



Newsletter

Issue 76 • August 2023

newsletter.lac20@gmail.com



A message from the editor...

Hi everyone,

We've had some great shooting weather recently (ignoring the odd downpours) so hope you've all enjoyed the sunshine.

A couple of events have taken place recently with a good turnout of members, we did a visit to Marcus' automated milking parlour at the farm and a solstice shoot on the longest day, those able to come were up very early but really enjoyed something different.

We have a beginners course arranged for the weekend of 5th & 6th Aug with places booked and paid for already.

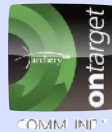
We've had new members join some are from the last beginners course so a very warm welcome to all of them.

Please check the club outdoor diary and competition dates on page 11 as some dates have changed from the last issue.

Happy shooting,

Lyn

newsletter.lac20@gmail.com



- 1) Club Chairperson news
- 2) BPAA visit
- 3) & 4) Organic Farm visit
- 5) & 6) Latest Club news
- 7) Summer Solstice shoot
- 8) & 9) More club news
- 10) Coaching edit
- 11) Club outdoor diary and competition dates



Birthdays in August

David • Oliver • Alice

Birthdays in September

Meg • Damian



CLUB CHAIRPERSON

As you will all be aware from communications recently the position of Chairperson has been vacant and with no nominations for the role at the AGM in April various options were considered by the committee.

Glynis has now kindly offered to take on the role of Chairperson for the current shooting year until the AGM 2024 alongside her current role as Secretary. This is a very generous offer and I would like to say on behalf of club members a massive thank you to her.

As we all know Glynis does an amazing job as Secretary using her skills to keep the club running smoothly and efficiently, her commitment and dedication to the club I'm sure is very much appreciated by all members.

Hopefully there will be ways we can help Glynis in her dual role by contributing to the long term health and security of the club that we all love and enjoy archery with.

Thank you Glynis for all your hard work and dedication.

NEW CLUB RECORDS

On Saturday 10 June some archers shot various short metric rounds which resulted in new club records

Cliff - Men's Compound *Short Metric 1* - 71 hits, 8x10s, score 583

Andrew K - Men's American Flatbow *Short Metric 1* - 37 hits, 0x10s, score 177

Jeremy - Men's Recurve *Short Metric 2* - 67 hits, 2x10s, score 372

Glynis - Ladies' Recurve *Short Metric 2* - 67 hits, 9x10s, score 445

Well done guys, really good shooting!



British Police Archery Association (BPAA) visit



Saturday 3 June was a free practice at the field, it was a lovely sunny day with many archers attending.

We also had visitors from the BPAA who came to award Mick and Paul their certificates, medals and trophy.



The East Midlands Team of Paul (LAC), Mick (LAC) and Amanda (Northamptonshire) not only came 1st place in the March round of the national BPAA winter competition but won the competition overall, a fantastic result.

When a reasonable amount of shooting had been done, we retired to the cabin for the usual refreshments and the tea and cake was very welcome.



Mick and Paul were then awarded their certificates, medals and the trophy by David Major, BPAA East Midlands co-ordinator, he and his wife Heather (above) were the other East Midlands team. David and Heather thought the facilities at the field and our hospitality were great and really enjoyed their visit.

Congratulations and very well done to Mick and Paul, great job!



ORGANIC FARM & AUTOMATED MILKING PARLOUR VISIT



Meg arranged a visit to Marcus' automated milking parlour on Saturday 10th June.

It was a really warm sunny day and after shooting had finished a group of us walked up the driveway with Marcus to start the tour.

Ladies in waiting - all ready to calve very soon

It was very interesting and informative, we started by walking past the pregnant 'ladies' waiting to give birth then on the opposite side was a sleeping area and the automated milking machine, this area had a robot that patrolled sucking up the slurry, depositing it into the slurry pit then recharging itself, very clever!



We all went a walk across the fields to find some cows that needed milking, carefully avoiding the 'electric wires' between fields and being given a talk about organic farming and the benefits and nutrients that can bring from Marcus.



Right: Robot cleaning the slurry.

Below: Talk from Marcus about planting and the benefits of organic farming



'Is this live?' Martin braving the electric fence wire so we could get out of the field!



New born calf - very cute



On the way we saw some day old calves they were very cute they look all legs and stand a bit like 'bambi' We also saw some calves who were a few days old, these were being introduced to a cow for feeding but she didn't seem very keen, apparently they will try another cow hoping she takes to the calves.

