

July 2010



# Alton & Four Marks Archery Club

## Newsletter

E-mail: [AFMArcheryclub@live.com](mailto:AFMArcheryclub@live.com)

[www.altonarchers.co.uk](http://www.altonarchers.co.uk)

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### Volunteers Needed

For

### Autumn Beginners Course

4<sup>th</sup>, 11<sup>th</sup> & 18<sup>th</sup> Sep. &

### 30th Open Shoot

12<sup>th</sup> Sep.

If you can help, contact [AFMArcheryclub@live.com](mailto:AFMArcheryclub@live.com)  
More details on the back page of this newsletter.

YOUR CLUB



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Newsletter Editor

### Editorial

It's now been just one month since the last newsletter and I am on track to stick to my promise of delivering the newsletter with something closer to a reasonable frequency. You may remember that in the last newsletter there were a couple of features that were hoping for your input; the first of these was the caption competition and the other was the uniform selection. Strangely enough there weren't too many replies, none to be precise. At least it was none for the captions, so I can only assume that of all of the ideas people had none of them were repeatable. Perhaps next time!!! As for the uniform proposal, four replies were received. So thank you to those that did respond. We took the low number of responses as a general lack of interest and have therefore shelved the idea. Clearly there is no point spending club money on something that is not important. However, if anyone is still keen just let one of the committee members know.

Since the last newsletter we have been blessed with long hot sunny days and evenings which have provided excellent opportunity for wiling away the hours shooting at targets. Or if you are Duncan 'flaggy' Sergeant you can skip the targets and simply



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

*jason-  
mccoubrey@hot  
mail.co.uk*

### **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.

destroy a flag or two. Duncan, normally known for his collection of bent twigs, I think they are some form of exotic hunting bows, was going through his usual sighting shots for 60y when he managed to shoot the flag clean of the target. At this stage of the evening Duncan was the only person shooting while the rest of the field was spectating. I am sure you can imagine the response, along with the applause and cheers there were a number of shouts of, "I'll bet you can't do that again". Except that after collecting his arrows and resetting the flag, 'do it again' was exactly what he did. Now only Duncan will know if this remarkable feat was intended as a demonstration of his amazing skill or just a fluke. Far be it for me to suggest which it was. A picture marking the event can be seen on page 2, photo gallery.

Just to continue the theme of amazing, we also have a picture provided by Michelle Baker and one from me. It was Michelle's young son who noticed this extraordinary cloud formation. I don't know about you but to me it looks remarkably like a heavenly archery session going on. See the photo gallery for the pictures.

Just to keep the theme of tenuous segues going, did you taste those heavenly burgers? I am referring to the club BBQ and the delicious food provided and prepared by Jenny Hales. I hadn't realised women could cook on a BBQ my wife assures me it is a job for the boys, so an extra special thank you to Jenny.

Please remember 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.

## **Photo Gallery**



**Duncan 'Flaggy'  
Sergeant** after  
hitting the flag for  
the second time  
that evening

**Jenny** showing off  
her BBQ chef  
talents, complete  
with just two of the  
many appreciative  
diners





Thank you to **Michelle and her son** for noticing these clouds and for sending in the pictures.



Here is my own cloud archery observations, not as clear as Michelles, with photography courtesy of my son.

### 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

### Notices

- **HELP!!!!**

If I could add something to the page that would make it shout, Please come and help! I would, but as that cannot be done I will have to be satisfied with exclamation marks.

- ❖ **30th Open Shoot** – On the 12<sup>th</sup> Sep. We will be running the 30<sup>th</sup> Open shoot. This is a big event for the club and while we hope that many of you will compete we also need lots of helpers for the event.
- ❖ **Beginners Course** – we will be running the beginners course on the 4<sup>th</sup>, 11<sup>th</sup> and 18<sup>th</sup> Sep. These are normally 1000 to 1300 sessions and once again we need helpers to make these sessions a success.

Please use the sheet at the back of the newsletter to sign-up to help in whatever capacity you can manage. Many, many thanks for your support.

- **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.

- **Footwear**

Personally I hate this insurance, litigation and health & safety crazed society but there you go. So before I get on my soap box I need to point out that due to recent changes in archery insurance we now need to uphold the safe feet requirements. In other words: No safe footwear. No shooting.

### Range Readiness

Summer shooting days are:

- Sunday from 1000 to 1200
- Tuesday from 1800 till we are done
- Friday from 1800 till we are done

Please take part in either the range set-up or putting away or both if you around. All help is much appreciated.

