



Newsletter

Issue 73 • February 2023

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A message from the editor...

A belated Happy New Year to everyone, I can't believe we're now coming into the 2nd month of the year.

A shorter shooting window over the Christmas and New Year period but we managed to fit in an open day at the Sports Centre, some indoor rounds and our usual Christmas fun shoot, so not too bad.

Only another few weeks shooting indoors then its back to shooting outside again which is on 25th March, personally I'm looking forward to that.

Please see updated club diary for upcoming events.

Happy shooting,

Lyn

newsletter.lac20@gmail.com



- 1) Open day, Birthdays
- 2) Christmas fun shoot
- 3) LRCAA indoor champs info
- 4) External shoot, Worcester result
- 5) & 6) Coaching Information
- 7) Club news, Post Christmas meal
- 8) Club Indoor diary & Comp dates,
- 9) L&R300 results
- 10) Forthcoming Events & Comps
AGB changes in Handicaps



Birthdays in February

Paul • Terry • Jeremy

Birthdays in March

Sharon • Jon • Francisco

OPEN DAY AT LUTTERWORTH SPORTS CENTRE

On Saturday 10th December Lutterworth Sports Centre held an open day, the public were invited to come in see what we do and if they were interested to find out more about archery and our club.

Benches were positioned so people could come in a safe area and see the club in action.

We did have a family of 4 visit us, the young lad (8yrs) signed up for the beginners course next year, a lady came in who had already registered for a course for her husband and wanted to see what we did, and a gentleman who had shot before came to see about restarting archery with us.

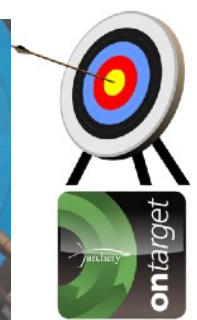
Whilst shooting Cliff achieved all golds with a 6 arrow end, well done!

Andrew had an arrow tip stuck in the boss, so drastic measures were taken with a hammer and a 'pokey' thing, the tip came out the other side of the boss where Sylvia was waiting to catch it, fortunately it missed her!

Did you know?

Apollo is one of the Olympian deities in classical Greek and Roman religion and Greek and Roman mythology.

The national divinity of the Greeks, Apollo has been recognised as a god of archery, music and dance, truth and prophecy, healing and diseases, the Sun and light, poetry, and more.



COMMUNITY



CLUB CHRISTMAS FUN SHOOT



We had the usual fun shoot on our last Saturday shoot before Christmas (17th December), 10 archers turned up all suitably dressed in Christmas jumpers/hats, we had 2 teams of 4 shooting, Mick supervised and Cliff did a practice shoot. There were 6 targets set out and 6 arrows shot at each target before moving on to the next target



The target with the white background had a small candle in the centre which was worth 50 points, only one person hit that and it was Charles, that was great shooting Charles, well done!

The final scores were:

Christmas Allsorts 570

Santas Reindeers 484

Very well done to the Allsorts for winning!



The Christmas Allsorts

Jeremy, Alice, Sylvia and Charles (above).



Santas Reindeers are Ladies
Lyn, Glynis, Sharon and Meg (to the left).



As normal cakes/sausage rolls/cheese straws/cheese biscuits plus a tin of sweets were a welcome treat after shooting. Thank you to everyone who brought food, well done to everyone who took part in the shoot and thank you to Mick for organising the event, good fun as usual





For your information the LRCAA indoor Champs are to be held at
Brookvale Groby Learning Campus, Ratby Rd, Groby, Leicester, LE6 0FP
 Enquiries to Kirby Muxloe Archery Club using the contact details on the form below.



LEICESTERSHIRE & RUTLAND COUNTY ARCHERY ASSOCIATION



OPEN UK RECORD STATUS (TBC)
PORTSMOUTH
INCORPORATING THE L&RCAA 52nd SENIOR AND 50th JUNIOR CHAMPIONSHIPS

Sunday 12th March 2023

Hosted by Kirby Muxloe Archery Club
 Venue: Brookvale Groby Learning Campus,
 Ratby Rd, Groby, Leicester, LE6 0FP

Tournament Organiser: **Carol Smith/Ian Sharpe**

Lady Paramount/Lord Patron: **TBA**
 Judge in Charge: **Ted Tricker**
 Judges: **Liz Calvert, Keith Munro and Craig Morgan**

Assembly time for each session is:
A 9.00 am
B 12 noon
C 3.00 pm

Equipment checks will take place 30 mins before the assembly for each session.

If you wish to take photographs or videos during the tournament, please register on arrival. If you do not want to be included in any photographs or videos, please let the registration desk know when you arrive.

