

Welcome to the 44th edition of the DCAS Newsletter, and first of all I would like to wish all of you the very best of luck at the Indoor Championships at Kitto – you can do it! Secondly, I have made a welcome return to shooting – so there is no getting away with not providing me with articles now! I am physically there to hunt you down! Thanks to all that have contributed this issue, although two entries come with sadness. Wishing you all the very best with this years shooting, and may 2012 be happy and prosperous for you all.



Sami x

John Garbett.

John Garbett was a great friend and a good member of Redruth Archers. John joined in the mid 80's and from then on was the type of member all Clubs need. John worked for the Post Office when he started archery and soon secured a place in the South West Regional Team and shot at the National Championships up to the demise of that Tournament in 2007. During this period the team won a good half a dozen times.

One of John's other hobbies was wood turning and he provided Trophies and raffle prizes for the Club. John was a person you could rely on, whether for work parties, helping Beginners, helping to keep our Tournaments running and everything else needed to keep a Club going.

Over the last few years John was in and out of hospital, but he would, when able, turn up and chat, eat and do what he could and always was hoping to join his son Martin in shooting again.

John as a friend and member will be sorely missed. All Clubs of whatever Sport need people like John and all the work he has done made him, in my eyes, a great Club member.

David Smith, Redruth Archers



Ed- our heartfelt feelings go out to John's family and friends

Weapons that made Britain – The Longbow (Episode 2)

Fancy finding out a bit more about the Longbow and how it shaped history for Britain? Log onto LoveFilm, and watch this episode for free....

<http://www.lovefilm.com/film/Weapons-That-Made-Britain-E02-The-Longbow/132057/>

Archery Tag - do you want to play?

Have you ever felt like you wanted to shoot your friends? Well, now you can. Archery Tag is a safe game that can be played indoors or outdoors at special venues with special equipment where you can shoot the people you love!

This is suitable for complete beginners to completely experienced archers - a lot of fun can be had by all. Why don't you organise a club trip to go and have a go?

For more information, please see the following websites:

<http://archerytag.com/>

<http://blackcatarchery.com/>

<http://www.youtube.com/watch?v=8PdZgPkxZLE&feature=fvst>

<http://www.youtube.com/watch?v=yYMyqVozNjQ>

Liam Grimwood Compound Technical Seminar: Being held at Quicks, Honiton: Date Thursday 21st July 2012

Want to increase your knowledge of Compound? Want to hear the latest techniques? Then come and attend Liam's seminar!

- Liam will be attending Quicks, Honiton on Thursday 21st July
- Liam is one of the World's Top compound archers with a wealth of technical expertise
- Topics will include:
 - Compound Shooting Form
 - Compound Equipment Selection
 - Compound Equipment Set Up & Tuning
 - Practice & Training Methods
 - Mental Techniques to improve shooting
 - Questions & Answers
- DVD signing session
- Tickets available by calling 01404 44400



ON TARGET – ARCHERY GB

Some clubs have shown some interest in the ON TARGET scheme, so I thought I would give you some more information about it to see whether your club might benefit from participating in the scheme. Information on this scheme can be found at the following website: <http://www.archerygb.org/members/clubs/ontarget/index.php>

“*ontarget* is Archery GB's new exciting and innovative club development programme. Archery GB recognises the commitment and vital role that clubs play in growing the sport. A strong and healthy network of clubs is essential if archery is to grow and flourish. Through this programme, *ontarget* will provide clubs with three main benefits - Recognition, Rewards, Development.”For more information about this

exciting programme please contact the National Club Development Coordinator,
Arran Coggan, on **07525 233 592** or email arran.coggan@archerygb.org

Unsung hero? Dedicated club member?

Have you got someone in your club that always thinks of others first and will always be around to help? Has someone gone above and beyond the call of duty to further your club? Has someone made a rapid improvement or triumphed over the odds?

If so – I want to know.

I would like to showcase the talent and the helpfulness of our county's archers in this newsletter, showing everyone in DCAS, and other counties how brilliant we really are. If you can think of someone that deserves a mention, then please email me on toptoxgal@hotmail.co.uk with some brief details, a contact number/email for them and a photo if possible!

