

# DCAS NEWSLETTER Spring 2004

FOR ARCHERS IN DEVON & CORNWALL

Issue #17

Please copy and circulate to other club members

## EDITORIAL

Welcome to the Seventeenth edition of the DCAS Newsletter. Don't forget we are always after your input, so send us your news items, wants & sales, articles etc.

Copy for the Summer issue (to be distributed at the County Champs in Exeter) should be sent to one of the Editorial Team by 11<sup>th</sup> July 2004, please:

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## RECENT ACHIEVEMENTS AND NEWS

Congratulations to Gill Bedford who came 2<sup>nd</sup> in the British Indoor Championships held at Lilleshall in March. Gill missed out in the head to head by only one point.

Richard Hawkesford has been invited to attend the Junior National Development Squad.

Bob Griffith-Bird has also been invited to the Great Britain Development Squad.

The following members of DCAS were successful when shooting in the G.N.A.S. January Portsmouth Challenge:

Jill Ward (Recurve and Longbow).

Gill Bedford came 1<sup>st</sup> in the Beginners Ladies Compound category.

Emma-Jayne Young came first in the Ladies Recurve experienced archer.

Maureen Gibson came 2<sup>nd</sup> in the Ladies Longbow experienced archer.

Gary Wilde and Bob Young came 1<sup>st</sup> and 2<sup>nd</sup> respectively in the Gents Recurve experienced archer.

Glenn Wilde and Dennis Gibson came 1<sup>st</sup> and 3<sup>rd</sup> respectively in the Gents Longbow experienced archer.

Kevin Chidgey came 2<sup>nd</sup> in the Gents Compound experienced archer.

Chris Bedford won the Beginners Gents Compound.

Beginners are archers who started shooting during 2002/3.

Well done to you all.

Marj Smith.

*Ed - At the DCAS Committee meeting in April Marj Smith resigned as PRO for Cornwall for personal reasons. Bob Griffith-Bird agreed to take on the post for both Counties. I hope you will join me in thanking Marj for all the hard work she put into the job.*

## SENIOR COUNTY TEAM FOR 2004 AND COUNTY SQUAD FOR 2005

As a reminder, if you wish to be considered for a place in the County Team this year, please let me know so that I can track your progress throughout the year. For further information and the procedures to follow please see the last newsletter or have a chat with me.

The County Squad for 2005 will include all members of the County Team chosen to shoot in September 2004, plus other archers chosen at the discretion of the DCAS Coaching Committee. These additional members will be chosen based upon the archers performance during the year at competition, so it is important that you let me know you are interested so I can track your progress. As you can probably appreciate there are limits to the size of the squad, such as the size of the venue where coaching sessions are held, the number of coaches available to coach the squad etc.

The size of the squad will be set later in the year, and will be published in the DCAS newsletter and on the DCAS website. After that, once the squad members have been chosen, this will also be published for all Archers to see.

Timothy Pratt  
Records Officer.

## COUNTY SQUAD TRAINING . . . IN WHOSE INTEREST – A VIEW FROM ONE OF THE SQUAD MEMBERS

Compared with some, I have been shooting for a relatively short time. I have been fortunate to have been coached well from the beginning and gained a County Team place in my first full season. I did however consider myself lucky in the fact that although qualifying on merit points gained through the season's selection shoots, there did appear to be a limited amount of archers to choose from. Considering that Devon and Cornwall have one, if not the largest county memberships in the country, it was obvious that the talent available was not being nurtured into a Regional or National force.

It had always been said that Archery is an individual sport. This is true most of the time. The only way to see how you perform or improve is through your own results. To improve would mean getting coaching or help through a qualified coach, a carefully chosen club colleague or a wide range of books and videos. Unfortunately all of these methods would throw up a dozen different ways of approaching the problem that left the archer totally confused. It is difficult to self improve without some sort of help, the problem being where?