Entry fee:
Seniors: £12 before 15 January 2023. £14 after this date.
Juniors: £9 before 15 January 2023. £11 after this date.
Late entries surcharge after closing date: £3.
Please use your surname as the Reference on your Bank Transfer.

Payment by Bank Transfer only: **Kirby Muxloe Archery Club**
Sort Code: 20-49-17
Account Number: 03422631
Contact: ianandsuesharpe1972@btinternet.com

All entries must be submitted on an entry form. Please email your form to ianandsuesharpe1972@btinternet.com or post to: **Ian Sharpe, Tournament Organiser, 11 Peckleton View, Desford, Leicestershire LE9 9QF.**

No entry will be confirmed until payment is received. Confirmations will not be sent out between the 24th December 2022 to the 3rd January 2023.

Closing date: **Saturday 4th March 2023** or when the event is full; no refunds will be given after the closing date. Late entries may be accepted at the organiser's discretion.

Awards

All awards are subject to the number of entries in each category.

Awards will be presented for Recurve, Compound, Longbow, Barebow & Flatbow bow styles, for Ladies, Gents and Juniors.



Ha Ha!!

How did Robin Hood tie his shoe-laces?
With a long bow

Why was Cinderella so bad at archery?...
Her coach was a pumpkin

What is Robin Hood's favourite radio programme?
The Archers!

Did you know?

The Eskimo used composite bows of wood and bone backed by sinew, similar to most bows made in Asia. The American Indians' bows were made either of wood or of wood backed by sinew.

Bows have also been made of compositions of several materials, such as wood and horn or wood and metal.



WORCESTER EXTERNAL SHOOT

As not everyone will have experienced this, Charles has kindly given us an insight in his own words as to what it's like and what happens at an external shoot.

'A Sunday morning in December saw me shooting a Worcester at the Foxes Archery club.

I understand that winning is neigh on impossible, but competing externally is the place I shoot at my best.

I don't know if it's the pace of the shoot or the sense of concentration coming from the other archers, what ever it is, I enjoy it.

Also, a good chance of a natter with others I have got to know over the years.

What happens on an external shoot?

Just as at the club shooting is controlled by a whistle so is this shoot. We tend to shoot in details, which means there are four people on one boss shooting in pairs. You record your score as we do at the club.

Yes, you do have to pay an entry fee, but if you enjoy the shoot and recording your scores, then it is worth it'.

Charles.



For your information



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.

...

Please inform Glynis at secretary@lutterwortharchery.org.uk if any of your details have changed (phone numbers, address, emergency contact details etc) so they can be updated on the club database

Thank you

WORCESTER ROUND

Saturday December 3rd Worcester round saw the top 3 results on handicap were, in order, Meg 1442, Charles 1438 and Martin K 1428.

Also a new Club Record for Ladies' Flatbow for Lyn, score 65.

Well done to all who took part.



WOULD YOU LIKE TO BECOME A QUALIFIED ARCHERY COACH?



What's it all about?



Have you ever thought about being an Archery Coach? Our club needs to increase the number of qualified and active coaches to be involved in activities such as Beginner's Courses, Have-a-Go sessions and to support members.

Archery GB have issued the following recent statement concerning coaching:

'Having a recognised coaching qualification provides assurance to the people you work with that you are competent and professional but also trained in safeguarding and with the appropriate practices and checks in place, which is of huge importance for all clubs, coaches and archers. By becoming a trained and qualified coach, you will learn about how and what to coach under the guidance of experienced coach educators and have access to the latest approaches in coaching. This will help you gain the skills and knowledge to motivate and progress archers, from beginners to high performance archers as well as develop your own coaching journey....'

The method of training coaches within the sport has changed and is continuing to evolve, so it is important for those involved in coaching to evolve as well by continuing to keep up to date with the latest thinking. There is no substitute for practical coaching and learning from other coaches, sharing experiences and issues.

With this in mind, Archery GB have developed a new approach and updated the qualifications. The first step on the coaching ladder is that of a Session Coach (the old Level 1). The next step is a Development Coach (old Level 2) which is open to those already qualified as a Session Coach.

Both courses have been structured into modules which also breaks down the cost into more manageable sections. There is some assistance available with the cost of these courses in the form of grants from various organisations including Harborough Council, but be aware. Some grants need to be applied for before the course starts and are only paid out on successful completion.

The details of the relevant modules can be found on the Archery GB webpages.



What do I have to do?



What are the modules?

Here is a summary of the modules to be taken for the Session Coach:

SESSION COACH:

The first 4 modules are completed by distance learning i.e. you can complete these in the comfort of your own home and at your own pace. Once you have completed a module, you can work with your mentor to practice your coaching. All the time you spend coaching or with your mentor is recorded for your final module.