Thank you.

- **Range Readiness**

We have run a notice asking for more help with either getting the range ready or taking it down at the end of a session. I am really please to be adding a thank you to all those extra people who have been helping out recently. This is truly, very much appreciated. Many thanks and long may it continue. If you would like to take part but you're not sure what to do, have no fear, we all started somewhere so just ask any of those taking part. They will be happy to give any guidance needed.

- **Fee's**

We are now 3 months past the point where fees were due, which means most of you have paid, thank you for that. For those that have not paid, you are most likely absent minded, rather like me. But sadly this does NOT mean that you no longer need to pay. On the contrary, if you wish to continue shooting please pay the fees. If you are not sure if you have paid I suggest you check with Liz.

### **Notices from Archery GB UK**

- **Archery World Cup**

The FIFA World Football Cup may well be over, the Vuvuzelas temporarily silenced, but we have our own World Cup for Archery in September, if you have not yet booked your tickets book now to avoid disappointment.

- **National Record Claims for New Rounds**

Following the changes to the Rules of Shooting and SAPS that came into effect on 1 March 2010, new rounds have been introduced and will be recognised for national record purposes.

- **Archery GB on Twitter – Advanced Warning!**

There will be an Archery lead Twitter Feed from the beginning of August where we will be reporting back from the field of play at the Archery World Cup Stage 3 in Ogden USA.

- **Archery World Cup**

Field archers: An experienced squad of 16 British hopefuls will be going for gold at the World Field Archery Championships in Visegrad, near Budapest, Hungary, which get underway on 13 July 2010.

- **No change at the top, but competition is hotting up**

Simon Terry, Charlotte Burgess, Andrea Gales and Liam Grimwood remain top of their respective divisions in this years Archery GB National Series after all finished in the top three at Bradford .

- **GB Paralympians set three new World Records**

Paralympians John Stubbs and Danielle Brown have broken individual world records at the GNAS Midsummer Tournament at Lilleshall. Paralympic gold medallist and world champion Dani Brown completed a wonderful week by taking the women's compound top prize at the second leg of the Archery GB National Series, at Lilleshall.

## JAE Stars

By Lionel Shepherd

As most people who regularly attend know, we had a coaching session over two Tuesdays for students who had been selected by their schools for the JAE Stars event. This was part of an Archery GB initiative to raise the profile of archery in schools country wide by 2013.

This event has been running for 3 years, and is funded by Hamble Sports College via Sport UK. Everybody involved gives up their day off to support this event as it is an inset day for the college.

Originally I was going to the event to support our students but I got co-opted to the HAA coaching group to run the event.

At the event it was evident who had been coached and who had not when the students came up to the line for the start of the competition. Some impromptu coaching had to be done for those who had not shot before, however the students that had been coached by the clubs involved did not let us down and the senior coaches were impressed with what had been done in the short time given. Perins School shot well with some good grouping thanks to a little crafty on line coaching and achieved gold in one of the boys groups and silver in one of the girls groups for the overall competition.

The feedback from the students to the college showed that the Archery was a popular addition compared to the event they had last year so I think it will be part of the JAE Stars next year also. Some of the sports coaches will be pressing for it.

I would personally like to thank all club members for the warmth and friendliness shown to the students and their parents (one of which has sent a letter to the HAA team thanking them) and to those who helped in coaching and admin. Also the HAA coaching and Hamble college have added their thanks to all clubs involved for making this event possible and for the hard work they put in.

## The Matrix

Despite the picture, no this is not news or latest update on the cult scifi film, but is in fact a brief introduction to the new 'Matrix' chart we now have for weekly shoots. The idea came from Jason



Spencer based, if I remember correctly, on some previous experience with another club. The idea is that we have a chart listing a series of different rounds across the top of the page and the names of those who wish to participate on the side of the page. Each person can then use the round listed on the chart each week as a guide or goal for their weekly shoots. This gives each person plenty of chances during the week or, if you are especially keen, you can complete the round three times during a week.

The shoots are varied to create enough challenge for the more experienced as well as something for the novices amongst us to have a go at. Once you complete a round you simply record your score on the matrix. As the saying goes; a picture speaks a thousand words, so below is a picture of what I am trying to explain. This will hopefully make it all clear.

