



Hello and welcome again to your DCAS newsletter. I would like to thank everyone for the positive remarks that I received about the last issue. I hope you enjoyed the last issue of the newsletter, and I hope that this one will live up to expectation too! Please remember, this is your newsletter, and I just put it together, so please send me news of any achievements, awards, photos, shoot dates, announcements, jokes or puzzles that you wish to include. Sami xx [toptoxgal@hotmail.co.uk](mailto:toptoxgal@hotmail.co.uk)

*Do you have archery equipment that you want to sell? Adverts can be placed in the newsletter for 50p per item ☺... contact Sami ☺*

**ARCHERY LINK**  
**FOR YOUR ARCHERY**  
**EQUIPMENT**  
HOYT—WIN&WIN  
OPECHEE  
BEITER—DOINKER  
PLUS ALL ACCESSORIES  
**MEADOWSIDE**  
**NORTHCOUNTRY**  
**REDRUTH**  
**TR164DB**  
JIMMY SANDOE  
01209 213242  
07979338897  
email—jimmysandoe@aol.com

**Message from the DCAS**  
**Tournament Organisers**

Please look on the DCAS website ([www.dcas.org.uk](http://www.dcas.org.uk)) for instruction on how to fill in an entry form, as some entry forms that we receive are not filled in correctly and make our job very difficult! Thank-you!

**Gillian and Sami**

**DCAS Merchandise**  
**Landscape badges £2.50**  
**Box stickers 50p**  
**Pin badges £1.50**  
**T-shirts £5.00**  
**Sweatshirts £7.00**

**Available at all DCAS shoots, and can be ordered via email:**

**[dcastourorg@btinternet.com](mailto:dcastourorg@btinternet.com)**

**THE WAY OF THE CHAMPIONS**

This is the official techniques DVD of Archery GB. Featuring the Archery GB members, including Olympic archers Alison Williamson and Alan Wills, also with Naomi Folkhard, Charlotte Burgess and Tom Barber plus renowned coach Peter Suk, this DVD guides you through the different areas of the shooting technique, from the basic stance through to the release and follow through.

The guide uses high motion camera footage, 3D animation and digital imagery to help you improve your shooting skills, whether you are a beginner or a seasoned competitor. The DVD also looks at physical and mental conditioning, as well as Team GB in action, plus a look at what equipment is best suited to your development.

**Available from [www.gnas.org.uk](http://www.gnas.org.uk)**

***Review by Bob Griffith-Bird***

### Archery – what does it mean to you?

I have to admit, this question really isn't a very easy one to answer, as archery means something different to everyone – especially those who participate in the sport and those that do not. So I thought I would start with a definition according to Wikipedia (the source of all knowledge to a uni student!).

*“Archery is the practice of using a bow to shoot arrows”*

True. However, I believe that archery is much more than that. In the new generation it is a social activity, a hobby and in some cases, a career. Archery used to be a sport used to fight wars or hunt animals, but now it has become a social circle in which we have all found a place, and we have gained many friends from this simple act of shooting arrows from a bow. Team spirit and camaraderie have continued, but everyone is striving to achieve the best that they can, shooting their discipline. This leads me nicely on to the next thing I wanted to mention.

#### **Technology.**

How technology has changed over the years – moving from the simple longbow, to the all

technical recurve and then compound! There are now more things than you can shake a stick at to attach to your bow, and I can tell you, that I understand approximately 2% of them – and I salute everyone who understands more! Technology has changed the skill in shooting, as we are all after the final aim of the perfect score!

So what really is the point of us shooting? Competition? Winning? Getting better? Fun? Social activity? I think that archery is a mix of all of these, but in my opinion, archery is a social circle of which I LOVE to be in. I have made so many friends that I hope I will never lose, and shooting makes me feel happy, and I gain a sense of achievement whenever I reach a new PB – surely this is what it is all about?

