

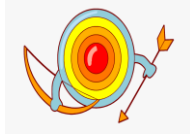


# Griffin Archers Newsletter



## Summer 2020! Phase 1

Hello Griffin Archer family! I have missed you ALL!



I hope this unique newsletter finds you safe and well. Di and I wanted to keep everyone in the loop regarding a return to Archery "normality"!

I also wanted to remind and recommend some simple exercises that will maintain your Archery Muscle Memory! Things like using the big rubber band that you should have been given at your beginner's course. Keeping the muscles used by doing the warm up exercises every few days.

For those of you with the luxury of outdoor space and a target I have included on here some tips and a link to target faces you can print to get the maximum use out of restricted spaces.

Myself, Robyn and Deniss have all had some shooting time in the garden.

We have dabbled in the weekly lockdown challenge using the print out targets from World Archery.

Stay safe, keep in touch.

John.

*So, as you will know from the news, we are moving towards coming out of lockdown and returning to a semblance of "normal".*

*Archery GB have released details to assist us with a phased return, taking all Government recommendations and advice into consideration and complying with social distancing.*

*Phase 1 is not feasible for Griffin Archers as a club, taking into account the venue and restrictions. We have done a comprehensive risk assessment and the committee have all agreed that currently we must stay closed.*

*( <https://www.archerygb.org/return-to-archery-phase-one/> )*

*We await Phase 2, to be released in mid-June!*



## DATES FOR THE DIARY!

The Olympic Games Tokyo 2020 will be celebrated from 23 July to 8 August 2021. They also agreed on new dates for the Paralympic Games, which will be celebrated from 24 August until 5 September 2021.

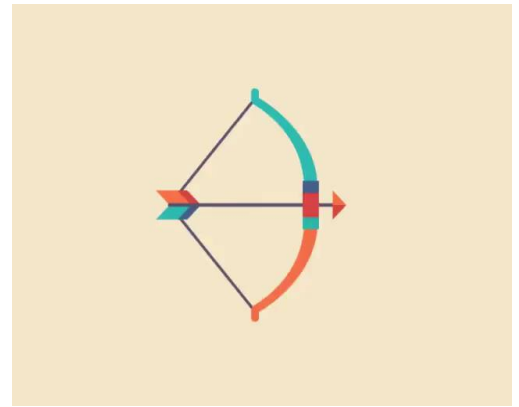
The Olympics and Paralympics are the two places where Archery is shown live on TV, although often at strange times and odd channels ( but definitely something to be aware of).

## Griffin Archers Photo Challenge!

So, let's keep in touch.....take a photo, a selfie of something that reminds you of Griffin Archers while in Lockdown! It could be your kit or actually doing archery in the garden or it could be a certificate from a month end shoot or any other memory you may have that reminds you of our own Griffin Archers family! Send you photo to me 07938554604 or [Dianne.searle91@gmail.com](mailto:Dianne.searle91@gmail.com), or website.

*The Disney film "Robin Hood" reminds us in our house.*





Just daily life can cause stress and anxiety during this time. As a club Griffin Archers wants to remind you all to take care of yourselves. Consider the mindfulness approach, create simple routines to keep you occupied, look at crafts and hobbies such as colouring, woodwork etc. simple deep breathing or look at meditation. Make sure you keep in touch, by phone, email or social media. <https://www.mind.org.uk/coronavirus-we-are-here-for-you/>

### SOCIAL DISTANCING



### Keep Fit at Home

Joe Wicks may not be an archer but his YouTube channel has many free workouts that are simple and for all fitness levels. He is encouraging the nation to keep moving.

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

### JOHNS ARCHERY "WARM-UP" EXERCISES

<https://griffinarchers.co.uk/warm-up-exercises/>

As promised here is a link to get the warm up exercises to keep you moving and archery-ready through this period. John's advice "Do **not** do any exercise that hurts or causes pain" If any doubt give John a call....

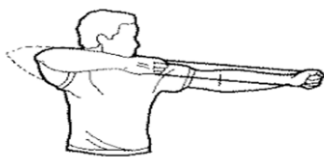


### Archery SKILLS AND DRILLS

<https://griffinarchers.co.uk/skills-and-drills/>

Keep those archery muscles toned and shoot ready!

For those who want to do that bit extra.



John and Di are always around for a chat or discussion

07593429275 / 01354 659063

<https://archy.re/BTOLtargets>

World Archery Association "Beat The Outbreak League" is a facebook site where they provide A4 print out

