



Win an Archery performance weekend at Lillishall

<http://www.gnas.org/>



<http://www.emasarchery.co.uk/>

March 2007

www.burtonbridgearchers.co.uk

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**Links
GNAS**

- Junior: www.gnas.org/junior/index.cfm
- Coaching: www.gnas.org/coaching/index.cfm
- Target: www.gnas.org/target/index.cfm
- Clubs: www.gnas.org/clubs/

Archery Interchange
www.archeryinterchange.com

Tenzone
www.tenzone.unet.com

Contributions to
peter.studden@googlemail.com



I have been asked to alter the size of the newsletter as it has created problems for some to read. This is the result. I hope it meets with your approval.

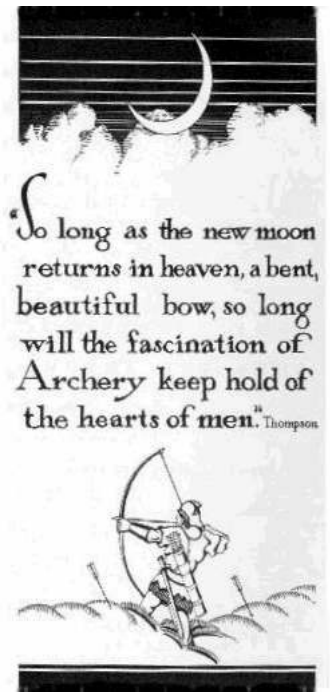
This then, has created a problem for me. I need to fill 4 pages, with stories, ideas, hints & tips. A photo or two, a good cartoon, A cake recipe , anything... So, if you have anything to contribute, please send in something. You have my e-address.

Inside, I have written a short article on why I started archery (More to fill in space than anything). But to keep the idea going,

why not send in your reason(s) for taking up the sport.

Another idea

Tell us what you shoot & why. Some of us have more than one type of bow, Is there a reason for this? We have, I'll tell you later. In the meantime, it's over to you



Workshops for you & the club...Read on

There are those of us who have expressed an interest in making strings. Why not have an evening where we call in & have a session on general maintenance of our gear. We could use the dubhouse perhaps.

Having got yourselves

sorted, why not give BBA a boost? We need working parties to get things "Shipshape & Bristol Fashion" in readiness for the Kathy Crispin Open we need to make, repair. Paint, renew, so when our guests arrive we can be proud of our dub. We also

need a working party for the big day, so please keep yourselves available.

Thanks in advance

Points to ponder Why Archery?

Why not? I have always been interested in projectiles of some type or another. I guess you could say that I wanted to hit something that was not too close & do it **fast**. I was about 8-9yrs old when I made my first sling. I had access to a field where distance was no object, just as well, as a sling-shot can go a very long way, even from a small child. I was a small child as well, (I did not start my later growth until I was about 17) Anyway having made a few slings & destroyed a few glass panes in a greenhouse or two, I decided "Enough was enough" I had

not been caught out yet, & had no intention of it happening. Much later I joined the rifle club where I worked. We used to shoot at the Army rifle range in Windmill Hill Lane, Derby. The club stayed open for about 2yrs. Then we had to close. Why, I could not say, but close we did, but near to the top of our division. It was many years later that I went to the Caravaning & Camping Show at the NEC where archery was on display "Have-a-Go" I think 3 arrows for 2/6d. (12.5p today) That was fun. The next time I laid hands on a bow

was at a Scout Leaders weekend camp. I did let a few arrows go & one or two did hit the boss. It was here that I tried a Long-bow for the first time. 6 arrows later & one bleeding arm (No Bracer) I was hooked. After the camp I made enquiries about archery for scouts, but got nowhere. Then 11-12yrs ago a A poster went up in the mess room at work advertising a beginners course. The rest, as they say, is History

Scores from Kelly

(continues on P4)

Jan' frostbite R/c senr

1) Scott Stanbury	300
2) Tony Creasey	295
3) Nigel Evans	276
4) Ian Page	273
5) Angharad Pugh	264

