



## "Teeth chattering"

### Editorial

An end to the outdoor season and a poor performance at a club shoot, caused me to question my technique. I am right-handed, but due to left eye dominance, I shoot left-handed. I always knew I could shoot right handed, but at what cost. So, I borrowed Nigel's trusted KG and had a go. This required me to close my dominate eye when aiming. Now for a week or so I was a beginner again, shooting without concern. Once I started to think about my technique and the fact that my dominate eye was closed, it caused me problems with concentration and control. So, I have resumed my left-handedness.

What have I learnt, that archery should be instinctive and relaxed.

Shooting outdoors is brilliant, until you cannot feel your fingertips, so I am looking forward to going indoors. Following a committee, we are hoping to go indoors early for next year's indoor season. The cold has seen a decline in the number of people attending on a Saturday, so looking to catching up with a few people, once we are in the relative warmth of the sports hall.

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## Club Notices

If you want a LAC t-shirt or sweatshirt then ask Meg and she will give you a price.

Please check the website for any changes/times of club competitions.

The setting up and taking down of equipment is the responsibility of all club members. So, please don't arrive late and leave early. Everybody's help is needed.

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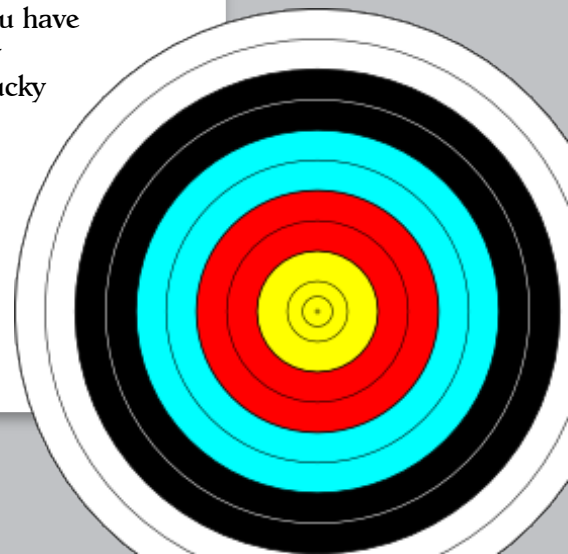
## Pulling Carbon Arrows

You must always extract a carbon, or carbon-aluminium composite arrow from either the boss or the grass using a arrow puller as a precaution against getting a splinter.

Carbon, and carbon-aluminium composite arrows are perfectly safe to handle if they're intact. It's only if you get a splinter from a damaged one that you have problems. The problem with carbon fibre splinters is that they are x-ray transparent, so the doctor can't work out where they are if you are unlucky to get one embedded so can't remove it.

## Archery according to 'One Sheet'

In the Olympics, how far away is the 70m target



<i>CONGRATUAL TIONS</i>					
Marc	1st(Visitor) 2nd (overall)	Gents Recurve	York	Derbyshire championships	29th September
	1st	Gents Recurve	FITA18	Melton Mowbray	3rd November
Mick	1st Class				5th October

## Record officer - end of outdoor season report

40 members have shot 154 rounds, including 10 members who shot 31 rounds at away tournaments. This was broadly similar to last year, although the number of members was higher. Busiest shooters on our field were Charles, Sally and Nigel, each into double figures.

We have three 3rd class, seven 2nd class, five 1st class, and one Bowman class, and one Junior Bowman class archers.

Handicap improvement stars have been Eleanor, Stuart, Sue, Gaynor, Marc and Nigel, all with a similar improvement.

Archers have achieved 68 new personal bests, (records exist only from 2011).

11 archers have achieved 33 new outdoor Club Records. Eleanor shot seven - including two for one round by virtue of the ageing process.

New this year has been the 200 Club, where we have had 10 members successful at 20 yards, 8 at 30, 4 at 50, 3 at 60, 2 at 80 and one at 100.

It doesn't need statistics to make us enjoy archery, but the above suggest that we are doing just that.

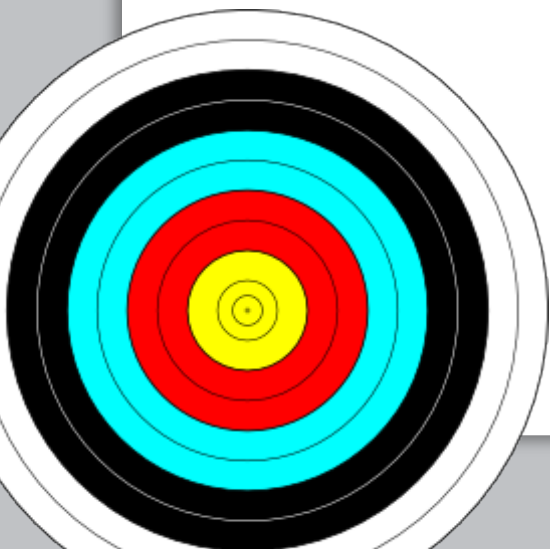
## Electronic Devices

Smart phones and tablets are not allowed in front of the waiting line. This means you cannot take them to the target to enter your scores. See the following rules Archery GB 303(h) and World Archery 11.3.2 and 22.7.2

Club Dates		
December	14th	Worcester
	21st	
January	18th	FITA18
	25th	

At LAC we shall enforce this rule.