Let's show everyone what being a member of DCAS is all about!

Coaching 2012 so far

LEVEL1

Hi all, so far this year we have one Level 1 course fully booked in Brixham - this course will be co-ordinated by Malcolm Grant - with the candidates on their twelve week run up to the assessments in May. The second course in Cornwall is due to run at the end of April with the assessment in July. This course is to be co-ordinated by Jimmy Sandoe.

Some may have read that the level one renewal system has changed as in the last issue of Archery GB. If you are a level 1 coach that is intending staying at that level you do not need to collect CPD points any more, you only need to collect if you want to go forward to the Level 2 course. You will need to send in a renewal form as normal so that I can forward your renewal onto the office to keep the records up to date.

JUNIOR SQUAD

The junior squad has run during the winter months with one session run in Paignton and five in the scout hut in Exeter. Take up was low to start with but the later sessions better attended. Next winter there will be no session in December as most youngsters and their parents are too busy getting ready for the festivities!

We need to encourage the juniors to get out and shoot as much as is possible - some clubs are arranging car sharing to squad sessions and to competitions to help keep the costs down a bit, please encourage your club to do the same! I will co-ordinate with whoever takes over as junior rep next year as to what coaching events they want to run.

Level 2

At the moment I only have two names for the Level 2 course so I am trying to get a couple of places on a course running in one of the adjoining counties, if any others are interested please contact me so that I can add you to the list.

Any of the 'coach' grade people out there that want to do the upgrade to level 2 - contact me for guidance on what you need to do.

It is much less than it looks - basically you need to get a Recurve archer to do three linked sessions make a note of what you plan to do and what you actually get done and get them to sign to say that you have done the sessions. If it is possible, do the same with a compound archer, but it is fine if this is not possible.

Get hold of an experienced compound archer and get them to go through the basics of set up with you. And they sign to say that they have gone through it with you.

If you have problems finding a compound archer please contact, me and I will try to find someone near you to do this with you.

The Idea is that you have a basic knowledge of how to help a club member who arrives and says look what I have bought (i.e. how does it work? is it safe?)

The only other thing you need to put in is a copy of your CRB check.

Then send it to me - you can do this electronically if you want as it saves me having to send it registered post (see post office delivery records, or not!!)

Coaching conference

I am looking into the costs and possibility of running a coaching conference later in the year, I have a British Sign Language Qualified person who is willing to attend and possibly an enabler for a visually impaired archer who could bring some of the aids that they use to show people how different impairments affect people, also possibly a session on the care and maintenance of long bows and compounds

There is a coaching bursary available for archers from the Active Devon organisation (only available for Devon County Archers) for the Brixham course. The bursary is £50 per candidate payable upon passing the course. Grand Western will also contribute £125 and DCAS will also contribute (an Email has been sent to all club secretary's with the details). I am looking into the availability of grant in Cornwall at the moment and will send information out as soon as I have it.

My contact details are on the web site as normal (don't forget I am at work during the day, they don't mind short calls but I may need to take your number and ring you back in the evening)

Phill Carder DCAS CCO

DCAS TRAINING WITH THE JUNIORS

Hi my name is Jess Luck. I thought I would tell you a bit about the DCAS Junior training sessions, which happen during the winter months. We do a lot of things like trying (!) to get our technique stance right.

In the training session we see all different juniors from all of the clubs in Devon and Cornwall. On normal training session this is how the day normally goes.

You get there; you have a talk and set your bow up. Then you would go and meet all of the coaches and get a name tag. The coaches are Phillip Carder, John Russell, Mollie Wix, Karen Williams and Malcolm Grant.

Then one or two of the coaches will get all of the juniors together into the middle of the hall, to do a warm up. This includes running in circles changing direction. Then we will stop and be given a stretch to show the rest of the group and that will be repeats until all the stretches are done. After the warm up we would get our archery kit on, ready to start shooting.

We would then shoot about 2-3 dozen arrows before we get stopped to all go over to John and then he would show us a technique that he would like to try and see us improve on by the end of the day. After he has shown us it, he would get us into the middle and give us an exercise band if we don't have one already. He gets us in the middle to practice the technique on the exercise band for about 10 minutes before we went back to try with our bows -where we are watched by a coach to see if we are doing it right.