Comp

1) Peter Studden	301
2) Carol Studden	259

Junr R/c

1) Ashley Parker	232
2) Oliver Perkins	178

Jan' Portsmouth R/c senr A

1) Glen Croft	587	<u>new club record</u>
2) Pat Margett	556	

3) Tony Creasey	542	24 golds
4) Scott Stanbury	542	19 golds
5) Cliff Croft	516	

R/c senr. B

1) Angahrad Pugh	488
2) Sandra England	474
3) Nigel Evans	469
4) Kelly sessions	467
5) David Chadbourne	462

Comp

1) Peter Studden	523
2) Carol Studden	521

junr

1) Ashley parker	470
2) Oliver Perkins	453
3) Laura Evans	437

Feb, Frostbite R/c senr

1) Tony Creasey	321
2) Scott Stanbury	316
3) Sandra England	290
4) Nigel Evans	286
5) David Chadbourne	272

Comp

1) Peter Studden	312
2) Carol Studden	302

junr

1) Ashley parker	259
2) Luke Allsopp	143

Feb' Portsmouth R/c senr A

1) Scott Stanbury	548	
2) Ian Page	527	23 golds
3) Tony Creasey	527	13 golds

Coaches corner

Hey there coaches, how about some ideas from you.

Here's something from Tenzone:

Mental rehearsal is real.

Psychology

Research has shown that imagined performance generates appropriate muscle responses. It's not clear why, but the implication is that imagined performances really does exercise much of the brain's motor function—it isn't all imagination. Experimental tests show that visualization during training improves the resulting performance. In

sports like archery, or similar "closed" situations in other sports (Penalty shots in basket ball etc.), previsualisation seems to improve performance. Imagining scenarios helps you work out what will happen, how you will feel & how to deal with possible situations. Just about everybody has felt the effects of remembering a seriously embarrassing moment, the emotional effect of the "image" is quite real. That "real" effect of an image can help in a variety of ways in anxiety management



Junior Section

The club now have a link to gnas <http://www.sportfocus.com/reguser/>

The junior club can be edited by using the username & password. I have these on file, also, Derek has a copy. If you fancy your chances with it. Nothing has been done here, it will be down to you. Do you fancy the challenge? Run the site your way, get us on the map.

I sent an e-mail to the juniors, asking for their ideas, wish lists, why I started... Ashley Parker came back to me with this.

" I can only think of one important suggestion at this time, that is on all club nights (Washlands), there should be a shooting line put out before anything else is done, even if you are the only one there—but others may turn up & it is difficult to work with flags in the ground, plus, all shoots use shooting lines, & it is good practice on how you stand, making your shooting that little more consistent.. On the wish list, I think a few more fun-shoots could be made in the summer. I would like to try the moving

targets shooting style (This is after following a link I sent to him & others) This I'm giving some thought myself on how this could happen. Let you know if I have any breakthrough ideas. Going back to how I started archery, well at first I was more interested in the skillful sports like fencing, but I failed to find a club, & so was unable to pursue this. I have always liked archery & many times asked if I could do it. Turns out that if you want something, do it yourself. Dad all talk—no action. I searched & found a local archery club, & then waited for the next beginners course. Now after shooting a while, I would like to follow the Croft bro's example in becoming a better shooter or higher"

Ashley sent me another mail after the Portsmouth shoot "

On today's Portsmouth round, I got my best pb, 519 & I wasn't the only one either, there were several others too. There were quite a few PB's today so you

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Some dates for your Diary

The next committee meeting will be 19:00, 19th April.

Some of the following have been penciled in as a draft, so the dates could be altered, but keep your eyes open for the Calendar.

The last indoor shoot Sunday 18th March. We'll need help to transport the equipment

back to the club please.

26th April: Beginners course

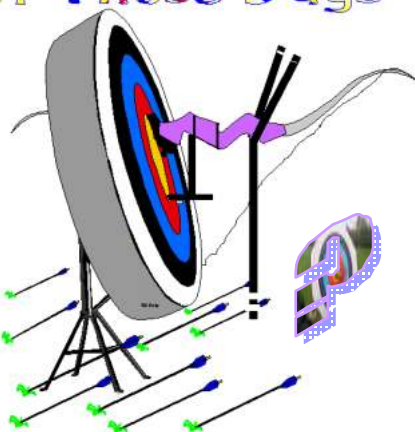
24th June: Kathy Crispin Open

4th August: Ukraine "Have-a-Go".

