

## WOKING ARCHERY CLUB NEWSLETTER – APRIL 2006

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**T**he Olympics are coming to London! It was announced a while ago that the London bid for the 2012 Olympics has been successful.

With Archery remaining an Olympic sport following the IOC's recent vote, there are bound to be some effects on the sport in the UK.

Firstly I believe we can expect a rise in interest in archery to follow any media exposure for the sport, and more positive interest in archery can only serve to strengthen it.

Secondly, with the Olympic venue so close to home it should mean that we all get the opportunity to see the Olympic archers in action.

Thirdly, we face the exciting prospect that some of the archers we know, particularly the quickly advancing juniors, may be included in the GB squad. Certainly with the event on home soil it will be an opportunity for GB to present a full team, and with 6 years intervening who knows what could happen!

**A**s some of you may be aware, during the summer months there are strange goings on at the field on a Wednesday evening. Over several weeks the club runs a number of corporate evenings or 'Have-a-go's'. The club has been running these events for a number of years, and they have proved to be very popular, with many groups booking next years evening as soon as they finish shooting!

For the most part these evenings consist of three different archery disciplines. To start with, everybody gets kitted out with Bow, Arrows, Quiver, Bracer and Tab, before joining the shooting line for some basic instruction whilst shooting at regular FITA style targets set at 20 yards. Once everyone has got the basics down on the 20-yard targets, and it is clear that they all understand the safety and range rules then it's on to something more challenging.

The next thing to have a go at is Wand shooting. For these events the wand is only set at 60 yards rather than 100, but being only a few inches across and shooting without sights it can be challenging indeed.

Often at this point (though not always), after everyone has had a good go at hitting the wand there is a short break whilst everybody descends upon a Barbecue and buffet that was prepared during the shooting.

When everyone is full, and fingers have been wiped clean it's back to shooting, this time it's a mini field shoot, with four or so targets

set-up just as we do for our regular WAC field shoots. Veterans of the WAC field shoot will be familiar with Pete Champion's fondness for impossible shots, so this portion of the evening is often accompanied by incredulous gasps as people step up to the peg for the first time.

Once the field targets have all been shot, and stray arrows retrieved it's on to the final event, head to head competition shooting at David's Dice, a target you may be familiar with from the annual novelty shoot. A fun target to shoot at, the dice always get the competitive spirit going.

When everyone is finished shooting at the dice, often because it is getting dark (!) it's time to say goodbye, and return the equipment to the sheds.

These events have proved to be so popular in recent years that many groups book for next year as soon as they finish shooting.

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## RESULTS

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These are the results for June's monthly Club Shoot

A number of people who would normally shoot were away for this one, but we had a reasonable turn out never the less, and some reasonable scores.

Award	Name	Score
1 <sup>st</sup> O/All Senior Gent Recurve	Shane Biggs	448
1 <sup>st</sup> O/All Senior Lady Recurve	Sue Cooles	467
1 <sup>st</sup> O/All Junior Recurve over 9	Matthew Wilson	425
1 <sup>st</sup> O/All Junior Recurve under 9	Caitlin Critchley	393
1 <sup>st</sup> O/All Senior Gent Compound	Mike Piper	504
1 <sup>st</sup> O/All Senior Lady Compound	-----	-----
1 <sup>st</sup> O/All Junior Compound	-----	-----
1 <sup>st</sup> O/All Gent Longbow	Andrew Jennings	134
1 <sup>st</sup> O/All Lady Longbow	-----	-----
1 <sup>st</sup> O/All Junior Longbow	Ben Hadden	89
1 <sup>st</sup> O/All Barebow	-----	-----
1 <sup>st</sup> Lady Recurve on Handicap	Ruth Miles	1494
1 <sup>st</sup> Gent Recurve on Handicap	Shane Biggs	1511
1 <sup>st</sup> Junior Recurve Over 9 on H/C	Harry Taylor	1508
1 <sup>st</sup> Junior Recurve Under 9 on H/C	Caitlin Critchley	1459
1 <sup>st</sup> Gent Compound on Handicap	Mike Piper	1466
1 <sup>st</sup> Longbow on Handicap	Andrew Jennings	1495
1 <sup>st</sup> Black Badge (unrewarded)	Richard Jordon	1485
2 <sup>nd</sup> Black Badge (unrewarded)	Vicki Pinhorn	1484
3 <sup>rd</sup> Black Badge (unrewarded)	Peter Champion	1476
4 <sup>th</sup> Black Badge (unrewarded)	Charlie Critchley	1463
5 <sup>th</sup> Black Badge (unrewarded)	Max Winsor	1459
Wooden Spoon	Moira Kendal	-----

Also in July, we had the David Mond Memorial shoot on the 31<sup>st</sup>. We all shoot a Hereford for this, as it was David's favourite round, and there are awards for the closest to Davids last Hereford score, and for half the overall winning score.

