



## EDITORIAL

Welcome to 2008 and the start of a new year, and we hope a good one for all of us. We would like to thank Tim Pratt for getting the newsletter onto the web site, and hopefully out to more of you. To the secretaries out there, please make sure that you circulate these newsletters to all your members. It does seem to us that the majority of the articles are supplied by the committee. This newsletter is for all of you, so please let us have your news and your thoughts, it's so nice to hear different points of view. Maybe you could devise a puzzle for our readers.

### YOUR COMMITTEE FOR 2007/8

President	Sally Sandoe
Chairman	John Poyner *
Vice Chairman	Mike Byrnes
Secretary	Marion Hutter *
Treasurer	Margaret Byrnes
Tournament Organisers	Steve * & Gillian Glover
County Coaching Organiser	Les James (co-opted)
Records Officers	Bob Young
Junior Representative	Brian Hardy *
Judges Representative	Mike Byrnes
P.R.O.	Steve Matthews
*DCAS Representatives to Grand Western Council	

## ARCHERY LINK

FOR YOUR ARCHERY

EQUIPMENT

HOYT—WIN&WIN

OPECHEE

BEITER—DOINKER

PLUS ALL ACCESSORIES

MEADOWSIDE

NORTHCOUNTRY

REDRUTH

TR164DB

JIMMY SANDOE

01209 213242

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# COACHING COLUMN

## DCAS Coaching

My name is Lez James and I am a member of Tavistock Company of archers, I have been shooting since 1981 and though I have not shot many target shoots in the last few years I have been involved with Tavistock on the Field shooting side of things. I am also the clubs events organiser and organise all sorts of events from our field shoots to our Twinning with our French friends in Pontivy. I am very passionate about the sport and I enjoy coaching as much as I do shooting. I have coached members of our club to win major championship medals and I am always prepared to give coaching to those who need it.

Initially I went to the meeting of coaches because I found myself very disillusioned with the way things were being done with regard to coaching. I was surprised that no one else in the room volunteered to take on the job of CCO. The county needs one, full stop, without out someone to head the coaching we are not going to go anywhere.

As it stands I have volunteered or have been co-opted until the next AGM to sort out the coaching side within DCAS, I will be starting by sending a questionnaire to all clubs for some feed back and within a Month I hope to call the first meeting of all GNAS coaches within the DCAS area.

From this I would like to establish what state we are really in and where do we want to go and what can we achieve, also I will need volunteers to help out, so if you wish to be part of this then come along to the next meeting.

One thing for sure I am not interested in what went on in the past, we have to look forward and to the future. Without coaches our youngsters will not progress, without coaches we wont be able to introduce people to the sport and our clubs will not grow.

By working together we can build a better future for archery in the Southwest.

## Visit to the National Coaching Conference 2007

A few weeks ago I went to Lilleshall National Sports Centre in great hope of improving my knowledge and understanding in coaching. Driving down the long driveway into the centre I wondered were I was going, it's well worth any member who has the opportunity to see this peaceful and wonderful house and grounds to attend.

The weekend started on a Friday evening with everyone meeting in the bar, followed by introductions to the Coaching team and what was intended for the weekend. This was followed by an evening lecture on good coaching practices and the way forward for budding athletes for the Olympics 2012 and beyond. Early start on Saturday (7.30 breakfast) for an in depth session on developing junior archers and performance coaching built around their own environment, this

included Dreams, Motivation, School Studies, and Social life.

After lunch a session on compound bows with an interesting talk from an American champion and his personal views on how and why different things work for him, but suggested several things to be considered when advising on equipment. A quick coffee break then another session on nutrition and how it can have performance effects on the archers ability.

Then a little rest and relaxation with a excellent dinner and chance to have a good old chat with fellow coaches. Sunday morning another early breakfast followed by a rather heavy session on technique, which included Posture, Alignment, Balance, DFL, PL, Relaxation and Release. Time was spent talking about observation methods and communication. This was followed by a session on the Psychology of coping with anxiety moving forward to Improving Motivation.

A quick lunch followed a short talk by Lynne Evans (Chair GNAS) about the way forward and hopes for the future. Then to finish the weekend another session on the development of coaching in general with the immanent Level 2 update about to take place, and progress made in all other areas.

This was a very enjoyable and informative weekend, and well worth attending, hopefully some of the time spent, will improve my ability to support my local club members. The only disaster was getting lost on the Motorway on the way home (M6 London here we come).

Mollie Wix (Coach)

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## THOUGHTS FROM BOB YOUNG

### The other day I got to thinking.....

A couple of weeks ago I travelled the 170 odd miles from deepest Cornwall to defend my GWAS Indoor title at Weston-Super-Mare. With fuel costs as they are and the thought of just 5 ½ dozen arrows I had thought about not bothering to go but decided to make the effort, as I held the trophy and that I ought at least to try and defend it.

