



THE NEWSLETTER OF LASSWADE ARCHERY CLUB

Issue No. 85

January 2003

Dear Members,

I hope you have all recovered from the excesses of the festive season and I now ask you to put your brains in gear and read what now follows.....

Club News

CLUB COMMITTEE MEETING

All committee members are respectfully requested to attend the next meeting on Thursday, 16th January 2003 at 7.30pm.



JUNIOR NEWS

At the first meeting of the new committee our Junior Rep commented on the fact that 5 or 6 of our juniors all seem to shoot at the same target. To that end all juniors will be

spread across the shooting line.

This should hopefully have several benefits. ...

Firstly, this will enable our more able juniors to progress without too many distractions from other juniors.

Secondly, from this month it is hoped that all juniors and novice members will shoot a short monthly round on the same night as our European postal and as an incentive all participants will receive a certificate with the score they have shot. This system will initially replace our current achievement badges as for most of our juniors the scores they are awarded for are not yet attainable.

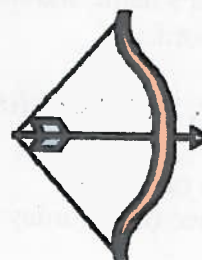
Thirdly, this will also mean that all juniors are supervised by an adult member and not just the same usual members time after time e.g. ME.

The subject of mixing junior and adult members has been discussed many times before so it is long overdue that this idea is

implemented now. This may not be a popular decision but this is a club after all and members of all ages and experience should be benefiting. Just before Christmas I received a questionnaire from the S.A.A. which gives all juniors a chance to participate in a Youth Development Survey. To that end all juniors will be issued with a copy and when they are completed they can be returned to me or they can be posted to the address on the covering letter. If any junior wishes to give me their completed copies then I would like to receive them by no later than Wednesday the 12th of February.

CLUB TAKE DOWN BOWS

It was also decided at the



last committee meeting that we now purchase new club bows.

This means that, where suitable, any member who is still shooting a club bow will be given the chance to purchase the bow from the club. The cost would be £25.00 and the bowsight is also included. If any member is interested then please ask.



CLUB SWEATSHIRTS ETC

Joan only received 5 orders out of 25 forms handed out. As this is not enough to place an order a suggestion was that any member still interested could purchase their own garments and this would only leave the problem of the embroidery.

At the time of writing Andy is checking a source who may be willing to embroider the club logo on any individual garments as needed. A reminder that the favoured option for the sweatshirts etc was the club name together with the archer's name and the archer motif.

6 WEEK BEGINNERS CLASS

Our new class will commence on Saturday

25th and will run from 7pm to 8.30pm. We may have as many as 18 pupils so if any of you



could help it would be appreciated. You don't have to be a coach or a top-flight archer. So long as you know the basics, and most of you do, you can assist with the classes.

TOURNAMENT ENTRIES

Although Joan has taken over as secretary again I will continue to take entries from our members for tournaments.

Most of you know my rules but I will repeat them for our newer members.

If you wish to enter a



tournament then you must give me the entry fee.

I prefer cheques made payable to the appropriate club or area.

Cash is acceptable but please have the exact amount as I do not give change.

If you decide to enter a shoot after the entry form has been sent off then it will be your responsibility to arrange your own

entry. Please remember that most tournament organisers may charge you a late entry fee on top of the basic fee providing there are spaces left.

However, if you get your entry fee to me on time and you then change your mind for some reason then again see me. It will usually be possible to cancel your entry and get your entry fee returned.

Be aware that if the closing date has passed then some organisers may not return your fee.

NON-NEWS ITEM

THE CLICKER - TO USE OR NOT TO USE

When I started in this sport of archery away back in 1980 or so I was using a clicker from day one and the harsh reality is that year after year I was not functioning at my proper draw length although I thought I was. My advice to those of you who are new to the sport is to persevere as long as possible without the clicker until realisation comes that a natural full draw has been achieved. In my case the too early use of the clicker led to damaged shoulders and a serious problem with the rather scary Target Panic also known as Gold Shyness.

In the past month I decided to start shooting without the clicker aid and so you will see my scores go up and down like a yo yo depending on how much Target Panic is affecting me. The best

part is that I am enjoying shooting in the bow much more than in my clicker days.
Bill C

For those of you who do not know what the purpose of the clicker is then please ask Bill C.

Any of you who keep your copies of the newsletter may also like to read a similar item entitled CLICKERMANIA which appeared in issue No.26 (February 1998).
Donald

TOURNAMENT REPORTS

Postal League Up-dates (2002/03)

S.A.A. (Portsmouth)

Novembers' results have been received from the overall organiser Al Jones and they show that our teams have a little catching up to do: -

Recurve Div. 1 (9teams)

Lasswade 'A' currently provide the 'foundations' for this division!

Recurve Div. 4 (8teams)

Our 'B' team lie in 5th place.

Compound Div.2 (7teams)

As for the Recurve 'A' team!

A reminder to you all that qualification to get into the teams is not by selection but by the score you achieve in each month from November to March. I need 8 members to make up the 2 recurve teams and 2 for our compound team.

If in any month a club member cannot be present for the appointed date for a round then please try to shoot a witnessed round at one of the club sessions for that month. To sum up, even if your score does not qualify you for inclusion in any of the teams it will be forwarded to the club's Records Officer, Tina for classification, handicap and records purposes.

Bill C (Scores collator)

At the time of writing the December rounds had also been shot although current team positions are not known as yet.

It should also be noted that for December Mark's score of 497 and Dean's score of 425 are new personal bests.

An excellent first scoring round was also shot by Frank whose score was 405.