Mother and babies enjoying the sunshine



While Marcus was finding some cows to show us the milking machine in action we headed back to the milking area.

Below: In the milking machine and eating cake!

The cows come through the gate system when they are ready to be milked and are allowed through the gate into the machine, if they need milking the robot cleans the udder and tests for any infections, it has already mapped the udder of each cow so knows exactly where to attach the teats, the machine then starts the milking process and each cow has a number and is recognised by the machine so logs their yield and relevant information.



The cows have 'cake' (a sort of cow treat) to eat while they are being milked, some even come just for the cake even if they don't need milking but get sent out again if they don't...nice try girls! The milking process takes around 6-7 mins then the gates open to let the cow out, they then go off to a different field to graze.

Milking machine robot in action

The milk is collected from the farm every other day by Arla, some of the milk is used by McDonalds as they are working to being more healthy, Marcus did tell the children that McDonalds is healthy after all!



Marcus' farm is organic and has won awards for being at the forefront of technology, its quite amazing to see how technology works so well with the cows, they all seem really relaxed and chilled as they're not being herded back and forth, happy cows means better milk yield and a more relaxed way of farming.



Very curious ladies - perhaps they want to learn about archery!

Dairy Sustainability Award in 2022

Marcus' farm won VetPartners dairy sustainability award in 2022 for its work on improving genetics, cow health, grassland and soil management. Father and son team, Marcus and Sam Hunt, have also offset higher power charges this year with a 50kW wind turbine, which generates 75% of the farm's electricity.

This also enables them to meet Arla's requirement for organic milk producers, which states that 100% of their energy should be renewable.

The remaining 25% is bought from a renewable electricity provider.

Thank you so much to Marcus for giving us a tour of his farm and all the information on organic farming it was very much appreciated, also thank you to Meg for organising the event.



LATEST CLUB NEWS



Lost arrows

IMPORTANT INFORMATION

If you lose an arrow whilst at the field please remember to report this as AGB now require lost arrows to be reported to them as well.

Please send the following details to: secretary@lutterwortharchery.org.uk



- date and time of loss of arrow
- approximate location in the field
- arrow make and type
- colour of nock and fletchings



NEW CLUB RECORDS

Saturday 24th June

Glynis

Ladies Short (50) Western
94 hits, 32 golds, score 659

Saturday 8th July was a
Competition shoot
Metric 1440

Three members took part and
had a good shoot, and a
lengthy lunch break caused
by rain.

Andrew K

Gents longbow WA1440 70m,
78 hits, 2x10s, score 386

Mick

Gents recurve Long Metric 5,
72 hits, 27x10s, score 651

**Congratulations, great
shooting guys!**



NEW CLUB MEMBERS

We have a new club
member

Please say 'hello' and
welcome to

Alan Ismay

a senior archer

Alan shoots both
Compound and recurve but
has been out of the sport for
a few years and now wants
to get back into it.

We also have 2 new club
members from the last
beginners course.

Please say 'hello'
and welcome to both

Matthew Holdsworth

a senior archer

and his daughter

Ellie Holdsworth

a junior archer

Club BBQ



The BBQ is available
for members use, if you do
use it please bear the
following safety tips in mind:

Never leave a BBQ unattended

Ensure the BBQ is on a flat site
well away from sheds, trees or
shrubs

Keep children well away from the
cooking area

Ensure the BBQ is cool before
attempting to move it

When you have finished using the
BBQ please clean it.

Changes to Club Diary and Competition dates

5th & 6th August
is now the next Beginners
course - Free Practice
session for members

12th August
is now a free practice
session
(moved from 19th August)

19th August
is a St. George/Albion/
Windsor round
(moved from 12th August)

For your information

A polite reminder that the setting up and putting away of equipment at the field is the responsibility of all club members, so please don't arrive late and leave early on club days, everybody's help is needed.

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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





DATES FOR YOUR DAIRY



- **Sunday 13th August** - Jack Oliver shoot 2023 (York/ Hereford & Bristol rounds) hosted by Pilgrim Archers (Lincs).
Details and entry forms on the EMAS website
- **Sunday 17th September** - WA720 H2H hosted by Bowmen of Glen.
Details and entry forms on the county website
- **Saturday 30th September** - L&RCAA Outdoor Champs. (WA1440) hosted by Bowmen of Glen.
Details and entry forms on the county website

Did you know?

