



Bowmen of Ardleigh
Small Newsletter No. 124

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Before I go waxing lyrical (this has been known!), I'm sure we wish our former member, Sarah Bettles, and the Great Britain Olympic Team good luck in the competitions over the coming days. They've already done remarkably well in international competitions in the lead-up to the Olympics but you also need that little bit of luck as well sometimes. (I know I have on occasion, and really enjoyed it at the time!)

We now have 17 new members so far this year with a very good chance there will be more to come! Thanks go to all the members who helped with our "taster" sessions during June. We're now running our 3rd and 4th Introductory sessions on Sunday mornings 25th July and the 8th August. (on the 1st August we have an Essex Summer League Match so that's enough for the day and it'll give those who've been helping with the beginners a bit of a break!). That will probably have sighters at 12.00pm.

While we are running the morning sessions, the field is already set out and members, if those present wish, can begin shooting at 1 o'clock instead of waiting until 2 o'clock. This doesn't mean archers can't arrive at the usual time and start at 2 o'clock.

We'll still need help with the Sunday morning introductory sessions and also members' assistance for the new archers will be very necessary as they become "absorbed" into our Club and are confident they can manage on their own. We do appreciate that people like to be a little bit independent but help will be available if needed (which it will be!)



Three of our newer members demonstrating their capabilities! All our new people are developing a good style. Oby does seem to enjoy hitting the gold, Nicholai too, and Elaine is demonstrating a very nice, relaxed style during her introductory session, only the second time she has shot a "proper" bow! We also have Jing,



shooting as an Associate Member with us as he is already a member of Newham Archers.

Shown above is our set-up for our beginners' sessions. We did need some shelter and water for the first couple of sessions in June, when the weather was quite warm, then the weather became somewhat dubious and we needed the shelter up, just in case the weather turned. So far, though, we've been very lucky with the weather. We will, I think, continue to sanitise things for a while, now the Covid regulations have been eased (for the present, anyway!)



Our Essex Summer League Match in August will be the fourth. So far, our success might be considered somewhat limited but, as the saying goes, "it's not the winning, it's the taking part". Always useful in these situations!

Next year, however, with our membership including some very keen people who wish to progress, there may be a different story. The Albion Round used for the Summer League is of 9 dozen arrows, 36 each at 80, 60 and 50 yards. In the recent past, we've included ladies and juniors in our teams and generally did rather well. There is the Warwick round series where all members can now endeavour to win the various colours but, everyone, when you have a suitable bow, please do try 80 yards as well (we do have Club bows that will do it!). We have appearance awards for the Leagues as well.

Shown above is our new member, Sam during our Introductory session on Sunday 18th July, showing great promise with a Club light draw weight bow and arrows that, if they do indeed match the bow, it will be entirely by coincidence! (So, no!)

The trick is wanting to do well without trying. Consciously trying, analysing and thinking about too many things at once is generally not to be recommended. Most people want to hit the middle with every shot but not even our Olympic archers do that and they shoot quite a lot of arrows every day. Gauge, then, your progress by the time you can devote to your chosen sport. Once a week you will become a capable, fairly consistent archer, if your practice is "good", I think I've said, in various places, that the archers at Agincourt (apologies, Jean-Louis!) had a good reason to shoot their arrows as quickly as possible. Today, however, we get two minutes to shoot three arrows, which is enough time to take a couple deep breaths between shots and relax a bit. In any case, a well-shot arrow will cut through the wind better than a poorly shot one. Don't try to aim too much. Put the sight on the middle, hold your eye on the gold, or wherever, and shoot a good shot.

Hopefully, we'll get back to organising our "LADS" and "GADS" nights soon (Lady Archers' Dining Society and Gentleman Archers' Dining Society) but there will be a gathering on Friday evening, 27th August when our newer members (if they wish) can meet some of the other members at an event not involving getting targets out. This will be, all being well, in the Bretons Manor House, time to be notified. Food, if required, will be arranged on the day and partners who may not be members of Ardeigh will be welcome too.

The Bretons Manor House is open again, but only on Fridays, Saturdays and Sundays at the moment, but it is opening when there are Clubs' meetings. The bar is presently just bottles and cans and tea and coffee but hopefully there will be things on draft in the not too distant future.

Just to forewarn people, there will be an Extra-Ordinary General Meeting at Bretons on Sunday 12th September to, firstly, ratify the decision to change our Club year end from 31st December to 30th September and secondly to agree our Club and affiliation fees for the coming year. We are only able to control our Club Membership fees as those of our Affiliated groups (Essex and Suffolk, Southern Counties Archery Society, Archery GB and Bretons are set outside our control. It's our intention that Club fees remain the same as they've been for some years now and we spread our year end to 30th September this year as members haven't been able to shoot for much of the last 17 months, apart from a few weeks here and there. Notices for the meeting will go out as required by our Rules, and the fees set by that meeting should be paid within 14 days to cover memberships and affiliation fees for the next year. These are shown below.

Age	Club	Archery GB to September 2022	SCAS/Essex to Sep 2022	Bretons to June 2023	Total
Senior Member, over 25	37	47	5	(7)	96.00
Senior Member, 18-24	37	12	5	(7)	61.00
Senior Member with disability	37	12	5	(7)	61.00
Junior Member, Under 18	23	12	2.5		37.50

It is intended at the moment that we hold our Club Annual General Meeting on Sunday 21st November and official notices and Minutes will go out nearer to that time.

We are keeping the booking system going for the time being. Outdoors and indoors on Fridays and Sundays boabooking1953@gmail.com and Monday evenings indoors campanologybell@gmail.com

At the moment, people seem to be favouring the barn for shooting on Friday evenings but the field is always available providing there are enough people to set the targets and safety equipment out and the booking system does enable people to know if there are enough people to do it. The hand washing and sanitising will continue. Perhaps when things settle down a bit and people are confident that there will be enough people present outdoors, we can go back to what we've always done and just arrive!