

# Allington Castle Archers

## Nocking Point

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**September 2010**



Dates for your dairy – Sunday 5<sup>th</sup> September Captains Challenge & Bar-B-Q

Saturday 18<sup>th</sup> September Last Junior Challenge

Sunday 19<sup>th</sup> September last MKL match HOME v Abbey

Saturday 9<sup>th</sup> October Junior coaching session 13:00

## Chairman's Chat

### Vice Chairman

Well here we are again, almost at the end of another summer session; and what a busy year this has been. This weekend (04.09.2010) sees the last of the Beginners courses which will conclude on 11.09.2010. Should these participants venture along the line please make them feel welcome.

On 27<sup>th</sup> August 2010 we were to hold another corporate evening for a group of student nurses (sorry guys) not as you are imagining. However, this was cancelled due to a number of reasons but they are looking forward to coming back next year, possibly May time.

The Worcester/Portsmouth Indoor Tournament is fast approaching on 28<sup>th</sup> November 2010. Can I ask if you are interested in shooting, you please let me know as soon as possible as this is a popular event and I have received quite a few requests to date. The cost of the day is £9.00. If you are unable/do not wish to shoot can you please include this date in your diaries to come to help with the set up/take down, score collecting and generally looking pretty.

I have now received confirmation regarding our indoor venue for this winter session. We will now be shooting at the Maidstone Market Hall, Lockmeadow complexes, Barker Street, Maidstone. The venue is available on Friday nights (see dates below) from 19.00 – 22.00, for those of us that still work in old money, 7.00pm to 10.00pm. Hope to see you there.

Dates:

October – Fridays 22<sup>nd</sup> & 29<sup>th</sup>

November – Fridays 5<sup>th</sup>, 19<sup>th</sup> & 26<sup>th</sup>

December – Friday 10<sup>th</sup>

January – Fridays 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> & 28<sup>th</sup>

February – Fridays 11<sup>th</sup> & 25<sup>th</sup>

March – Fridays 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> & 25<sup>th</sup>

Many thanks

Sandra

### Captain's Corner

August was a reasonably busy month.

The final Les Barrett competition was held on the 8<sup>th</sup> of August. The weather was kind, not overly hot and windy, which meant that the vast majority were in touching distance of, or managed to shoot better than their handicaps. Four archers managed to get into the 1500s thereby doing some serious damage to their handicaps. They are Sally, George, Bill and Lawrence. Keep it up guys.

Mags had requested that we add an extra trophy for the best Recurve Lady Archer Handicap score. So this year the trophies go to George and Sally with the best handicap scores.

The last away mid kent league was held at Gravesend. Although it was reasonably clear, the wind was coming head on, but switching left and right, which meant you had to be paying attention to what was going on. There were varied results. Sally managed to smash her handicap with an HC score of 1594, which helped us. We have moved to fourth in Pure score and third in Handicap. Well done to everybody.

The next mid kent is at home against Abbey, so it would be good if we got as many archers as possible from ACA. We are also hosting Gravesend, so it's going to be a full field.

That's it, see you on the field.

Charles

### Vice Captain

The last of the 2010 Junior Challenge Trophy rounds will be shot on Saturday, September 18. The details are as follows: please arrive before 13:00hrs for 13:30hrs sighters. All juniors please make every effort to attend.

In response to several requests for additional coaching, we will be arranging a junior coaching session on Saturday, October 9<sup>th</sup>. Arrival time is 13:00hrs, we expect the session to end by 16:00hrs.

The purpose of this session is to review each junior archers' bow set up and centre line the equipment if required. The club coaches have agreed to help all those juniors who attend this session with one to one focussed coaching. The purpose of the session will be to improve the archers' shooting style and technique.

In addition to this we are planning follow up sessions during 2011 (specific dates etc to be confirmed).

The coaching sessions will be segregated from next year's Junior Challenge Trophy dates. These sessions will be used to further develop the junior archers' shooting style and technique throughout the summer season.

Regards

Clive

## Twig & Stick

### MB attempt

Record status shoot at CMO on the 8<sup>th</sup> August was a venue I have not shot before. Relying on the Satnav is an adventure sometimes, ending in a cul-de-sac more than once. But I made it on time, the ground was very dry, very little grass. The usual suspects were there, Clinton & mum, and a few other faces I recognised. Weather was not bad, sunny and breezy.

Off we go for a score, hopefully of 362, well it was not to be as I shot one of my personal worst rounds. Aghhh well there is always the next record status shoot.

**22<sup>nd</sup> KAA Target Champs.** Well what can I say but I have shot some good rounds some very good rounds and some real rubbish. This

was unfortunately the latter, after 5 and half dozen at 100yds I had only scored 29 points. Nearly doubled it on the last end with 20 points. After lunch I decided to see if I could recover the situation shooting the 80yds, after one end of 6 I realised that it was not my day. I then **left the field**, something I have never done before, my reason was that I was doing something wrong and I did not want to practice it for another 6 doz.

**5 down and 2** to go, tighter than I would have wanted it.

The next chance was the **Whitefriar's**, well this turned out to be the same as the CMO shoot.

So I can say with confidence that the MB attempt is ended, **I failed**. I have learnt a few things over the last season.

1. It is easy to say go for MB but a lot **harder to do**.

2. With my practice scores staying good, at or above what was required, I was convinced it was a question of time before I crossed the finishing line, **wrong**.

3. The **weather** in this country is not the archers friend, to get three days shooting with good conditions is impossible. Particularly in August.

4. I always have had problems with **pressure** on the day, but this "must do" at a particular venue/date was something else. I did not feel that stressed but the scores say different.

5. It's ridiculous how when stressed you forget all you know you should do. I have to control my **stress levels** before I can achieve this.

6. Having obtained a handicap of 52 a GMB, all rounds including 100yds, it seems unfair not at least be classified as MB, but the rules state **three rounds at record status** shoots. This means that all MB's & GMB's can shoot to the required level & are laid back enough for it not to effect there shooting.

7. Preparation of equipment, lots of practice and confidence are **not enough**.

***Sorry to one and all if you have e-mailed me in the last weeks, but my Broadband has gone phuuuut, engineer coming Thursday 26<sup>th</sup> August to sort it out Haa. & the 1<sup>st</sup> Sept. double haaaa.***

***Ahhaa back on line on the 2<sup>nd</sup> Sept. only 274 e-mails to sort thru. & reply to two.***

### **Social Secretary**

There will be a barbecue at the end of the Captains Challenge on Sunday, 5<sup>th</sup> September. Please bring your choice of meat and we will provide rolls and salad stuff.

The annual dinner is usually held in November and I will be discussing this at the next Committee meeting.

Jean B