Archery has changed so much over the years, and it will change even more in the future. However, there is one thing that I hope will never change in archery. **Friendship**. And in the words of GNAS (not Archery GB!!!!!!):

**"Union, Trueheart and Courtesie"**

**Sami Glover, Exmouth Archers ☺**



**The British Long-bow Society's Target Championships were held at Burnham on Saturday 20th September by kind permission of the Royal Toxophilite Society. The round was a Double National. Geraldine Neale who shoots for Exmoor Archers became the Lady Champion. Her scores were:**

<b>1st Round</b>	<b>Hits 62 Score 306 Golds 2</b>
<b>2nd Round</b>	<b>Hits 63 Score 335 Golds 8</b>
<b>Double Round</b>	<b>Hits 125 Score 641 Golds 10</b>

**Geraldine also won the Founder's Perpetual Medal for the Greatest % Improvement.**

**In the BLBS top 10 2008 Target Rankings Geraldine was 1st for the Double National Round and 4th for the Weston Round. Well done Geraldine!**

#### **Deadly Dottie, Coastal Archers**



**Congratulations also to Neil Bancroft, Torquay, who managed to score two THREE gold ends at the Kyrton Winter Warmer in January this year. This is a brilliant achievement for a longbow, and I'm sure you will all congratulate Neil for being featured in Archery UK for this achievement!**



## BOB'S BOOK CORNER



**'The Grail Quest' by Bernard Cornwell**  
Reviewed by Bob Griffith-Bird, Yelverton Bowmen

**"He was suddenly exultant, filled with a sense of power and satisfaction. In that one instant, as the first arrow slid into the sky, he knew he wanted nothing more from life. He was an archer..... Thomas had found his joy. He whooped with delight."**

### **Book 1 - Harlequin**

Archers, common men, become England's secret weapon when the English venture across the Channel to take the battle to the French. The army was led by the King, the great Lords and Knights but Thomas of Hookton, as one of those archers is on a personal mission - one he frequently forgets in the joy of fighting - to avenge his father's killing by a French raider and to retrieve his family's treasure. The journey turns out to be far more complex and treacherous than he expects and the enemy who awaits him could harness the power of Christendom's greatest relic, the holy grail itself. The first book in the Grail Quest series ends with the great battle of Crecy, the beginning of what became known as The Hundred Years' War.

### **Book 2 - Heretic**

When the English capture Calais, the war with France is suspended by a truce. Thomas of Hookton still has to pursue the grail and confront his deadliest enemy, his cousin, Guy of Vexille. Thomas and his men become raiders but when he releases a girl condemned to burn as a heretic, his

campaign is attacked by the church and he himself becomes the hunted. Thomas goes to the valley of Astarac, where he believes that the grail may still be concealed but there are many others who are also searching for it. The prize will guarantee victory in battle and the game of hide and seek is deadly. When Thomas finally succeeds in meeting his enemy, fate plays an unexpected hand. What has been a landscape of castles, monasteries, vineyards and villages becomes death's kingdom and the need for the grail, as a sign of God's favour, is more urgent than ever.

### **Book 3 - Vagabond**

Having survived the battle of Crecy, Thomas of Hookton is sent by the King on a mission to discover more about his father's strange inheritance, which is rumoured to be connected to the Holy Grail. He is not the only person searching and his rivals will stop at nothing. Now the holder of great knowledge he is in even more danger and at last he faces his enemy and cousin, the elusive Guy of Vexille.

These three books are available at good book stores priced at about £6.99 published by Harper Collins.

W	A	L	K	I	N	G	B	O	O	T	S
H	I	R	S	T	Q	U	I	K	H	C	A
A	B	N	S	N	O	W	C	E	G	O	P
I	I	W	D	U	M	R	N	N	N	F	P
L	V	A	E	T	Z	I	O	I	I	F	S
N	V	T	K	L	H	C	E	R	N	E	L
E	Y	E	R	S	A	Q	S	B	I	E	E
S	T	R	N	B	Z	S	U	L	A	K	E
S	O	U	E	W	A	R	M	E	R	D	T
F	S	A	S	R	D	A	M	P	J	L	D
A	V	V	G	E	I	T	T	U	B	O	F
B	U	M	B	E	R	E	L	L	A	C	G

- WIND
- RAINING
- SUNSHINE
- UMBRELLA
- BIVVY
- SOGGY
- WALKING BOOTS
- MUD
- GRASS
- SLEET
- SNOW
- HAIL
- WATER
- DAMP
- TEA
- COFFEE
- COLD
- WARM

One of these words cannot be found in the word search – can you figure out which one it is?

