



DCAS News

Issue No. 48 - Spring 2013

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Welcome to your latest Devon and Cornwall Archery newsletter.

After the sluggish start to Spring this year, we finally have some sunshine and a hint that summer is on the way, so if you haven't already done so, get outside and make the most of the weather for shooting some arrows!

Please let me know what you want to see here and give me feedback on what you like and don't like.

If you have anything you wish to contribute to future editions, articles, photos, jokes, etc. please forward them to me at: eedwick@barnstaplearcheryclub.org.uk

Estelle Edwick
Newsletter Editor

DCAS Winter Postal League

The winter postal league results are in and the division winners are as follows (full results on the DCAS website):

Portsmouth

Recurve	Division 1	Paignton
	Division 2	Exeter A
	Division 3	Wadebridge
	Division 4	Mountsbay A
	Division 5	Paignton B
	Division 6	Wadebridge B
Compound	Division 1	Lacetown A
	Division 2	Barnstaple
Longbow	Division 1	Paignton A
	Division 2	Exeter B
	Division 3	Kenwith
Junior	Division 1	Exmouth
	Division 2	Mountsbay

Frostbite

Senior	Division 1	Exmouth A
	Division 2	BOW A
	Division 3	Kenwith
Junior	Division 1	Exmouth

Well done to all the winning teams and archers taking part.

We used to have a DCAS summer postal league, but this stopped after 2010 as no-one could be found to run it. Are you up for the challenge to get this up and running again? If there are any volunteer co-ordinators for this out there please let us know.

DCAS SQUAD SESSIONS

Having been asked by several archers if squad training/coaching would be available this year, we investigated the possibility of running such sessions.

Finding suitable venues that were central to the DCAS area proved difficult and the calendar was crammed with indoor shoots, so the dates were another problem.

Arranging for Venues, dates and availability of coaches to coincide at the same time was not an easy task, however, we arranged to stage two sessions, one at Carmoggas Bowling Centre at St Austell and one at Paignton thanks to Steve Allen, the management at the centre, Gary Wilde and Paignton Archers.

Unfortunately, Paignton had to step down as their unit was no longer available; however, they were able to help us in securing the Brixham Archers unit at short notice. Thanks to Malcolm Grant on this, and to Mark who stayed at the unit all day helping with any problems.

Our CCO arranged for two AGB performance coaches to attend both sessions, supported by local coaches.

At the first session in St Austell everyone was asked what aspect of their form they felt they needed to work on, which gave the coaches a base line to work from.

We also had a visit from a Chiropractor who talked about muscle control and correct exercises to develop archery related muscles and the importance of warm up and warm down.

This seemed to be beneficial to most of us and we had many positive comments (Thanks Kenny).

Notes were taken during the day and everyone given a bit of "homework" on areas they needed to work on by the next session.

At the second session these issues were worked on, plus various aspects as needed.

We were given a talk and slide show on the "Mental" side of archery... again, ever so popular.

The sessions were oversubscribed, which tells me that a great number of archers in our area would like coaching.



I am sure you will appreciate that it is not practical to arrange coaching squads for all. However the facility to arrange coaching in your area is available.

If you have a group in your club or surrounding clubs that require coaching, please ask your secretary (or anyone really) to contact Phil Carder YOUR coaching co-ordinator who will do his best to arrange coaches to run a session/sessions in your area.

Obviously there is a cost involved... but believe me your members will appreciate it.

County Team Selection



I am sure you are well aware of this, but County Team selection is based on your results during the coming season.

Full details of how to put yourself forward for selection are on the DCAS web site.

Results are tracked when they appear on the DCAS site.

PLEASE REMEMBER:

IF YOU COMPETE AT A TOURNAMENT OUTSIDE

THE DCAS AREA, AND THE RESULTS DO NOT APPEAR ON THE DCAS SITE, IT IS YOUR RESPONSIBILITY TO ADVISE THE TEAM MANAGER OF THE RESULTS IF YOU WANT YOUR SCORE TO BE INCLUDED FOR SELECTION PURPOSES (email result sheet to Jimmysandoe@aol.com)

Jimmy Sandoe (Senior County Team Manager)



Totnes Archers



Archery GB Number 2232 & 2263

Steve and Jacqui Wakeley aided by David Burry and Harry Wakeley whom have left Plymouth Archers and set up Totnes Archers at KEVICC, Ashburton Road Totnes. We have done this to fill the void between Plymouth and Torbay to give more opportunities to people in South Devon to shoot.



