



# Spring 2020

# Griffin Archers Newsletter



"April 2020"  


## Dates for the Calendar

Club Night Fridays

7pm - 9:30pm

(help set up from 6:40pm) -

Good Friday Closed (10<sup>th</sup>)

**No Club Night on Good Friday**

**10<sup>th</sup> April 2020. Focus Centre Closed!!!**



**OUTDOOR SET UP NEEDS ALL HANDS.**

**PLEASE ARRIVE A FEW MINUTES EARLY**

Taster Sessions - 1<sup>st</sup> Friday of Month - 7pm

April 3<sup>rd</sup>, May 1<sup>st</sup>, June 7<sup>th</sup>, July 3<sup>rd</sup>.

**4<sup>th</sup> Anniversary Shoot - Friday 27<sup>th</sup> March 2020 -**

Trophy shoot, bit of fun, usually a raffle and cake!!!



Outdoor Season...

**Arrive earlier as outdoors needs a bit longer to move equipment and measure distances. We do many different rounds outdoors.**

- A raincoat, maybe an umbrella for observations.
- Layers that can be put on and removed easily.
- Sun Cream and a Hat
- Some dry clothes to change if rain forecast.
- Water or fluids - Club will try and provide some basic water.
- A folding chair or chairs - maybe a picnic blanket.
- Snacks to keep up energy levels/blood sugars
- A bright torch (in case you lose an arrow and it's getting dark)
- Don't forget to sign in as normal, our insurance depends on it.

There is also the 252 Badge, awarded when scored at each individual distance in 36 arrows. (20yd, 30yds, 40yd, 50 etc)

**JOKE: What do you call an arrow with no tip?????**

**ANSWER: .....pointless!!!**

## A Word from The Chair

### 4<sup>th</sup> Anniversary of Griffin Archers.



Officially our start date is April 1<sup>st</sup>, but our Archery club has been going for 4 years since 2016. As is traditional for Archery Clubs we run an anniversary shoot, with trophies and medals. There is usually cake and a celebration of some sort.

I am proud to have been Chairman for all 4 years and if membership agrees I will continue in this role.

So, other than looking forward to handing out some trophies, I wanted to remind you all that April sees the start of outdoor season. Di has added some tips and reminders for everyone about this and I request that as many of you as possible arrive a few minutes earlier to help with the movement of equipment outside. I will be in constant contact with the Focus Centre so we do not have any unexpected clashes with football events (fingers crossed and weather permitting).

Also, we are looking for volunteers for April 12<sup>th</sup> Have-a-Go at Itter Park and May's Big Weekend Have-a-go at the Focus Centre.

Robyn and I are also in the process of training some instructors, along the AGB format so we have extra help for tasters and beginners. Its all looking good and we look forward to continuing as a club and moving forward.  
Happy Shooting.

John



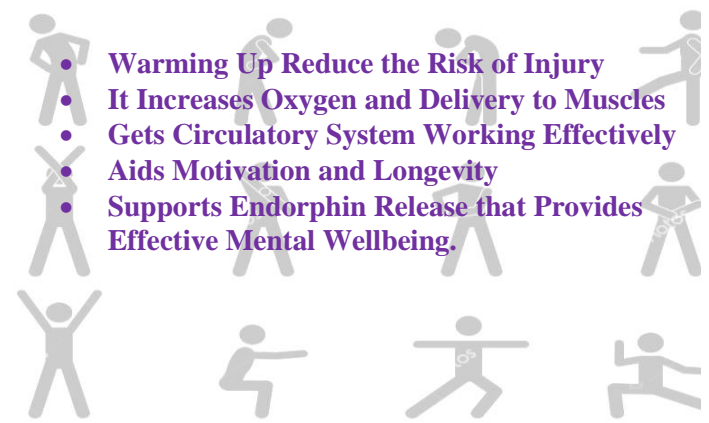
**We Need New Members  
Here at Griffin Archers!**

*We run our taster sessions regularly, have the Big Archery Weekend planned and Itter Park Have-a-Go.*

*We have flyers, websites and all manner of media that we can give or put in place if you know any suggestions for places we should be advertising.*

**Warm up exercises!**

Archery may be a low impact sport, but it is a sport! Take control of your warm ups!



- **Warming Up Reduce the Risk of Injury**
- **It Increases Oxygen and Delivery to Muscles**
- **Gets Circulatory System Working Effectively**
- **Aids Motivation and Longevity**
- **Supports Endorphin Release that Provides Effective Mental Wellbeing.**

**Some Warm - Up Advice!** "The

most important reason for doing a warm up is to prevent injury during exercise; keeping the muscles warm will prevent acute injuries such as rotator cuff and shoulder strains; it will stave off overuse and repetitive injuries by allowing the body to prepare steadily and safely. In more static sports, such as archery, it is a good idea to stretch throughout the round as this will keep the muscles warm and allow them to function effectively" <http://www.nsmi.org.uk/articles>

**IT MAY BE OBVIOUS TO MOST OF YOU BUT WE HAVE SOME SERIOUS ARCHERS IN OUR CLUB, WHO ACTIVELY AIM TO COMPETE AND WHO NEED MORE SPECIFIC COACHING. WE ARE PLANNING ON DEDICATING A TARGET OR TWO SPECIFICALLY FOR THESE INDIVIDUALS AND ASK THAT THE REST OF OUR MEMBERS RESPECT THESE ARCHERS PERSONAL WAY OF PREPARING FOR COMPETITIONS.**



**There is an AGB recommended Warm-Up exercise sheet . Ask for your copy or download one from the website or your newsletter email.**



**COMING SOON**

**Easter Fun Day**

Itter Park, Sunday 12<sup>th</sup> April. Set up from 9;30am – Have a go running from 12 – 4pm.

All help welcomed – see Di, John or Emma for details.

**Archery Big Weekend**

15 – 17<sup>th</sup> May. AGB promote this as a way to get local communities interested in Archery with Have-a-go's and taster sessions alongside other attractions. We need helpers and ideas so let the committee know if you want to be part of it!

**Outdoor Shooting – Season April – October**

**What else????? Do you have any ideas?**

**.....and Finally!**

Our coaching team are getting some more specific instruction from John and Robyn.

Utilising AGB guidelines and their expertise we will soon have some trained Archery Instructors who we can utilise to assist with coaching matters, tasters and have a gos, plus beginner courses.