



"Homeless, or should it be Clubhouseless"

Editorial

Looking back at the last newsletter's editorial, this one could not be more different. Gone is the fleece, gone is the cold, we now have weather hot enough to melt concrete. Well, not quite but you get the point.

It has been good to see the beginners from the last course progressing well, to the point that some of the long-standing

archers are getting a little worried. Me included. The confidence of a novice archer knows no limits and also the effect that thinking about technique has on your abilities. Still I jest, it's good to see.

We have waved goodbye to the old clubhouse, I hope that its replacement will serve us just as well.

New Face of the Clubhouse

The new clubhouse has been months in the planning/funding/everything stage. Suddenly we are approved a grant, then it is ordered.

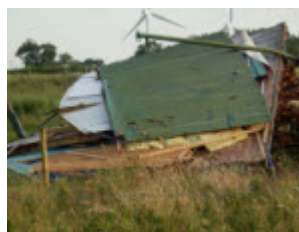


That to me never seemed real, it will happen, but later. So, somewhat of denial until that email which stated we have a delivery date, and Marcus is going on holiday, so the dismantling of the hut needs to begin. Now that is a sign.

So, on one of the hottest Saturdays in living memory, screwdrivers, crowbars, lump hammers, brute force and red faces, were all brought to bear on our clubhouse. By the time we had finished it was no longer our clubhouse, it was a wood and metal building touched with sadness. It then stood for



another week waiting for Marcus to remove it, like a relic from a war time bombing, no longer a meeting place, but something to be pointed at in both sympathy and empathy. The ground cleared and new bonfire material are the only evidence.

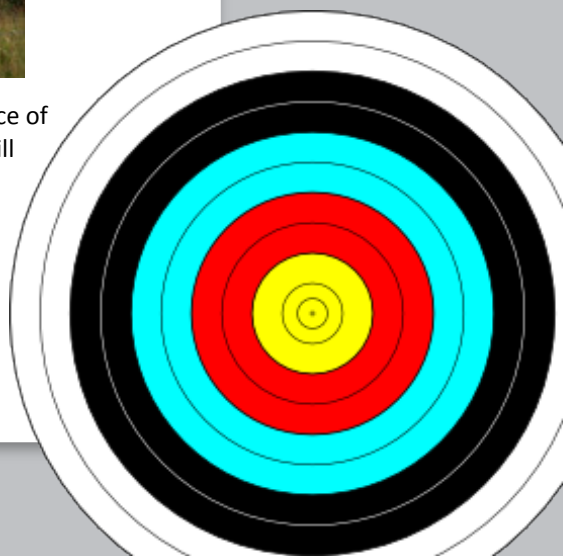


And now the new, it sits in place of its former self, different but still our clubhouse.

We now need to put our mark on it, pinholes, posters, spilt water. These are not important, it's a sign of a well used and loved clubhouse.

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CONGRATUAL TIONS

Eleanor	Club Record	Ladies U12 Recurve	Junior Windsor	760	29th June
Glynis	Club Record	Ladies Recurve	Albion	772	29th June
	Club Record	Ladies Recurve	Long Western	683	20th July
Sylvia	Club Record	Ladies Longbow	Short Windsor	244	22nd June
	Club Record	Ladies Longbow	Short Western	195	20th July
Marc	Handicap Award	Gents Recurve	York	Bowmen of Glen	12th May
	2nd Place	Gents Recurve	York	EMAS	17th June
Martin	3rd Class	Gents Recurve			8th June
Nigel	Handicap Award	Gents Recurve	York	Bowmen of Glen	12th May
	Club Record	Gents Recurve	New Western	642	27th July
Ray2	Club Record	Gents Longbow	Short Windsor	307	22nd June
Stuart	3rd Class	Gents Recurve			27th July
	Club Record	Gents Longbow	Short Windsor	710	27th July

Notices

Please take the time to say hello to our new member Big Stuart.

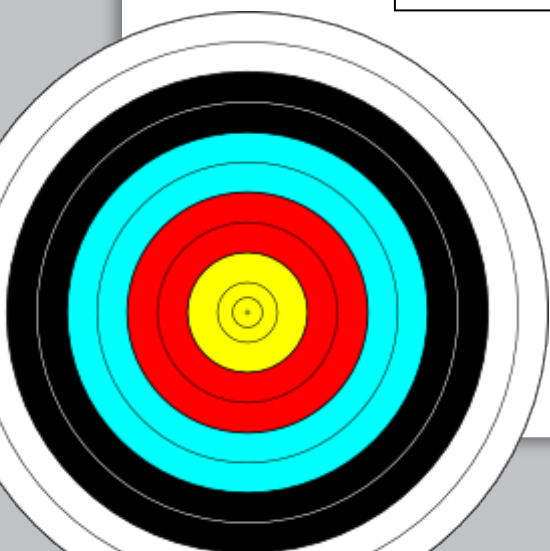
Please check the club web site for any changes/times of club competitions.

Dates for the diary, "Fun Shoot" on 7th September, "Skittles" on 11th October.

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.

Archery according to 'One Sheet'

Have you noticed that the nearer gold centre, the bigger the score....doh



LRCAA Shoots

August	4th	L&RCAA County Champs York / Hereford Bowmen of Glen
	18th	KMAC Double FITA 70M
	25th	Melton Mowbray - 1st Summer Western
September	8th	LRCAA Novice Shoot - LAOFAO
	21st	Double Fita 70m - Bowmen of Glen
	22nd	Fita Star - Bowmen of Glen

Young Carers Club

Lutterworth Archery Club were the hosts to the Young Carers Club of the Harborough District, on a warm Wednesday evening in July, for a "Have a Go" session.

