



Redruth Archers Newsletter

Editor: Ann Callaway
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February 2010

GNAS Handicap medal Winners

Congratulations to:

Junior: Miss Lorna Sandoe

Senior: Mrs. Karen Herrington

Handicap & Classifications

Don't forget to put your completed score sheets for any recognized and complete round in the black box in the garage for Sally – also please include any results lists if you go away to tournaments.

Work Party

There will be a work party on Saturday 20 February 2010 at the club field. Please try to attend, if only for part of the day. From 10.00 am onwards, bring some tools and wear old clothing.

Would you like the chance of extra coaching?

If enough members are interested, we can arrange some coaching sessions with our coaches during the Summer. These would be on a Saturday for a few hours and there would be a charge for the coaching – yet to be decided.

If you are interested, please contact Ceinwen Paul by email: cwn.paul@talktalk.net or telephone: 01209 711979



Indoor Club Championships

This will be held on Friday 19 March 2010 at the former Richard Lander School – last indoor shooting session for this season at this venue.

Club Evenings commence on Wednesday 5 May 2010 at the field (although the field is available 7 days a week). for Keep in touch with what's going on, come and meet new Club members at the field on Wednesday evenings.

DCAS Outdoor County Championships come to Cornwall for 2010 and will be hosted by Newquay Bowmen. For details of events in your County, checkout the County website at: www.dcas.org.uk

Diary Dates for Redruth Archers



February

20th Work Party
T.B.A Country Skittles - Club Members' and families Social evening

March

19th Club Indoor Championships
26th First Beginners' Course (Session 1)
31st Second Beginners' Course (Session 1)

April

11th Longbow Tournament
20th Work Party for the Double American
22nd Work Party for the Double American
25th Double American Tournament

May

4th Work Party for the FITA Double 720
6th Work Party for the FITA Double 720
9th FITA Double 720 Tournament

July

27th Work Party for the Double FITA Star
29th Work Party for the Double FITA Star
31st Double FITA Star (Day 1)

August

1st Double FITA Star (Day 2)

September

T.B.A Club Outdoor Championships

October

T.B.A Indoor shooting venue

November

3rd AGM

An extract from
"ON TARGET"
Stratford Archers Newsletter

A LAYMAN'S GUIDE TO ARCHERY

Part 1.

"Just for Fun"
SUBMITTED BY
DAVID SMITH

THE EQUIPMENT

The bow

This can vary greatly in its design and construction having evolved over many centuries and is still evolving as the range of available materials grows. Basically, however, it is bendier at the ends than in the middle and has four main functions for the archer of today.

- a) The modern bow is the ideal thing to trip over on the way to the shooting line.
- b) It is equally handy for falling over on the way back.
- c) The range of bows provides almost infinite opportunity for the archer to spend money on something instead of a washing machine, T.V., food, clothes for the children, etc, etc.
- d) Last, but not least, the bow is that piece of an archer's equipment to which most other pieces of expensive equipment can be attached.

The string

Without the string the bow would never stay on the bow stand. It also provides the means by which the bow is stressed and therefore performs its main function of pulling as many muscles in an archer's arms and back as possible.

Arrows

These range in size from knitting needles to sawn-off pieces of scaffolding. The arrows provide the exercise element of archery. The legs are exercised by having to walk after them, the eyes by having to look for them and the abdominals by bending down to pick them up.

Stabilisers

Two little wheels attached to either side of an archer in an attempt to get to and from the shooting line without falling over. (See - The bow, sub-sections a) and b).

The sight

There are two particular sights to look out for in archery. Firstly, a large female archer in the process of picking up arrows or, secondly, a large male archer wearing half a bra.

The chestguard

Half a bra.

The tab

Half-hearted attempt by archers to retain some feeling in their finger tips.

Kisser

A small device attached to the string that enables the archer to tell where his mouth is.

The clicker

The clicker has three very important uses.

- a) It lets you know when you should have been ready to shoot.
- b) It confirms that your arms are the right length.
- c) It removes any unwanted bits of plastic or feather from the arrows.

The bracer

A small target pinned to the forearm as an aiming point for the string.

