



"Individual sport"

Editorial

Hope Christmas and New Year was good to you.

Good to hear that our juniors and one or two of the new seniors are flying the flag of LAC at external competitions. A special mention to Chris for attending both a novice shoot and WA18 one week later. From the results I have seen, he has done outstandingly.

Archery is very much an individual sport. You stand on the line on your own, you draw and shoot the arrow on your own, your score is your result. So, when things go wrong, who can you blame? This is where being part of a club is important. I can guarantee that whatever the problem is, someone in the club will have been through the same or will know of someone. Also, a club allows us to encourage one another. Don't forget to encourage yourself.

Club Notices

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.

Last date indoors will be 12th March. Equipment will be returned to the field after the shoot.

The club's AGM is to be held on the 2nd April at 1pm in the clubhouse. This is your club so it is important that you attend.

Archery according to 'One Sheet'

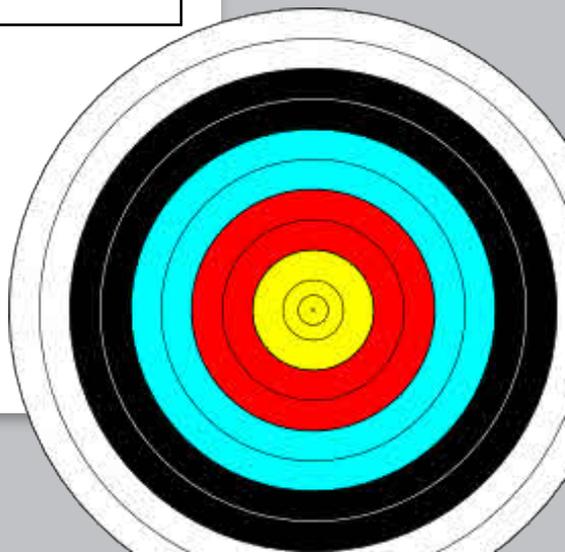
Archery rounds are like a box of chocolates, be it a coffee Portsmouth or a caramel Worcester. I had the hazelnut Vegas.

Oops

In the last newsletter I congratulated Eleanor on, but stated she was an u16 gent. I apologise for this mistake, it should have read u14 lady. Sorry Eleanor.

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CONGRATULATIONS

Angela	Club record	Ladies barebow	Worcester	131	30th January
Imogen	Club record	Ladies U16 recurve	WA18	204	23rd January

Auntie Val

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

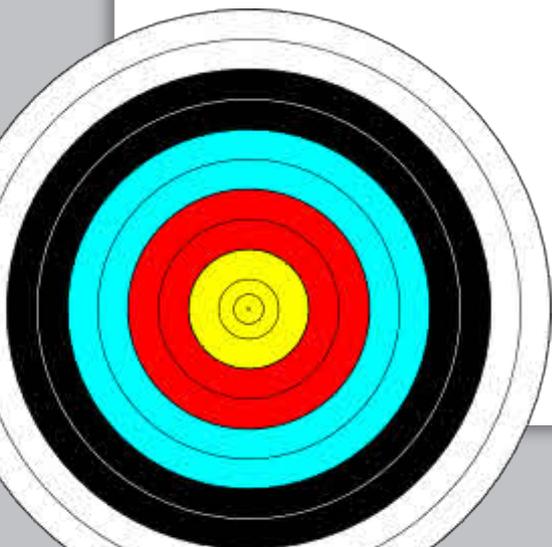
Dear Val,
I hear a lot about engaging your back muscles when you draw. How do I know or check that I am doing this?
Yours Ona Back

Dear Ona
When you draw the bow, if you ensure that the elbow of the drawing arm is above the hand and rotate it over the top to full draw, you WILL be using the required back muscles. You will find that is a lot less like hard work than trying to draw straight backwards. That is because the back muscles are the more powerful muscles.
Yours Val

Crossword

I hope you enjoyed the crossword in the last newsletter. It was only a bit of fun, if you found it taxing, here are the answers;

Across	17-anchor	7-fletching
3-vane	19-bow	8-bracing
5-riser	Down	9-serving
10-worcester	1-pile	12-boss
11-button	2-target	13-quiver
14-field	4-arrow	16-draw
15-string	6-spine	18-cam



LAC Diary		
February	20th	Portsmouth
	27th	WA18

“Calling all members!!”

The Club AGM is held in April every year and is an opportunity for you all to have a say and comment on the running of the club.

- Yes I know I mentioned AGM but please don't switch off just yet, this could affect you.....

Help Wanted

This year there will also be an opportunity for you to get involved in the running of your club as there will be vacancies on the Committee from April. Any current full member can apply to join the committee and help to develop the club and plan for its future. This is your club, run by the elected committee to make decisions on your behalf, so why not get involved and influence those decisions. Your club needs you!

Full details of the vacancies will be circulated before the AGM but if you are even considering applying, please speak to one of the committee for details.

