



# Griffin Archers Newsletter



"April 2022"

## Spring 2022

**More SESSIONS mean more ARCHERY!!!**

Fridays 6:30pm, 7:30pm or 8:30pm - Sundays 3pm or 4:30pm



And with **effect from 12<sup>th</sup> April, we are open on Tuesday evenings** - 2 sessions 6:30 and 8pm.  
(8 weeks trial currently – dependent on attendance)



It is not possible to book further than 10 days in advance.

(See John or Di to book advance sessions if you know you will be away etc.)



### Dates to Remember:

**No Club Night on Good Friday**

**15th April 2022**

**Focus Centre Closed!!!**



**EASTER - Club Competition - 17<sup>th</sup> April**

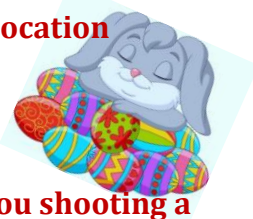
**2:45pm arrival, for target allocation  
and Chair Introduction.**

**3pm Shooting starts.**

**Pay £3 and let us know are you shooting a**

**Portsmouth Round or a Stropmouth Round?**

**BOOK AND PAY BY 10<sup>th</sup> APRIL!**



### **OUTDOOR SHOOTING!**

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

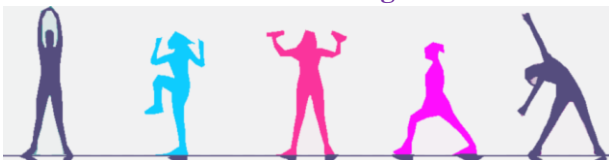
- A raincoat, maybe an umbrella for observations and arrow collection
- Sturdy shoes, more important than ever outdoors where arrows can be in the grass.
- Layers that can be put on and removed easily.
- Sun Cream and a Hat
- Some dry clothes to change if rain forecast.
- Water or fluids – Club will 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 let Di or Line Captain know you have arrived and when you leave 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)

### 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 intake 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>

## Johns words of wisdom

Wow! Well, what are a bustling club we are becoming, on occasion anyways. I'm enjoying the overall feeling of enthusiasm for Archery and for Griffin Archers as a club. Di says she feels proud of her baby birds for finding their wings and becoming full blown archers!

Two outside competitions down, and we are becoming a local club that has some real talent! But it is also so lovely to know that we have members who are happy just to shoot some arrows and release some stress. Or to be with their Griffin family and share archery experiences.

We are a club run for the members and that is why we are trialing Tuesday evening sessions, so that all our members get the chance to shoot in the way they feel most comfortable. Or maybe they get to shoot more often.

It's all just down to personal members choice and what you find works for your archery journey!

***We do need your help, as Di and I potentially won't be able to make every session, every week. Just a matter of logistics, personal health and other commitments. I already get told that archery runs my life, so there are times I need to know that Griffin can run without me!***

We have enough members who can put up and take down the range, we have people who can control the whistle. There is the bookings record that is in the purple folder, but we can send out via email. There is also the signing in /register of those attending. Di does this, first it was because of COVID restrictions, It has gotten to the point that with sessions and coming and goings plus parents or spectators she is just ticking a register and adding visitors/tasters and spectators. This format can be sent out electronically too!

So, other than this, there is the excitement of Easter shoot and the potential of going outside! We are waiting on the OK to do some field maintenance, so listen out for us asking for volunteers.

Enough of my ramblings... I am so proud of my Griffin Archers family!

John.



# WINNERS

So many of our members have achieved new Personal Best scores and attained badges for Portsmouth rounds. Some have managed to gain more than one of these little metal treasures. So a big WELL DONE!

***Bethan, Tom V, Hannah, Carly, Scott, Lauren, Pete, John, Trev, Rayon, Keith, Alan, Luke, Sally, Andy G, Carl, Debbie and Brian.***

Then there are the intrepid archers who have travelled out to competitions

***Bray Jan 2022 - Robyn represented ladies recurve, Scott shot the round Barebow, Pete respresented us in COMPOUND, and in Gents recurve we had a good few - Tom V, Trev and Deniss. In fact Deniss, Tom and Scott all took part in the double. We were incredibly proud of them and their scores.***

***Portsmouth in March 2022. - Sam gained GOLD for 1<sup>st</sup> place in junior Gents under 14's. Rayon gained SILVER for 2<sup>nd</sup> place in JUNIOR Ladies under 18's. Then we had 2 archers who did the double - 2 Portsmouth Rounds - Trev in Recurve and Scott in Barebow. Both came 4<sup>th</sup> overall. Pete represented in COMPOUND and came 6<sup>th</sup>, then in Gents RECURVE (in reverse order) Alan ( with a PB and new badge), John, Trev, Deniss and at 4<sup>th</sup> was Tom V.***

***Ru Barlow - If we are talking intrepid then our world traveller Ru is worth a mention! He now holds at least one UK record and is planning a big year among the World Archery series. You can follow some of his competitions on World Archery YouTube.***

Finally a big shout out to Tom D for managing a scored Portsmouth and Hettie for achieving her goal of hitting the target at 20yds ( she has heavier limbs now!) and Peter, who is successfully hitting the target and beginning to bring his arrows into groups.

Not forgetting our newest members who are now happily shooting as members after passing their beginners or pathway courses. Welcome: Shannon, Katie, Jackie, Paul and Rian.



**Two of our Griffin family are in the midst of getting ready for their wedding in May!**

**Bethan and Tom, as a club we wish you both all the luck and happiness in the world.**



**Gonna be bored or just eating too much chocolate this Easter Sunday?  
Join the Griffin family in a fun competition, with prizes and laughs!**

**Easter Sunday – April 17<sup>th</sup> 2022**

**An Egg-stra Special**

**“Portsmouth” COMPETITION.**

**Or for more of a challenge a**

**“STROPMOUTH”**

**( Johns unique creation)**

**Target Allocation and sighters at 2.45pm for a 3 pm start.**

**Entry FEE £3 Seniors/ £1 Juniors**

**ALL Members welcome, from novice /newbie to pro!**

**To be booked and paid on or befor Sunday 10<sup>th</sup> April 10pm,**

**State Name/Round choice as reference on bank transfer.**

**Prizes for Fun Headwear!**

**Must be able to be worn while shooting!**

**Creativity rewarded!**

**We hope you can come and celebrate Easter with us  
too!**



**DON'T FORGET!**



**with effect from 12<sup>th</sup> April we are open on Tuesday evenings 2 sessions 6:30 and 8pm. (8 weeks trial currently – dependent on attendance)**

**BOOK AS NORMAL!!!**

**Easter headwear  
For extra prizes and a bit of fun!**