21st October: Clout

More dates later

Ever Had One Of Those Days



Web link

<http://www.sportfocus.com/reguser/>

The above will take you to our club site. I have mentioned this in the Junior section as they have their own site. If you want to take this over, ask Derek or myself for the username & password. I have made a start but with no great success. I'll stick with the newsletter, thank you

GIBBLEGUTS By Dan Gibson



Battlefield casualties caused by misfirings and faulty ordinates can be traced back throughout the history of warfare.



Want a Long-bow? Have a chat with Paul. Made to measure.

Carol will make an arrow wipe tassel for your misses. Keep your arrows clean. £5.00

We have 4 bosses for sale, Ideal for your garden practice. Buyer collects. £5.00 to Sandra please

Anything for sale, want, give away. Post it here

I sent Dave (Archery Interchange) an e-mail offering £10.00, to offset the bandwidth cost of advertising our Open shoot,

This is his reply:

Hi Peter,

'twas a pleasure to host the form and glad we could have been of service.

Don't worry about donating to AIUK,

I'm sure there's a more deserving cause that could make better use of the money 😊

Cheers

Dave



Wrong address

A Minneapolis couple decided to go to Florida to thaw out during a particularly icy winter. They planned to stay at the same hotel where they spent their honeymoon 20yrs earlier. Because of hectic schedules, the husband left Minnesota and flew to Florida on Thursday, with his wife flying down the following day. The husband checked into the hotel. There was a computer in his room, so he decided to send an e-mail to his wife. However, he accidentally left out one letter in her e-mail address, and, without realising his error, sent the e-mail. Meanwhile, somewhere in Houston, a widow had just returned home from her husband's funeral. He was a minister who had just died from a heart attack. The widow decided to check her e-mails, expecting messages from relatives and friends. After reading the first message, she screamed and fainted. The widow's son rushed into the room and saw the computer screen which read:

To: My loving wife.

Subject: I've arrived.

Date October 16 2004.

I know you are surprised to hear from me. They have a computer here now and you are allowed to send e-mails to your loved ones. I've just arrived and been checked in. I see that everything has been prepared for tomorrow. Looking forward to seeing you then! Hope your journey is as uneventful as mine was..

P.S. Sure is freaking hot down here

Ashley continued

might want to take notes Thursday on who got what. I'm afraid I can't remember all of them, but the other junior was Ashley Dolan. Adults was most of them. My review of today's shoot was good, it was all down to the arm training - which as you can see has paid off, it stayed very steady and in the 2nd half there was a little struggle, but I was able to control it and maintain good central hits (I further train now at holding the bow and holding the draw for a while, to help increase control), and I pattered the gold full of holes and ruined it ready for you to finish tearing it apart".

Thanks Ashley, some good reading there, Anyone else with new s please?

Scores from Kelly can't

4) Derek Jameson 522 15 golds

5) Sandra England 522 13 golds

R/c B

1) Carl lee-rose 503

2) Angharad pugh 498

3) David Chadbourne 480

4) Andy Johnson 449

5) John Thomson 430

Comp

1) Ashley Dolan 534 (P/B?)

2) Abigail Dolan 488

Junr R/c

1) Ashley Parker 519 (P/B)

2) Laura Evans 491

3) Luke Allsopp 357

4) Oliver Perkins 355

There are some pictures in my Picasa2 web albums, they are not listed (Private), so you will have to type the exact address.

The link for Mexico is:

<http://picasaweb.google.com/peter.studden/Mexico?authkey=OGFf3SRfoIU>

Derby Champs:

<http://picasaweb.google.com/peter.studden/Derbychamps?authkey=Wi22bmVnK9s>

Junior Nationals

<http://picasaweb.google.com/peter.studden/JuniorNationals06?authkey=UwTeAz5QycY>

[Contributions to peter.studden@gooqlemail.com](mailto:Contributions.to.peter.studden@gooqlemail.com)