On a slightly different note, the club also needs members who are willing to help out on Beginners Courses, have-a-go sessions etc.,. Remember what it was like when you were a learner on a beginners course. There are opportunities for you to impart your skills and help others by becoming a coach. Full training will be given to those wishing to commit to coaching. For details on coaching, please speak to me.

This is your club and it doesn't run itself. Without volunteers to help out the club doesn't run - Simple!!

Awards

Trophies are awarded to members after the end of the shooting year (31st March 2016) for achievements during the previous 12 months. This is also an opportunity for one of you to be recognised for the effort you have put in over the year. Yes, I'm talking about the Members Award.

This is voted for by you, the members, by nominating someone who you believe should be rewarded for their activities, not necessarily shooting ability but can include anything done for the benefit of others or the club as a whole. The criteria is open to you. Nomination forms will be available in the cabin from March or you can copy this one and submit it to me. Nominations close 2 weeks before the awards presentations (April) so get yours in.

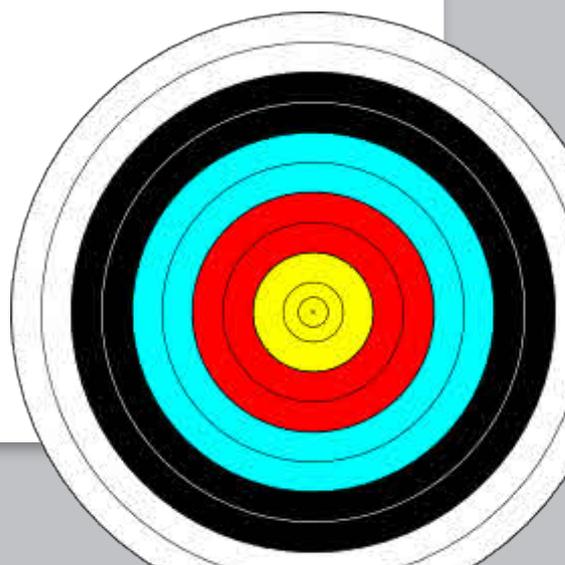
Finally, can I ask all current trophy holders to return their trophies to me by 31st March 2016.

May your arrows go straight and true!

Thanks all,

Mick

(Member nomination form on last page)



Martin's Last Supper

Once again several members of the club met up for a splendid Sunday Lunch at the Kilworth Golf Club, arranged with the usual efficiency by our Social Secretary Martin.

The food was up to the usual high standard we have all come to expect on our annual sojourn, and the same applies to the company, everyone seemed to eat everything on their plates, whilst the conversations seemed to be in full flow between the various members split into two tables.

Sadly this is to be the last Sunday meal arranged by Martin as he is stepping down from his position on the committee, so may I put out a call to any club member who would consider taking on the role from April?

Finally the puddings arrived, these were consumed with such speed that it made my head spin, or that could have been the Guinness I'm not sure!!

Another great get together which shows just what a socially active club we are, let's hope we do it again next year.

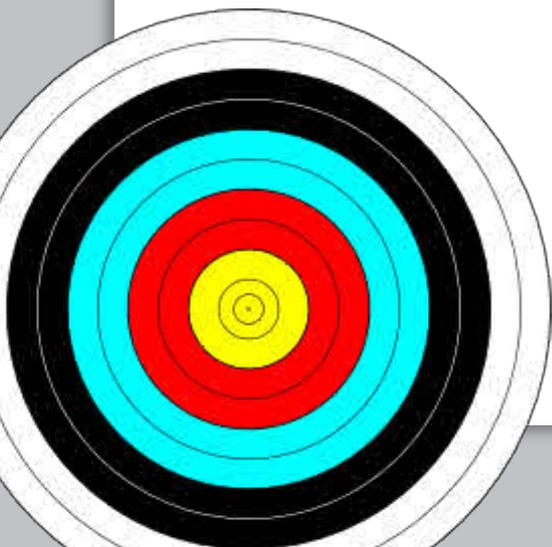
Jon

Unstrung

I missed because ... I could see my feet in the sight

I missed because ... the coach was wearing yellow, the coach said aim for the yellow

L&RCAA Diary		
February	13th	Bowmen of Rutland - Combined WA
	21st	L&RCAA Indoor Champs - Portsmouth
	28th	Roving Clout - Stamford Hall
April	10th	Roving Clout - Catton Hall
	17th	LAOFAC - Charity Shoot
	24th	Kirby Muxloe AC - WA1440



LAC Member's Award Nomination

This is your opportunity to vote for the club member who you feel is worthy of recognition based on their achievements; determination; support to the club; skills; any additional assistance or tasks performed etc. during the past year (1st April 2015- 1st April 2016).

My nomination for this award in order of preference is:

1st Nomination:

Reason for nomination (optional):

.....

.....

2nd Nomination:

Reason for nomination (optional):

.....

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Once the first nominations have been counted, in the event of a tie, the number of 2nd nominations will be added. In the event of a tied result, the Club Chairman will have the casting vote.

Please place completed voting slips in the box in the club hut or e-mail to the Chairman at chairman@lutterwortharchery.org.uk at least 1 week prior to the awards evening.