One by one we go over to John to be videoed. Then he would tell us what we could still improve on and he would video us again at the end of the day. We then shot another 2-4 dozen arrows and then have a break for 10-15 minutes.

Once we have all refilled up on our energy, we do a short warm up and then start shooting again. Then we watched another video about the way that you stand on the shooting line. We then go on to practice it in the middle of the hall. Then we tried it on our bows and are watched by a coach. We will then shoot the correct way for 5-6 dozen before having some lunch but we hope to continue doing it the correct way after lunch!

After lunch we would do a warm up like the one we did in the morning. After that we would do a bit of shooting to get our bows warmed up and us comfortable with shooting again. Then we would have some shooting games which are: who can shoot the best smiley face. This game is played like this:

We shoot one arrow at a time and then put a circle around the arrow and pull out the arrow and we would do this for the left eye, right eye, and nose, left side on mouth, and the middle of the mouth and then the right side of the mouth. Once we have finished with shooting our faces the coaches came over and judged the faces to see who had the best, which were the funniest and the one that is the weirdest. A little bit later on when we are all shooting we are stopped and put into two or three teams for a mini competition between all of the teams.

The aim of the day is to gel together as a group, learn new archery skills that we may be able to help improve are shooting and maybe able to help others with their shooting in the future, and to give encouragement to others to try it. Most of all to have a fun day and go home with a sense of achievement and all be worn out.

We thank all of the coaches that took time to help us on the day.
Jess Luck, Exmouth Archers

Hi my name is Warren Clarke. I belong to Kyrton Archers and I'm 14 years old, and have been shooting a Recurve bow for nearly 3 years. I've recently been attending the coaching sessions in Exeter run by Phill Carder, and they have really helped my shooting. They are attended by all different ages of juniors, and all levels of ability. The first thing they do is check your body alignment, then check lots of other things you could be doing wrong like, grasping the bow, shoulders, release, posture and balance. They walk you through step by step telling you what you're doing wrong, and how to correct it. I was having difficulties with my release; the coaches told me how to improve it. Its not all serious coaching, we also have a lot of fun, and play a lot of shooting games. I found it really beneficial, and after the last session, when I learned about body alignment and posture, I broke my clubs under 18 Portsmouth record, that stood for 28 years, with a score of 555, which I was really happy with.

I couldn't have achieved this without the help from all the coaches.
Warren Clarke, Kyrton Archers

Hayle Archery club member gains Highest archery award

Mrs Sarah Conisbee, who first took up archery in 2008 has recently achieved the grade of Grand Master Bowman, the highest possible standard within Archery in the UK. Sarah, from Truro, joined Archers of the West, doing a beginners course 3 years ago, she then decided to start shooting a traditional longbow, very soon starting to compete in open competitions throughout Devon and Cornwall. Since then she has gone from strength to strength winning many competitions, gaining two national records, and working through the various national grades, finally reaching Grand Master bowman.

Sarah, aged 60, has proved that it is never too late to take up a new sport and says that archery is a brilliant sport for people of any age, and has really enjoyed all the competitions, meeting new people and making lots of new friends.

Sarah Conisbee also got the national record for the 60 metre distance in 2011 - she scored 178 with 32 hits and one gold . Congratulations!

Peter Conisbee and Tony Farrell, AOTW

Senior Intercounties Team Selection 2012

Over the last few issues I have encouraged you the archers to express a view on the method we use to select our County Team. Many of you have spoken to me or sent an email and to those of you that took time to express your own views on this matter may I thank you for your input into this issue. It is after all you the archers that are selected for the County team by the method adopted by this County.

Taking all these thoughts and ideas into account, it is clear that the large majority, well in excess of 95% believe that we as a County have the best and fairest method allowing for the geographic spread of the County and also in terms of recognising that people do have illnesses and holidays. After consultation therefore we do not propose to change the method of selection for the current year, (2012).

