



## "Backing down"

### Editorial

At the beginning of June I managed to injure my lower back. Not uncommon for people of my advancing age I hear you shout, you cheeky so and so. I knew it would take a while to mend itself, but I wasn't prepared for the effect it had on my archery. I did not shoot whilst I had pain, so once that had subsided I picked up my bow and off I went. Well, the

requirement for core strength had been forgotten about; suddenly I had pain again. So, drawing a bow is not just about arms and upper back, your ability to remain stable is as important. Next time you are on the shooting line just have a think about your core muscles and their effect on keeping you stable whilst you line up your shot.

## Club Notices

Welcome to Fran and Terry (associates), please find time to say hello and introduce yourself.

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.

Remember that as a club we not only shoot on Saturday afternoon, but also on Wednesday evening whilst we are outdoors.

**Advanced warning, the ArcheryGB fees have to be paid by no later than the August Bank Holiday.**

**Keep an ear out and an eye open for details about the fun shoot in September.**

## News

Can members please make sure that the last to leave the field closes and secures the gates. On two occasions recently the gates have been found wide open (Marcus hadn't cut the grass on those occasions).

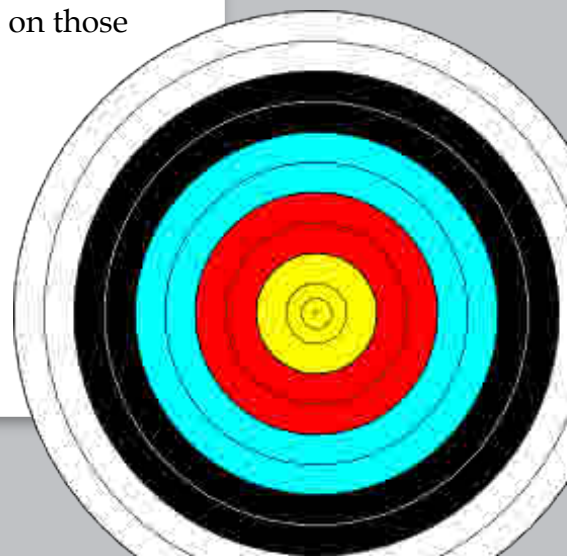
**The Have-a-Go session for the Lutterworth Round Table on Monday 19th June was another success. Simon Jones has e-mailed Mick to say everyone enjoyed the session and would like to do it again next year!.**

## CONTENTS

- i Editorial
- ii Club Notices
- iii News
- iv Auntie Jayne
- v Membership Fees
- vi LAC Diary
- vii 'One Sheet'
- viii Open Farm Day
- ix L&RCAA Diary
- x Birthdays
- xi Unstrung



COMMUNITY



## Auntie Jayne

If you have an archery problem, let Auntie help  
Email: [news@lutterwortharchery.org.uk](mailto:news@lutterwortharchery.org.uk)

Dear Auntie Jayne

Dear Auntie Jayne

Once in every six arrows I have to come down and have to start again. I put this down to rushing and not allowing me to rest my muscles between shots. But I am not convinced, it does feel more psychological. Am I thinking too much about shooting?

Yours Mindy O'Mata

Dear Mindy,

When shooting an end of six arrows in a competition you would have four minutes; its good when practicing to allow yourself the same amount of time. Concentrate on shooting one arrow and give yourself time before the next one. Load your arrow and then count to twenty before shooting the next, try this and you will see if it is physical or psychological.

Auntie Jayne

## Archery UK Membership Fees

It that time of the year again!

Our individual fees to Archery UK and the county associations are due shortly. These are collected by the club and then paid to Archery UK on your behalf.

For full senior members these are £56, for Juniors and under 25's £17.

Please can I have your dues by 1st September

The preferred method for the club receiving these is by internet banking to our account.

Account details will be emailed to all current members.

Please quote GNAS along with your number and your name as a reference.

If you don't use internet banking please can you get your cheque/cash to David Wiggins also by 1st September.

### Archery according to 'One Sheet'

King Harold was thought to have said "Don't fire like that, you will have someone's eye out".



LAC Diary		
August	19th	York / Hereford / National
	26th	National
September	2nd & 3rd	Beginner's Course
	16th	National
	23rd	Warwick
	30th	Fun shoot

# Open Farm Day - 11th June '17

I have spoken to Marcus this morning, he asked me to pass on his thanks to everyone who helped at the Open Farm Day yesterday. He tells me this was a great success with over 200 people attending.

Despite the windy conditions we managed a steady stream of would be archers wanting to have a go. As a result we now have 9 people who registered their interest in taking part in the next beginners course.

I thought the day went well from our perspective as well so a great big "THANK YOU" from me as well.

Cheers

Mick



L&RCAA Diary		
August	6th	Ivanhoe Archers - L&RCAA Outdoor Champs
	20th	Kirby Muxloe AC - Double WA70m/60m/50m
	27th	Melton Mowbray AC - Western
September	16th	Bowmen of Glen - Double WA70m/60m/50m
	17th	Bowmen of Glen - WA1440
	23rd	LAOFAC - Wand Shoot



## Birthdays in September

Angela Mandy, Eleanor Matkin and Meg Powell

## Birthdays in August

Oliver Brown, William Ilersic and David Wiggins

### Unstrung

*I missed because ... there was a mini earthquake/  
missed because ... William Tell wanted his apple back*

