

Hello, and welcome to the 39th edition of the DCAS Newsletter. I hope you are all enjoying the indoor season and you are getting fabulous scores already! Have you shot a Robin Hood? Or are you a beginner and have shot an amazing group? Have you just got your first classification award? Why don't you write in and let me know about it! I would love to include your achievement and perhaps a little piccie in here! Anyway, that's all I have to say. Good shooting and hope you enjoy the latest articles.



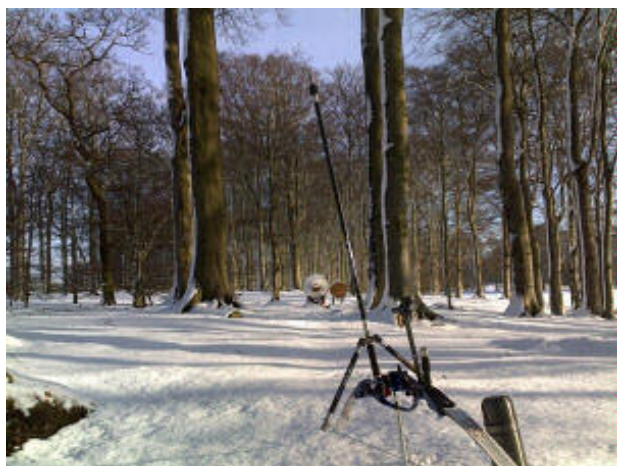
Sami xxx

ATTENTION ALL READERS!! THE COPY DATE FOR THE NEXT DCAS NEWSLETTER IS VALENTINES DAY – 14TH FEBRUARY 2011 ☺♥

A Hello from Scotland!

Hello DCAS! It's been quite a while since I last saw most of you – either at the Exmouth Premier or the Senior Intercounties in 2009? I hope all of you have been shooting well and keeping your P.B's higher and higher, once again (by the looks of it) it was a great effort at this year's Senior and Junior Intercounties. As for shooting up here, so far it's been going ok. Last indoor season was pretty successful finally breaking the 570

Portsmouth and 550 FITA 18 barriers and hope to carry it on this winter! 2010 outdoors wasn't quite as good as I'd hoped only being around low-mid 1100 Gents FITA's but with a bit more help from Lana Needham it will be a lot stronger next year.



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I'm now a member of Links Archers which is one of the biggest clubs in Scotland and full of a lot of great people (although it will never be the same as Bowmen of Wadebridge!). They have been really helpful offering loads of advice and lifts to competitions. The only thing no-one has managed to do yet is to sort out

the weather up here. Last winter I was wearing over 6 layers with ski trousers while shooting outside on top of a fresh sheet of snow. I'm hoping for the same again this winter though because the snow makes the little wood look magic, it makes driving a giggle too.

I've been up to some interesting things up here besides work and shooting such as Zapcat racing which is basically a bunch of crazy people racing these mini catamaran boats called Zapcats. Each one has a 50HP 2 stroke engine on the back and goes about 40 knots around a circuit marked out by big yellow buoys. It was probably the most fun I've had all year, me and the pilot Charlie even won 2 silver medals!

Also I've been training to become a Beach Lifeguard which has been an amazing and I've made some good friends there. The only thing once again is the cold. It's fine in summer (I'd even say it's warm!) but now winter has come I can just about take an hour or two before I literally can't do any sort of facial expression and the penguin walk sets in LOL!

Well that's about it but if you're on the Archery Interchange online forum you'll no doubt see me there as "josh 77" and I've got a blog on there as too. Alternatively you can find me on Facebook; I don't think I know anyone who's not on there yet!

Anyway, I'll hopefully see some of you during the Christmas period or maybe at a tournament next year if I'm lucky :) Cheers!!!

Josh Mitchell

Kenwith Junior Archers do our sport proud

Hello, I am Paulette Mills, and I am the press officer for Kenwith Archers. I found out that the North Devon Journal Newspaper which covers Bideford & Barnstaple, were holding a Sports award for all sports, and all divisions from Coach of the year to sports person and sports team of the year. So I entered The Kenwith Juniors into the Parkwood Leisure Junior Team of the Year, knowing that we would be up against all other sports which get more coverage than archery, but we archers belong out there with the rest of them getting the praise and rewards we deserve. So I wrote about the Kenwith juniors and waited to see if they would get short listed, and **They did!!**

The Kenwith Juniors who are looked after by only 3 seniors (which are myself, June Gaydon & Ray Webster) made it to the short list and then the final 3. Kenwith Juniors are short listed against 2 other teams, North Devon Netball League under 16's & Bideford Blues rowing junior 16 crew. The sponsor for the Junior Team of the year award is PARKWOOD LEISURE, which we hope to network with and raise some well needed money for the Kenwith Juniors.

