points behind the

winner from Edinburgh University. Billy and Ross were placed third in the compound team group which again was keenly contested.

Thanks, yet again to Tina for running the shoot and to those of you who helped out on the day.

The placings for us were as follows and they are followed by the overall placings in brackets had this been a non-area open shoot.

#### LADIES RECURVE

4<sup>TH</sup> (4<sup>TH</sup>) Tina (557) plus the C class medal.

#### GENTS RECURVE

1<sup>ST</sup> (2<sup>ND</sup>) Graeme (573)  
8<sup>TH</sup> (9<sup>TH</sup>) David (548)  
9<sup>TH</sup> (10<sup>TH</sup>) Ian (Sw) (546)  
16<sup>TH</sup> (17<sup>TH</sup>) Ian (St) (524)  
New P.B. plus the E class medal.

18<sup>TH</sup> (19<sup>TH</sup>) Richard (514)  
24<sup>TH</sup> (32<sup>ND</sup>) Frank (449)

New P.B.

#### BOYS RECURVE (U18)

1<sup>ST</sup> (2<sup>ND</sup>) Dean (426)

New P.B.

#### BOYS RECURVE (U16)

1<sup>ST</sup> (2<sup>ND</sup>) Stuart (483)

#### BOYS RECURVE (U14)

1<sup>ST</sup> (2<sup>ND</sup>) John (392)

New P.B.

#### BOYS RECURVE (U12)

4<sup>TH</sup> (5<sup>TH</sup>) Jack (233)

#### LADIES COMPOUND

##### U/LTD

1<sup>ST</sup>(1<sup>ST</sup>) Muriel (562)

#### GENTS COMPOUND

##### U/LTD

5<sup>TH</sup> (7<sup>TH</sup>) Billy (559)

10<sup>TH</sup> (19<sup>TH</sup>) Donald (297)

#### GENTS COMPOUND

##### LTD

1<sup>ST</sup> (1<sup>ST</sup>) Ross (544)

#### TEAM RECURVE

= 2<sup>ND</sup>\* Lasswade

Graeme 573

David 548

Ian (Sw) 546

Ian (St) 524

2191

#### TEAM COMPOUND

3<sup>RD</sup>\*Lasswade

Billy 559

Ross 544

1103

\*No placings for visitor teams.

All in all, not a bad day's work with 6 trophies, 8 medals and 4 personal bests.

Keep up the good work folks!

P.S. GNAS cards were requested to be shown to the judges and it is pleasing to note that we all had ours.

This appears to be compulsory for all shoots so remember to take your cards to any shoot.

**NO CARD = EARLY BATH!**

**CAN I IMPROVE YOUR ARCHERY.**

Remember back in issue 85 I asked you to

identify the parts that you needed to be Archers. Having done the first exercise marking the level you are at now, then marking the level you would like to be at both out of ten 0 being the lowest and 10 being perfect. Then the calculation subtract the now from the want to be. Having identified the top three biggest differences. I would now ask you to work on these identified weaknesses at your practice sessions. I would ask you to work on one thing at a time maximum of two per practice session. How to plan a session now should follow this type of programme. Write down what you want from your practice session (outcome/ goal). Devise a method of enhancing that item chosen (plan). Practice this and write down what you found out (record). This is a training log it has to be in your style and in your words to be of benefit. You must also be honest with your responses. An example to help you on your way. I have trouble with my posture I do not raise my Bow hand high enough to allow me to then let the

bow settle just above the target.  
Outcome of session is to have my Bow hand level with my shoulders on draw.

Session: Warm ups.  
Work on just lifting the bow with another person watching me. (Remember to ask Derek to watch me draw ensuring that the bow arm is at shoulder height)

Write down how it feels and if I need to add another check to my form.

Shoot 10 ends of arrows ensuring that the arm is raised properly.

(Take target face off as it may distract me from the main item to have my bow arm raised to shoulder height)

Note results.  
If time left Shoot at a Portsmouth face and note where the draw position is now.

Making a plan of what you want to achieve from each practice will improve your Archery it has certainly improved mine.

*Coach Bill*



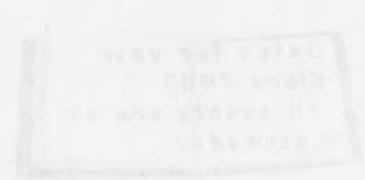
**Dates for your diary 2003  
All events at Lasswade**

Tournament/ Round (or Event)	
<b>March</b>	
Sat 1st	Beginners Class ends
Sun 2nd	Open Worcester Round (BRS)
Thurs 6th	Club Committee Meeting, 7.30pm
Sun 9th	S.A.A. Postal League/ Portsmouth Final Round
Sat 29th	Indoor Club Championships/ Portsmouth 6.30pm
<b>APRIL</b>	
Sun 6th	First Outdoor Sunday Session
Wed 30th	Last Indoor Wednesday Session



That's all for issue 86.

*Donald*



Date: [blank]  
 All events at Lakeside

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Date: [blank]

Check: [blank]

now write just above  
 the target.

Outcome of search is to  
 have my low head level  
 with the bottoms on  
 the

discuss them up  
 Work on just taking the  
 bow with another person  
 watching or the member  
 to ask Doree to watch  
 an draw knowing that  
 this bow will be at  
 (should be going)  
 your bow how it feels  
 and if I want to call  
 someone back to get  
 done

stand in ends of arrow  
 ensure that the grip is  
 loose properly  
 (Take target face off  
 as it may distract me  
 from the aim face to  
 find my low end  
 toward a specific  
 point)

that's correct  
 If the left hand was  
 positioned for aim  
 and when the draw  
 comes it's not  
 behind any of it  
 you want to know  
 find each hand will  
 before your arrow is  
 the opposite approach  
 time

Check: [blank]

action's low out to that  
 you needed to be  
 (should be doing one  
 the first exercise  
 something low and  
 one of new things  
 the next you would like  
 to be at least out of the  
 20 down the lowest  
 10 long picture. This  
 the observation a what  
 the low from the wall  
 to be having an idea  
 the to take bigger  
 differences. I would like  
 well about work on that  
 technical knowledge of  
 your practice session I  
 would like to work on  
 the length of a shot  
 rotation of a target  
 practice system that is  
 that session and  
 draw to show the type  
 of equipment that  
 you want you want  
 longer practice  
 time in a target that  
 I have a method of  
 exercises that you  
 choose (I can't practice  
 this out of the room  
 what you found out  
 actually this is a  
 training for it and it's  
 in your state and in your  
 state to be at least  
 You may also be lowest  
 with your observation  
 attempt to join you  
 on you was I think  
 people with the posture  
 I do not want my bow  
 back high enough to  
 allow me to then let me