As a reminder, the team is selected by taking the best 5 handicaps on scores for Hereford's, York's and FITA's, (i.e. 12 dozen rounds) appropriate to gender for each archer. Scores shot within Devon and Cornwall will automatically be collated. If you shoot a score outside of the County, you are required to submit that score and an official score sheet to validate the score, or a link to a website showing the score. Only scores shot at Open competitions may be used, you are not allowed to shoot it at a Club target Day. As Jane Morrow has taken over as County Records Officer this year, can you please note that all out of County scores and results should be sent to me, Steve Glover. Please use my email if possible, srglover01@btinternet.com and I will send you a return acknowledgement receipt, or if in hard copy, please post to

S R Glover, 125 Topsham Road, Exeter, Devon, EX2 4RE.

I will then following each month end issue an up to date position of all archers and arrange for this to be published on the County Website. If you as an archer have not been tracked or I miss a score, please tell me so that I can make the relevant change to the calculations.

Finally, Intercounties is to be held on the 16th September 2012 again at Exeter, therefore qualifying scores must be shot up to and including Sunday 26th August 2012. I will accept scores so long as I receive them no later than the Tuesday morning, either by email or telephone, (07972 055650).

I wish you all a successful season ahead, and hope that through friendly competition we can push each other's scores up and perhaps at last finish 1st and not 2nd at Intercounties.

Best wishes, and good shooting, Steve G,
DCAS Team Manager.

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

EILEEN KING 1942 - 2012

Eileen, a much valued member of Kenwith Company of Archers since the mid 1990's, sadly passed away on 1st February after a long and bravely endured illness. She will be remembered especially by archers of the 'bent stick' persuasion!

The packed Humanist funeral service on Valentines Day at the North Devon Crematorium in Barnstaple was a delight and attended not only by Club members past and present, but by archery folk county wide - a clear and gratifying demonstration of the mark Eileen had made on everyone she met. Many thanks to all who'd made the effort to attend. Club colours were worn at her request, itself showing the importance to her of archery, and in particular, her Club.

Eileen was born in Ilford, Essex and made her way in the world as an extremely accomplished seamstress after Saville Row training. In 1977 she and Peter upped sticks to North Devon, quickly establishing her own business in Bideford - 'Eileen's Make and Mend' - before adding archery to an already wide range of interests. The two of them joined Kenwith Company of Archers in 1994, soon to be followed by others in the family with Terry remaining a prominent member. She soon settled into the longbow discipline on the circuit - at one time a county record holder.

Around 2009 she had to step down from regular shooting, but still enjoyed taking part in the Flaming Arrows opening of the Torrington Cavaliers 2010 Castle Bonfire Extravaganza with Kenwith and Kyrton - she even made the tabards worn on the day!

Importantly, Eileen will be remembered at Kenwith for her all round contribution to the Club, whether by organizing the raffle at shoots, helping on beginner's courses or 'Have a Go' events, as well as her very own competition - the Brazil Round! That contribution is already sorely missed.

Our thoughts go out to Peter, Titch, Terry and the rest of the family.

Any donations at Eileen's request are to the North Devon Chemotherapy Appeal.

Ed- our heart felt feelings go out to Eileen's family and friends

Profile of your 'new' Records Officer

Hello to all you friendly archers who know me from the shooting line, and a little about me for those who don't know me yet.

We moved to Devon in 2010 from Berkshire, having previously been a regular visitor for holidays and tournaments. I have been shooting since 2008 visiting many club and county shoots throughout the Southern half of the UK - as far north as Droitwich, east to Hastings and west to Newquay. My bows of choice are recurve (mostly



barebow) and longbow and I am an active member of Tavistock Company of Archers.

I am looking forward to the challenge of the DCAS Records Officer role and hopefully to serving you as well as my predecessor. Yours are large shoes to fill Bob but I will do my best, thank you for your vast knowledge and invaluable help.

May I wish you all a great end to the indoor season and even better outdoors, when the spring finally arrives?

Jane Forrow



BARNSTAPLE ARCHERY CLUB

1st Outdoor Open Tournament

Sunday 29th April 2012

Tews Lane Sports Ground, Barnstaple

Following the dramatic growth and development of Barnstaple Archery Club over the last few years we are now able to run our first open tournament and are looking forward to the challenge.