- **Starting Your Coaching Journey (online 2 x 2hrs)** This module identifies simple yet must-have skills for coaches, including how to use reflection and feedback to take action towards improvement. It teaches coaches to use a "Plan - Do - Review" method of teaching
- **Empowering Archery – Part 1 (online 2 x 2hrs)** Empowering Archery™ focuses on how to optimise people's experiences of archery and help them achieve their goals.
- **Introduction to Technique (online 2 x 2hrs)** From a coach's perspective, understanding the basics of shooting form and teaching these to your beginners from the first session is really important.
- **Creating Engaging Sessions (online 2 x 2hrs)** This module invites coaches to explore how they can create sessions that meet their audience's needs.

The next 2 modules are completed by attending a training day with your instructor.

- **Using your Coaching Skills** (in-person 1 day) This module helps coaches to apply what they have learnt on the course, with a focus on using drills and skills to improve the quality of practice for archers.
- **Supported Practice and Coach Presentation** (in-person 1 day) Coaches are asked to practice their coaching (for example at their club), which can start with a mentor, as soon as they have completed a module of the course. After getting enough practice, coaches return for the final day ready to provide a sample coaching session with peers on the course. We're not expecting perfection, as this is all about learning, and applying what they have learned from the other modules.

Ready to become a coach?

So how do I apply and access the course?

1. In order to complete the course, you will require access to your AGB members' portal, which you need for numerous reasons including accessing coaching training (plus open webinar/courses etc)
2. You can log on by going to <https://gb.sport80.com> or, (if you have never used this portal before you can e-mail the word 'Activate' to membership@achery.org or ask for further support using the same e-mail address).
3. Read through the full requirements of the qualification for the desired level i.e Session Coach or Development Coach.
4. To help discount the cost of coach training, check out what bursaries (if any) are available from County/Regional Archery association; local councils / funding bodies and Active partnerships.
5. Inform the County Coaching Organiser (CCO) you wish to take part. The CCO for Leicestershire & Rutland can be contacted at lrcaaccocodevelopment@gmail.com
6. Book onto the module. You can find a course by using the course finder <https://archerygb.org/coaching/find-a-course>

I'm interested, who can I chat to?

You can chat to Mick at the club. Mick is a Development (Level 2) coach who is also actively involved in coaching junior and senior county archers or you can speak to any of the active coaches from around the county.

What coaching is all about

Pictures from our beginner's course last year showing:

Equipment set up and ready to go

Mick our qualified coach, starting the course with a warm up session of exercises and then giving instruction, advice and help throughout the course





CONGRATULATIONS GO TO PAUL & MICK

The results of the December round of the BPAA (British Police Archery Association) national winter competition have just been circulated.

The East Midlands team (Paul & Mick) secured 1st place.



Brilliant result, well done guys!



STRIMMER WANTED Can anyone help?

A Petrol Strimmer is required for the club.

Does anyone have one they do not use any more and would like to sell?

Please let Cliff know if you can help, you can email him on:

cliff.r.spencer@btinternet.com

Six Gold end for Martin

Martin K got a score of 59 with a 6 gold end indoors on Saturday 21st January, great shooting Martin, well done!



POST CHRISTMAS MEAL

The Archery meal is booked for February 26th at the White Lion, North Kilworth for 12.30pm.

Meg needs names with a £10 deposit per person by Feb 12th latest, deposit can be paid to the archery bank account with your name and 'meal' as reference or to Meg in cash.

Bank details 60-13-30 65913469

You can email Meg on megamorphis@hotmail.com

or WhatsApp or see Meg on Saturday indoors.

Meg will also need your meal choices.

Wives/husband's/friends etc are also invited.

26th FEBRUARY

WHITE LION AT NORTH KILWORTH

SUNDAY LUNCH 29.01.2023

STARTERS

All £5 each

- Tomato and basil soup (Ve)
- Brussels pâté
- Prawn cocktail

MAIN COURSE

Meat choices:

Topside of Roast Beef -- Chicken Breast -- Pork Loin
Served with roast potatoes, mashed potatoes, homemade Yorkshire pudding, sage and onion stuffing, cauliflower cheese, seasonal vegetables and homemade gravy on the side.

Regular Sunday Roast £12.95

Meat free alternatives:

- Meat free sausage (Ve) (GF)
- Cheese and leek plait (V)

DESSERT

All £5 each

- Apple crumble (Ve) and ice cream/custard
- Profiteroles
- Banoffee pie
- Meringue filled with fresh fruit salad

Dairy free ice cream available

John Worley sends his regards to all Club Members

John has been a member of LAC club for approx 4 years, unfortunately he has now had to stop shooting due to health problems and will most certainly be missed at meetings by all who knew him.

