



"Water, water everywhere and wind in the willows"

Editorial

Another couple of months with rain and wind. Club competitions will not be the same without the added pressure of staying on you feet.

Quite a few archers have been asking about fletching their arrows, so I thought a good idea to include a basic guide in this newsletter.

Whilst pausing for thought during a club shoot and watching several archers looking for a stray arrow, I noticed how all archers have the ability to dance and how strangely they all moved together.

Please do not practise as you already know how to do this dance.

In case you are bemused, can I give you the instructions for the "Archers' Jig", whilst looking for stray arrows.

1. keep your head down
 2. balance on left leg
 3. sweep your right leg in front of you
 4. take a step forward
 5. balance on your right leg
 6. sweep your left leg in front of you
 7. take a step forward
- and so on
Have fun

Olympics

A personal view

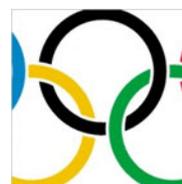
One of the benefits of working from home, is that I have had the coverage of the Olympic Archery streaming onto my computer, so during a quiet moment I can see the world's top archers shooting at a 70m target as though it is a 20yds indoor target. Fantastic!

The commentators did a good job explaining what was going on, and the field announcer sounding every score, whipping the crowd into a frenzy, made archery a sport you can watch. Most archers will admit this is not a spectator sport, but maybe....

There were men pulling 58 pounds on their fingers, with grunts and groans. There were women with painted nails and 42 pounds on their fingers. But a quality that they all shared, was the ability to concentrate, blocking out all distractions (not to say they weren't affected by the experience), but they knew their goal was gold.

However, what stands out for me, was although they all shoot basically the same, they all have quirks and routines, no two were the same.

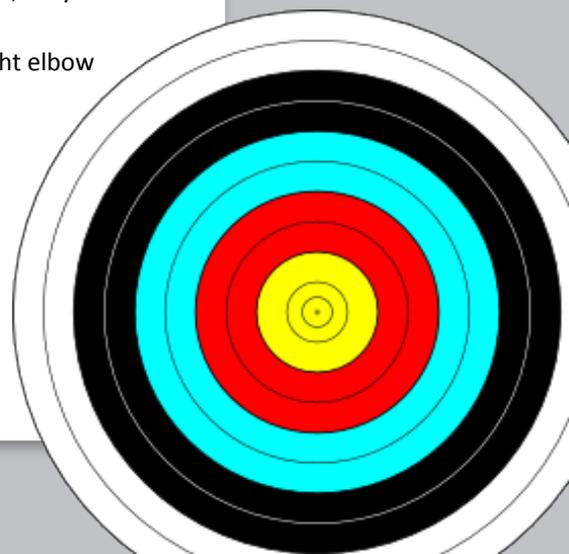
So, you know that quirk of yours, where you touch your left nostril with your right elbow before you nock your arrow, and it works for you. Then don't change.



CONTENTS

- i Editorial
- ii Olympics
- iii Club Shoots
- iv Congratulations
- v Club notices
- vi Unstrung
- vii Child Protection
- viii One Shoot
- ix LRCAA Shoots
- x Fletching

Club Shoots		
August	18th	York/Hereford/National
	25th	Half FITA or Half Metric
September	22nd	Metrics
	29th	Metrics



CONGRATUAL TIONS

Marc	Ben Hird Medal	Gents Recurve	York 100yds Distance award	EMAS Champs	17th June
Matt	Bath & West Horns	Gents Recurve	Group 2	Golden Arrow	9th June

Club Notices

Following the beginners course, we have 3 new members, Eleanor, Martin and Matthew. Please say hello and give them a warm welcome.

There is a fee for tea and coffee, so please put your money in the pot if you partake.

Remember to have your turn in doing the washing up.

The committee are proposing a Charity Shoot on the 6th October to mark the Club's 10th year anniversary, so please keep your eyes and ears open for details.