DAVID MOND MEMORIAL SHOOT		31 <sup>ST</sup> JULY 2005
1 <sup>st</sup> O/All Recurve	Angus Wilson	979
1 <sup>st</sup> O/All Compound	-----	-----
1 <sup>st</sup> O/All Longbow (hits)	Julia Madelin	271
1 <sup>st</sup> O/All Barebow	-----	-----

Half O/All score – Mond Trophy	Dawn Winsor	-----
Nearest to David's Last Hereford	Jake Pinhorn	-----
1 <sup>st</sup> Bowman Class	Harry Taylor	1537
1 <sup>st</sup> First Class	Ruth Miles	1556
1 <sup>st</sup> Second Class	Tallia Smith	1543
1 <sup>st</sup> Third Class	Jonathan Down	1532
1 <sup>st</sup> U/C Class	-----	-----
1 <sup>st</sup> N/C Class	Andrew Steel	334
Best Gold – Arrow on Stand (rec)	David Moore	-----
Most Gold's – Monster Figure (lb)	Julia Madelin	6

Prizes for the O/All winners were Gold Medals and a Lantern Trophy.

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## YOUR NEWSLETTER NEEDS YOU!

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Please do remember that we are looking for submissions from members to be included in the newsletter, so any articles or ideas you may have will be gratefully accepted.

I know some of you have been thinking about writing something, so don't be shy. Submissions may be kept anonymous upon request.

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## TIGER WOODS' TIPS FOR ARCHERS

So, the first contribution received comes from world-class golfer Tiger Woods.

OK so we all know Mr. Woods is not actually an archer, and I think we can be pretty certain that he didn't submit this material himself, so lets cut to the chase shall we?

"Today's Golfer" magazine recently ran an article which featured "39 tips to learn from Tiger Woods" obviously designed to be of benefit to golfers, but I feel also offer good advice for archers, so, here is Tigers advice, with a few added notes for the sake of relevance.

He only hits the ball with what he feels is 80% power – this builds on the notion of a relaxed shot, and not trying too hard and introducing stress.

He doesn't work on complicated form, just the basic fundamentals – the KISS principle in action.

He draws an imaginary 10-yard line in front of the ball, after the shot he walks over it and the shot becomes history and forgotten – no emotional baggage, if a shot goes bad try and leave it behind you, rather than repeating it.

When he hits a good shot he twirls his club to "tag" the shot to help install it in his memory. Attaching significance to it – it makes it easier to recall the feeling of those good shots, and makes them easier to repeat, and to draw on positive imagery.

When he is under pressure he takes long breaths from deep within his stomach not his chest to help relaxation – it is well proven that this type of breathing works to relax both mind and body.

BS time, after the shot he jokes around and talks about everything except golf - by turning off his focus he doesn't get mentally tired.

He always visualises how the ball will fly, he feels it gives his body a "set of instructions" to follow - It is known visualisation is a powerful tool in archery as in many sports.

Luck, he feels he is lucky. If something lucky happens he feels its all going his way to give him momentum and puts him in a great state of mind - label yourself as a lucky archer, another aspect of positive thinking.

One controversial point - Stick with ONE coach - Seve B said, "Coaches are like doctors, each one has a different cure for your problem" Advice from too many sources will just muddle your brain. I would recommend you listen to advice from anybody, but only act on the advice of a few.

Checklist - If he is doing it bad he has a checklist. Basic set up, then stroke - it's applicable to archery, if you find things going wrong, go back to basics with your form, step by step, from the feet up.

Learn to win. Practice with people better than you but enter tournaments you can win so you get the feeling and confidence – probably the least applicable to a sport where most people would say they compete mainly with themselves.

Nerves. Realise even the pro's suffer from them even if they look cool on the outside – *this is so true*, if you are standing on the line thinking "good grief what am I doing here" then look down the line, I promise *practically everybody is in the same boat*.

Use what you have. If you slicing the ball that's your game for the day play it... - don't tinker with your form on competition day, that's what practise days are for, when it comes to the big game, just shoot your shot.

If you do a bad shot its ALL your fault, take responsibility. Be in charge, if you do a good shot, its you. If you get a bad shot or get put off that's also you – recognise when you have made a mistake, but know that those good shots are in you as well, and they are yours to make.