Archery is difficult enough, but where football, tennis, athletics and many other sports have dedicated “non-playing” coaches, we in archery normally have to make do with a coach who also shoots and probably needs their own coaching help as well. As a coach myself it is difficult to put your own bow down and help a fellow club member when you yourself are struggling with a problem with an important tournament only a few days away.

I was fortunate to be allowed to sit in on an England coaching day a couple of years ago. It was a bit of an eye opener as I watched international class archers being shown very basic things to improve their form. It was brought home that going back to basics goes a long way to solving a problem. Use fine tuning to gain those important couple of points, but don't forget the basic rules to enable you to shoot consistently. Also, for the first time I was introduced fully to other aspects such as health, fitness, diet and mental approach. All these and many other aspects of training and preparation will improve most archer's performances.

It is said that archery is a sport for all ages, abilities and needs, whether you want to shoot for fun, club, county or higher awards. I believe this to be true and hope that it doesn't change. However, even the “fun” or social archer can easily become despondent if they are struggling to even hit the target let alone the gold.

What is the point of this article?

Well the point is threefold. . . .

- 1/ All archers deserve to be given some coaching and not forgotten after they have finished “improvers” courses. (What is an improver? Aren't we all trying to improve? Isn't it an ongoing thing?)
- 2/ Coaching should be consistent, whoever is doing the teaching.
- 3/ Ideally, non-shooting coaches should be available who can dedicate all their available time to improving the archers skills and well being without worrying having to worry about their own archery problems.

Pie in the sky? Well at the moment may be it is but changes are already on the way.

Over the past few years, coaching in particular has taken a new lease of life in the methods used and GNAS are working hard to standardise the ways of coaching. It is also fully recognised now that coaching is not purely the way we hold a bow and shoot. There are many other aspects that match exactly the methods used by coaches in other sports as well, such as fitness, mental approach and diet.

Devon and Cornwall probably now have more club and assistant coaches than ever before, many of them qualifying to the new standards. It will take some time yet but we are definitely travelling in the right direction.

So . . . County Squad Training . . . . . just who will benefit?

I think we all will. OK so the current crop of “high flyers” or potential team members are getting the immediate benefit, that is the initial idea.

At the moment we have an annual event that requires a “team” of archers to come together on one day in the year to shoot for the county. Historically that team has more than likely ignored each other for the whole year, ignored

each other on the day of the tournament and then, having had the after shoot refreshments, ignored each other until the next year!

What has been one of the more obvious things that have shown since attending the squad days is that there is lot more communication between archers. They are not only talking to each other but are offering each other help and advice. Commonly known as “bonding”, team spirit has arrived!

Individually, many of the squad members have shown a significant improvement in their own performances. This has been noticeable over the indoor season with generally improved and higher scores throughout the list of results. It remains to be seen if this trend continues into the outdoor season. My belief is that it will.

So we now have a team of archers who are working together for improvement through the year. This generates enthusiasm and achievement that will then rub off on other club members who will want to emulate that success. Coaches will find it easier to coach as archers will want to work harder for that success.

Success brings rewards in the way of publicity and grants that give promotional chances to clubs to increase their intake of new archers.

So we have all benefited.

It sounds easy.....IT IS!

Finally I would like to personally thank all those who have organised and assisted at the Squad training sessions. Although not being able to attend all the sessions, those I have attended have been useful and informative. Some archers have benefited more than others but I think all have gained something towards self-improvement.

I know that there has been much discussion behind the scenes as to the cost of running these sessions.

At the moment it would appear to be “funding for the few”, but that is the same at any level of sport. What must be remembered is that it is the future that must be planned for, not the past. It would be a great shame if these sessions were not allowed to continue.

This is a fresh and positive approach that the County is showing. Let's not let it die.

We cannot have it all ways. If the County wants success, funding, either full of in part must be budgeted for. I am sure, as is proved by the long distances that the Cornwall contingent have to travel, that all the archers will continue to support and appreciate what is being done for them.

