



## "Newsletter into it's 3rd Year"

### Editorial

It only seems like yesterday, that a newsletter was proposed to the AGM, and here we are into its third year. We have had quite a few guest reporters, more are always welcome. My cousin Chuck has now joined the team, and now acting as an "agony aunt".

I am glad to be outside, feeling more relaxed when shooting, because the time pressure we experience indoors is not there.

It has been muddy, cold, damp, but the hut is still there, and the occasional thought that an indoor sport seems more appealing, is swiftly blown away when arrows hits the gold.

I was reminded that the last time Easter was this cold, there was a glorious summer, but don't quote me.

Heres to a fantastic outdoor season.

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### Training

Are you fed up with missing the target?  
Do you want to know how to tune your bow?  
Are you thinking about a clicker?  
Want to learn to fletch an arrow?

If so, please drop me an email, [news@lutterwortharchery.org.uk](mailto:news@lutterwortharchery.org.uk), and the committee will put together a training day

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### AGM Report

Currently the club has 36 members. We are to run two beginners courses this year (the first being on the 4th May). This year we need to seek funding for a new clubhouse. Last year the club raised money for "Keep the Beat" charity as part of its 10th year celebrations.

Over the outdoor period, there were 170 rounds shot, with 14 archers improving their handicap and 25 new club records.

Over the indoor period, there were 117 rounds shot, with 13 archers improving their handicap and 16 new club records.

The most interesting indoor round, in quotes, was the Vegas, smile please.

The club also held the following social events; an awards evening, a funshoot, a skittles

evening and a New Year Lunch. Hopefully more of the same in the coming year.

We need to encourage the junior members of the club to enter external shoots, through the "Chocolate Shoots" that are run by LRCAA.

The following changes were made to positions on the committee;

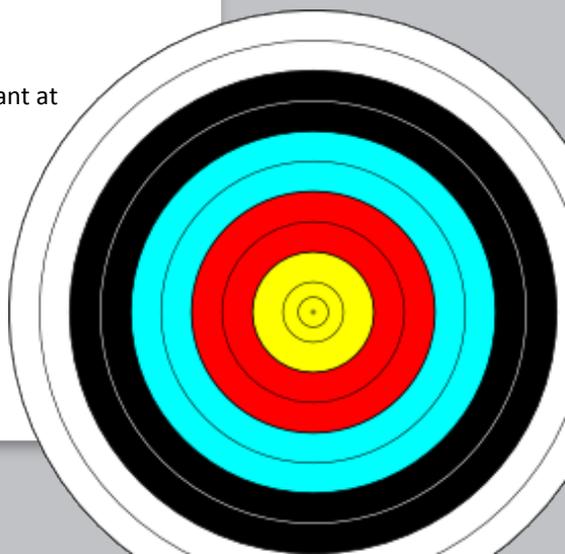
Martin as Social Secretary  
Nigel as Ordinary Member

The Field Officer position is vacant at present.

The next AGM is penciled in for the 29th March 2014.

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## *CONGRATUAL TIONS*

Eleanor	1st	Ladies U12 Recurve	Portsmouth	LRCAA	3rd February
	Club Record	Ladies U12 Recurve	Portsmouth	386	3rd February
	Club Record	Ladies U12 Recurve	FITA18	289	16th February
	Club Record	Ladies U12 Recurve	Vegas	205	2nd March
Glynis	Club Record	Ladies Recurve	Vegas	437	2nd March
Sylvia	Club Record	Ladies Longbow	FITA18	158	16th February
Marc	3rd	Gents Recurve	Double Portsmouth	LRCAA	3rd February
	Club Record	Gents Recurve	Double Portsmouth	1118	3rd February
	Club Record	Gents Recurve	Vegas	519	2nd March

## Club Notices

**The club fees are due at the beginning of April, £72 and £36 respectively for adults and children. Cheques should be made payable to Lutterworth Archery Club and given to Meg. If you wish to spread the cost, then a standing order can be set up. Go on have a chat with Meg.**

The club is to arrange the purchase of some cloth badges with our logo (same as used on the t-shirts and sweatshirts), if you are interested can you let Meg know. Estimated price is £3.50

If you have changed your email address, please let the secretary know, so the records can be updated and also to ensure you do not miss out on information.

The setting up and taking down of equipment is the responsibility of all club members. So, please don't arrive late and leave early. There is limited time when shooting indoors, so everybody's help is needed.

Keep an eye out for notices about the Awards Eveing

Club Shoots		
April	20th	Nationals
	27th	
May	18th	Warwick
	25th	

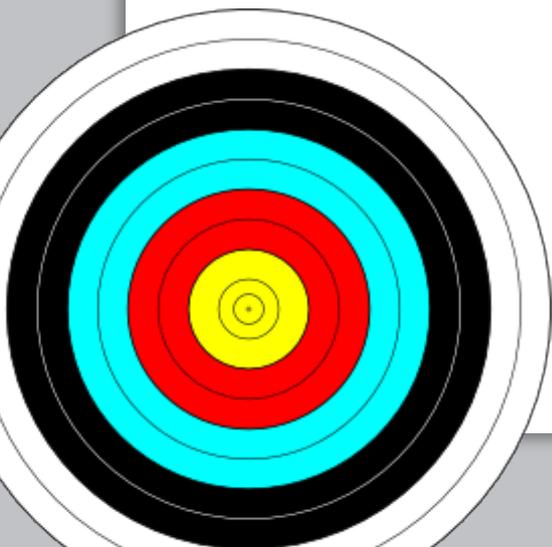
## Whoops

The article about the post Christmas dinner in January in the last newsletter, was held at Kilworth Springs not Kilworth House. I apologise for the misprint. This occurred whilst editing Sylvia's report, sorry Sylvia. If you liked this correction, then it was stated by the editor. If you did not like this correction, then it is all Sylvia's fault 😊

## LAC Shoots

If you arrive early on the day of a club competition, and you intend to take part, remember that it is against the rules, to shoot at any of the distances that are part of the competition shoot.