*We are a new target archery club.
Are you interested?
We shoot at KEVICC, Totnes.
For more information
Please get in contact*

Contact: Mr and Mrs S Wakeley, Island Cottage, South Brent, Devon. TQ10 9AJ
Telephone: 01364 72689
Email: totnesarchers@gmail.com

County Coaching for Juniors

County Junior Coaching sessions have been running over the winter months and have attracted around 15 active participants (although obviously not all have been able to make every session). The regular participants range from County record holders to juniors shooting for less than a year, and all of them have benefited from the sessions.

Because of the interest shown, DCAS have now agreed to continue to run and to subsidise the coaching sessions over the summer months - they will run monthly, all year round, not just in the winter. Because of that extension we now have spaces to take on some additional participants. There is no 'entry requirement' in terms of experience or scores to join the sessions - coaching is available to all DCAS juniors up to the age of 18 and at any level of experience. The only requirement is that the archer wants to improve, and is prepared to put a bit of effort into improving - and has a parent able to get him/her to Tavistock, where the sessions are held, on one Saturday a month.

If you know of juniors who are interested in joining the County Junior Coaching then please contact John Russell (secretary@dcas.org.uk) for details.

The coaching provided at County is designed to match and support the coaching provided on the Archery GB Talent Selection programme, for juniors who are able to get a place on that. Applications for the 2013 Archery GB Talent Selection programme are now open, with a closing date in July – see AGB website for details. <http://www.archerygb.org/news/3272.php>

Competing in tournaments – some guidance

by Estelle Edwick

So, you've been shooting at your club for some time but are you ready to get out and compete? It can be quite daunting going to your first competition, but it doesn't need to be. So here is my guide to preparing for a tournament:

Before the shoot:

- Read the details on the entry form
- Talk to your fellow club members to find out if anyone else from your club is going
- If it is not already familiar to you, shoot the round at the club beforehand, so you have good sight marks, and know the format (distances, number of arrows, etc.)
- Enter in good time, before the closing date
- Ensure you know how to find the venue and how long it takes to get there
- Ensure your kit is in good repair
- Make sure your arrows are numbered and have your initials or name on them

On the day:

- Arrive in plenty of time
- Comply with the dress code
- Check the target list for your position on the shooting line
- Register if required (Archery GB cards may be required)
- Set up your kit and place behind the waiting line
- Familiarise yourself with the shooting format (timing, signals, details, etc.)
- Attend assembly
- Check the details on your score sheet are correct
- Equipment inspection – bow, tab, arrows (Record status FITA shoots only)
- Introduce yourself to your target companions and make sure that you have enough space on the shooting line, (you can ask any archer to move a spotting scope that is in your way)
- Don't forget to warm up
- Offer to share the scoring and arrow pulling fairly
- Never adjust the value of an arrow on an official score sheet – call a judge
- Relax and Enjoy yourself



What to do if something goes wrong:

Calling a judge

During shooting - retire two paces from the shooting line and hold your bow above your head.

During scoring – stand back from the target, raise your hand and call for the judge.

IF YOU ARE IN ANY DOUBT ABOUT ANYTHING – ASK A JUDGE

Good Luck – Junction archers

Junction Archers has been nominated and is one of the finalists in the Devon Sports awards as the Active Villages Project of the year. Frank Bath will be attending the awards dinner to collect the award (should they win!!) on the 10th May at Sandy Park in Exeter.

Record Claims Reminder

For anyone wanting to claim a DCAS County record, please remember that you have only **four weeks** from the date of the tournament to do this and **three months** for GWAS. GWAS Regional Record Claims should be sent via your DCAS CRO.

Claim forms are available on DCAS and GWAS websites respectively and as DCAS CRO I usually carry a few blank forms to tournaments; you can also hand completed forms to me personally at any shoot I attend. All claims from outside County must be accompanied by a copy of the results sheet.

Claims can be made from scores achieved at any Open Tournament, including 'Masters' claims for archers aged 50+, many of which remain as yet unclaimed, in addition to regular record claims. So come on fellow 'Masters', where are you?

