

Hello and welcome to the 34th edition of the DCAS newsletter. I hope that your outdoor season is going well and that the weather has been good for you. I have had loads of emails in this edition, but I still need more stuff for the



newsletter! The next edition will be coming out at Autumn Gold, so please send me in all your articles by the end of August! Email me on toptoxgal@hotmail.co.uk , **Sami xoxox**

A HUGE THANK-YOU!

I would just like to say a huge thank-you to everyone who donated money to Action for Children at Grand Day and other archery events with relation to my abseil! I managed to raise a huge £400 in total, which will help children in the UK stay with their families instead of being placed into foster care or children's homes.

The day was a bit nerve racking, but after being kitted up and doing some training we were sent to the roof of the Harrison Building at Exeter University. When it was my go, it took me about 5 minutes to get over the edge as I am petrified of heights! However when I got going it was so much fun and I am glad that I pushed myself to the limit! I am now hoping to do a skydive at some point next year! I hope you will support me in this too!



Thank-you once more for all your support!

Sami Glover, Exmouth Archers

CONGRATULATIONS TO BRYAN MOORE, TORQUAY COMPANY OF ARCHERS, WHO PRODUCED THE BEST CAPTION FOR LAST EDITION'S CAPTION COMPETITION!

"IS THIS WHAT IS MEANT BY A TWO WAY SHOOT?!"

Westcountry News at Brixham Archers.

On a Tuesday in May Brixham Archers secretary Judith, was contacted by "Mark Tyler" from ITV Westcountry News regarding setting up an archery session on the Thursday of the same week, to allow him to be filmed trying archery. Not being sure of exactly what was required, I phoned Mark back to ascertain what would be involved. All sounded straight forward enough..... Train Mark within a few seconds to enable him to use the bow to send an arrow into a target. He didn't want masses of Olympic standard training and instruction. ...Just as well!!

The meeting time was arranged as starting at 11.30am on a Thursday morning. It was expected that filming would take about 2 1/2 hours. It is amazing how busy a shooting line can be during normal working hours when television cameras are around. Fortunately, we have enough retired members and shift workers (Ohand DAN....) that we were able to field about 16 archers, which made the field look busy.

I, as the club Chairman and coach, was the first to be fitted with a microphone pack and interviewed by Mark.

All this with lots of light hearted barracking!!! This was much more nerve racking than I would previously have thought.



After my interview stint and with the mike still attached I have never been so quiet. I was instructed not to talk for a while as the mike would pick me up. Of course, knowing my position, the other "respectful" members took great delight in taunting me.

With the cameraman flitting in and out of the archers on the shooting line it was also evident how nervous and disconcerted the archers became with a camera just a few inches from their face. String releasing hands were flying anywhere! Perhaps this could be another "focusing" exercise for DCAS squad training. Then it was Dan's and John's turn to be miked up and interviewed. John is our latest 80 years young beginner, Dan is and definitely was DAN! His best bits were cut out of the final showing but I'm sure they may turn up in a future program of "Out takes" We have the original uncut version on video if the money is enough!



At one stage the cameraman placed his £24,000 camera alongside the 30 yard target to take pictures of the arrows in flight. Dan was a bit miffed when he was asked to aim at 3'o'clock white so as to get his arrows nearer the camera. As you know, Dan prefers the yellow bit.

Unfortunately due to the political antics of recent weeks the actual showing of the four minute piece was delayed about six weeks, but was eventually shown on Westcountry News on the 12th June. If ever you have the chance to promote our sport, please take it. It may be a bit nerve racking but it can also be fun and definitely worth the effort.

Malcolm Grant, Brixham Archers



ARCHERY – The art of repetition by Simon S. Needham

Simon Needham was in the Royal Marines for twenty-two years, has been involved in archery for forty years and has been shooting competitively since 1989. He has represented Scotland and Great Britain, he competed at the Olympics in Sydney 2000.

The book is packed full of useful tips and information, is wide ranging in it's coverage of the sport and is simply put down so anyone can understand it. The author analyses shooting techniques and tuning, emphasizes the development of mental toughness and explains the physical aspects of shooting.

Price £16.99 published by The Crowood Press.

ARCHERY ANATOMY - An introduction to Techniques for Improved Performance by Ray Axford

This is a book which everyone involved with coaching or instruction of archery should possess, the subject matter and its presentation are such that they will still be valid half a century hence and probably for much longer.

