



"Quiet"

Editorial

Never felt so trapped.

I work from home during the week, only venturing out to walk the dog or get some chips. But at the weekend I like to feel I have the freedom to do what I want and go where I want. However, the coronavirus has put an end to that for the time being. I am sure there are others who are worse off, but I am feeling a little selfish.

Archery will suffer unless you practise, so get those stretchy bands out and do 60 repetitions, as though you are shooting a Portsmouth.

Also, keep in touch, send emails, texts, or good ole telephone someone.

Keep safe.

Club Notices

Welcome to Rachel (Associate). 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.

News

It is important for the club to have coaches, so if you are interested in finding out more have a word with Mick. The County is arranging training for new coaches.

You will have had an email from the treasurer about the membership fees. Please follow the email instructions or at the very least get in touch with David (treasurer).

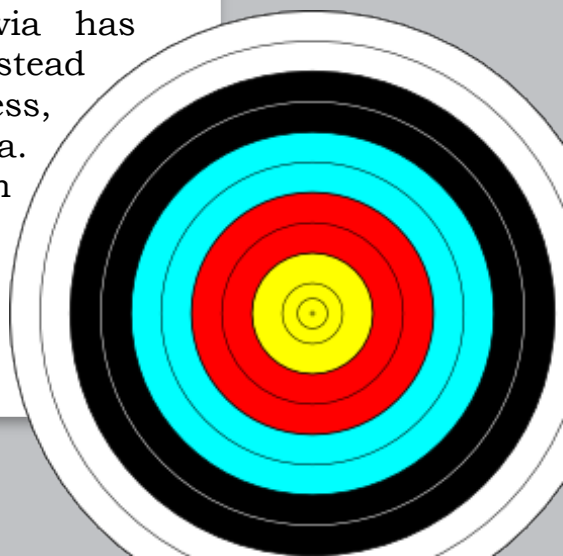
The club's epic traveller Sylvia has completed her latest exploit. Instead of having a weekend in Skegness, she had a weekend in Australia. Due to the current health situation, Sylvia's holiday down under was cut short. She and her daughter have now returned safe and sound to the UK.

CONTENTS

- i Editorial
- ii Club Notices
- iii News
- iv Congratulations
- v Auntie Jayne
- vi Rugby Bowmen
- vii Frostbite
- viii 'One Sheet'
- ix Chair Word
- x Birthdays
- xi Unstrung



COMMUNITY



CONGRATULATIONS

Fran	Club record	Ladies Barebow	Portsmouth	438	7th March
Terry	Club record	Gents Flatbow	WA18	218	15th February

Auntie Jayne

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

Dear Auntie Jayne

Is there a recommended string placement in the hand? I realise that it has to be consistent, but to aid release is there a recommended hook?

Yours Andi Mann

Dear Andi

You should have a good strong hook around the string. For illustration, hold your draw hand in front of your face. Have your palm facing you, now bend your fingers until you can see your fingernails, and the top section of finger is parallel to your palm, the string should then sit in the first crease of the finger.

Auntie Jayne

Rugby Bowmen

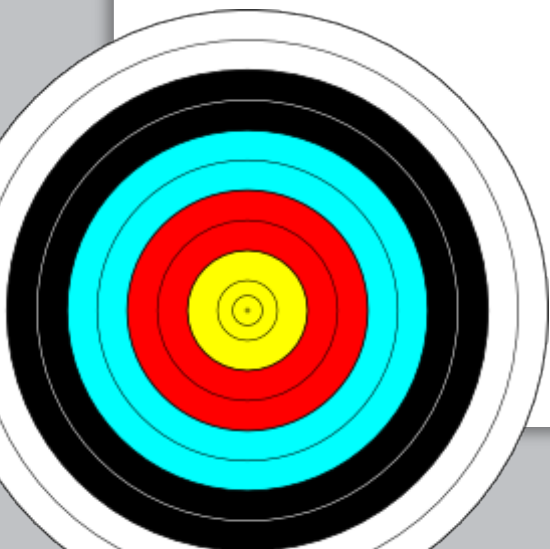
The year 2020 hopefully sees a new challenge between Lutterworth Archery Club and our neighbour's Rugby Bowmen.

So to kick off the challenge, a Portsmouth was shot at both clubs on the same weekend and then the top five scores added together. LAC won by 2 points. Now that's close.

The potential plan when we are outdoors is that one weekend we shoot a "St Nicholas" round (40yds and 30yds) and invite Rugby Bowmen over to our field and share a target and a cuppa. The reason for this round is to encourage as many archers young, new and old to shoot, with no pressure of shooting a long distance.

Hopefully this can build a good relationship and a sporting challenge, as well as gain some new friends.

<http://www.rugbybowmen.org.uk>



Archery according to 'One Sheet'

Bet this becomes an ear worm;

"Arrow arrow arrow your boat

Gently down the stream

Merrily merrily merrily merrily

Life is butt a dream"

Frostbite

Back in December, a frostbite shoot was held and due to other Christmas activities was not attended by some. So, it was requested that another frostbite be scheduled.

The first date was cancelled due to bad weather, but the following week on Terry's birthday, the frostbite shoot was arranged.