The beauty of this simple thing is that it makes it easy to see how well you are progressing. It also creates a little more personal challenge so that rather than turning up each week, shooting a few arrows and heading home, the matrix provides that little extra boost and goal. Of course if you don't want the extra boost that is fine too.

One extra thing to consider is that each time you do shoot a round the score you get could go toward your classification. So for example, if you shoot a couple of rounds and score at 3<sup>rd</sup> class and then you have a good week and score a round at 2<sup>nd</sup> class you will have achieved the required standard to get your 3<sup>rd</sup> class and better still you also have one round that will also count toward your second class rating and so you will only need two more at the same standard to get your second class. All of this can be done by simply sending your scores the clubs records officer, Dave How (mail the scores to HOW523@hotmail.com ).

So if you need a little extra boost or want a little extra challenge in your weekly shoots just check out the matrix, see what shoot we have for the week, shoot the round and add your score to the matrix.

Alton

Date	14-20 Jun 10	21-27 Jun 10	28 Jun-04 Jul 10	05-11 Jul 10	12-18 Jul 10	19-25 Jul 10
Name	Short Warwick 2 Doz @ 50 yds, 2 Doz @ 40 yds	Short National 4 Doz @ 50 yds, 2 Doz @ 40 yds	Western 4 Doz @ 60 yds, 4 Doz @ 50 yds	Long Western 4 doz @ 80 yds, 4 doz @ 60 yds	St Nicholas 4 doz @ 40 yds, 3 doz @ 30 yds	National 4 doz @ 60 yds, 2 doz @ 50 yds
Jason Spencer Recurve Senior	376 364	554	642	520		
Jason McCoubery Recurve Senior						
Daniel Seick Recurve Junior		356	490			
DAMIAN		434				
KOZOL	299 229	439				

## Christmas (Buying a bow)

I can't believe that July is only just coming to an end and I am already writing about Christmas, but it is often around this time that people start thinking about buying gifts, especially for the kids. At this stage I have to confess that I never think about Christmas as this time of year but that may just be a bloke thing as I think my wife has already bought most of the pressies. That or else she's just crazy.

The point of this short piece is simply to say that if you were thinking of getting your kids a bow this Christmas then the advice is don't! Not out of a Scruge like desire to ruin your little darlings festive season but simply because their needs for bows change as they grow and as their skills develop. So you could find you spend a lot of money and very soon have a bow that is no longer suitable. As a club we are very fortunate to have a variety of bow kits that people can use while they develop their skills, so there is little point in buying what can be expensive kit.

If you do want to buy something archery related then we recommend you purchase some of the extra personal kit that will last. This could include: a bracer to protect their arms, tabs, stands, pullers or any number of accessories that are available these days. If you or the grandparents are determined to buy a bow then the club is more than happy to recommend what kit will be most suitable or advise you generally on any archery related purchases. One last comment would be, don't buy archery kit from e-bay unless you are very familiar with the kit you need.

## Diary Dates

<b>Club BBQ</b>	<b>27<sup>th</sup> Aug</b>
FLAGY Shoot (Guildford)	8 <sup>th</sup> Aug
Junior Invitation Shoot	28 <sup>th</sup> Aug
Have-a-go Session	31 <sup>st</sup> Aug
Beginners Course	4 <sup>th</sup> Sep 11 <sup>th</sup> Sep 18 <sup>th</sup> Sep
30 <sup>th</sup> Open Shoot – Four Marks <i>(volunteer helpers required)</i>	12 <sup>th</sup> Sep
Club Championships	19 <sup>th</sup> Sep
Bat Shoot	29 <sup>th</sup> Oct

## VOLUNTEERS NEEDED

Please help the club during this busy September by volunteering to help at some of the coming events. Below is a list of roles and dates where help is needed. Please mail ***AFMArcheryclub@live.com*** if you can help on any of the dates shown.

We also need prizes to be donated for the 30<sup>th</sup> Open Shoot on the 12<sup>th</sup>. If you have something you can donate that would make a great prize please mail ***AFMArcheryclub@live.com*** .

### **30<sup>th</sup> Open Shoot (12<sup>th</sup> Sep. 2010)**

Helpers needed for  
Catering  
Field Crew  
Runners  
Scorers for Juniors

### **Beginners Course (4<sup>th</sup>, 11<sup>th</sup> 18<sup>th</sup> Sep. 2010)**

Helpers needed for  
Admin  
Equipment  
Support