And finally something Rick McKinney also preached. Forget finding the secret, just keep working on your game and try to improve

in all areas. Tiger told his coach his new form clicked, his response was "There was no getting it, only getting better"

So, that's it, take from these anything you find interesting, I hope they have provided a little food for thought at least, and remember, if you see anything which is not directly connected to archery, but relevant to it, send it in.

A couple of bits now from Pete Champion, both regarding recent shoots.

### **GUILDFORD ACORN**

**Y**esterday (29<sup>th</sup> August 05) will now be known as 'Critchley Day' or even 'The Day of the Critchleys' or maybe 'Caitlin and Charlie Day', because last year Woking's winning team comprised John Antill, Pete Turner and Charlie Critchley, and this year Woking's winning team was made up by John Antill, Pete Turner and Caitlin Critchley.

At this rate we will have two more years of this and then we will have to substitute 'Dad' – so Mark, you've got two years to get it together.

Notwithstanding the above, Pete Turner and John Antill did us proud, together with Pauline Pringle, Max Winsor and Harry and Sam Critchley.

It's a good shoot, which caters for all abilities and styles and is an ideal introduction to your first away open tournament, plus it's local – what more do you want, good weather and friends.

### **ATKINS**

**O**n Sunday 21<sup>st</sup> August we welcomed Atkins Archers from Epsom to our ground, as it was our turn to host the annual inter-club shoot which we have now been doing for 10-15 years.

It is policy for us to provide good weather with good food after the shoot, so it turned out just right.

The best bit, I suppose was a win by Woking with scores of XXXX against XXXX using longbow, recurve and compound to work out the results.

Some of our newer archers took part, as an introduction to shooting against people you are not familiar with – always a troublesome time. However, everyone enjoyed the day and the company.

It's their turn to host the shoot at Atkins in 2006 for the return match, see you there.

Whilst on the general theme of tournament reports, a note from Julia Madelin...

### COUNTY OF SURREY LONGBOW CHAMPIONSHIPS

The word 'unique' is generally misused, but in this case is probably accurate – we must surely be the only county in the country to put on this sort of competition TWICE in a year! Most don't even do it once.

However it is extremely popular, and even though Colin and I occasionally think that once would be quite enough, we are shouted down... so as long as we can cope, we will continue.

The two competitions this year were very different. May saw a blustery cross-wind with hail falling when we drank our sherry, and decidedly chilly conditions. September was a lovely, hot and extremely humid day with only the occasional light breeze. Both competitions were fully subscribed. We just could not do it without a work party from the club to set up, and on both occasions it worked very well – when it comes to dismantling the field at the end, just about everybody pitches in and some of the visiting archers were every bit as helpful as the County gentlemen. Of course our massive thanks go to Andrea and Lesley for coping with the kitchen – when they weren't sunbathing, and Shane was terrific with an extra pair of eyes to help myself and Judie Freidlander (when she wasn't serving the sherry) with the results sheets.

The club has lost so many of its longbow archers in recent times that we are no longer the best set of longbows in the County, that honour now goes to Royal Richmond.

In May the results as far as Woking is concerned	Julia Madelin 1st County Lady
And in September	Julia Madelin 2 <sup>nd</sup> County Lady
	Colin Madelin 3 <sup>rd</sup> County Gent
And best of all	Benjamin Haddon 1 <sup>st</sup> County Junior Gent
On his first two-way longbow shoot ever.	

Julia Madelin

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## PARTING SHOTS

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The W.A.C Open will have long since taken place by the time you read this, so heres hoping for some good results for Woking.

The outdoor season is starting up again, and will soon be in full swing, so good luck everybody, and good shooting.

The first of the years Surrey Longbow events will be happening very soon, and as always, I am sure any help with laying out the field would be appreciated, as always have a word with Julia Madelin if you are interested and available.

A couple of people recently have asked me to mention the amount of rubbish left on the field by members. So, please do not leave, drink's cans, empty plastic bottles, crisp packets, tinfoil from sandwiches or any of the other junk, which has been dropped on the field lately. Seriously, it only takes a few seconds to go and drop it in a bin.

Another quick note from Peter C now, regarding club records.

It's been suggested that we reinstate a published version of the 'Club Records' to compare to the County and Regional scores. So this we will do.

We will start from 1<sup>st</sup> January 2005 and we will operate it like County Records.

This is what you must do to claim a club record:

- 1) The round must be shot whilst at least two people are scoring
- 2) Scores need to be done on a standard score sheet for the round and signed by archer and witness.
- 3) Score sheet will need to be given to records office, or left somewhere for the Records Officer and should be attached to a small claim form which we will provide.
- 4) Any records will be included in the Newsletter and on the club website, and anything from January this year will be included.

OK, that's it folks, until next newsletter, take care and shoot well.