



"Rain? Its 32 degrees"

Editorial

You wake up on a Saturday morning listening to the rain lashing down, think another hour, then I will get up, don't need to rush as there is no chance of archery today, so I will do my jobs this afternoon. So, you lazily potter around and then you notice the time, it's after 2pm and the sun is out and you could be shooting, but now you have other things you have got to do.

Well this has happened to me several times since the last newsletter. Never mind there is always next week.

Did you see Shane's plea for help finding an arrow. Please give the ground the once over when you are next at the field. Think of it this way, if you had lost an arrow, I bet you would hope that others would help you look for it.

Club Notices

Please take the time to say hello to our new members Sharon, Mak and Will.

The ArcheryUK fees are now due by the end of August, seniors £51 and juniors £17.90. Please see Meg, for any further details.

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.

Cousin Chuck

The budding artist, no not Banksy, but Raysy, has sketched a picture of Cousin Chuck, who sadly passed away in April. Hope this brings back memories.



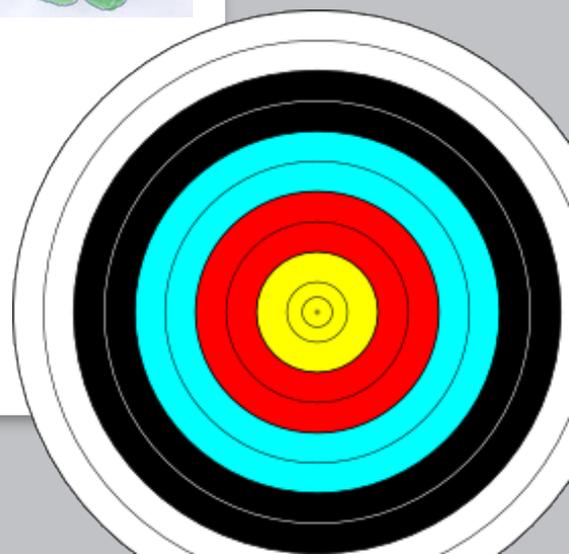
LRCAA Diary		
August	17th	KMAC Double 720
	24th	Melton Mowbray Western
September	14th	LAOFAO Novice Shoot
	20th	Bowmen of Glen Double FITA 720
	21st	Bowmen of Glen FITA Star

Oops

Just a slight typo, in the AGM report, both Mick and Rik achieved the Leaders award but it is only Mick on the level 1 course.

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CONGRATUALIONS

Angela	2nd Class					30th May
	Club record	Ladies Barebow	Short National	264		30th May
Eleanor	Club record	Ladies Recurve u14	Long Metric 4	442		15th June
	Club record	Ladies Recurve u14	Junior Windsor	786		21st June
	1st	Ladies Recurve u14	Western	Foxes		6th July
Gaynor	2nd Class					6th June
	3rd	Ladies Recurve	Western	Foxes		6th July
Andrew	Club record	Gents Longbow	St George	188		21st June
Martin	Club record	Gents Recurve	Bristol 2	906		25th May
	2nd Class					14th June

Auntie Val

If you have an archery problem, let Auntie Val help
Email: news@lutterwortharchery.org.uk

Dear Val

I am looking at upgrading my bow, to a new and more powerful one. I am concerned about upping the poundage, so can you advise on the issues of pulling too much draw weight

Yours Lottie Power

Dear Lottie,

I'm assuming you are not a junior. If you are there are other issues to consider.

Apart from the obvious one of becoming more tired by the end of a round there could be a concern with control. If the weight is just a little too much you might begin to shake because of the strain on muscles. If the archer shakes, so will the shot!

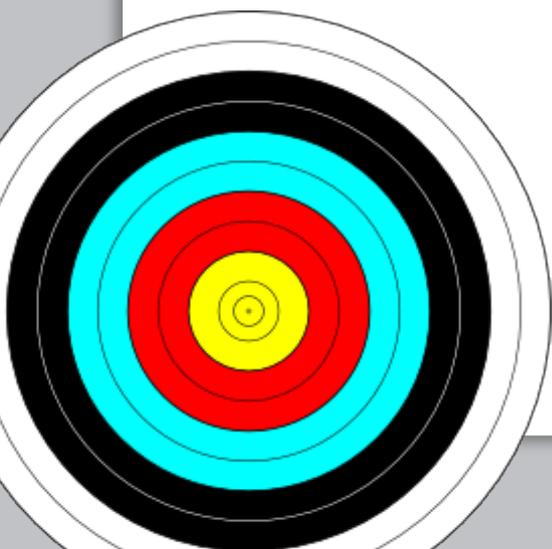
So be aware of how long you normally hold your bow at full draw and then when you go to try a new one hold it at full draw for 5-6 seconds longer. If you cope with that O.K. move up a couple of pounds. The extra holding time will make sure that what you are comfortable with at the beginning of a shoot you are still comfortable with at the end. Bear in mind that when you increase the draw weight you will also need different arrows.