The first compound bow was patented in 1966. Though bows have been around for thousands of years, made with natural materials and with sheer strength and ingenuity long before you could buy one in a store, compound bows didn't come around until 1966, created by Holless Wilbur Allen. That's less than 60 years ago!

Notice Board

Please check the website for any date or time changes of club competitions or notices.



Please do not move the targets at the field as they are set up for all to use.

Ha Ha!!

What did the couple say after they were struck by Cupid's arrow?... Ouch!

What would you get if you crossed an archer and the Invisible Man?... archery like no one has ever seen

Members of an archery club sometime meet at the cheese shop... Just to shoot the Bries

CAN YOU HELP?

IS THERE A SOCIAL EVENT YOU WOULD LIKE THE CLUB TO ARRANGE?

As a club we like to have social get togethers, if you have any thoughts or ideas on what you might like to do socially, please look into it first then let Meg our social secretary know to see if it's something we can do.



megamorphis@hotmail.com

Thank you



Archery quotes and sayings

- No shot is hard to make, it's just easier to miss
- 'Life is like an arrow, the farther back you're pulled, the farther forward you will end up.'
- 'Words are like arrows. Once loosed, you cannot call them back.'
- 'Whether you are a beginning, intermediate, or even advanced archer, Archery will give you something that's almost impossible to find elsewhere.'

DON'T FORGET YOUR SUN PROTECTION

When you're at the field for hours on end, it can be easy to forget the impact of UV exposure as you focus on the target.

Sportspeople receive substantially higher UV exposure, and routinely exceed the recommended exposure limits, increasing their risk of sun damage and skin cancer. Factors such as sweating, water contact, minimal clothing, and lack of shade, make it even more relevant, however, only 50% currently sun protect when exercising outdoors.





SUMMER SOLSTICE SHOOT WEDNESDAY 21st JUNE



A midweek shoot was arranged by Mick our tournament organiser for the summer solstice for those who wanted to and were able to attend.



Most archers arrived at the field around 4.00am and targets were set up, 8 members turned up for the very early morning shoot and sighters started at 4.41am approx.

Everyone did their own thing, some did a round and others just had a practice shoot. It was a little cool at that time in the morning and the grass was quite wet to start with, after shooting we all retired to the cabin for breakfast.



Meg, Sylvia and Lyn got cracking on cooking the bacon and tea making, and bacon butties were the order of the day which was followed by 'cake' as it was Sylvia's birthday... Happy Birthday Sylvia!



It all went down very well and everyone really enjoyed it and said it was lovely and a pleasant change to do something different.

Texts on the WhatsApp group chat seemed to think we were all mad, which is probably true but we were all glad we made the effort and came along.



Thank you Mick for organising the event and to the ladies for the kitchen duties.

All in all a great way to start the day!





MORE CLUB NEWS



Nice Shooting Meg



21st June at the Summer Solstice shoot, bright and early in the morning, a great end and still smiling. Well done Meg!

Well done Marcus



24th June at the field, great shooting Marcus! Meg said ' Marcus wished he was shooting at 50 yds...but we know differently'. Great shooting Marcus!

Did you know?

Archery was the first olympic sport to allow female competitors.

It's true! In fact, the Olympic Games can be traced to 776 B.C., but they didn't allow women to compete until the 1904 Games, it's a good thing times change.

ROBOT MOWER DOES IT AGAIN!

This robot mower has been labelled robo mower No 1 by some archers, it seems to have an attraction to cars and very often gets stuck underneath them, in fact it's said that as soon as it sees certain cars it makes a beeline for them.

Warning, watch out, if 'robo mower No 1' is out and about!



Above: Martin K said he went to test out his new limbs and arrows and had as much success as robo mower No 1 did cutting the grass, he thinks it must like Ford cars.

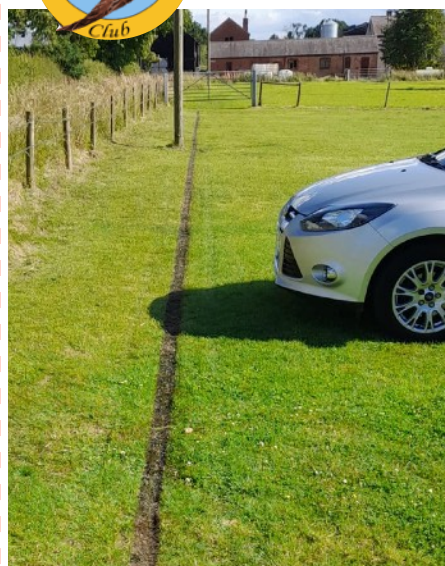
Andrew K had the same problem only recently!

