



"Outside"

Editorial

Outside again, enjoyed inside, but the freedom of space and the freedom to have a cuppa when we want are very appealing. Let's also hope we catch up with some club members whom we haven't seen for four months, doesn't time fly.

Whilst shooting the other day, I was reminded of the importance that a tab plays. My tab spacer was moving, so that tab position in my hand was never the same. Ok it gave me something else to blame, but it just instilled in me the need for consistency and the importance of all stages of shooting.

Club Notices

The club fees are now due, £72 for adults and £36 for juniors.

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.**

Facebook

Do you live your life according to Facebook. Well, your life has just got better. There is a closed group called "Lutterworth Archers", that you can ask to join.

For all those that are unsure as to what I am talking about, please have a chat with either myself or Shane.

200 Club

Now we are back outside, the 200 Club resumes. On the notice board I have filled in the chart showing what distances have been completed by last year's entries. From this chart you will see what your next distance is. For those that have not shot the 200 Club before, please ask one of the committee members to explain.

Awards Evening

You've heard of the grammys and the oscars, well it's time for the LACies. The red carpet will be out and the glitter and the champagne. Well back to reality, the Awards evening is to be held on the **26th April** at the Broughton Astley Village Hall, price of £7.00 for adults and £3.50 for juniors. For more details please have a chat with Martin.

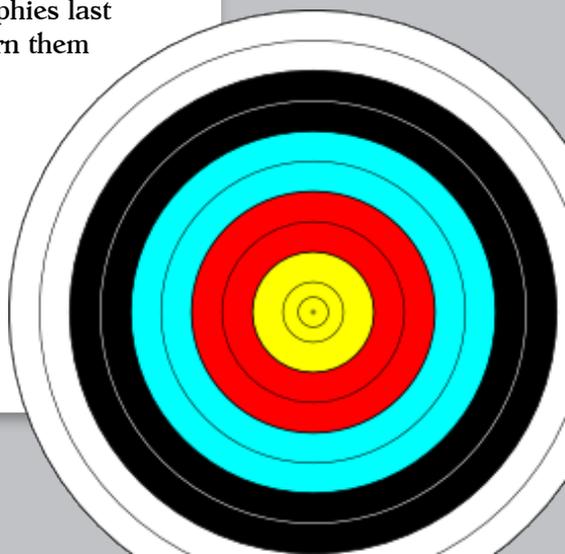
If you were lucky enough to win one of the indoor or outdoor trophies last season, will you now return them to Mick please.



Longbow archers
do it with style

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CONGRATULATIONS

Mick	On becoming a Level 1 Coach				
Angela	Club record	Ladies Barebow	FITA25	152	22nd February
Eleanor	1st	Ladies U14 Recurve	Portsmouth	LRCAA Champs	2nd February
	Club record	Ladies U14 Recurve	FITA25	261	22nd February
Gaynor	Handicap Award	Ladies Recurve	Portsmouth	LRCAA Champs	2nd February
Sylvia	Club record	Ladies Longbow	FITA25	165	15th February
Jon	Handicap Award	Gents Recurve	Portsmouth	LRCAA Champs	2nd February
Marc	1st	Gents Recurve	Portsmouth	LRCAA Champs	2nd February
	Club record	Gents Recurve	Portsmouth	573	2nd February
	Club record	Gents Recurve	FITA25	546	15th February
Nigel	Club record	Gents Recurve	FITA18 (Triple)	536	8th December 2013
Stuart	Handicap Award	Gents Recurve	Portsmouth	LRCAA Champs	2nd February

What the Records Officer says...about the indoor season

19 members have shot 139 rounds, with Marc, Andrew and Nigel the most active archers. 11 members took part in external tournaments, shooting 27 rounds.

We have 2 Class C, 3 Class D, 6 Class E and 2 Class F recurve archers. Barebow and longbow archers are not allocated classifications by the GNAS system.

The computer calculates that 10 archers have improved their handicaps this season.

Archers have achieved 37 new personal bests, for records over three seasons.

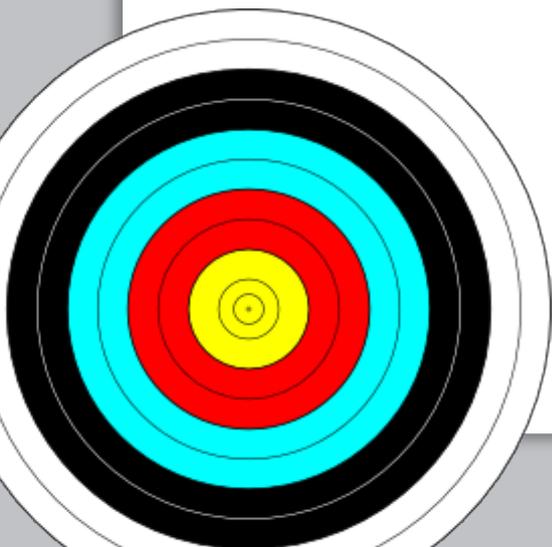
10 indoor Club Records have been achieved.