Hope you have a big piggy bank.

Val

Archery according to 'One Sheet'

Archery is like an itch. No matter how hard you scratch, it just gets worse.



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JeDiS

Now our own Eleanor is part of the JeDiS, I thought it was worth explaining the mystery. A quick look at the website and with permission I have replicated their History section.

Who are we and what do we do?

We are the Junior Development Squad for Leicestershire and Rutland archery.

Ok, so that explains the J D S... But what about the e and i ?
for Excellent Individuals of course.



JeDiS was formed back in 2004 by Ken and Jenny Charlesworth to help upcoming and enthusiastic junior archers.

The squad has enabled many of the counties juniors to progress onto the county team, and some onto regional and national squads.

The success of this training squad has been shown in the performance of the county team.

L&RCAA juniors have possibly the best record in the East Midlands, rarely being beaten in the past few years.

Nationally we also hold our heads high, with both individual and county successes.

<http://www.atomicarchery.co.uk/jedis>

I am sure if you ask nicely, Eleanor would explain more. And I do hope this has



Yearbook

As a permanent record of the club's 2013 to 2014 year, a yearbook has been put together. If you are interested then see Mick or Charles and a donation of at least £1.50 towards its production will secure you a copy.

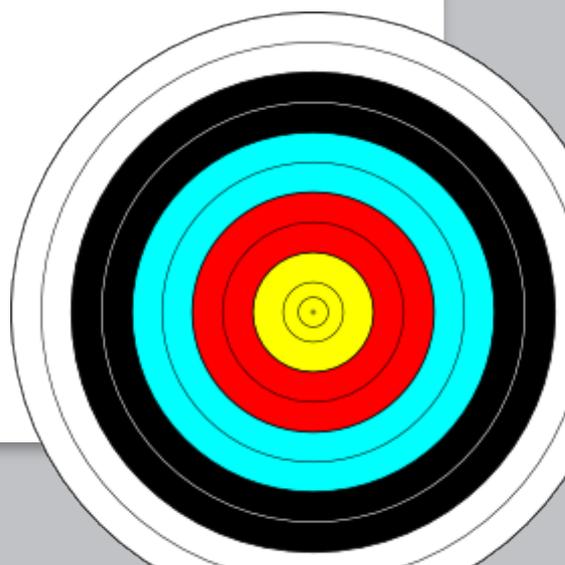
Ripping Yarn

Martin had a ripping time putting the targets away

Funshoot

Keep an eye out for the date for this year's funshoot.

Our competition and social officers need to get their heads together.



Novice Shoot

Are you in your first eighteen months as an archer, either a junior or senior? There is a novice shoot run by L&RCAA at Countesthorpe, where you compete against other novice archers and also get the experience of shooting in an external competition. See the following link

http://www.lrcaa.org/entry_forms/CountyNoviceShootEntryForm.pdf

Personally, I recommend this shoot, not just for the experience, but also the people you meet, will become friends, and you will be surprised how many times you bump into them. The archery world is a small one.



Go on give it a go.

The Kilworth Challenge

We have been awarded £1000 for new equipment for young people. This has been kindly donated to us by the Kilworth Challenge.

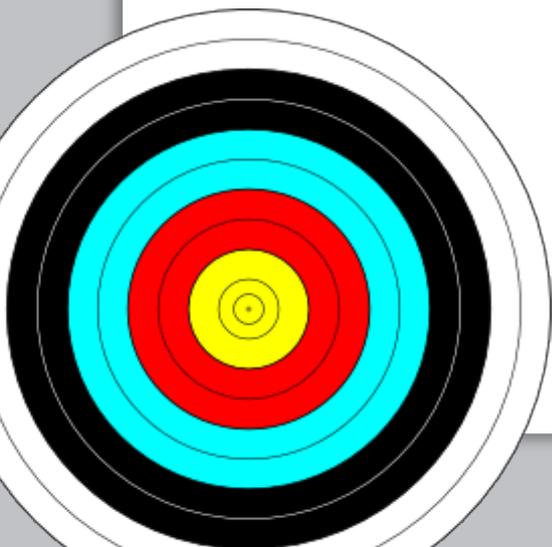


The Kilworth Challenge is a charity competition team event run over two days in and around North Kilworth.

<http://thekilworthchallenge.org>

Our very own Marc has taken part in a team of over 40s called the "Bosworth Old Boys".

So, a big thanks go to Kilworth Challenge for their support and wishing them continued success.



Unstrung

I missed because ...
It's good to talk
I missed because ...
they never shut up