*Want to talk about archery with people who know what they are on about? Want to join exclusive competitions? Want to share archery tips and techniques and make new friends? Why not create an account on Archery Interchange? Also contains a shopping section for archers who are selling their old equipment.....! Type "Archery Interchange" into Google and get chatting!*

### **Caption Competition!!**

*Using the photo on the right come up with a witty caption for the picture. The winner will be announced in the next issue. Please email your entries to [toptoxgal@hotmail.co.uk](mailto:toptoxgal@hotmail.co.uk), or give them to Sami in written form with your details at the next competition!*



## **Coaching News by Philip Spavins CCO**

First let me tell you a little about myself, I've been shooting since the age of 6 joining my first real archery club Redruth Archers in 1986. I've represented DCAS as a junior and senior at the Intercounties. I generally shoot recurve, but have "dabbled" in compound. I was a qualified county judge for 8 years retiring 6 years ago so that I could concentrate on coaching and my own personal shooting.

### **What is the role of the CCO?**

I asked myself this question when I took office. I see the role of the CCO to facilitate coach education within DCAS. As CCO I am also able to help clubs and individuals to get access to quality coaching.

### **Level 1 coaching course.**

As this goes to press the final pieces have been finished for a level 1 course, Richard Jones Senior coach will be the lead Tutor, assisted by Bob Griffiths-Birds as the tutor, and Phil Carder as the course manager. Due to logistics the course will be in the Pinhoe Exeter. With the new accreditation system coming into place there may be a slight delay before we can run a second level 1 course. If you are interested in becoming a coach please email me at [dcas.cco@homecall.co.uk](mailto:dcas.cco@homecall.co.uk) priority at this stage will be given to archers whose club has limited or no coaches, and a maximum of two archers per club. There is a waiting list in place at this moment in time, but please if you are interested still email me.

### **Level 2 role out**

I will be arranging in the near future an update day to facilitate this training some of the key points.

The update day will include self assessment to identify additional training, presentations / training on goal setting, awareness of drugs, planning a series of coaching sessions, risk assessment and Level 2 awareness training. The coach will also have to arrange and document a series of coaching sessions (3) plus a preliminary fact find which must be completed by the 31<sup>st</sup> March 2011.

### **Level 1 Accreditation**

If you are interested in becoming an accredited tutor, moderator, assessor for level 1 please email me, once more details are released, I will be in contact with you. If you are already a qualified level 1 tutor, moderator, assessor you will have to undergo accreditation in the near future.

### **County Coach**

I would also like to hear from any qualified coaches who would like to advance to county. It is still possible to run a county course with central assessment if there is enough interest then I will look into the possibility of getting course arranged.

Regards, Philip Spavins DCAS CCO



### **Congratulations:**

to Thomas Edwards from Newquay Bowmen who took part in the Jaws Scheme last year and was placed 25<sup>th</sup> in the rankings! Here is a picture of him with his medal and certificate from GNAS. Well done Thomas... keep up the good work!

If you would like to find out more about the Jaws scheme then visit:

<http://www.gnas.org/junior/dyncat.cfm?catid=15644>

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## **ATTENTION JUNIORS!!!! JULY NATIONALS!! ATTENTION JUNIORS!!!! JULY NATIONALS!!ATTENTION JUNIORS!!!! JULY NATIONALS!!**

Each year, any archer under 18 can submit their scores for this postal competition. The rounds involved are those in the "National" family appropriate to each GNAS age group. You can shoot the round as many times as you like - but you only send in one score, which should be the best you have shot in the month of July. It's really as simple as that! Section winners receive a small award - and anyone who enters gets JAWS points.

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## **ATTENTION ADULTS!!NATIONAL TOURNAMENT DATES!!ATTENTION ADULTS!!NATIONAL TOURNAMENT DATES!!**

The following venues and dates are for all of the national tournaments held in 2009...

Southampton	23/24 May
UK Masters	6/7 June
Belfast	13/14 June
Clophill FITA Festival	11/12 July
Cleve	18/19 July
Montrose	25/26 July
Oxford	1/2 August
Exmouth	22/23 August
Penicuik	5/6 September

### **GNAM 2009**

GNAM 2009 will be held on 24-26<sup>th</sup> June at Lilleshall National Sports Centre and will be National and Rose Award Status. Get your entries in fast because this shoot fills up super-fast! You can camp/caravan on site for a small fee every night. The entry form is available on the GNAS website. This is such a good shoot, so go and enjoy yourself and meet some new people!