



BURTON BRIDGE ARCHERS

Important Information for Juniors



Just a reminder to all juniors under 18. Please remember that to comply with GNAS Rules of Shooting 103c, there must be a senior GNAS member present when shooting at the Washland sports ground.

CLUB SHOOTS

A reminder to everyone, it is very important to turn up one hour before the start time of any club shoot to help set up the field.

Aberystwyth

Six of us were brave enough to show off our “talents” during an archery holiday in Aberystwyth in July. We were lucky enough to have fantastic weather, good company and the organiser provided free drinks—even alcoholic ones! Unfortunately we didn’t win any individual prizes, although Carol came 4th and Pat came 5th in the ladies compound however Tony came 8th in the White team with that team being the winners overall. Jan’s team won the ten pin bowling.

Still we consoled ourselves in style!



FUN SHOOT

This year our annual ‘fun shoot’ will be held on Tuesday 27th December.

Don’t forget to bring a present—time to recycle those unwanted Christmas presents.

The start time will be advertised in the club house

At a County Squad Development meeting one of the points made by several members was that some clubs are becoming very insular in their outlook.

Don't let Burton Bridge Archers become one of these clubs.

Go to shoots, learn from other archers, bring these ideas back to the club.

Invite other archers to our club to shoot with us and capitalise on their experiences.



Has anyone any idea where one half of the club records book may be? Kelly would appreciate any information as they are still missing and these records are a very important part of the club.

Winter League Information

Burton Bridge Archers will once again be shooting in the indoor and outdoor leagues this year. There will be 3 teams of 5 archers for the indoor at Meadowside and 2 teams for the frostbite at the Washlands.

The indoor round is a Portsmouth round which is 5 dozen arrows at 20 yards and the frostbite at the Washlands will be 3 dozen arrows shot at 30 metres.

There will also be a compound team for the frostbite league.

New members and juniors will be welcome.



A famous golfer said "when things are going right I just need to do enough to keep it there and when things go wrong there are not enough hours in the day for practice".

If things are going well you cannot afford to sit back and relax, you need to keep your shot to the forefront of your mind every day.

Granted it is not always possible to shoot two hundred arrows a day as many top archers do or to practice with a reversal sling but if you can learn the art of mental practice this can be done at anytime during the day when shooting or reversals are not possible.

You also need to write down your goals and the required actions to enable you to achieve these goals.

The recreational archers in a club are very important and should be encouraged to achieve whatever level they aspire to but we must also support the higher achievers and by so doing learn from their experiences.

Is there anything you would like to see happening at the club—if so why not let a member of the committee know or ask Pat Cooke (patcooke@tiscali.co.uk) to put it in the next newsletter..