



Griffin Archers Autumn/Winter 2023



Johns words of wisdom

So, as we enjoy the last waves of summer heat and feel the change in the wind and rain temperatures. This newsletter seems to aim at the cooler weather versions, but, lets enjoy all the Indian summer we may get and bask in any sunlight, however weak it becomes. As my lovely wife says....remember layers!!! Those winds across that field... bracing may not quite describe!

Personally my archery has been affected by my health. Di and I are very grateful to you all for your well wishes and also for the practical help. We are really glad that the Griffin family have once again made us proud!

As you will read in this newsletter we have finally given Alan the accolade of Coach, long deserved and testament to his hard work and effort. Also Carl had the opportunity to buckle down over the summer . Well done guys! So all good on the coaching front. We also have some new faces on the committee, which gives us more debate and better chance to get some members views (Di and I can be too close to the decisions sometime)

Once again, Fenland Archery have kindly agreed to share their venue with us, this session on a Tuesday is paid out of your target fees, so book the session with Di and come along. The coaches are looking at doing some in club indoor scoring and competitions to keep the fun element up. If enough people want to do indoors we can open up another session on a Thursday evening too.

There are some great indoor open competitions , so look out for information from Pete (our Tournaments Officer) and get booked in!

Keep shooting

John x



Outdoor Season Ends, But those hardy Griffin Archers shoot on

Sept 2023 - Tues & Fri From 5pm - darkness
(as long as a keyholder is available)



Oct 2023 - Tuesdays - 6-45pm Fenland Archers Indoor - first session 10th October.

Sept 2023 - April 2024 - Sundays 2pm -



till too dark or cold

Indoor Archery

Our friends and neighbouring club, Fenland Archers, at Sir Harry Smith Community College Whittlesey PE7 1XB, have again extended the invitation to share their indoor venue this winter/indoor season.

We have agreed a Tuesday evening from 7 - 9 pm. (Arrive at 6-45pm to help with set up). This session is paid for via your regular target fees. **MUST be booked Sunday before!**

If we have enough people interested and booking regularly we could also take on a Thursday evening.

Currently, if one of our members wishes to go along on a Thursday or even a Saturday morning there is an additional charge of £6 per archer. It needs to be pre-booked via Di.

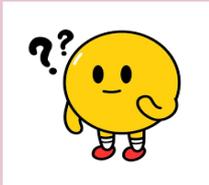


Outdoor Shooting!

....its cold....its windy! What if it rains?

Errrrr....wrap up warm, extra layers and we get wet!





Do you know the Griffin Committee???

There is a group of us who meet and discuss, sort, mend, chase payments, organise, send emails, update policies, maintain the website, wrangle members, coaches and John! We are delighted to have some new faces join the old guard. It gives us a lovely range of perspectives (not all from one family – but all from the Griffin family)

John and Di Searle – Chairman and Secretary – Founders of Griffin.

Robyn and Deniss – Coaching Officer and committee member - Substitute John/Di

Scott Wolfe – Senior Coach and Club Vice Chair

Pete Lindsay – Senior Coach and Club Tournaments Officer

Alan Joyce – Equipment Officer and Coach

Carl Haddon – Records Officer and Coach

Claire Champion, Sharon Harris and Mark Hall.

If you might be interested in joining this band of volunteers, then say so at the AGM in Nov, or tell Di, John etc.

GRIFFINs' Amazing Coaching Team –

Robyn and John have worked hard, as have our team. Delighted that Alan has finally become one with his certificate for his Griffin Coaching Award, look out for him in his subtle t-shirt. Carl had some intense catching up to do and the summer holidays meant he had some time to concentrate! Trev has been fighting an elbow injury, but his coaching is great and Robyn is working with him on his personal archery. Pete has written and is training and making a difference with his Precision Workshop (ask him or Di for details) and Scott has been amazing whenever his health and transport has allowed him to come along!

We celebrate them ALL for their achievements

These guys are Volunteers

And they share their time, experience and knowledge

With everyone. Help them help you!





Club AGM

Sunday 19th November 12-30pm, shooting afterwards for 2pm start.

Your chance to have a say and get involved.

Every member has a vote.

Griffin is run by volunteers and is Not-for-profit - For the members..

So we need your opinion.

Place Thorney Rugby Clubhouse, ZOOM is an option if you really cannot attend as is appointing a proxy vote..

Are you around during the daytime?



Whether work shifts, retired or just having some time off. There are a group of people who will happily attend an ad-hoc archery session. Maybe it's a warm day, a bright crisp autumnal day. Perhaps just dry!

Talk to Alan or John/Di – and they will make sure you are contacted if one of these sessions might happen!



We are Tough at Griffin Archers!



Outdoors at Thorney Rugby Club, we will continue to have shooting available on Sunday afternoons. Starting at 2pm until the light fades.

We will have a “*whats app*” group to notify everyone if these sessions are cancelled due to weather conditions. But rain, light winds and cold will not stop shooting. So come along and be prepared. Frostbite rounds, basic scoring, a bit of coaching.....have a go!

We do have access to the club house kitchen, so we can use our equipment and supplies to make tea, coffee and hot chocolate, or even cup-a-soups.

A local Witches COVEN have cursed Thorney, the Zombies have gone but can we break the curse??? Goo and slime, blood and gore, have seeped into everything that happens.

Wear your best halloween costume and bring your wand and together we will fight the curse and reclaim TRUFC for Griffin Archers.



Sunday 29th October 3pm – 6pm

Halloween Fun Shoot

Spell Casting workshop – optional



From 3pm – 6pm, find the curse, solve the puzzle, reverse the curse, shoot anything created by dark magic, that is possessed, or has already sold their soul. Confront the magical community warming snacks and spicy soup available.

Archery Goals to consider! The Coaching Team can help!

**Do you want to shoot further distances, conquer a fear of scoring a round? Master the technical aspects of your new equipment?*

Now you are an "ARCHER", and a member of Griffin, what goals can you consider in the longer term! Maybe you see yourself moving up in distance on a 252 round, gaining a new score in a Portsmouth, you could even consider some of the other rounds and exercises that aim to retrain your focus and get your concentration back.

You could consider entering an outside competition – the indoor season is full of rounds that are only 20yds or 18 metres, local ones will have a number of Griffin members attend (Pete will have details of these and be able to help you enter correctly)

Some of you may want to understand why regular scoring and shooting rounds can get you a recognised achievement. Classifications are important to all archers because they are the best indication of where you are in terms of scoring ability, and provide a benchmark for levels of improvement. – Ask Carl or John for details.

TALK TO Di or Robyn and they will organise you some coaching that suits your personal archery journey.

Warm up exercises!

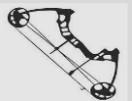
Archery may be a low impact sport, but it is a sport , an olympic sport!

Make sure to take control of your own warm up before every session!

- **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.**
- **Warm up/Cool Down protects muscles from injury and fatigue**
- **Ask one of the coaching team, they have details of 20 or so different AGB recommended exercises.**



A Griffin Family Update!



Our Compound archer and senior coach, Pete, is getting Married to the beautiful Sammie this October, in Scotland (what will he wear under his kilt?).

Griffin Archers wish them both all the luck and love



Sunday 29th October
Wear a costume,
get extra points.
Bring cakes or spooky
snacks to share!

Christmas is coming



Di has booked a Griffin Archers a club Christmas meal out on Saturday 9th December. 6-30 for 7pm start, at

The Gordon Arms, Oundle Road, Peterborough.

Menu Choices

and deposits will be required.

ALL invited , plus partners/family/friends.