Due to a jam packed summer calendar we have decided to hold this early in the season on 29th April and as such, decided we wanted to do something fun and a bit different. There are no DCAS records for Warwick type rounds and following an article in Archery GB about Fakenham bowman running a shoot and breaking 17 records in one day, thought this would be a great idea.

Being our first ever tournament, it will not be national record status this year, but since there are currently no county records for these rounds (and these can be claimed for a non-record status shoot) there are still plenty of opportunities for records to be claimed on the day.

Since a Warwick is only 4 dozen round, the day will consist of 2 rounds, one in the morning and one in the afternoon, with people able to shoot just one or both of these. We want to make the shoot open to all, adults, juniors and novices alike, so will offer everything from New Warwick down to Junior Warwick in the morning and Long Warwick down to Short Junior Warwick in the afternoon. We recommend that those shooting both morning and afternoon, shoot the next round down in distance in the afternoon (e.g New Warwick am and Long Warwick pm).

We hope that many of you will attend and support us in this endeavour. Entry forms will be available shortly from the DCAS website and from our club website: www.barnstaplearcheryclub.org.uk or you can express your interest by email to tournaments@barnstaplearcheryclub.org.uk and we will send you the entry form as soon as it is available.

**DCAS ROSE AND STARS ACHIEVEMENT AWARDS
FOR BOTH JUNIORS AND SENIORS AND VISITORS.**

Did you know that in 1995 DCAS Juniors introduced achievement awards for their benefit, as GNAS Rose award shoots and FITA star shoots had no national junior awards. There are now a full colour range for both sets, and last year the purple was added to each set.

There are target scores for all styles of shooting 3 years ago a set of target scores were set for Longbow for both sets, and this year there is a set of target scores for the Barebow. GNAS have their own scores for Long bow archers, but neither FITA or GNAS have scores for Barebow.

The only special requirement is that all qualifying scores must be shot at a GNAS Rose Award Shoot or at a FITA Star shoot held in Devon or Cornwall. There are two exceptions, they are the GWAS Junior Championships and the GWAS Junior Intercounties. Both shoots must be Rose Award or FITA Star Awards.

		WHITE	BLACK	BLUE	RED	GOLD	PURPLE
DCAS ROSES	RECURVE	700	800	900	1000	1100	1200
	COMPOUND	700	800	900	1000	1100	1200
	BAREBOW	500	600	700	800	900	1000
	LONGBOW	225	275	325	375	425	500

GNAS ROSES	RECURVE	800	900	1000	1100	1200	1250
	COMPOUND	800	900	1000	1100	1200	1250
	LONGBOW	225	300	375	450	525	600

DCAS STARS	RECURVE	900	1000	1100	1200	1300	1350
	COMPOUND	900	1000	1100	1200	1300	1350
	BAREBOW	700	800	900	1000	1100	1200
	LONGBOW	325	375	425	475	525	600

FITA STARS	RECURVE	1000	1100	1200	1300	1350	1400
	COMPOUND	1000	1100	1200	1300	1350	1400

The above charts are available on 2 full colour cards, 1 for Roses and 1 for Stars. They are laminated and available from Colin Holmes at a cost of £10 per set, phone 01769572921. Cheques payable to DCAS Junior fund. This to include a bonus card for the awards at FITA Stars for the English Archery Federation.

If you would like to win these awards please see Colin at most shoots, or someone who is there on his behalf. These award are FREE for all Juniors both DCAS and Visitors. There is a charge of £2 each for all Senior Members. However, if you are a collector you may purchase a complete set of 6 DCAS Roses or 6 DCAS Stars for £25 per set.

DID YOU KNOW:

- * The present number of Juniors winning are 86 archers with 155 roses and 93 stars
- * The present number of Seniors winning are 377 archers with 527 roses and 462 stars
- * No Junior or Senior has completed a full set as yet.
- * That GNAS and FITA have around 10 or 12 different target rounds where awards may be won
- * That Field Archery has numerous awards to be won
- * That there are about 6 different 6 gold end badges and Longbow 3 gold end badges to be won

Thanks for reading this. Colin A. Holmes