To enter them and get short listed I had to write about our juniors and their Achievements within the period September 2009 – August 2010 so here is some of what I entered below, (don't want to give it all to you as it would take up 2 cups of tea and a few biscuits to read!) But like all Juniors within the sport of Archery it is hard to get noticed with sports like football & tennis taking most of the lime light so well done to the North Devon Journal for helping push Archery forward!

Achievements within the period September 2009 – August 2010

The Junior Team have achieved positions in competitions throughout the whole of Devon and Cornwall:

Under 18 Boys Recurve Division 1st Place, Under 16 Boy Recurve Division 2 3rd Place

Under 16 Boys Barebow 3rd Place, Under 14 Boys Recurve Division 3, 2nd Place

Under 12 Girls Recurve Division 2 , 1st Place, Under 12 Boys Recurve Division 2 , 1st Place

Under 12 Mixed Barebow 1st Place, Under 10 Boys recurve Division 2 , 1st Place.

Kenwith Juniors have also competed in team competitions, with the Under 18's coming 3rd. Under 14's coming 1st and 2 Teams entered into the Under 12's both gaining 1st Place.

Also in the period for September 2009 – August 2010 Kenwith Company of Archers Juniors have helped with charity work in which they:

- Helped raise money for the North Devon Hospice (which is done every year)
- This year has also seen some of the Kenwith Juniors taking part in the Torrington Cavaliers Bonfire where they helped raise money for charity, and where they helped set light to the castle with flaming arrows, which seen them giving up their weekends to come and practice for months before the event.
- The juniors help support the local community and town council as they shoot inside the Bideford Pannier market for 7 months of the year during the winter months thus helping give money back to the community.

Kenwith Juniors have turned out in all sorts of weather to shoot and have never complained about the weather, even in the extreme winter weather with snow and ice they came to practice and shoot. Our Juniors have also achieved positions of Junior Bowmen, also 1st Class, 2nd Class, & 3rd class .

Some of the juniors have pushed the sport on through their local schools and got more people interested in the sport of Archery, which helps to make the sport stronger and gives young people another sport to get involved in. This year they took part in the Bideford College Science weekend at Tapley Park which was great for everyone.

Kenwith juniors have grown in confidence and discipline and are achieving the goals that have been set for them both at the club and away in competitions. All this is down to the hard work of 3 seniors who, every week, give up their time and shooting to help look after the juniors and their parents. They deserve a big well done for all their hard work and time they put in, as without them the junior club wouldn't exist.

THE SPORTS AWARDS TAKE PLACE THURSDAY 18TH NOVEMBER 2010 AT THE BARNSTAPLE LEISURE CENTRE FOR THE JUNIORS TO SEE WHO HAS WON , FOLLOWED BY AN AWARDS DINNER AT THE BARNSTAPLE HOTEL. SO FINGERS CROSSED THEY WIN, AND WELL DONE FOR GETTING THIS FAR AND GETTING SHORT LISTED TO THE FINAL 3. I WILL KEEP YOU POSTED AND LET YOU KNOW HOW THEY GET ON.

Ed – I'm sure that everyone in DCAS wishes Kenwith Junior Archers the very best of luck!!

Lizard Peninsula Bowmen (LPB) – congratulates first Master Bowmen

Since joining LPB 4 years ago Nicole Challacombe has always been competitive junior. I for one was very pleased when she took up compound as she was beating me with increasing frequency. This year Nicole got her junior master bowmen award early on so set herself the challenge of achieving adult master bowmen.

As most people who shoot with Nicole will know, she gets a tad tense when trying to achieve a score so it was with some trepidation that we went to the junior inter-counties. She already had two scores and there were only two more record status shoots to go before the end of the season.



It was a tense day, but I'm pleased to say that at the end of the day Nicole had achieved her goal and has not only become LPB's first adult master bowmen but is ranked 6 in the junior rankings for 2010.

We are very proud of Nicole, and she is now using her experience to demonstrate and assist at our beginners classes, hopefully encouraging the next generation of archers.

