

# THE ARROWHEAD

## THE NEWSLETTER OF LASSWADE ARCHERY CLUB

ISSUE NO.202

OCTOBER 2012

Greetings my fellow toxophilites!

### CLUB NEWS

#### SEVERE WEATHER CODITIONS

Just the usual seasonal reminder that in the event of severe weather conditions such as snow and you are not sure what to do then you should contact the Sports Centre in the first instance before setting off to check that they are open. If you don't get an answer then it is likely they will be closed or have had to close early. You should also check the Midlothian Council website for information on potential closures if you have internet access. You will all have the appropriate contact details which you received in your New Members Information Pack when you joined the Club.

#### AFFILIATION FEES FOR 2012/2013

The paperwork and the fees for the Club were sent off at the beginning of the month. I am reminding you all that your AGB cards will be sent directly to your home addresses and I suggest if you have not received your new card by the end of November then you should see me.

As I mentioned some time ago if you are shooting away from the Club or entering a tournament then see me if your card has not arrived and I will issue you with a Fee Receipt Subscription form which will act as a temporary card until your new card arrives. Do not attempt to do otherwise as you will be refused entry to a Club or tournament.

#### A NEW RULE

No, it's nothing to do with archery. I received a letter from the Sports Centre that with effect from Monday the 22<sup>nd</sup> of this month a Club member must sign a log book at the Reception Desk that a session is taking place in the hall. At the end of the session a member must also sign out. This is to comply with Health and Safety conditions and it will be a condition of a regular booking. I would like some of you to do this and not just myself as I do not always stay for a whole session. In short, the future of the Club is in your hands as I do not know what penalties will be invoked if we do not comply. So, just for once, can you do something for the Club?

## **CHANGES OF ADDRESS**

When I did this occasional item recently I neglected to mention that if you are changing other details such as email addresses, mobile or phone numbers then please ensure that you let me have this information as well so I can keep your details up to date. In addition, you will also be required to fill out a new sheet containing amongst other things your contacts in case of an emergency especially if those have changed as well.

## **OTHER NEWS:**

### **MIDLOTHIAN COUNCIL SPORTS AWARDS – 2012**

Each year, Midlothian Council present awards for various categories in sport such as for Coach of the Year and other sporting achievements gained by Midlothian residents. This year two awards were made to Richard Vallis for Volunteer of the Year and to Gareth who was Highly Commended. That's one more than a certain other sport which shall remain nameless! Well done gentlemen!

## **TOURNAMENT REPORTS**

### **CLUB HANDICAP 2012/2013 – ROUND 1 - SEPTEMBER**

Only 6 of us took part this month with everyone starting from scratch again. The same format was used again as for last season with 24 arrows shot at 20 yards on a Portsmouth face. The results were as follows:-

	<u>SCORE</u>	<u>TOTAL</u>	<u>H/CAP</u>
1 <sup>st</sup> Ian H	205	205	35
2 <sup>nd</sup> Mike	198	198	42
3 <sup>rd</sup> Eddie	186	186	54
4 <sup>th</sup> Donald	182	182	58
5 <sup>th</sup> Stephanie	176	176	64
6 <sup>th</sup> Joan	222	222	18

This means that after several attempts last season Ian H was the first member to receive one of the new (to keep) monthly awards. Well done Mr (Not so Grumpy) Hunter! Most of you will have worked out that it is quite a simple round to shoot so let's see more of you taking part this month and beyond!

## LASSWADE COMBINED FITA (UKRS) – 14<sup>TH</sup> OF OCTOBER 2012

The first of five indoor tournaments took place on the above date and some of you will not be familiar as to what this round is shot over. Put simply, a set number of archers will shoot 5 dozen arrows at a 60cm Portsmouth face from a distance of 25 metres in the morning session. In the afternoon the same archers will shoot at a 40cm Fita face from a distance of 18 metres with the AM and PM scores added to give a combined total which would be 1200 (600 per session).

This year Gareth and Phil took part and their results were as follows with their 25m scores followed by their 18m scores and then there Combined Scores.

### GENTS RECURVE

5<sup>th</sup> – Gareth    25m (542)        18m (538)        Combined (1080)

### GENTS COMPOUND

9<sup>th</sup> – Phil        25m (528)        18m (523)        Combined (1051)

The shoot itself went well and was fully subscribed with a waiting list of 12. Thanks again to Tina who was our Chief Whip - Cracker for the day!

Next month will see our 25<sup>th</sup> Anniversary Portsmouth round being shot and as with this month's Combined Fita it will be the last one to be shot in the current games hall. Therefore, I would like more of you than usual to donate prizes for the raffle and to help out on the Saturday and on the day of the shoot itself. (Weather permitting!).

### FROM THE ARCHIVES:

#### CLICKERMANIA!!!!!!

Many of you will not be familiar with this item. In simple terms, it is just a repeat of subjects written about in previous newsletters. This subject first appeared in Issue No.26 of the newsletter (February 1998) and was prompted by Ian H who seems to be having problems with the shooting aid known as the clicker. The item was written by a non-member and submitted to me for inclusion in that issue by a former Club member.

It is just the author's view only and it is not intended to denigrate the use of a clicker as a shooting aid.....

The clicker! The biggest stumbling block to good shooting invented by man. Too often I have seen archers who are a few months into the sport with their bows sporting a piece of spring steel. They are convinced (and common sense would seem to dictate), that this wonderfully simple item of equipment is going to be the answer to all of their problems. After all, the clicker enables us to draw the same length of arrow every time, so exactly the same amount of energy is imparted to each shaft and therefore, must strike the target at the same height

(you wish). The trouble is, that the archer who has not yet developed an ingrained shooting form without a clicker (and must have not) is allowing the clicker to control the shot (with poor results)

Now I am going to upset you all and say that unless you can shoot a 1000 plus Fita, you should not be using a clicker. Indeed the blasted thing has complete control of you and you can't shoot without it. One club (club name withheld) Archer – (archer's name withheld) has realised the damage being done by the clicker and has stopped using it. His draw length is settling down nicely, and I am sure that marvellous feeling of "shooting in the bow" will relegate this disruptive piece of metal to the bottom of his tackle box for a long time.

So don't be satisfied with the scores you are getting, and don't think that you have reached the limit of your shooting abilities. If you persevere without the d...d thing, all will improve. It won't happen overnight, but in the end your back and shoulder muscles will do the work that you are relying on the clicker to do and you will also achieve a lot more satisfaction and enjoyment from your shooting.

Any comments? If so, see one of our coaches for advice!

## **DATES FOR YOUR DIARY – 2012**

### **NOVEMBER**

Sunday 11<sup>th</sup>                      Lasswade 25<sup>th</sup> Anniversary Portsmouth (UKRS) (20yards AM or PM).

Wednesday 14<sup>th</sup>                Optional Coaching Session.

Wednesday 28<sup>th</sup>                Lasswade AC 34<sup>th</sup> Annual General Meeting at 7.30pm.  
VENUE: The New Lecture Theatre of the High School.  
There will be **NO** Club or Coaching Session that night.

Adios Amigos till next month!

Donald (Volunteer of the Year for 2013?)