Seventeen young people aged between 12 and 17 picked up a bow and arrow and hit the gold. There were a few stars amongst the group, who definitely put some of the more seasoned club members to shame. Very few stray arrows, so the metal detector was not required. After only a minimum amount of coaching, a team competition was held of dozen arrows each, and although it was close, Team 2 were the winners.

The Young Carers Club gives the young people the opportunity to be themselves, have a laugh, try some new activity, but mostly be around people their own age. They meet fortnightly in Market Harborough, where the knowledge that all those present are in the same position, means that "it" is not discussed, meaning they can be just young people.



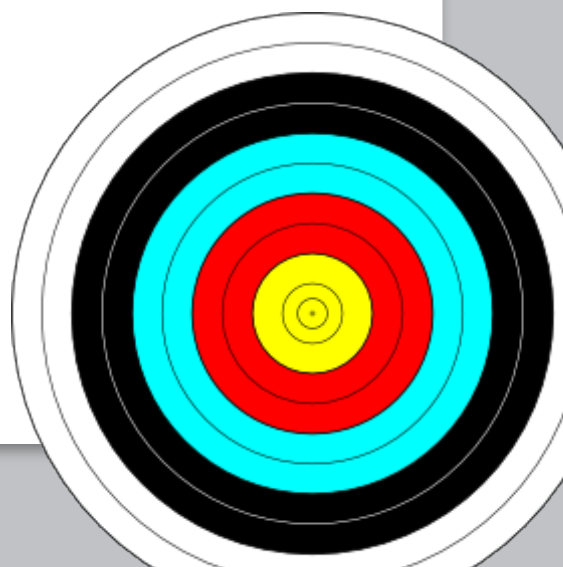
What is "it"? "It" is the daily life of looking after parents or siblings, with physical disability, drug misuse, depression, mental or chronic illness. The effect of "it" can be on the school work, on the attendance and on their own personal life.

The charity Voluntary Action South Leicestershire (VASL) runs the Young Carers Activity Group, which is primarily funded by BBC Children in Need. Their aim is to provide a regular respite group and also give the young carers the opportunity to do special events, such as a day at Alton Towers or even archery. These trips are paid for by a "secret millionaire" type donor.

The work of Voluntary Action South Leicestershire can be seen on www.vasl.org.uk.



A successful event was demonstrated not only by the laughter and smiles on the faces of the young people, but also on the faces of the club members.



Cousin Chuck

"Let your cousin help with archery"

Dear Chuck,
I am new to archery and have developed this habit where the string slashes my arm, thank goodness for an armguard. Can you help?
Yours Ivor Sawarm

Dear Ivor
Perhaps one of the most annoying things a beginner archer experiences when shooting a bow is having the string slash against your bow arm. Follow the steps below, and this should help you

Step 1: Check your bow hand position

Pick the bow up, and prepare to shoot, but this time, imagine a line running down the centre of the grip, through your bow hand. If the majority of the hand is on the inside of the line, then you need to adjust the grip. Similarly if the majority of your hand is on the outside of the line, then this puts too much pressure on the thumb, so the bow may slip. The correct position is somewhere in the middle of these two extremes, but it should be comfortable.

Step 2: Check the bow arm itself

Again pick up the bow and prepare to shoot, but this time look at the elbow of the bow arm. It should be rotated so the elbow points away from the bow. Now relax the arm and do not lock it out.

Step 3: If the first two steps were successful but still having trouble then, consider Opening the Stance

By opening up your stance, it gives more space between the arm and the string. To get an open stance, stand square to the line and then move your back foot forward a bit.

Step 4: If the past three steps have failed, the archer should evaluate their form to see if they are anticipating the shot. Just before the arrow is let go, an archer anticipates the follow through and extends their bow arm. This causes the arm to put into the path of the string.

Don't be discouraged if you fail a few times, even the best archers in the world wear an armguard. The main thing is to minimise the effect of the string catching your arm.

Yours, Chuck.

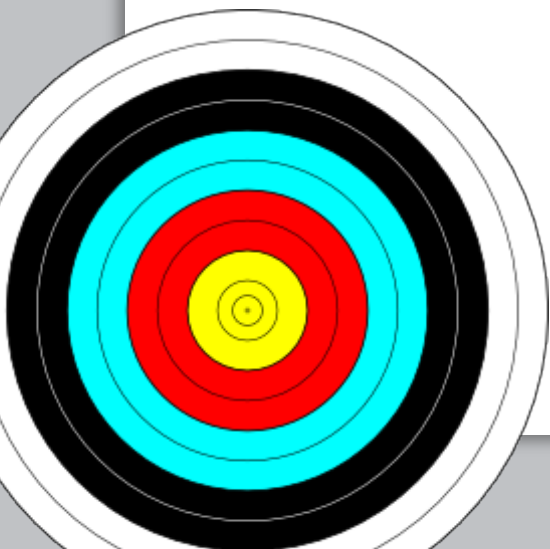
Unstrung

I missed because ... I stood up straight, so my arrows flew over the target

I missed because ... I slouched, so my arrows flew under the target



Happy Birthday Mick



Club Shoots		
August	24th	York, Hereford, Nationals (12:15pm/2pm)
	31th	
September	21st	Nationals
	28th	