Thanks and I look forward to another exciting year of claims, as 2012 was a good year for DCAS archers ;o)

Jane Farrow, DCAS CRO

18 new DCAS records have been claimed since the last newsletter, here is a list of those claimed:

DCAS	<u>New Records</u> Round	<u>Bow</u>	<u>Score</u>	<u>Name</u>		<u>Date and Venue</u>	<u>DCAS Previous</u>	<u>Claim for GWAS</u>
Gents	Vegas	Recurve	512	Len Luck	Exmouth	03/03/13 @ Barnstaple	new	N
	Vegas	Barebow	397	Peter Farrow	Junction	03/03/13 @ Barnstaple	new	Claim
	Vegas	Longbow	307	Scott Williams	Exeter	03/03/13 @ Barnstaple	new	Claim

Ladies	Vegas	Recurve	558	Paulette Mills	Barnstaple	03/03/13 @ Barnstaple	new	Claim
	Vegas	Compound	561	Wendy Broom	Lacetown	03/03/13 @ Barnstaple	551	Claim
	Vegas	Barebow	292	Angela Martin	Exeter	03/03/13 @ Barnstaple	new	Claim
	Vegas	Longbow	189	Jane Farrow	Junction	03/03/13 @ Barnstaple	new	Claim

Masters Ladies	Vegas	Longbow	189	Jane Farrow	Junction	03/03/13 @ Barnstaple	new	
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Junior Gents	Worcester	Barebow	185	Patrick Lane	Wadebridge	11/11/12 @ Newquay	new	Claim U14
	Dble Worcester	Barebow	368	Patrick Lane	Wadebridge	11/11/12 @ Newquay	new	Claim U14
	Vegas	Recurve	437	Chris Glover	Barnstaple	03/03/13 @ Barnstaple	new	N
	Single Worcester	Barebow	185	Patrick Lane	Wadebridge	11/11/12 @ Newquay	new	Claim U14
	Double Worcester	Barebow	368	Patrick Lane	Wadebridge	11/11/12 @ Newquay	new	Claim U14

Junior Ladies	Portsmouth	Barebow	259	Rebecca Palmer-Wills	Torquay	03/02/13 @ Brixham	new	Claim U16
	Vegas	Recurve	171	Emily Bailey	Kenwith	03/03/13 @ Barnstaple	new	N
	Vegas	Compound	529	Jess Luck	Exmouth	03/03/13 @ Barnstaple	236	Claim U16
	Portsmouth	Barebow	259	Rebecca Palmer-Wills	Torquay	03/02/13 @ Brixham	new	N
	Portsmouth	Barebow	261	Rebecca Palmer-Wills	Torquay	24/02/13 @ St Austell	259	N



Devon Archery Clubs Meeting

Venue: Exeter District Scout HQ

Exeter District Scouts, Little Silver, Ashton Road, Marsh Barton, Exeter, EX2 8LN

Room 3

Date: 26th June 2013

Time: 7.00pm – 9.00pm

Tea and coffee on arrival

Agenda	Lead
1. Welcome and Introductions	Arran Coggan / Malcolm Grant
2. Purpose of the meeting	AC / Malcolm Grant
3. Archery GB updates Updates on various projects, including ontarget , arrows, facilities strategy/audit	AC
4. Active Devon Working together to support club development including: <ul style="list-style-type: none">• Engaging with Active Devon's programmes• Increasing Participation• Coach Education	Karen Jones, Active Devon
5. Funding	AC / KJ
6. Clubs feedback / Q&A	Clubs
7. Any other business	All



Archery GB is the trading name of the Grand National Archery Society, a company limited by guarantee no. 1342150
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"This free seminar is a must for all Devon archery clubs that are looking for the latest information and advice to help with future development, funding, participation and growth.

We have found our club involvement with the Archery GB Development team and Active Devon has been very helpful and beneficial to our own club – please try to attend this event and learn how your club may benefit too.

Wednesday 26th June - (Room 3 – see <http://scouts-exeter.org.uk/little-silver/little-silver-details/>).

Please contact Malcolm Grant (Brixham Archers) by phone or e-mail to ensure your booking. Tel: 01803 843097 – archerygbcoach@talktalk.net "

Barnstaple's 'record-breaking' shoots

Hosting their first ever indoor competition in March, Barnstaple Archery Club decided to offer something a little different for archers and the opportunity for record setting/breaking by shooting a Vegas round, for which only a very few county and regional records existed.

The shoot was fully booked before the closing date and some last minute squeezing enabled an extra boss to be used and for everyone on the waiting list to be fitted in.

The morning was a standard Portsmouth round and then the targets were reset for the Vegas round in the afternoon.



The club were certainly pleased with how it went and there were no major issues on the day. The success of the archers can be seen in the existing County and Regional records that were broken and the new ones set on the day, see the record claims on page 5.

This was followed up by the clubs outdoor Warwick shoot on 28th April, being run for the second year, but this time with record status.