Bob Young

Archers of the West.



County Squad session on the 4<sup>th</sup> April 2004 at Exmouth Archers Ground.

*DCAS CALENDAR OF EVENTS 2004*

	<b>Tournament / Event</b>	<b>Venue</b>	<b>Rounds</b>	<b>Contact</b>
May	2 <b>D.C.A.S.GRAND DAY</b>	Exeter Co of Archers	a.m. Longbow National p.m. National for all	Colin & Ann Holmes - 01392 259392
	9 Kyrton Open	Crediton, Devon	Western Rounds	Jeanne Carter - 01363 774847
	9 Redruth D. American	Redruth Club Ground	Double American	Wendy Wheeler - 01872 278435
	16 Tors Open	Notre Dame, Plymouth	York,Hereford,Bristols and Nationals	Margaret Byrnes - 01752 402152
	30 Brixham Open	Churston, Brixham	Rose York,Hereford,Bristols and Nationals	Judith Booker - 01803 853687
Jun.	5&6 <b>D.C.A.S./EXMOUTH DOUBLE FITA</b>		Ladies & Gents FITA	Colin & Ann Holmes - 01392 259392
	(Fri) 11 Exmouth Archers Lunartic Shoot	Exmouth	Short Nationals	Tim Pratt - 01395 442421
	13 Somerset Champs	Dunster Castle	York Hereford	Chris Hassall - 01823 413624
	19&20 GWAS Champs.	Dunster Castle	York Hereford Nationals	Jan Faralewski - 01202 692087
	(Sat) 26 GWAS JUNIOR CHAMPS	Burnham-on-Sea	York, Hereford and Bristol Rounds	Brian Hardy for information 01566 775831
	27 Wadebridge Open	Wadebridge	York Hereford Nationals	Mike Cornish - 01208 813488
Jul.	4 Yelverton Open	John Kitto Sch.Plymouth	York Hereford Bristols and Nationals	John Nicholson - 01752 846325
	11 Newquay Open	Newquay	York, Hereford & Bristols	Wendy Wheeler - 01872 278435
	18 City of Truro Bowmen	Truro	Canadian 1200	Amanda Odgers - 01877 271435
	25 <b>COUNTY CHAMPS</b>	Exeter Co of Archers	York Hereford Bristols and Nationals	Colin & Ann Holmes - 01392 259392
Aug.	1 Redruth FITA STAR	Redruth Archers	Ladies, Gents FITA and Metrics	Wendy Wheeler - 01872 278435
	8 Exmouth Open	Exmouth Archers	Mixed Hereford, Bristols and York	Tim Pratt - 01395 442421
	15 <b>DCAS FITA CLOUT</b>	Newquay Bowmen	1 way double FITA clout	Colin & Ann Holmes - 01392 259392
	22 Kenwith Open	Bideford	York Hereford Bristols	D. Hall - 01271 860955
	29 St Michaels Open	Baripper	York Hereford Bristols	Gail Morris - 01209 613913
Sept.	5 Mounts Bay Open		Mixed Hereford	Mark Wyglendacz -01736 798701
	12 <b>DCAS AUTUMN GOLD -Tors</b>	<b>Plymouth</b>	St George, Albion	Colin & Ann Holmes
	19 GWAS Intercounties	Exeter	Invitation York and Hereford	
Oct.	17 Kyrton Open Indoor	Crediton	Portsmouth	
	24 St Austell	Carnmoggas	Double Stafford Longbow Only	Marj Smith - 01726 813481
Nov.	21 St Austell Open Indoor	Carnmoggas	Double Portsmouth	Marj Smith - 01726 813481
	28 <b>DCAS ANNUAL GENERAL MEETING AT YELVERTON</b>			
Dec.	12? Exmouth Open Indoor	Exmouth	Fun Round	Tim Pratt - 01395 442421