



# X10 news

Balbardie & Grange Archers Newsletter

March, 2001 Volume 1, Issue 1

## UPCOMING EVENTS



Some of the dates below are unconfirmed, and will remain so until the entry forms come in.

### 2002

#### March

23<sup>rd</sup> Easter Area Workshop

#### May

12<sup>th</sup> Easter Area Champs

19<sup>th</sup> Inter-area Champs

19<sup>th</sup> FITA, Ayr

25-26<sup>th</sup> Dbl FITA Star, Linwood

#### June

2<sup>nd</sup> Albion, Lasswade

#### July

13-14<sup>th</sup> FITA Star, Banchory

#### August

3-4<sup>th</sup> FITA Star, Glasgow (SAA Champs)

17<sup>th</sup> Scan.FITA, Glasgow

18<sup>th</sup> York/Hereford, Glasgow

25<sup>th</sup> SAA Junior Champs

#### September

7-8<sup>th</sup> FITA Star, Penicuik

15<sup>th</sup> Clout, Castle Fraser

More to follow...

## Welcome to X10 news

It's been a long time since our last newsletter and in this new, updated, version we hope to bring you news, information and perhaps even a little humour!

If you have any relevant information you'd like to share with the rest of the club members (and as this may eventually be published on the internet – the rest of the world!!!), please let me have

it. NO, let me rephrase that – send it to me either in writing or via email (see back page for my Email details). Assuming we get enough information from our readership then hopefully we should be able to produce a newsletter on a more regular basis (it's up to you!).

I hope that the information in this issue gives you LOADS of ideas!

Murray (self-appointed editor)

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## Shoots cancelled

A couple of upcoming shoots have been cancelled/postponed:

### Bannockburn

The Friendly against Bannockburn will be moved due to the rugby club needing the hall on that Sunday. John Robertson of Bannockburn suggested a frostbite outside instead, but we declined the kind offer!

### Falkirk FITA

The annual April pilgrimage to Falkirk to freeze our longrods off for the day has been cancelled due, we are told, to lack of helpers to organize it. This second year of cancellation (last year was allegedly cancelled due to the foot and mouth crisis) is most disappointing, but we hope to get there next year to shoot in the rain/wind/hail/...

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## Junior Awards Scheme (JAWS)

A news scheme is being created to recognize and award the achievements of junior archers throughout the country. More details will follow when Hazel writes them...



## Club photo expose!

A few "candid" shots of our friendly club members have fallen into the wrong hands... MINE! Ha ha!

This section lifts the lid on the goings on at Balbardie and the Grange. We start this time with a few from the archive.

Be afraid... be very afraid!

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## Caption competition

For the budding humourists among you, we'd like a caption (in writing or Email) to accompany the picture below. (Drawing on moustaches or other "amendments" don't count)

The winner will win.... Well, probably nothing. Oh yes... and KEEP IT CLEAN!



Mr. Burton demonstrates the advantages of reading the instructions on your new tent BEFORE taking it to a shoot.



Contrary to popular belief, Paul HAS been to competitions, and even more incredible... the weather was nice!

## TIPS FROM THE COACH



### Warm up

Always, always, always remember to warm up before shooting.

### Remember your feet!

First things first – when you get onto the shooting line, make sure you stand in the same place each time. Use foot markers (bits of tape) if necessary.

### Tuning?

Quick reminder when bareshaft tuning:

- Bareshaft too high = nocking point too low. Move it up.
- Bareshaft too low = nocking point too high.. Move it down.
- Bareshaft to the right = shaft too weak (right handed archer). Increase button tension, decrease bow weight or decrease point weight.
- Bareshaft to the left = shaft too stiff (right handed archer). Decrease button tension, increase the bow weight or increase the arrow point weight.

## Rankings & Records

### 2001 Scottish Ranking

Hazel Scott 15th  
Murray Elliot 14th  
Willie Moreland 15<sup>th</sup>

### Club Records

#### **Indoors, Gents Recurve**

Portsmouth: 575 Murray  
18m FITA: 553 Paul  
Worcester: 282 Murray

#### **Outdoors, Gents Recurve**

FITA: 1142 Murray  
Albion: 832 Murray  
American: 734 Willie  
York: 973 Murray

#### **Indoors, Ladies Recurve**

Portsmouth: 554 Hazel  
18m FITA: 453 Hazel  
Worcester: 272 Hazel

#### **Outdoors, Ladies Recurve**

FITA: 1136 Hazel  
Albion: 779 Hazel  
Hereford: 1010 Hazel

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## Club news/events

Nothing much of note in here right now, but a couple of things to get you all thinking:

### Social Events

We all meet up on a weekly basis, shoot some arrows and go away again. I'd like to suggest that we get together to try a different sport altogether – 10-pin bowling? Other suggestions?

### Field Archery

This year I am determined to ensure that we all have an opportunity to try our hand at field archery. If you're interested, let me know as I've

already begun the process of finding out the what, where, when and how of organizing such an event.

For those of you who don't know, field archery involves walking around a course (often in the woods) shooting at targets at various distances over rough terrain (often uphill and downhill!).

### Easter Bunny

Time once again for the easter bunny to make an appearance... an easter shoot will be organised in the near future. **Watch this space!**

## Club resources

Both the club and some of the members have a variety of books/videos etc. available for loan for a minimal fee. Some of the titles available are given below, but there are more, so don't be afraid to ask.

All we ask is £1 donation to the club funds per week.

Items marked \* belong to Murray, others belong to the club.

### Books

\*Understanding Winning Archery (Al Henderson)

\*The Simple Art of Winning (Rick McKinney)

### Videos

\*Tuning Practice and Execution (Jay Barrs)

\*Advanced Form, Perfecting The Shot (Ed Eliason)

\*Archery's Most Asked Questions (Ed Eliason)

The Winning Edge (Jay Barrs)

Archery, Refining Your Form (Ruth Rowe)

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## And finally...

If you have anything you'd like to see in this newsletter, ASK! Better still, if you have something you'd like to contribute... I'm happy to receive all donations!

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## INTERNET LINKS



When entering the text below into your web browser, type the whole text as one line.

### Club website

[www.archersreference.pwp.blueyonder.co.uk](http://www.archersreference.pwp.blueyonder.co.uk)

### SAA

[/www.scottisharchery.org.uk](http://www.scottisharchery.org.uk)

### Shops

[www.quicks.com](http://www.quicks.com)  
[www.bowsports.com](http://www.bowsports.com)  
[www.altservices.co.uk](http://www.altservices.co.uk)  
[www.archeryworld.co.uk](http://www.archeryworld.co.uk)

### Manufacturers

[www.wernerbeiter.com](http://www.wernerbeiter.com)  
[www.eastonarchery.com](http://www.eastonarchery.com)  
[www.hoytusa.com](http://www.hoytusa.com)  
[www.win-archery.com](http://www.win-archery.com)  
[www.samicksports.com](http://www.samicksports.com)  
[www.pse-archery.com](http://www.pse-archery.com)

### Organisations

[www.gnas.org](http://www.gnas.org)  
[www.archery.org](http://www.archery.org) (FITA)  
[www.usarchery.org](http://www.usarchery.org)

### More to follow!