I think everyone at the club would like to send their best wishes to John and tell him he's always welcome to join us for a chat, a catch up and a cuppa (if we're at the field), we'd all love to see him.

PORTSMOUTH ROUND HANDICAP RESULTS SATURDAY 28th JANUARY

The top places on a handicap basis were:

Paul - 1457

Martin K - 1456 (*that is close!*)

Charles - 1436

= 4th Meg and Glynis 1414

Those handicap scores are all quite close, apart from Paul and Martin K with only one point between them, that couldn't be any closer!

Well done guys



Lutterworth Archery Club

INDOOR DIARY & COMPETITION DATES 2023

please check your emails and the website as dates are subject to change



DATE	ROUND	DOZ ARROWS	SIGHTERS
Saturday 4th February 2023	Practice Session		1.30pm (Sighters at 2pm)
Saturday 11th February 2023	L&R300	3 different target faces 1 doz at each	1.30pm (Sighters at 2pm)
Saturday 18th February 2023	Practice Session		1.30pm (Sighters at 2pm)
Saturday 25th February 2023	WA 18	40cm target face 5 doz	1.30pm (Sighters at 2pm)
Saturday 4th March 2023	Practice Session		1.30pm (Sighters at 2pm)
Saturday 11th March 2023	L&R300	3 different target faces 1 doz at each	1.30pm (Sighters at 2pm)
Sunday 12th March 2023	Portsmouth	County Indoors Championships	See county website
Saturday 18th March 2023	Worcester	40cm black target face 5 doz in 5 arrow ends	1.30pm (Sighters at 2pm)
Saturday 25th March 2023	Bray 1	40cm target face 2.5 doz	1.30pm (Sighters at 2pm)
Saturday 25th March 2023	Move kit back to the field after shooting		4pm



**L&R300 results for club archers that will be submitted
to the county for the combined months of Dec/Jan**



**Leicestershire & Rutland Winter Postal Competition
2022-2023
L&R 300 ROUND
Score Summary Sheet**

Club Name:	Lutterworth AC
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‘A’ Team	Archer’s Name	Lady/ Gent	Bow Type R/C/LB/BB	Score	10s/5s	Xs (Worcester)
	Martin Sands	Gent	Comp	266	12	
	Mick Shaw	Gent	R/C	246	6	
	Martin Kent	Gent	R/C	244	8	
Totals				756	26	

‘B’ Team	Archer’s Name	Lady/ Gent	Bow Type R/C/LB/BB	Score	10s/5s	Xs (Worcester)
	David Wiggins	Gent	R/C	222	6	
	Glynis Castle	Lady	R/C	217	6	
	Paul Bishop	Gent	R/C	208	5	
Totals				647	17	

‘C’ Team	Archer’s Name	Lady/ Gent	Bow Type R/C/LB/BB	Score	10s/5s	Xs (Worcester)
	Jeremy Rodwell	Gent	R/C	144	1	
	Andrew Kelly	Gent	LB	130	0	
	Anne Wiggins	Lady	R/C	97	1	
Totals				371	2	

‘D’ Team	Archer’s Name	Lady/ Gent	Bow Type R/C/LB/BB	Score	10s/5s	Xs (Worcester)
	Sylvia Devey	Lady	AFB	56	0	
	Lyn Pearson	Lady	AFB	41	0	
Totals				97	0	

Forthcoming events / competitions for your diary

Sunday 5th February 2023

Nottinghamshire Indoor Champs hosted by Sherwood Archers.
Entry form & Details on EMAS website.

Sunday 19th February 2023

Pilgrim Bowmen Brass Monkey shoot (American round) at Boston, Lincs.
Entry form & Details on the County website.

Sunday 12th March 2023

Leicestershire & Rutland County Indoor Champs hosted by KMAC at Groby.

PLEASE NOTE this is a change of the original date.

Entry form and details on the County website.

AGB Changes in outdoor Handicaps and Classifications

AGB have announced that changes and updates for outdoor handicaps and classification will take place with effect from 1st April 2023 (start of the outdoor season)

Any previous handicaps and classification will be archived and are no longer valid. This means that every archer will have to shoot at least 3 recognised rounds outdoors during 2023 in order to achieve a recognised handicap.

This will affect competitions as well as awards which will be based on the new system.

There are new age groups for archers which also affects the rounds that need to be shot, e.g over 50s can shoot a shorter distance to achieve the same handicap/classification.

The change has raised several questions which have been fed back to AGB. We await the answers so please bear with us while we try to get a better understanding of these new documents. In the meantime, if you want to see the new tables please visit the AGB website at <https://archerygb.org/resources/outdoor-classifications-and-handicaps>