Being totally honest (and not fitting into everyones idea of our sport) I normally enter a tournament with one thing in mind and that is to do my best and go for the win. I have been very fortunate that at least indoors I do have a chance to do this. Well, at the end of the day I did hold on to the title, but by the narrowest of margins and with equal scores, just a 3 gold advantage over second place. As it happened the three top places were all shooting on the same boss so we all knew how each other were doing through the afternoon. I fell behind from the start and was struggling to find the gold at all. In the third dozen I did manage to put together a couple of good ends that closed the gap slightly. At that stage I began to realise that it was still possible to overtake my shooting companions although they were both scoring quite freely. To finish the story, it all came together in the last dozen and with a 57 and 59 finish in the end just did enough.

Now, the point of all this prelude. I went there to win and that I had done, so far so good. However to get to that point I had shot poorly and was disappointed with my final score, so whilst pleased to win

I was more than displeased with the way I got there, almost to the stage that I did not really deserve it. So the question was raised, should an archer (or come to that any sportsman) be happy with just the final result or with the way that result was reached?

Shooting at the club the following evening I was talking to some of our newer and extremely enthusiastic members who could not understand why I was not pleased with the previous days work. I found it difficult to try to explain that as a competitive archer your expectations are always high and that both the score and result can be equally important to you. You have reached a standard that you feel you must perform to every time. Are we all like this? I don't believe in win at all cost but the performance is important. Archery is for all types of people and levels of ability and each has their own goals.

Perhaps some of you have different views, I would like to hear them, perhaps for the next issue???

### Reflections.....

Thinking back (and I seem to be doing a lot of that lately!!!!) over my ten years shooting I believe that the best times were when, as an improver and fledgling competitor it was possible to enjoy the increases in the level of achievement over a fairly long period. Those new pb's, sometimes by the odd point, sometimes by a sackfull, were all you needed to keep that initial enthusiasm running. You set your goals, sometimes by silly amounts, but one day you get there and its the best feeling in the world. Sometimes you struggle for weeks and you feel the frustrations that all archers go through at times.

You have reached that plateau and all the doubts creep in. Then, and usually for some totally unknown reason it all clicks together again and off you go to those greater heights.

Such is archery.

At some stage we all will reach that difficult stage where you settle into an almost constant average in your scores, neither going up nor down. You reach not only your own but other peoples expectations of you. If you are shooting well others expect to see you shooting well all the time. This brings pressures both from within and from without.

This is the hardest time I believe for both club and county archers and I have heard many at this stage question their enjoyment of the sport. The difficulty is finding the time or inclination to do that little extra practise in order to gain those precious few extra points.

I feel for those who have regularly missed their goals by just those couple of points on their scores.

Now, "summer" is on its way and lets all wish for some decent conditions and some personal triumphs (as long as some are mine!!). I wish you all a great season especially the newcomers to the sport. See you on the shooting line.

Please note that these views are from general observations and are not aimed at myself or any other particular archer or archers, although they are out there!!!!!!!!!!!!!!

Bob Young.

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## NEWS FROM YOUR JUDGES

WELCOME! WELCOME! WELCOME!

Two new volunteers have been accepted to become Candidate Judges – they are:-

Jeanne Carter of Crediton (Kyrton)

Mike Hawken of Newquay

I am sure we will all make them welcome on the “circuit” during their probationary period, and make their judging experiences easy and happy times.

Mike Byrnes DCAS Vice-Chairman and Judges Liason Officer.

## JUNIOR NEWS

The Junior development and Squad programme for 2007/2008, began in October with 14 new Juniors joining the existing members, this is good news for Devon & Cornwall, it shows us that there are Juniors relatively new to archery that wish to take the sport seriously, and are making a commitment to learn.

We have had 4 sessions to date that have been well received by all those taking part. They have shown their usual willingness and enthusiasm to take on board the knowledge and information afforded them by the coaches.

By the time of the final session, every Junior attending the programme, will have had their bows and equipment individually inspected to make sure everything is as it should be, and in most cases an explanation will have been given as to why any alterations. If any, were made.

I think it is fair for me to say that all the Juniors are enjoying the sessions, and also, judging by some of their personal comments, their archery skills have improved. On behalf of the Juniors, I would like to say thank you to Cilla for stepping into the breach and taking charge. Thank you to the coaches attending in support of the Juniors. A very big thank you to Brixham Archers for their continued help and support, and Malcolm for his transportation of the equipment.

**CONGRATULATIONS** to James Montgomery from Exmouth Archers winning the under 14 age group at the National Junior Indoor shoot at Lilleshall with a score of 567. A score that was only 7 points, under that achieved by the National Junior Champion.

**Well done James**

Brian Hardy, Junior Rep.

### DCAS INVITE YOU TO HAVE A FREE SHOOT AT THE COUNTY AUTUMN GOLD

All you need to do is enter Grand Day & June FITA & August FITA & Championships together. **BUY 4 GET 1 FREE**  
GOOD SHOOTING

## PLYMOUTH ARCHERS RAISE FUNDS FOR DEVON AIR AMBULANCE

Following our charity shoot for Children in Need last November which raised close to £750.00, we decided to collect money from Club members instead of giving each other Christmas cards, This is something we did last year and as most Club members thought it a good idea we did the same this year and collected £100.00. This is going to Devon Air Ambulance and hope none of us will need their services.