This unique book looks for the first time at archery techniques from the point of view of the interrelationship between the anatomy of the human body and the anatomy of the bow. It enables coaches and archers alike to understand and perfect their skills in ways that use the natural movements of archer and bow in co-ordination.

Price £12.99 published by Souvenir Press.

On target for TUNING YOUR COMPOUND BOW by Larry Wise

Larry Wise, a world field archery and national target archery champion, knows all about bow tuning and performance problems encountered by archers because he's been there and worked through it.

If you are a compound archer this book should be on your bookshelf. The purpose of the book is to help you shoot better, shoot more accurately and consistently. It covers high performance tuning for all cams, all compounds, target, field, bow hunting (illegal in this country), asymmetrical (hybrid) cam bows, 3D tuning/shooting and has updated cam material for all cam styles.

Available at most archery outlets priced £9.25

Bob Griffith-Bird, Yelverton Bowman

Bobs Random Ramblings.....

(My apologies that some of this content may be a little old. Unfortunately the original copy did not survive the trip across the "ether" and Sami did not receive it in time for Grand Day)

By reading this you must now be aware that the great outdoors beckons!

Winter is over? and here we are again starting our outdoor season. Grand Day is no longer the start for many of us, as Redruth Archers have kindly added their Double 720 to the calendar. Still not as early as many of the other counties but still at a time to give a couple of weeks grace between the indoor and outdoor seasons.

My views about this past indoor season can be found in the last newsletter but generally although scores seemed to be down, the results at the tournaments were a lot closer with, in some cases, the winners becoming victors through other peoples misfortunes rather than their own good performances. Congratulations to all those who have won their medals over the last few months.

One thing did, or rather didn't, happen was the usual influx of county records. There were very few of them this year which really backs up my earlier point of generally lower scores. Probably half of the new records came from St. Austell kindly opening their double Stafford to recurve archers.

At my own club, The Archers of the West, we have had a good season with attendances high at all of our club sessions. It has been busy with two sessions on a Thursday, one session on Saturdays and one or two sessions on Sundays, depending on whether a tournament was being held. We have a very healthy membership with at least 50% regularly shooting each week.

Our two tournaments went off very well. The December FITA 18/H2H didn't fill up very quickly and we did have a few spaces left to fill. However, the March Portsmouth although slow at first for entries, did end up with a small waiting list. I know I am not alone in wishing that people did enter a bit quicker as it does cause some worries when you have a week to go with only half the number of entries you need!!

At the beginning of April our own beginner's course had started with 20 potential new archers. After only one week we could see the potential in several of our students. It's good to have people who show a keen interest and listen to what you are telling them.

In early April, Redruth held their longbow day. For a bit of "light" relief I decided to enter if I could somehow borrow a fairly lightweight longbow. Chatting with Virginia and Ken Quick one day they offered me the use of one of Virginia's older indoor bows.

At only 34lb and to suit a short draw length they were taking a risk as I was about to add about 4 inches to the draw of this bow! Confirming the undoubted skills of Ken as a bowyer, the bow gave all that I could take from it and turned out to be a great success. On a perfect summers day it guided me to a 4th place in the Western and a win in the Gents Clout. I was definitely more surprised than anyone but gratefully accepted the result. To be fair, I was actually beaten by a couple of points in the Clout by Virginia, who was also shooting the 100 yard round. However, although I have no plans to take up the longbow I am hoping to have the bow available for the morning National at Grand Day.

Looking forward to this year's calendar I see a few changes from the normal order of things. Yelverton have also introduced a 720 round in place of their normal York/Hereford and Exmouth have exchanged their York and DCAS FITA dates. A few changes are always welcome as it does bring some variety to what is normally a repeat of the last previous ten years dates.

I am sure that there will again be a few changes in the faces that we see at tournaments. In only 12 years of shooting it's amazing how many names are lost and new ones appeared. Just looking through past results will bring up many names, some unfortunately almost completely forgotten.

COUNTY TEAM 2009

Just a reminder to all those budding County Team candidates. The format for team selection remains unchanged for 2009. I will be monitoring everyone's scores at DCAS county 12 dozen events, that is, all York/Hereford and FITA tournaments. You do not need to let me have any of those scores. However, for anyone shooting one of those rounds outside the boundaries of DCAS I will require you to submit your score with a copy of the tournament results. (For those tournaments with 30 odd pages of results then please send just the header page and the relevant page(s) with your own scores on).