Parking on the field was not the best idea, as John found out when took the plunge into the dampness that was the field. Only Terry was there at the time, and somehow managed to bounce the car out of the field. I think Terry channelled his inner "Incredible Hulk". I am sure there is a lesson to be learnt from this, or is it simply to make sure Terry is there.

There were seven archers prepared to shoot in a dry but cool morning and even some spectators to cheers us on. Due to the soggy field, we shot at 20 yards instead of 30m, but who cares, it was about having fun in the open air.

We were divided into two teams, with Sylvia being sliced in half as the only longbow archer, and because there were only seven of us. Now when I say sliced in half, Sylvia was not subjected to a chainsaw and did not come to any harm, only her score was halved. This was found to be agreeable, as no matter which team won, Sylvia was on the winning side.

Following the sighters, it was clear where we had stood on the line, as the footprints were an inch deep, maybe deeper for those of us who are heavier set!

Thirty six arrows later and after only a couple of misses we retired to the cabin for a cuppa and snacks. No one cared who won at that moment whilst Terry did the calculation, it was all about the tea. Suddenly, the announcement: " The winning Team is A" a massive cheer from Sylvia (of course) then a glance around the room as we tried to remember which team we were on.

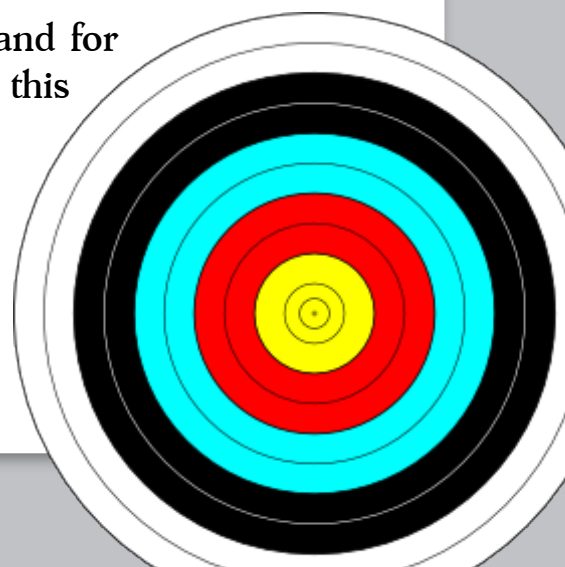
Finally, "Happy Birthday" resonated around the cabin as we sang to Terry.

Thanks to Terry for organising the frostbite shoot and for allowing us to share your birthday, let's hope we do this again next year.

For completeness;

Team A (Sylvia, Sally, John and Terry) scored 886

Team B (Sylvia, Fran, Steve and Charles) scored 791



A word from the Chair

As you know, we were scheduled to move our kit from the Sports Centre after shooting on Saturday 28th March. The COVID19 virus caused us to change the plans. As a result of the Government advice and AGB instruction that all archery was to stop. We cancelled the last 2 weeks of indoor shooting and planned to move the kit on Saturday 21st instead.

The Government announcement on Friday 20th that all Pubs, Restaurants, Sports Centres etc. were to close, resulted in Lutterworth Sports Centre closing their doors at 7.30pm on Friday evening.

I would like to say a really big 'THANK YOU' to Jon & Martin who, together with myself and my wife, Carole, turned out at very short notice to move all our kit from the Sports Centre on Friday evening just before they locked the doors.

A big 'THANK YOU' also to Glynis, Charles & Martin who again turned out on Saturday afternoon to help me and my wife to unload the van at the field.

The current situation means that ALL archery is postponed until further notice on instruction from AGB. AGB have published a list of FAQ on their website. We advise all members to follow the Government instructions to stay safe and well during this crisis.

Please stay in touch with each other via e-mail, text, phone or whatever social media platform you use and, hopefully, we'll all be back shooting at the field as soon as the situation improves.

Take Care & Stay Safe

Mick

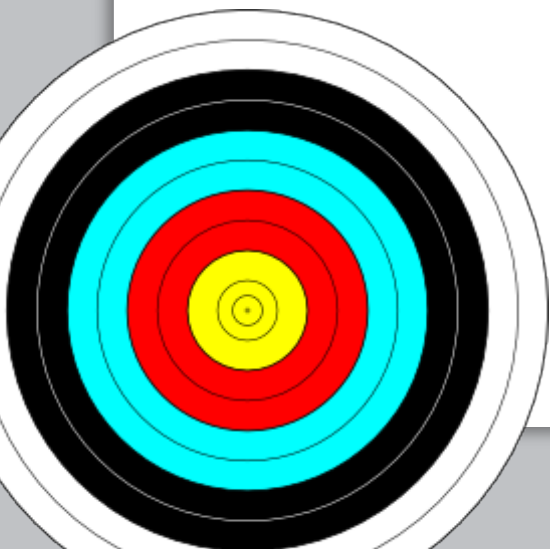
Birthdays in April

Fran
David H
Adam



Birthdays in May

Ben
Martin
Curtis
Mark



Unstrung

I missed because my arrows are too pricey, so I don't like grouping them, just in case they get damaged.

I missed because ... I am trying to lose my arrows, they have a mind of their own, never go where I want them to.