



## "Indoors"

### Editorial

I have to admit I enjoy shooting indoors, whether it is because it's warm and dry or that the shoots are shorter, I don't know, I just feel I have more success. I have entered a number of competitions, as well as the Countesthorpe Triple. You may not be a fan of competing, but

remember you compete against yourself all the time as you try and get better scores; so get involved more, you might surprise yourself.

On behalf on the committee we wish you a merry Christmas and a Happy New Year.

## 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.

A mince pie shoot is planned for the 23rd December, look and listen out for details.

## Archery according to 'One Sheet'

If your arrow is shaped like a banana, don't use it,  
as you might shoot yourself in the back.

## News

Now we are indoors at the new venue (Lutterworth Sports Centre) it is important as a club member that you visit and make your own assessment. We meet at 1:40pm on a Saturday. See the report later in the newsletter.

L&R300 is a competition run by the LRCAA. It is run at our club meetings, and can be entered as many times as you want. Each month the best scores are forwarded to the county and we effectively compete with archers across the whole county. If you don't know what a L&R300 is, then ask and the

rules will be explained. Most of all, get involved.

As part of the insurance/security of the clubhouse and container, if you find yourself passing by the field, then pop in and check that all is secure, and then send an email to chairman with the time and date you visited.

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COMMUNITY



CONGRATULATIONS

Angela	2nd	Ladies Barebow	Worcester	Kettering	8th October
	Club record	Ladies Barebow	WA18	Melton Mowbray	5th November

**Auntie Jayne**

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

Dear Auntie Jayne  
Is there a right time to start using a clicker?  
Yours Verity Length

*Dear Verity*

*Before using a clicker I would advise checking with your club coach that you have a consistent draw length each time you shoot. If you have, then get one! The indoor season is the time to perfect the use of a clicker, it won't come instantly, persevere and when the outdoor season comes you will see the benefits at the longer distances.*

*Auntie Jayne*

Dear Auntie Jayne  
Why do so many recurve archers shake when they are at full draw? Particularly gents, is it because they are drawing too high a poundage?  
Yours Ida Quiver

*Dear Ida*

*Simple answer: Yes!*

*Auntie Jayne*

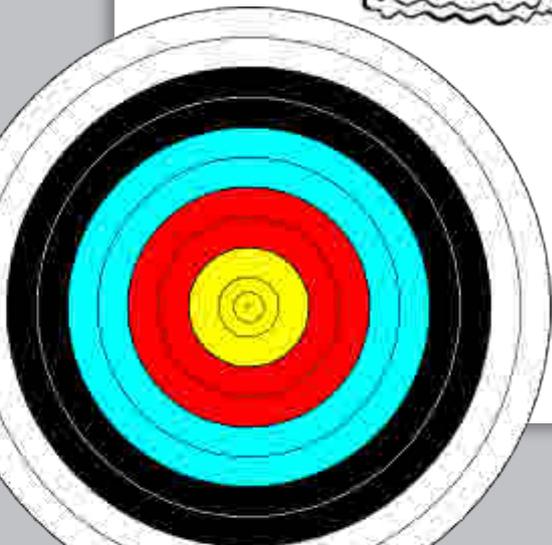
*Birthdays in December*

Charles Dalby, Graham Holyland,  
Timothy Lovatt, Angela Mandy,  
Charlotte Tuck and  
Nigel Wilson



*Birthdays in January*

Alex Deas, Darren Hillier, Dougie Jay  
and Sean McPhillips



# LUTTERWORTH ARCHERY MOVES TO A NEW INDOOR VENUE

Lutterworth Archery Club is a family friendly club whose ethos is to ensure all its members enjoy the sport in a friendly relaxed atmosphere. Whether it is a social shoot on a Saturday afternoon



with friends or testing your skills in a competition, the club supports all levels of archer.

Outdoors, the club has the exclusive use of a field on the outskirts of Lutterworth, Leicestershire, but having a consistent venue available for the indoor season had become an increasing problem over the past few years. That is when the club began looking at alternative venues.

With the help and support of Archery GB "On Target" funding together with Leicestershire and Rutland Sport and Harborough District Council Leisure Services Committee, the club managed to secure a new venue at the Lutterworth Sports Centre.