Sue Day

Junior Inter-Counties

This year, the Junior Inter-County Tournament used a new format to decide the winners of the Margaret Lewis Memorial Trophy. Bristol rounds were shot, but the result was determined based on the 'Ryder Cup' method of scoring. In this case it was 4 points for a win, 3 for 2nd, 2 for 3rd, and 1 for 4th. This applied to all five Bristol rounds.

The county teams increased from eight archers to twelve with the addition of an extra compound, longbow, and bare bow. This enabled the introduction of three new team awards for recurve, compound, and LB/BB. The team awards were determined in the normal way, (Highest Score)



← Jessica Luck, Amy Wilde, Phoebe Jephson, Amy Jephson, Michael Bryan-Harris, Koan Hughes,

Nicole Challacombe, Maddie Meatyard, Ryan Oliver, Josh Noakes, and Hannah Caveney (not in picture)

Ryan, Koan, Amy, Michael, Maddie, Hannah. →

We did not retain the Margaret Lewis Trophy, but we did win the Recurve team award. Amy Wilde won the



highest scoring longbow award, and Michael Bryan- Harris won the highest scoring Recurve award.

Once again our Juniors have stepped up to the mark and we should be very proud of them.

Brian Hardy

Points of View

AT SOME TIME, we all come to a crossroads and find it difficult to decide in which direction to carry on.

This year, at the Redruth Double FITA, was such a time for me. I shot a very average score on the Saturday and was not in a good shooting frame of mind.

Sunday came around and as I lined up for the first end I was considering what I was doing there. Over the past few months I had been questioning my declining enthusiasm for archery. I was still shooting reasonably well but was not enjoying it as I used to. A reoccurring niggling neck and shoulder problem was not allowing me to shoot freely and was definitely affecting my results. The other problem was not having the enthusiasm to shoot during the week and tournaments (to be honest, the only part that I now really enjoy) were the only time that I was picking up my bow.

I shot the first distance at Redruth and at the break decided that I really didn't want to be there (nothing against Redruth by the way, I have had some of my best shoots on that field!!). So I packed up and went home, the first time I had ever done that, but I honestly had decided that I had had enough. Having shot continuously, indoors and outdoors for over 13 years with no real break, I was thinking that there must be other things in life to do other than archery. I had also moved three years earlier and the jobs at home were piling up and not getting done.

I decided that I would stop shooting for a while to see what happened. I knew that the risk was there that the longer I didn't shoot, the more the possibility of not shooting again. I had already decided at the start of the year that this would probably be my last real competitive year and to cut down on the travelling. There was one fly in the ointment however, the Inter-Counties tournament in September.

I had thought that I would not shoot again this year as newer archers were coming along and putting in better results. However, with established archers telling me that I should shoot, the newer archers not putting in enough to qualify for the team and a couple of our better archers crying off, it was enough to persuade me that perhaps I ought to go along. What a good decision! With no great expectations I shot and thoroughly enjoyed the day, getting a reasonable score and helping the DCAS Gents Recurve team to retain the Silver Bugle.

I haven't shot since, keeping to my original decision to have a break. I am having some withdrawal symptoms however and look forward to starting again with a longbow at the Boxing Day clout at Mounts Bay.

After that I will see how we go. The Recurve will come out of the box and a build up for the Indoor Champs with perhaps a detour to the Brixham Clipper on the way!! A

trip to Weston Super Mare to defend my GWAS trophy was also on the cards but with a change of date this has now had to be put off until November in 2011.

Over the years I have discussed with several archers the reasons for them packing up shooting, not really understanding why they wanted to stop. I think I now understand. Consider having the same filling in your sandwich every day for a year or so. One day you open the sandwich box, look at the contents and decide, "I just don't like this anymore. Let's try something else for a change!" After a while trying new fillings you are then tempted to try the old filling once more.

I only hope that it doesn't give me indigestion again!!!!!!!!!!!!!!

Bob Young

Indoor Championships at the YMCA, Kitto Centre, Plymouth

Once again this is going to be hosted by Yelverton Bowmen on Sunday 27th February 2011. We hope to have Graham from Wales Archery Specialists in attendance with his mobile shop, so we hope that you will come along and support him and DCAS. The entry forms are available NOW, and you can find them on the website www.dcas.org.uk but hurry, there are limited places and we always have a waiting list for this shoot as it is so popular! I hope to see you there!