For example, our first competition are the "Nationals". And if you are to shoot the standard "National", then you cannot shoot at 60yds or 50yards. If you wanted to tune at 20yds, then that would be ok.



## Stance

Rules of Shooting Updated

The rules of shooting have been updated by Archery GB

The rules relating to standing on the shooting line have changed. Rule 304(a) now states:-

### 304. Shooting

(a) Shooting shall be from an unsupported standing position with the body above the shooting line. Disabled archers may use appropriate support .

This means an archer must stand over the shooting line with their feet equally spaced either side of the line. Standing with the line nearer your front or back foot is no longer permitted.

Please make sure your shooting stance complies with the new rules.

## Robin Hood



In archery terms, a "Robin Hood" occurs when an archer shoots an arrow into the back of his own (or somebody else's) arrow in the target. It comes from the legend of Robin Hood where he split the arrow to win the archery tournament.

Meg, good job it was your own arrows!



### LRCAA Shoots

April	14th	LAOFAC Charity Shoot
	21st	KMAC FITA Star
May	5th	LAOFAC York/Hereford
	12th	Bowmen Of Glen York/Hereford
	26th	L&RCAA County FITA

## Members' Award

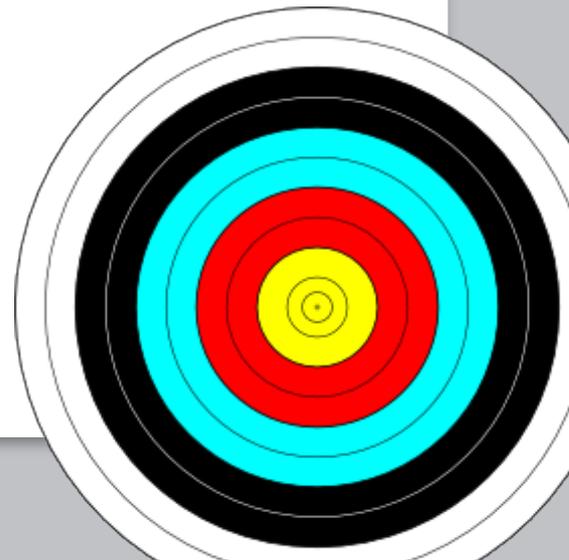
This year as part of the Awards Evening, we are to present an award to the person that the club members believe has contributed the most.

For example,

- Person 'X' makes the best cup of tea, every club needs a good cuppa;
- Person 'Y' is always willing to help with archery advice;
- Person 'Z' is always at the club, doing any odd job that is required.

As you can see this is pretty open to the 'whys and wherefores', the important part, is that it is a members' award, chosen by you.

So to vote, there are some forms in the clubhouse for you to complete. Fold up your voting slip and put into the box.





## Indoor Awards

Shaun Jacobs (member of The Jolly Archers of Houghton & Wyton) has proposed the idea of Indoor Classification awards. ArcheryGB do not have any plans to introduce any such awards. However, Shaun was given permission to design, manufacture & distribute an Indoor Classification award in the form of a range of badges.

The L.A.C Committee liked this award scheme, so is seeking to purchase these awards, allowing us to have another ceremony.

The classification scores will appear on the website shortly.

### Cousin Chuck

"Let your cousin help with archery"

Dear Chuck,

I practice for hours on end but I do not seem to be getting any better, can you offer any advice?

Yours Paul Lee Shoot

Dear Paul

*Practice Doesn't Always Make Perfect.*

*No doubt that being a good archer requires practice on a regular basis. However, practicing for hours on end every day isn't always the answer. As a kid, my dad told me that the first arrow was the only one that counted. Now, I try to remember that you only shoot one arrow at a time, so that is the one that counts.*

*Now, when I practice, I usually shoot a few arrows and then relax, have a chat and so on. A while later, I shoot a few more arrows. Professional archers often shoot for hours at a time but the pros have perfect form and slowly build up their muscles to the point where they can shoot for hours. For most of us, shooting for hours at a time can cause problems. I tend to make poor shots and have bad form when I practice too much. Making bad shots destroys confidence, which can creep into your mind while shooting.*

*Many archers practice for hours because they only shoot once in awhile so when they shoot, it makes sense to shoot a lot. However, shooting a few arrows each day keeps archers fresh and accurate. Life is busy for many of us, and we don't practice as often as we should but most of us can find enough time to shoot six or eight arrows a day.*

*Daily practice keeps muscles fit, which leads to good form.*

Yours Chuck.

### 200 Club

Now we are outdoors, the 200 Club can begin. Let me remind you...

The aim of this scheme is for archers to shoot 3 dozen arrows over a distance with the aim of achieving a score of 200 (hence the name).

The required score at each distance has been lowered accordingly.

1. Recurve and Compound must achieve the score of 200 with 36 arrows on a 122cm (large) face.
2. Bare bow must achieve 50% of the above score i.e. 100.
3. Long bows will have to shoot 51 at each distance.

There is to be a junior championship as part of the 200 Club, so watch out for details for the next outdoor season.

There are badges for each distance achieved for the Junior and Novice Archers.

Please see the rules and table in the clubhouse.