There are now quite a few non-members who use our field for practice. So if you are not sure who are members, then ask one of the committee, as these non-members should be paying a shooting fee, so be a bit vigilant. A list is also pinned to the notice board.

If you have never lined the field, then have a word with Nigel. The more people that can mark the lines on the field, the easier and quicker the job will be completed. Please do not let inexperience deter you.

The setting up and taking down of equipment is the responsibility of all club members. So, if you arrive early, please help with the setup, and if you leave early, please ask if the target you are shooting at can be taken down.

Unstrung

Top excuses

1. "I make a policy never to hit the gold more than once at this distance"

2. "I saw a hawk chase my arrow and the wind from its wings changed the arrow's direction"

Child Protection

When interacting with a junior member, ensure you are never in a situation where you are alone with that junior, out of sight or contact with other members, and use a common sense approach with regards to physical contact. So long as it is appropriate to what you are dealing with then no problem.

The golden rule is to think "would that occurrence seem strange to me" if that thought applies then you must be doing something that could lead to problems.

If in any doubt, have a parent or another adult present at all times.

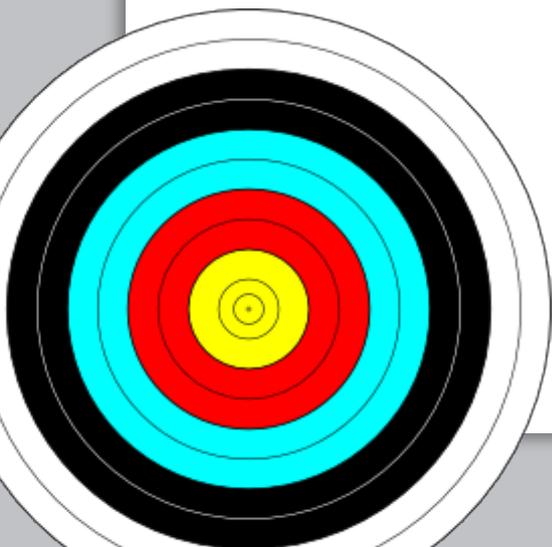
If you require any clarification on the Archery GB guidelines feel free to speak to our Child Protection Officer Jon Bateman.

Archery according to 'One Shoot'

"The nearer the target gets, the easier it gets"

LRCAA Shoots

August	5th	LRCAA County Outdoor Championships
	19th	KMAC Double FITA 720
September	15th	Bowmen of Glen FITA
	16th	Bowmen of Glen Double FITA 720



Fletching Basics

"Fletching for Dummies"

In order to put vanes/fletchings that are loose or fallen off back onto your arrow, here some basic notes.



What you will need;

- new vanes
- knife
- acetone
- fletching glue
- fletching jig



Fig. 1

The jig is keyed, such that turning the barrel rotates the arrow shaft through 120 degrees. This will put three vanes equi-distant around the shaft.

Take your time, if you rush the vane may fall off because it was not stuck properly to the arrow.

1. remove damaged or loose vane
2. clean off any dirt
3. using the knife remove any old glue, be gentle do not mark the shaft
4. using a dab of acetone, remove any trace of glue and grease



Fig. 2

You're now ready

5. using an existing fletching, put the bulldog clip over and take a note of the measure (see figure 1)
6. put the new vane in the bulldog according to the measure and apply a length of fletching glue (see figure 2)
7. put bulldog clip back onto the jig and apply pressure for a few seconds and then leave for about 3 minutes, to allow glue to set (see figure 3)
8. remove the shaft from the jig and top and tail the new vane with a blob of glue (see figure 4)



Fig. 3



Fig. 4

You're done

Now that is ok if you are just replacing a vane to an arrow with vanes still attached. What happens if you have a bare arrow shaft, where do you begin. Well, tell you what, instead of me telling you, please send me an email, describing the process and I will include it in the next newsletter.

Here's some clues; cock vane, dimple/notch, nock alignment.

This is only a quick guide, but with a bit of practice, patience and advice you will become a fletcher