With much better weather this year, most of the records set last year were broken and some new ones were set. Subject to ratification, it is believed that there are 20 new county records, 10 new regional records and 4 new national records.



Well done to all the new record holders and a big thank you to all the archers who have supported our shoots.

Barnstaple's latest venture is a new field archery course that is being set up in Umberleigh.

The club will be hosting its first NFAS field shoot on Sunday June 30th 2013. Please contact angiesnow@barnstaplearcheryclub.org.uk if you are interested in more details.

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JIMMY SANDOE

01209 213242

07979338897

email-jimmysandoe@aol.com

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COINS,



STANDARD SIZE

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OVERALL SIZE

ALL SHELVING IS ADJUSTABLE

SPECIAL SIZES

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BY ARRANGEMENT

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**OR SEE ME AT THE PANNIER MARKETS AT
TIVERTON - 2ND SATURDAY OF EACH MONTH
SOUTH MOLTON - 3RD SATURDAY OF EACH MONTH**



DCAS Tournament diary

Want to get out and compete? Here are the events scheduled in Devon and Cornwall over the next few months. Further details and entry forms can be found on the DCAS website or from the tournament organisers listed below.

May

12th	Kyrton Open	Westerns	Ieuan Lovett, 27 Thompson Road, Exeter EX1 2UB ~ 01392 425414 ~ tournaments @ kyrton-archers.co.uk
12th	Redruth Archers FITA 70m	World Record Status Double FITA 70m	Jimmy Sandoe, Meadowside, North Country, Redruth, Cornwall TR16 4DB ~ 01209 213242 ~ jimmysandoe @ aol.com
19th	Bowmen of the Tors	York / Hereford / Bristols / Nationals	Margaret Byrnes, 26 Dolphin Court Road, Plymstock PL9 8SD ~ 01752 402152 ~ byrnesathome @ btopenworld.com

June

2nd	Lizard Peninsular Open	St George / Albion / Windsors	Diane Johnstone, Treleaver, Coverack, Helston TR12 6SF ~ 01326 280308 ~ dj.clio @ mac.com
8th and 9th	DCAS / Exmouth Archers Double FITA Star	Ladies and Gents FITA, Metrics	Timothy Pratt, 64 Victoria Road, Exmouth, Devon EX8 1DW ~ 01395 273409 ~ tpratt @ btinternet.com
16th	Kenwith Longbow and Barebow Challenge	Albion and Windsor LB and BB only	Penny Bury ~ East Furlong Farmhouse, Littleham, Bideford EX39 6HW ~ 01237 478383 ~ penny@theburys.fsnet.co.uk
16th	Dunster Week		
30th	Redruth Archers Double American	Single / Double American	Jon Bouch, Riverside Cottage, Carwynnen, Camborne TR14 9LR ~ 01209 832292 ~ jbouch @ porescale.co.uk

July

Friday 5th	Exmouth Archers Lunatic Shoot	Short Nationals	Phill Carder, 4 Parthia Place, Exmouth EX8 4RN ~ 01395 277272 ~ chairman@exmouth-archers.ogr.uk
7th	Wadebridge Open	Mixed Hereford / Bristols	Elaine Jones ~ 01208 813745 ~ richardealine@foxdown20.freemove.co.uk
14th	Exmouth Archers Open Shoot	York / Hereford / Bristols / Nationals	Timothy Pratt, 64 Victoria Road, Exmouth, Devon EX8 1DW ~ 01395 273409 ~ tpratt @ btinternet.com
21st	DCAS Championships	York / Hereford / Bristols / Nationals (To be held at Newquay??)	
28th	Mounts Bay 150th Anniversary	Westerns	Sean Ellis ~ 01736 756473 ~ sean@mbac.org.uk
28th	Kenwith	York / Hereford / Bristols / Nationals	Penny Bury ~ East Furlong Farmhouse, Littleham, Bideford EX39 6HW ~ 01237 478383 ~ penny@theburys.fsnet.co.uk

August

3rd and 4th	DCAS / Redruth Double FITA Star	Ladies and Gents FITA, Metrics	Jon Bouch, Riverside Cottage, Carwynnen, Camborne TR14 9LR ~ 01209 832292 ~ jbouch @ porescale.co.uk
17th and 18th	Exmouth Archers FITA Weekend	FITA 70m and Head to Head. Ladies and Gents FITA	Timothy Pratt, 64 Victoria Road, Exmouth, Devon EX8 1DW ~ 01395 273409 ~ tpratt @ btinternet.com