

May 2010



Alton & Four Marks Archery Club

Newsletter

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Newsletter Editor

Editorial

I have to start this newsletter with an apology as it has been far too long since the last one was published. It is especially a shame that it has been so long as so much has happened since the last newsletter was sent out.

If you cast your minds back, or perhaps you keep the old copies, the last newsletter went out during the indoor season and so much has happened since then. We finished the indoor season with our indoor championships first was the juniors and then one for the rest of us. We have also had the Frostbite Championship on the 28th March. Congratulations to all of you that won prizes at these competitions.

Our next main event was the FLAGY Shoot that took place on the 18th April. At least this was one thing that took place despite the volcanic disruptions being experienced across the rest of Europe. ADD MORE CONTENT, GET NOTES FROM JASON.

See the next page for our photo record of the event.

In fact some of the pictures from the FLAGY were so good I would like to use one of them for a special competition. The challenge is the classic, 'Create the caption'. The best captions for the picture below will be published in the next newsletter, that's it for a prize I'm afraid but I will at least promise that I will publish the next newsletter much quicker.





*For Further
information
regarding
club
shooting
fixtures
please see
our web site
or contact
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COACHING

General Coaching
1st Tuesday
each month.
1-on-1 Coaching
is available all other
times in addition to
general assistance,
but must be pre-
arranged

Please contact John,
Lionel or Jason
directly in order to
schedule a slot.

Slightly more recently has been our Beginners course and of course Sparsholt. You can read more on Sparsholt on page 5. So all in all a rather busy period. If you have any suggestions for articles or content for future newsletters or perhaps you want to write an article please let me know. Any ideas or suggestions are always welcome.

Notices

- **Membership Subs Due 1st April**

There are still a few people that have not yet paid this year's subscriptions hence it is still listed in the notices. The amount payable for subs has not changed from the 2009 levels. This year's subs are:

	Juniors	Seniors
Subs	£24.00	£75.00
Equipment Hire	£20.00	£20.00 1st year £40.00 2nd + years

Subs can be paid by Standing Order over six months (April to October) to help spread the cost. If you wish to pay this way please contact Liz for further information. Cheques payable to:- Alton & Four Marks Archers

- **Child Protection**

These days all clubs are subject to increasingly more stringent child protection legislation and we are no exception. For this reason, I would like to remind all parents that any children attending the club must be accompanied by a parent or guardian. Thank you.

Notices from GB UK

- **Update on the new Website**

Coming Soon to a computer screen near you! The Society's revised and refreshed website will shortly be switched on, you will automatically be redirected to the new site. Thank you to those who contacted us to give feedback on the trial site.

- **Archery GB England Development Plan**

Ambitious plan developed to support archery's continual nationwide development.

Archery GB has launched far-reaching, and exciting, plans to develop the sport throughout England. Two years before the London Olympic Games, the sports' governing body is building on opportunity to promote archery in schools, and to help clubs around the country build for the future. "The plan is focussed on a limited number of areas, and clubs and schools are the two main areas that we wish to support better over the next three years," said Archery GB's Head of Development, David Reader.

CLUB CLOTHING

We have a few items of clothing in stock for sale If anyone is interested.

Hats, Fleeces, Polo shirts, Badges, Caps
Sweatshirts
Etc

Please note we are currently out of woolly hats, therefore an order will have to be placed, but this will be subject to the number required. If you wish to purchase one please let Michele know as soon as possible

Clothing contact
Michele

afmarcheryclub@live.com

- **150th Anniversary: update and call for volunteers**

We want you to be part of the 150 years celebration of our Society. For information on how to volunteer or see what is being proposed please click here The deadline to submit your expression of interest is 30 June 2010. We look forward to hearing from you.

- **Personal Performance Courses**

Spaces are filling up fast for the July Personal Performance Course. To avoid disappointment book your place now!

- **Job Opportunities**

Archery GB is looking to appoint a Marketing The deadline for applications is 4 June 2010. More

English Institute of Sport is looking to appoint a Performance Lifestyle Advisor. The deadline for this position is 19 May 2010. More

The Presidents Cup

The Club has asked that I name a trophy following my association and development with it over the past 25yrs+. I have agreed that it be called, the 'PRESIDENTS CUP' and be awarded annually at the AGM in February.

Any Club Member using any discipline of bow will be eligible to compete, following their first outdoor season with the Club. The aim of the award is to encourage the completion and return of score sheets for any full round shot. Emphasis has been placed on simplifying the paper work, yet making the award attainable to every Archer in the Club.

The proposed formula for calculating scores works on the Handicap basis with an adjusting factor reflecting the general standard of the Club Members. It is accepted that these 'adjusters' are biased in favour of MB's and GMB's, but we don't have many of those, yet!

Wishing you Good Progress, - John W.

FLAGY Shoot Picture Gallery



Beginners Course – Spring 2010

Late last year I stopped prevaricating and contacted the Alton and Four Marks Archers with a view to getting back into archery. I had (and still have) an English longbow, but had not shot an arrow in anger for almost 15 yrs. The club suggested I attend one of their beginner's courses because of the length of time I had been out of the sport, and invited me to one of the 'Have a Go' sessions at the Four Marks recreation ground one evening in preparation for this.

The 'Have a Go' session was well-attended, with people of all ages coming along to see what archery was all about. With a bit of patient advice from club members on safety and the rudiments of how to hold the bow, draw aim, and loose an arrow, I was 'matched' to a set of arrows and one of the club recurve bows in preparation for the first beginners session the following Saturday.

Saturday duly came and so I found myself along with about 20 other new starts up at the Recreation ground. The day was divided between talks on essential information (safety, equipment and etiquette) and being out on the range. I was surprised and pleased that the emphasis was firmly placed on practical hands-on experience with the equipment rather than classroom theory. A particular highlight was the explanation of the various types of bow by Jason, Michele, Alan and Lionel. The classroom overview of the differences and similarities between the English Longbow, Recurve and Compound bows was followed by a practical demonstration out on the range so we could all see how the shooting techniques and arrow path associated with each bow type differed. The compound ('rifle with a string') and longbow ('bent stick') attracted particular interest from some of the learners, and it was nice to see that the club is truly inclusive in its approach to all disciplines. Duncan was kind enough to bring his 'curly bows' (Horse Bows) along to the second session a week later, which again caused much excitement amongst those who had never seen them before.

The following week, we were all thrown a bit by the introduction of sights on the bow and a change in the anchor point position. It's at this point that my ability to even hit the target went downhill rapidly, as I'd not been used to ever using a sight on a bow before and seemed to be completely unable to locate my chin for the anchor point. There was happily some excellent and patiently-delivered advice from the club members, several of whom were with each group of beginners, and by the end of the session most of us had improved quite a lot. The last week of the course was again nice and practical, with explanations of range set-up and scoring, and a chance to put our skills to the test later in a mini competition. Everyone seemed to enjoy it, with some really good scoring from the younger beginners. I was lucky enough to do reasonably well, and felt that at least some of the instruction may not have gone 'in one ear and out the other'. By the time the presentation of the course completion certificates arrived, the other beginners I spoke to were unanimous in saying that they'd thoroughly enjoyed the experience and had learned a lot from it.

A number of us have since taken up club membership, and a few weeks down the line I can honestly say that I have no regrets in doing so. I plan on returning to the longbow at some time in the future, but at present am more than happy to soak up the