Your scores will then be transformed to a handicap figure using the tables from the GNAS handbook. A minimum of **FIVE** scores must be submitted by August 31st to be considered eligible. Your best five results/handicaps will then be averaged to give a qualifying position.

The team will again consist of 7 Gents Recurve, 5 Gents Compound, 2 Gents Longbow, 5 Ladies Recurve, 3 Ladies Compound and 2 Ladies Longbow.

COUNTY RECORDS 2009

Another reminder that any county record claims must be submitted to me using the correct form, which can be downloaded from www.dcas.org.uk. Please get any claims to me as quickly as possible, certainly no later than six weeks from the tournament along with proof of score achieved. Finally, just to wish you all a great summer season in the forthcoming tournaments.

All the best,

Bob Young, AOTW

Exmouth Archers / DCAS / GWAS Field Championships 4th October 2009

Everyone is welcome, even novices! Find the entry form at www.dcas.org.uk and www.exmouth-archers.org.uk

Unmarked 3D and Big Game

Monday 31st August 2009 – Exmouth Archers Car Boot Sale

Bank Holiday Monday? Have nothing to do? Why not come and support Exmouth Archers with their car boot sale. Gates open at approx 7am until approx 1pm. Catering in the clubhouse and plenty of stalls to look around. Check out the club website: www.exmouth-archers.org.uk



Caption Competition

Think you have a good caption for this amazing picture? Send your entries into Sami Glover, toptoxgal@hotmail.co.uk, or dcastourg@btinternet.com

The winner will be announced in the next edition of the newsletter!

Deadline: End of August ☺

Ed: I was trawling through the Internet and managed to find some links related to Devon and Cornwall Archery Society so I thought I would share them with you

- http://www.bbc.co.uk/devon/content/articles/2006/09/04/keys_club_of_the_week_radio_devon_feature.shtml - Margaret Byrnes on the radio!
- <http://www.nationalarchives.gov.uk/a2a/records.aspx?cat=028-568&cid=0#0> – List of Members of DCAS between 1848 and 1919, including accounts etc. I found loads of information on the National Archives Website – maybe someone would like to collate all this information and produce a History of DCAS document?

JOKE CORNER!

[A bit long, but good when you get to the end!]

King Harold was inspecting his troops on the eve of the Battle of Hastings, chatting with them a bit, trying to raise their morale, that sort of thing. He went to the swordsmen first, choosing a soldier at random from amongst the ranks.