I'm sure we all enjoyed the indoor season – now we can look forward to all that warm sunshine outdoors.

Andrew

Archery according to 'One Sheet'

The main things I've learnt in 2013 - Archery is 15% technique and 75% mind. The 75% mind is broken up into attitude, confidence and just allowing your sub-conscious mind to shoot the arrows. The other 10% is pickled (Thanks Marc)



LRCAA Diary		
April	13th	Foresters Charity Shoot Albion/Windsor
	27th	KMAC Fita Star
May	11th	Foresters York/Hereford
	25th	Bowmen of Glen York/Hereford
June	15th	EMAS Champs

County Indoor Champs

The club was well represented at the competition this year with nine archers participating. We came away with some prizes, we had a good time, hopefully made some new friends, renewed some old ones and conquered our nerves.

Some of us found it difficult to remain upright between seasons (see photo) while others (I mean myself) found we had "the dropsies", "the knockovers" and the "accident pronies". I managed to clout someone over the head with my bow, drop the scorecard, put pen on my t-shirt and I could go on, but this is about archery.



Several of our number were newbies to away comps, so there were a few "rabbits in headlights". It was a good day, let's see more of the club there next year, going for a team trophy.



(Thanks to Peter Curnock for the photos)

Cousin Chuck

"Let your cousin help with archery"

Dear Chuck

My bow arm feels like it is going to collapse when at full draw. What should I do to help keep the arm strong.

Yours Leigh Ning

Dear Leigh

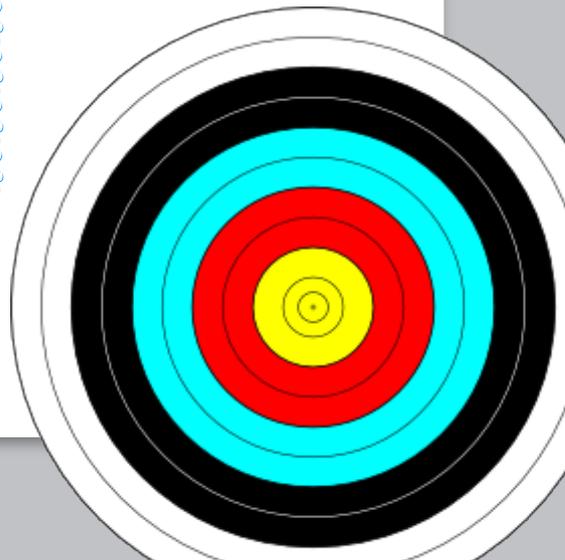
From my experience, the bow arm needs to be held straight, but not tense with the bones in the lower and upper arm in alignment with shoulders. One possible way to practise this is relatively easy. Put your arm out straight to the side as though you are holding your bow and lean against a wall. Your shoulders and arm will align so not to be tiring. You will need very little strength once the bones are in alignment. Transfer this feeling to shooting and you're on to a winner. best thing to do is talk it through with a coach.

Yours Chuck

Unstrung

I missed because ... my fingers were so cold they have become numb

I missed because ... I have been drinking a cup of tea, and my fingers are burning, and the crumbs are still there from the cake and biscuits



“Does one do Lunch?”

Gaynor and Martin answers

With Lutterworth Archery Club members being partial to their annual lunch at Kilworth Golf club it was a bit of a setback when we found out the kitchens were closed in January due to a refurbishment programme.

So it was decided to keep the venue but push the meal back a few weeks, and just hoped that the chef would have had enough practice with his new Cooking appliances to do a good job.

We needn't have worried and just like last year the chef did us proud, and as a team we did a great job of devouring chef's creations.

The dinner this year again represented a great cross representation of the club's membership including many new members attending for the first time, which is great for the club. Also in attendance were friends and family members, all were made welcome.

In true LAC style we all warmed up effectively before the event, mainly with arm exercises in the bar. This was a great opportunity to catch up with friends off the field and to share a few stories and laughs.

Under starters orders and we were off and into the race for food, and with 25 of us rushing into the restaurant the bar was left empty and deserted. The food was great and the service just as good. Everything went quiet when the eating started, the silence was broken when we all joined in singing happy birthday for an 80 year old stranger and her family on another table.

It became clear Mr Rowley needs his ears syringing, when the waitress came with a main course she asked him “what’s your main?” to which he replied "Marc". So anyone with a funnel and hose feel free to help him out. Marc’s also showed earring envy, coveting Sylvia’s Jewellery, so we can only advise Sylvia to be careful or be afraid.. Maybe both.

After the meal people began to drift away home, some to help with DIY projects (very dangerous and not recommended), but predictably some were there until the bar staff wanted us to leave. I won't mention one particular member who had to make a return visit to collect their wallet and glasses which they left behind (but you know who you are Nigel) .



Club Shoots		
April	19th	Nationals
	26th	Nationals
May	11th	Warwick
	25th	Warwick