Once agreed, new nets and associated equipment was purchased and fitted with help from Sports Centre staff. The shooting range was measured out and storage facilities at the centre agreed.

On Saturday 28th October 2017, the van was loaded with Target Bosses and stands, indoor target faces etc and off we went a few miles down the road to the Sports Centre. Once set up, it was all systems go.

The Club chairman said

**"A big 'Thank You' goes to all those who helped and supported us in this project. We are looking forward to a successful partnership with Lutterworth Sports Centre and the local community"**

**"The Centre staff have been very supportive of our move. Right from the first enquiry, Liam has been behind us. It has taken some time to negotiate the hurdles, but we got there in the end"**

**"This venue is larger and lighter than previous venues, we now have a regular booking here and it gives us an opportunity to promote and expand the club"**



## Beetle Drive

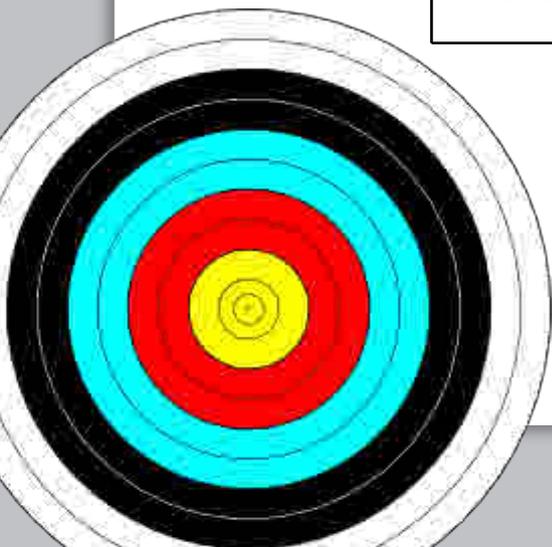
Sadly this year's trip to the Red Admiral in Broughton Astley for a skittles and food evening, or in this year's case, a beetle drive and food evening has been cancelled due to the lack of interest from the club's membership. Perhaps you don't enjoy such evenings but would like other events where we can get together. If so, then let the social secretary know, so it can be organised. Personally, I have enjoyed this evening of previous years and was disappointed

LAC Diary		
December	9th	Worcester
	16th	WA18
	23rd	Fun shoot
	30th	NO SHOOT
January	6th	Shooting resumes
	13th	L&R300
	20th	WA18
	27th	Worcester

## You said, we did

Following the survey that was carried out with respect to shooting indoors, prior to the AGM, we have put together the committee's response. This is shown in the wallchart both in the newsletter and posted on the wall in the clubhouse. Please study this and do not hesitate to contact the committee with your comments.

L&RCAA Diary		
December	10th	The Foxes - Worcester
January	13th	LRCAA Indoor Novice Shoot
	20th	Junior Shoot
	21st	LRCAA - Portsmouth
February	4th	The Foxes - Worcester
	25th	Bowmen of Rutland - WA18



### Unstrung

*I missed because ... it was too warm in the hall; you want to see me shoot on a cold day.*

*I missed because ... my arrows flew so slowly, they iced up and fell out of the sky.*



# INDOOR SHOOTING

**You said;**  
I feel claustrophobic

**We did;**  
New airier and lighter venue

**You said;**  
I feel everyone is watching me

**We did;**  
We will increase the distance between the shooting line and the waiting line. We remind you, as no one will make a comment about your shooting, archery etiquette, states that you must ask for help

**You said;**  
I miss the social side

**We did;**  
The venue offers a coffee area, so if you just want to catch up and chat, no worries

**You said;**  
I find the targets too small

**We did;**  
A variety of targets from will be made available, including 122cm and dart board targets

**You said;**  
If I don't shoot big scores, I feel I am failing

**We did;**  
We will encourage you to shoot at targets that minimise the pressure and also ask others for help and assistance. Give yourself a goal at each session. Could be as simple as hit one gold per end.

**You said;**  
I feel under pressure to shoot quickly

**We did;**  
We are limited to a two hour period, so it is important to make the most of the time. Shooting drills will be made available to help you make the most of the time. Also, you are under no pressure to complete your shot, take your time and if you only want to shoot 3 arrow ends, then that is ok too.