LRCAA Diary		
December	8th	Foxes - Worcester
January	5th	WVA - FITA 18



## Unstrung

I missed because ... I could not feel my fingers  
I missed because ... someone mentioned  
chocolate fingers

## Skittles and Awards

A two part evening this year. The indoor awards kicked the evening off, with the new additions of achievement certificates. The food was fantastic, just a slight quibble, we need more of those brilliant chips. Skittling is proving to be LAC second best sport. For an archery club, we have some mean skittlers. The team competition was won by a team who name cannot be put into public print, and the individual awards went to Mr. and Mrs Bateman. We had a slight twist this year with the individual competition as after each round, the bowling line was moved further away from the skittles. At one point, one bowler mentioning no names, meant that Sue's cheese tried to achieve orbit.



### Indoor awards are detailed below;

Classification Badges (Indoors):

F = Eleanor and Rik

E = Jon, Matt, Steve and Martin

D = Meg, Sally, Charles and Mick

C = Nigel, Marc and Gylnis



Achievement Certificates for Club Records achieved during the indoor season 2012/13 went to Nigel, Marc, Glynis, Sylvia and Eleanor.



Indoor Trophies: (Based on Club shoots during the Indoors season 2012/13)

Gents Indoor Recurve Champion for 2012/13 = Nigel

Ladies Indoor Recurve Champion for 2012/13 = Glynis

Gents Indoor Longbow Champion for 2013/13 = Andrew

### Cousin Chuck

"Let your cousin help with archery"

Dear Chuck,

I have been shooting for a while now and am considering entering away competitions, but I am having difficulty in finding events to attend and also I am a little nervous. Can you give me some advice?

Yours Miss Dee Bull

Dear Dee,

Firstly, its good to have nerves because it shows that archery is a passion. When you attend a competition, you will be shooting with archers who you do not know but all you have to do is have a chat with them and tell them you are new to competing and they will guide you through.

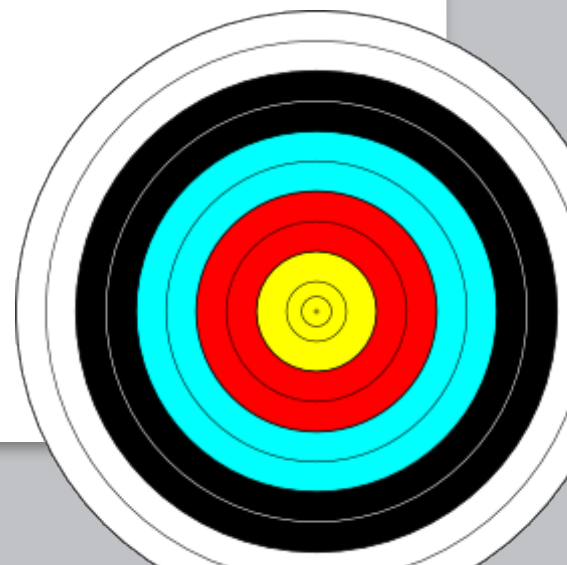
Start locally, check out Ircaa.org for the Leicestershire and Rutland, moving further afield to check the East Midlands site emas.org.uk. Nationally you can check archeryuk.org.uk. Probably the easiest is to ask those archers in the club that already attend competitions and ask to tag along.

And finally, enjoy the experience.

Yours Chuck



**HAPPY BIRTHDAY  
GLYNIS**



## Burning

Its been a few months since our old clubhouse was heaped unceremoniously ready to be torched. We took the opportunity to have a bonfire party, no fireworks unless you count the banter. There were hot dogs and tomato soup, a pairing that is so good together.



As the social secretary, Martin went looking for scouts to light the bonfire, but none could be found, but Marcus had been prepared and put a

straw bail underneath the old clubhouse heap. With his trusted matches, Martin set light and stood back.



Like magic, the yellow and red flames leapt into the air and we had a true beacon. Although it was still light when the bonfire was lit, it seemed to draw the dark night into its centre and the fire became our focus.



## Help with Beginners' Course

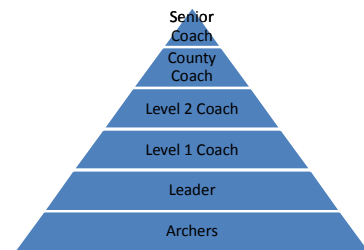
Have you ever thought you would like to help with the beginners but I do not want to go through all the official training, just want to offer support. There is a structure to coaching, all needing help from those beneath. So, as an archer you can support a leader, and then Leaders support Coaches. So what you will notice is that there is a pyramid structure with fewer numbers the higher in the structure you go.

It is not always about courses, how about helping setting up the field and the bows for a beginners' course, or keeping an eye on beginners whilst they are waiting to shoot.

The only thing you need to consider is "Safeguarding Juniors" below.

There will be a way for you to support Mick and Rik, just have a chat.

But, if you are serious about becoming a leader/coach, that will benefit the club, then you will need to submit a business case to the committee, if you wish for financial support.



*The pyramid above represents the coaching structure.*

*The key feature of this pyramid, is that skills and knowledge pass down, but more importantly support is passed up the pyramid.*

*The higher up in the pyramid you go, the few people there are, so your help is needed.*

## Safeguarding Juniors

As part of our duty of care for those who are under 18, an archer who offers assistance/training must have attended the "Safeguarding and Protecting Children" course. This means that a senior archer who offers help from 1pm on a Saturday cannot assist a junior unless they have attended the course.

Please have a chat with Jon, our child protection officer for more information.