Donald

European Postal (FITA 18)

Our organiser, Andy, will probably soon be able to inform us of our positions after the December scores have been received but for the moment here are our placings for November:-

Recurve Division 2 (4 teams)

Our single recurve team lie in third place just 99 points behind the current division leaders, Randers from Denmark.

Compound Division 2 (4 teams)

This division started off with a closely contested November round and a mere 20 points between first and fourth places. The current division, leaders are New Century 'A' from England with Lasswade just behind them on 9 points less.

AUNTIE JOAN'S CHRISTMAS BALLOON SHOOT 2002



I hope everyone enjoyed the Christmas Balloon shoot - I had a lot of fun thinking it up. It would have been better if I had more time beforehand I would have had more Christmas characters and everyone could have got their own score sheet but never mind there's always next year - Plan Ahead!!!

RESULTS

	R	Y	W	P	B
SANTA	3	4	5	100	20
PRESENT	5	3	2	95	75
VIXEN	5	2	2	110	100
PRANCER	2	2	2	50	160
DAY	2	4	2	70	85
BLITZEN	1	2	1	110	40
CHEER	3	4	4	130	100
PIE	6	4	2	160	60
DANCER	5	3	4	115	80
CAROL		4	3		425
EVE	3			115	
CAKE	1	2	1	60	60
RHUDOLF	2	3	1	80	55
CARD			2	30	110
BILL	2	2	4	100	100

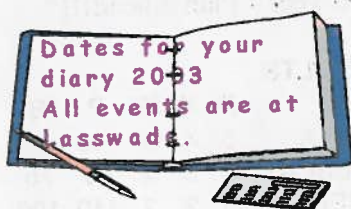
If you would like the same type of shoot next Christmas (or any other time) I will be happy to do it but ask me in October not November. Thank you all very much.

JOAN

On behalf of the club can I thank Joan for her efforts and for providing the refreshments.

Thanks also to David as well as Bill M who provided the mulled venom from his extensive wine cellar at Gorebridge! The party poopers for 2002 were Diane, Erin, Terry, Bryan, Graeme, Peter, Mark and the biggest pooper, Elise. P.S. Denise had also pooped and according to Frank had been guzzling herself on Cadbury's Miniature Heroes.

Well, just to let you know Denise, Jack's mother had also donated a large tin of the same sweets for the shoot so you missed out there! PHOOEEY!



DATE	TOURNAMENT ROUND OR EVENT
<i>All events are at Lasswade unless indicated otherwise.</i>	
JANUARY	
Thurs 16th	Club Committee meeting at 7.30pm

Sun 19th	Eastern Area Indoor Championships/ Portsmouth
Wed 22nd	Lasswade European Postal/FITA18
Sat 25th	New Beginners Class starts
Sun 26th	Oban and Lorn Open Shoot/Portsmouth Venue: OBAN
FEBRUARY	
Sun 9th	S.A.A. Postal league/ Portsmouth
Sun 9th	Lochside Bowmen Open Shoot/Portsmouth Venue: FORFAR
Wed 19th	Lasswade European Postal/FITA18. Final Round

AND FINALLY
Having heavily plundered previous newsletters for amusing items I will from next month require contributions from yourselves. For this month I collected some of the puerile jokes from my office party's Christmas Crackers. You have been duly warned!

Where did Sir Lancelot study?

Ans: Knight School.

What do you get if you cross a sheep with a grasshopper?

Ans: A woolly jumper.

Newsreader: Two prisoners have escaped from jail. One is seven feet tall and the other is

four foot nine. Police are looking high and low for them.

Robert: The police are looking for a man with one eye called John.

Ian: What's his other eye called?

Why did the farmer call his horse Blacksmith?

Ans: The horse kept making a bolt for the door.

What do vampire doctors say?

Ans: Necks please!

How do jellies start their races?

Ans: Get set!

Where do Londoners with pimples live?

Ans: Ackney

Why don't elephants like penguins?

Ans: They can't get the wrapper off.

What is yellow and dangerous?

Ans: Shark-infested custard.

The last joke is almost as ancient as Bill M's wallet although why sharks would be swimming in custard defeats me!

Can I Improve Your Archery?

In the October issue, Bill M asked the Question above. The article is added again plus a follow up to it.

CAN I IMPROVE YOUR ARCHERY?

(Part 1)

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 you 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.

Please ask if you have any problems especially Donald, this is a very

difficult exercise to do the first time.

Bill M

CAN I IMPROVE YOUR ARCHERY? (Part2)

Remember in the October newsletter I asked the same question.

I hope you did do the little exercise as I would now like to take you on the next huge jump to Goal setting.

I asked that you take as many things or skills that you require to be an Archer, then score them where you are just now and where you would like these Skills to be to enable you to be a better Archer.

I would like you now to subtract the first score from the second, so if your scored strength at present is 5 and you would like it to be 8 you would take 5 from 8 leaving 3. Do this with all your skills or thing that you think are required to be a better Archer.

List them in order of results from the largest difference to the smallest difference.

By doing this exercise you have now identified in order the parts that you need to work on the higher the difference the more urgent the skill requires to be worked on. Now what?

This is where the coach asks the next question.

What level you would like to achieve in Archery say in the next five years and

please do not say to be the best in Britain or the World as that depends on other peoples performance which is out of your control.

Please set a score for a round, and this will be your long term Goal.

I would like to be a Master Bowman this means I must shoot four scores three Fita's of 1278 plus and a York of 1168 plus. My best York 1078 and best fita 1220. So you see I have a long-term goal. If I achieve my long-term goal I will probably be on the Scottish Squad so that may well be my aim. So this is beginning to make sense.

More next month but if you want to speak to the Coaches, they will help you with your Goals and plan.

Bill M (slither)

On that cynical note issue 85 is duly concluded.

DONALD

Contributors for this issue:
Bill Carmichael, Joan Smith and Bill Mackay.

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