Below: Another visit to the field by Martin K and he said he hadn't even set up and robo mower No 1 was getting stuck again.

There have been other reports of the same thing happening, recently robo mower No 1 targeted Cliff's bow and knocked it over so stay alert...you have been warned!



Parking at the field



Just a reminder to members that when parking at the archery field can you please park behind the line.

This is to allow the robot mowers to track back to there parking bays.

They follow the wiring underground when their batteries require charging and can't get past if cars are parked close to the fence.

Thank you

AGB FEES 2023-24

A reminder that Archery GB annual insurance fees are due in September and need to be paid before the end of September.

For all wishing to renew can you please pay direct to the club account and not direct to Archery GB

If you do not plan to renew please contact us so we know.

PLEASE NOTE:

If Archery GB membership is not renewed by the end of September, you will not be insured and will not be eligible to shoot until renewed.

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An email will be sent out to all members with the up to date renewal fees shortly



Saturday 22nd July was sadly a wash out again, a club competition had been arranged but it was far too wet and windy to shoot.

A handful of members turned up for a cuppa and a chat which was nice, hopefully will be better weather next shoot.

Tuesday 25th July was a pleasant sunny weekday at the field and a handful of archers turned up to have a shoot.

Jeremy's stand came under attack from robo mower No1, it chewed the end of one of the stand legs and broke it off...it seems nothing is off limits!



RAIN STOPS PLAY ON CLUB DAY!

Saturday 15 July turned out to be really windy and rainy, some archers turned up and a couple had a shoot but rain did eventually stop play.

Most retired to the cabin to avoid the rain for a cuppa and a chat which was very nice.

Lyn and Sharon did a running repair with gaffa tape on a broken chair seat (the orange chair seat and green tape might set a trend!).

That particular chair had previously pinched Andrew's leg (whilst he was wearing shorts)...the general consensus was fortunately for Andrew it was just his leg!



SUNDAY 30th JULY

A family event was held at the farm on Saturday 29th and the field was used as a car park so the usual club shoot was changed to Sunday 30th.

Not many archers turned up on Sunday, it was fine as we started shooting but then started to rain which looked like it was set in for the day, so rain stopped play again!

After a wait to see if the weather improved we had the usual cuppa and chat then packed up and went home!



LUTTERWORTH ARCHERY CLUB NEEDS NEW COACHES

YOUR CLUB



NEEDS YOU

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 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.

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.

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)

Log on by going to <https://gb.sport80.com> or, e-mail the word 'Activate' to membership@achery.org or ask for further support using the same e-mail address.

Read through the full requirements of the qualification for the desired level i.e Session Coach or Development Coach.

Discounts or bursaries (if any) are available from County/Regional Archery association; local councils / funding bodies and Active partnerships.

Inform the County Coaching Organiser (CCO) you wish to take part. The CCO for Leicestershire & Rutland can be contacted at lraaccdevelopment@gmail.com

Book onto the module. You can find a course by using the course finder <https://archerygb.org/coaching/find-a-course>

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.



Lutterworth Archery Club

2023 Outdoor Diary and Competitions Dates



Saturday 5th Aug - Sunday 6th Aug 2023	Beginners course		All Day
Saturday 5th August 2023	Free Practice		2pm
Saturday 12th August 2023	Free Practice		2pm
Saturday 19th August 2023	St. George / Albion / Windsor **	3 doz at longest distance, 3 doz at mid distance then 3 doz at shortest distance	6 arrows at 12md
Saturday 26th August 2023	Summer Fun Shoot (TBC)		2pm
Saturday 2nd September 2023	Long Metric **	3 doz at each distance Total 6 Doz	6 arrows at 2pm
Saturday 9th September 2023	Free Practice		2pm
Saturday 16th September 2023	National **	2 doz at longest distance then 4 doz at shortest distance	6 arrows at 2pm
Saturday 23rd September 2023	Free Practice		2pm
Saturday 30th September 2023	Warwick **	2 doz at longest distance then 2 doz at shortest distance	6 arrows at 2pm
Saturday 7th October 2023	Free Practice		2pm
Saturday 14th October 2023	Kit move indoors - Indoor shooting begins		1pm
Saturday 21st October 2023	Indoor Shooting at Lutterworth Sports Centre		1.30pm

**** Round indicated includes longer and shorter variations.**

Dates can be subject to change, please check the website and emails for any changes and up to date information