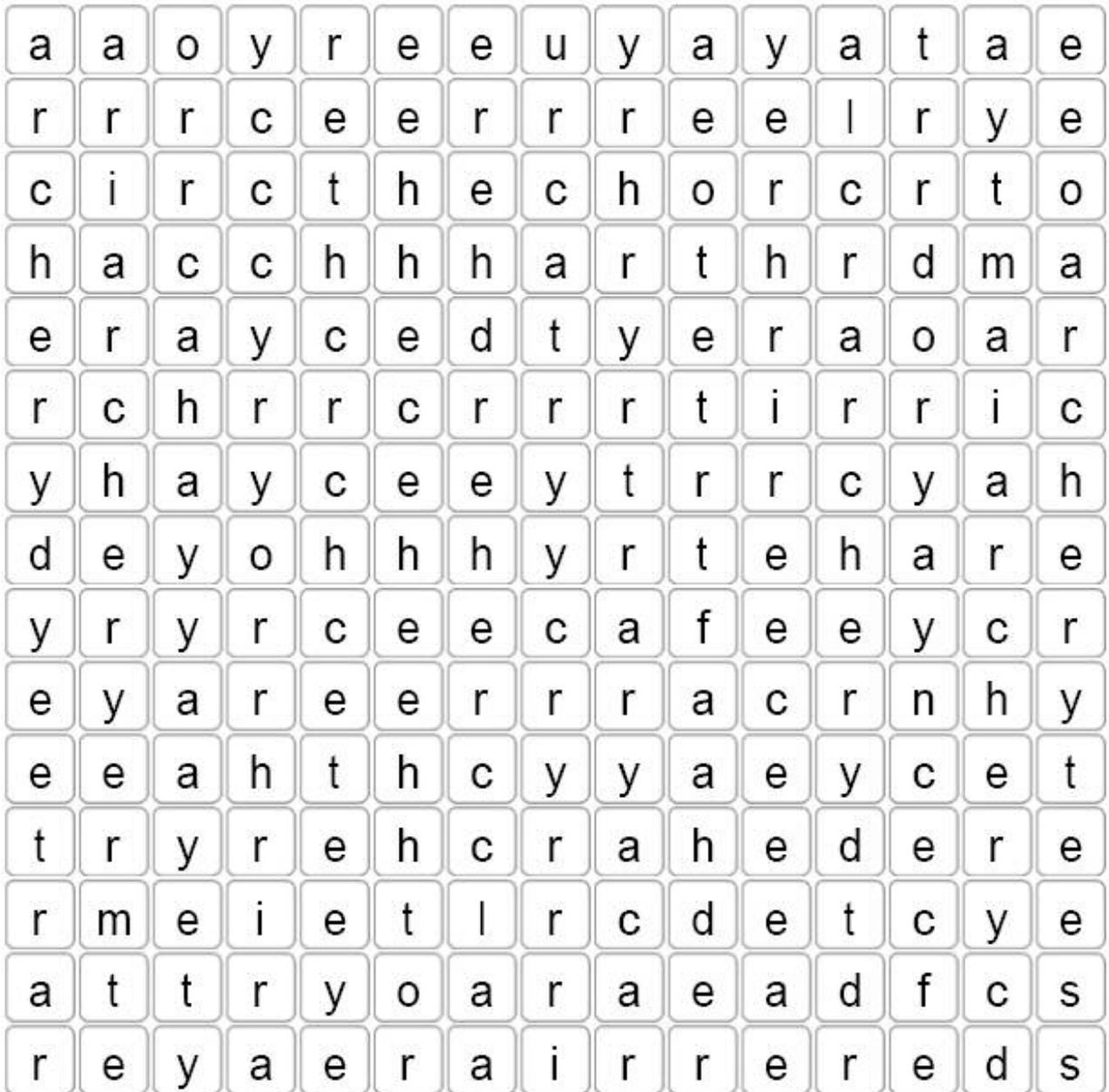
"Do you feel ready for the battle tomorrow?" he asked. "Oh yes, sire," the swordsman responded eagerly. "Handy with that thing are you?" Harold asked, indicating the man's sword. "Reasonably so, sire," the man replied. "Watch." He bent down, picked up a handful of grass, flung it in the air, and waved his sword about. When the grass fell down again, it had been cut into a neat line of soldier figures. "Good work, man," said Harold, impressed, "and good luck in the battle." "Thank you, sire," said the soldier.

King Harold proceeded to inspect the pikemen. "Are you looking forward to the battle?" he asked one of their number. "Yes, sire," the man replied. "Good with your pike, are you?" the King asked. "Not bad," the pikeman said. "See that flock of birds?" Harold nodded, and the pike flashed in the soldier's hand. It went sailing through the air, right through the centre of the flock, and when it came down five birds were skewered on it. "Well done," said Harold, "and good luck in the battle tomorrow."

He then went to the archers, who stood proudly with their longbows, looking intimidating even to someone on their side. "Are you ready for tomorrow's battle?" King Harold asked one Bowman. The man squinted at him a bit, then said, "Good Lord, it's the King! Um, yes I'm ready." "What can you do with that bow, then?" Harold asked him. "What? Oh, this thing? I dunno. Someone gave me it yesterday and told me to stay with these people here." "Well... do you see that barn over there, about twenty yards away?" The archer peered in the direction of Harold's pointing finger. "Oh yes, I see it," he said at last. "Do you think you could hit that?" "I think so."

He lined himself up with the barn, grunting with the effort of drawing the bow, and loosed the arrow. It sailed past the barn, five feet too high and ten feet to the left. "Did I hit it?" he asked. "Er, yes," said Harold, clapping him on the back. "Well done, and good luck." Then the King turned to the captain of archery and said in an undertone, "Watch out for that man tomorrow, will you? He'll have somebody's eye out with that thing."

Ed: Yes, I know, cheesy, but I thought it was definitely worth publishing!



Archery is present in this word-search 21 times... can you find them all?

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| 1 | 7 | 13 | 19 |
| 2 | 8 | 14 | 20 |
| 3 | 9 | 15 | 21 |
| 4 | 10 | 16 | |
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| 6 | 12 | 18 | |

← Why don't you mark them off as you find them? 😊