P.S. I will have all the clothing and merchandise there too, so if you are getting a bit chilly in the cold weather – why not pick up a DCAS Hoody (NOW AVAILABLE IN WHITE!)

Sami Glover, DCAS Tournament Organiser

Hello from Oxford....

As of October 2010 I ceased being an Exmouth archer, instead becoming affiliated through Oxford University Company of Archers (OUCOA). We shoot mostly indoors during Michaelmas and Hilary terms (October – December and January – March respectively) in the main sports hall of the University sports centre. The hall is around 30m long, and 9 bosses wide, giving good space behind the line, even when the cheerleaders are occupying a third of the hall. The club consists of around 20 experienced archers, with a thriving group of about 35 novices. Club sessions during Michaelmas are divided between Experienced and Novice sessions, with experienced archers encouraged to assist in the coaching of novices. We are lucky to have six days of shooting a week, with afternoon sessions on Mondays, Tuesdays and Thursdays, a VERY early session on Friday morning, and two evening sessions on Wednesdays and Sundays.

Sundays are considered the main club night, with most experienced archers turning out, and some of the keener novices, after which we all descend upon the local Chinese, The Rice Box, for a club meal.

Social events are also run, 3 every two weeks, with one session normally reserved for club maintenance, i.e. fletching, with the other two comprising of a visit to a pub, or a visit to G&D's, Oxfords own chain of ice-cream parlours.

OUCOA is also a member of the BUTTS league, comprising of Birmingham, Loughborough, Warwick, Derby, Nottingham, Nottingham Trent, Oxford and Cambridge universities. This league involves three universities descending upon the host club every couple of weeks for their 'leg' of the league, with the other four clubs competing on the same day at a different venue. Although taken seriously, many people see the highlight of the day as the social afterwards, normally comprising of a visit to the pub followed by a meal. As expected; competition between Oxford and Cambridge is fierce but friendly(ish).

As you can see OUCOA is a thriving club, with a significant percentage of Oxfordshire's membership. Some of you may be wondering at this point if I actually do any work, (which I can assure you I do). Most weeks I only find time to shoot twice, and attend a social, but this requires significant planning, i.e. getting your work done early in the week, and no unscheduled afternoons off. Saying all this, Oxford isn't all 'nose to the grind stone' work, and in fact the best description of Oxford I have heard is this 'You work hard, yes, but also with planning you can play hard'.

So as a final note to any Juniors who managed to get this far, (I know that's unlikely).

Work hard at school, if you have a choice between revision, and just dossing around, revise. As hard as it seems it will be worth it in the end as university is the most fun you will ever have, and who knows, if you really work hard you might be able to come to the best university in the world, OXFORD.

Ben Glover, Oxford.

Little Known Christmas Fact

Not long ago and far away, Santa was getting ready for his annual trip...but there were problems everywhere. Four of his elves were sick, and the trainee elves did not produce the toys as fast as the regular ones so Santa was beginning to feel the pressure of being behind schedule.

Then Mrs. Claus told Santa that her mom was coming to visit. This stressed Santa even more. When he went to harness the reindeer, he found that three of them were about to give birth and two had jumped the fence and were out, heaven knows where. More Stress. Then when he began to load the sleigh, one of the boards cracked and the toy bag fell to the ground and scattered the toys. So, frustrated, Santa went into the house for a cup of coffee and a shot of whiskey. When he went to the cupboard, he found the elves had hidden the liquor and there was nothing to drink. In his frustration, he dropped the coffee pot and it broke into hundreds of little pieces all over the he kitchen floor. He went to get the broom and found that mice had eaten the straw it was made from.

Just then the doorbell rang and Santa cursed on his way to the door. He opened the door and there was a little angel with a great big Christmas tree. The angel said: "Where would you like to put this tree Santa?" And that my friends, is how the little angel came to be on top of the Christmas tree.

WORDS TO FIND IN CHRISTMAS WORD PUZZLE:

BIRTH	CAROLS	CHRISTIANS
CHRISTMAS	CLAUSE	COMMEMORATING
COOKIES	DECEMBER	DECORATIONS
ELVES	FELIZ	FESTIVE
GIFTS	JESUS	MERRY
MISTLETOE	NATIVITY	NAVIDAD
ORNAMENTS	POINSETTIA	REINDEER
RUDOLPH	SANTA	SCROOGE
SNOW	SNOWMAN	STOCKING
TRADITIONS	TREES	TURKEY
TWENTYFIFTH	WINTER	XMAS

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