Thanks, Jim, Plymouth Archers

## CROSSWORD ANSWERS FROM THE LAST ISSUE NO 28

**ACROSS:** 1 Star, 4 Tournament, 8 Arrows, 10 Target, 12 Field, 13 Archery, 17 Secretaries, 19 Clicker, 20 Lynne Evans, 23 FITA, 24 Tom Williamson, 26 Record Status, 29 Tea Tent, 31 Colours, 33 Ranking, 37 Ann 38 Longbow, 40 Lady Paramount, 42 Worcester, 43 Merlin, 45 Easton, 46 Compound, 47 Records, 49 Line, 50 Entry Form, 54 Lilleshall, 56 Bristol, 57 Quiver, 59 Judge, 61 Etiquette, 64 Boss, 65 Fast, 66 Trophy, 67 Society.  
**DOWN:** 1 Sight, 2 Rose, 3 Yew, 5 National, 6 Field Captain, 7 Limbs, 9 Riser, 11 Frostbite, 14 Distance, 15 Hereford, 16 Juniors, 18 Robin Hood, 21 Handicap, 22 Union Trueheart Courtesie, 25 Stabiliser, 27 Grand Western, 28 Rules, 30 Barebow, 32 Dunster, 34 Gold, 35 Championships, 36 Hoyt, 39 Organiser, 41 AUK, 44 Classification, 47 Recurve, 48 Crossbow, 51 Clout, 52 Lord Patron, 53 Toxophily, 55 Green, 57 Quicks, 58 Eclipse, 60 Medals, 62 York, 63 Coach.

## YOUR NEXT ISSUE OF THE NEWSLETTER

AVAILABLE AT GRAND DAY

SUNDAY 4<sup>TH</sup> MAY 2008

**Copy for next issue 21<sup>ST</sup> APRIL 2008**

Please send to Colin & Ann Holmes,  
73 Okehampton Road, St Thomas, Exeter EX4 IEP  
Tel:01392259392 e-mail [colinanndcas@btinternet.com](mailto:colinanndcas@btinternet.com)

## FIND THE NUMBER

Time allowed for practice at a fita star (mins) |.....|.....|  
Size recommended for GNAS Clout flag (ins) |.....|.....|  
Time allowed to shoot 1 arrow at a Record Status Portsmouth |.....|.....|  
Time allowed to shoot 1 arrow at a non record status Portsmouth |.....|.....|  
Maximum size of an arrow (mm) |.....|.....|

## Latest List of New County Records and GWAS claims – February 2008

	<u>New Records</u>					<u>DCAS</u>	<u>Claim for</u>
<u>Date</u>	<u>Round</u>	<u>Bow</u>	<u>Score</u>	<u>Name</u>	<u>Date and Venue</u>	<u>Previous</u>	<u>GWAS</u>
as at						<u>Record</u>	<u>Record</u>
25/11/2007	Gents 50m Distance	Compound	345	Kevin Chidgey	03/06/07 at Exmouth	339	
	Gents 12-Arrow Pass	Compound	113	Kevin Chidgey	09/06/07 at Lilleshall	112	
	Gents Double FITA	Compound	2660	Kevin Chidgey	4/5/08/07 at Redruth	2654	
	Gents 12-Arrow Pass	Recurve	104	Phillip Spavins	26/08/07 at Exmouth	103	
	Gents American	Compound	810	Kevin Chidgey	27/08/07 at Devizes	804	YES
	Junior Gents Double Bristol 3	Recurve	2278	Antony Wood	11/12/08/07 at Lilleshall	new	YES U16
	Junior Gents Bristol 3	Recurve	1140	Antony Wood	11/08/07 at Lilleshall	no	YES U16
	Junior Gents Sht. Jnr. Windsor	Compound	930	Reece Greig	02/09/07 at Tors	new	
	Gents FITA	Compound	1349	Kevin Chidgey	09/09/07 at B of B	1347	
	Ladies Worcester	Compound	294	Gillian Bedford	14/09/07 at Crediton	new	
	Ladies Double Worcester	Compound	593	Gillian Bedford	14/10/07 at Crediton	new	
	Junior Gents FITA 18	Recurve	534	Koan Hughes	28/10/07 at Brixham	529	YES U14
	Junior Gents FITA 18	Longbow	229	Koan Hughes	28/10/07 at Brixham	new	YES U14
	Junior Gents Bristol 3	Longbow	250	Jacob Beams	12/08/07 at Exeter	not	YES U 14
	Junior Gents Junior Windsor	Longbow	350	Jacob Beams	02/09/07 at Tors	317	YES U14
	Junior Gents Portsmouth	Longbow	167	Jacob Beams	28/03/07 at Kingsbridge	not	YES U14
	Junior Ladies Windsor	Barebow	510	Nichole Challacombe	02/09/07 at Tors	new	YES U16
12/02/2008	Ladies Portsmouth	Compound	581	Gillian Bedford	13/01/08 at Kyrton	578	equals
	Ladies Double Portsmouth	Compound	1162	Gillian Bedford	13/01/08 at Kyrton	1158	YES
	Junior Ladies Portsmouth	Longbow	234	Amy Wilde	03/02/08 at Brixham	not	YES U13