



## "Resolution"

### Editorial

Happy New Year, and hope you had a fantastic Christmas. Have you thought about and made any resolutions, particularly about archery? Well I made one, but it is a secret, but I can tell you it is about achievement. If it comes true, I will let you know.

Indoor attendance at the school's sports hall has been disappointing. We started off assuming that three hours would be needed as a second detail was Inevitable, but we have had to cut the time back to two hours, as the numbers have not materialised. I am hopeful that our members prefer the outdoors.

## Club Notices

If you want a LAC t-shirt or sweat shirt 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.**

## Early Warning

Our last indoor shoot will be on the 14th March.

This year's AGM is to be held on 5th April at 1pm in the Clubhouse.

## Website

Marc does a fantastic job of managing the website, so please take the opportunity to check it regularly for changes.

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

## Dates for Beginners' Courses

Please be aware that there will be beginners on the field during the following dates. Please check with Mick/Rik if help is needed.

Course One - 12th, 13th, 19th, 26th and 27th April

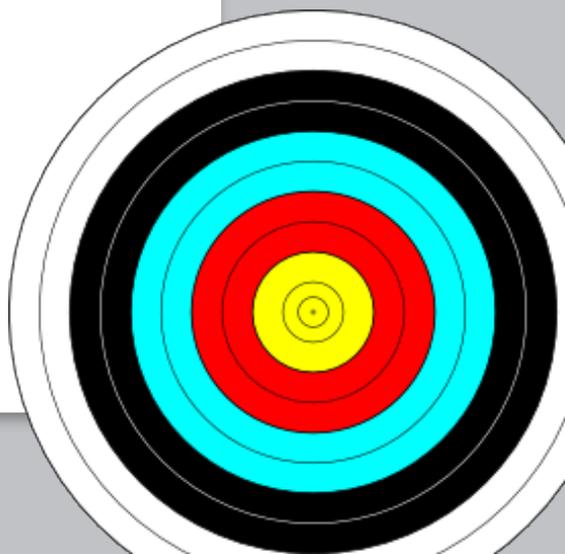
Course Two - 3rd, 4th, 5th, 6th and 7th June

Course details can be obtained from Jon.

Club Dates		
February	15th	FITA25
	22nd	

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*CONGRATUAL TIONS*

Eleanor	Club record	Ladies U14 Recurve	FITA18	221	18th January
Well done for competing in the County Junior Portsmouth in December					
Andrew	3rd	Gents Longbow	FITA18	Welland Valley	5th January

## Steve

Our mate Steve has decided to hang up his archery quiver. He has been a stalwart of the club and will be sadly missed. Having said that he has said he will still attend the social events and will visit the club every now and then and make us a cuppa. Good luck Steve.

## Cousin Chuck

"Let your cousin help with archery"

Dear Chuck,  
I am trying to practice hitting the gold, so I have been shooting loads of arrows, but never seem to get any better. Can you help?  
Yours Amy Scrap

Dear Amy,  
Shooting loads of arrows does not necessarily help your cause. What you need to do is having a training plan/goal to achieve each time you go and shoot.  
So, to help you hit the gold, use the following drill, surprisingly you will not release an arrow.

### Session 1

Use a 122cm face at 20yds. Prepare to shoot, raise your bow and draw your arrow back as if you are going to release it. Keep your eyes trained on your target. Focus on the gold, but don't release the arrow. Count to ten and lower your bow, relax, and repeat ten times.

### Session 2

Use a 122cm face at 30yds. Prepare to shoot, raise your bow and draw your arrow back as if you are going to release it. Keep your eyes trained on your target. Focus on the gold, but don't release the arrow. Count to ten and lower your bow, relax, and repeat ten times.

And so on

By not releasing an arrow, you are easing the mental pressure, so will find it easier to hold on the gold. Aiming is the job of the big muscles groups of the body, so they need to be focused on.

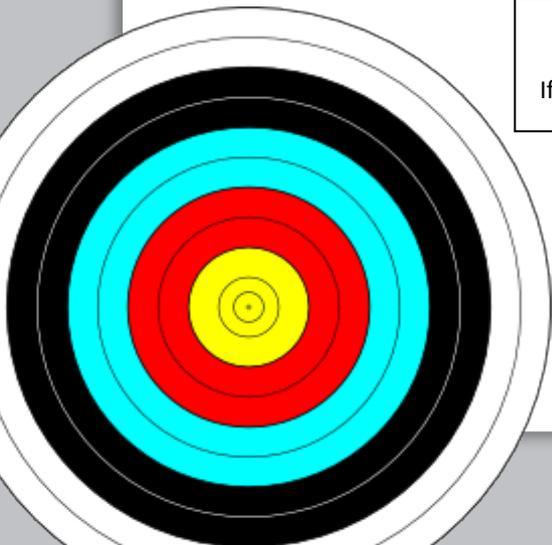
To re-iterate, have a goal to achieve each time you shoot.  
Yours Chuck.

## 200 Club

When we move back outdoors, we shall resume the 200 Club. Your starting distance will be one back from the last distance you achieved. For example, if you achieved 60yards, then you resume at 50yards.

## Archery according to 'One Sheet'

If I shoot sixty arrows at ten points per arrow, why can't I score more than 600?



LRCAA Diary		
February	2nd	LRCAA - Portsmouth
February	8th/9th	Bowmen of Rutland - Combined FITA

## A National Day Out

Towards the end of 2013 on the 8th December, Shane, Marc and I attended 'The National Recurve, Compound and Longbow Indoor Championships being held at Ricoh Arena in Coventry. Neither Marc nor I had competed in a National Indoor Competition nor had we shot 3 spot FITA18. It was a joint 1st time, Shane I believe had shot this round before. So much practice was needed and only a month to get ready.

We arrived at the Ricoh and what a sight to see in the main corridor there were Archers everywhere, we could not see Shane, which is was not a surprise as there were nearly 200 archers set to start the first session. The main foyer looked as if an Archery Shop had been hit by a hurricane as most archers were assembling their bows before going into the main hall. We still couldn't see Shane and did ask the security if we could go in but were informed that it wasn't open yet hence the chaos before us, nothing else for it but to find a space and set up.



The hall was massive with archery butts at one end and another set across the middle with Archery shops set up in between. Wow what a shock but fantastic as well. Never have I seen so many Archers in one place. We found Shane and as we were shooting close to each other, but on different bosses, we three pitched up. Then the public address system started and we were informed that all archers had to sign in before the comp could start so now we understood why everybody was setting up before going in. I even used the barcode reader on my Archery GB card and was quickly through.

Time for a cuppa and a sandwich before shooting, I have to say that I was quite nervous as I felt that being a National event and never having shot a 3 spot FITA 18 a month before that I would struggle. After sighters these fears were dispelled as I realised that archers of all skill levels had entered and as soon as the whistle blows you are just shooting a competition just like anywhere else.

Shane, Marc and I had a great day. Yes we all three had shooting issues but so did a lot of other archers and we came away really excited and wanting more. Next year I will promote this event in the club as it would be fantastic to have an LAC National Day Out.

It's the European Archery Festival at Telford next for us 3

.....woohooo bring it on.....

Nigel

~~~~~  
**Unstrung**  
I missed because ... I can  
I missed because ... it's important to me  
~~~~~

