



on Target

Club Newsletter for Lough Cuan Bowmen

January

Issue

10

2016

Christmas at Lough Cuan

Captain my Captain

Lough Cuan Junior Bowmen

The Ice Breaker !!

Loughcuanbowmen.com



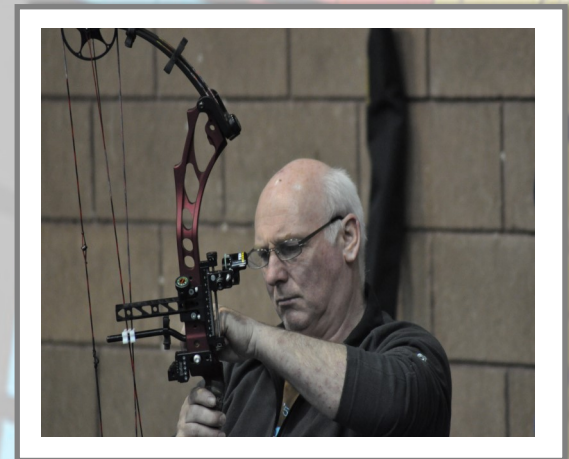
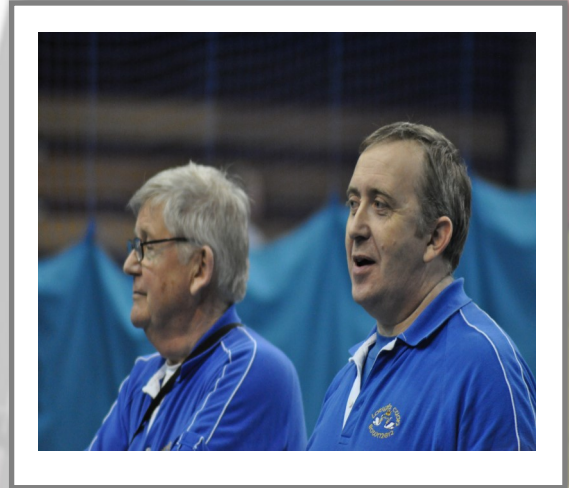
On Target

Welcome to our January 2016 edition of On Target, the newsletter for Lough Cuan Bowmen.

It's surprising how busy it has been from September with shoots, club events, activities and members participating in a variety of target and field shoots. It has also been a very encouraging with the addition of new members to the club

On Target is a members' newsletter and we hope that you will contribute to future issues. If there is something you would like to see in the newsletter or have an idea for how we can develop it or want to become involved in the writing of it, please come forward and have a chat with me or Michael.

Thank you to everyone who contributed ideas, information, and photos for this edition. Keep the ideas coming.



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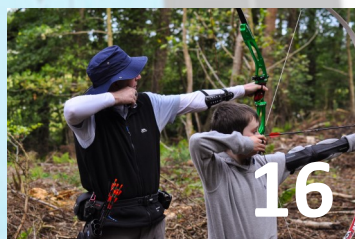
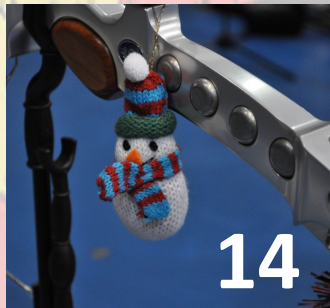
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NEWS round

There is always plenty of activity at LCB and it is always great to hear about your achievements and archery related activities. So remember to pass them onto Bill or Michael for the magazine.



CONGRATULATIONS to Michael on achieving his AGB level 2 coaching certificate. This is a great achievement and testimony to the commitment and dedication he gives not only to LCB but also Northern Ireland Archery. The Level 2 course requires time and commitment to developing knowledge and skills and follows on from the Level 1 course. Michael over the past months has been working to develop his knowledge and practical experience in many areas including: Coaching process, Sports science background, Equipment skills and specification (recurve and compound), Observation and analysis including

developing good technique, professional qualities and preparing archers for their first competitions. Michael is now in the position to be able to; deliver a club coaching programme, take overall responsibility for beginner's courses and manage, mentor and support Level 1 coaches.



The British Bare bow Championships were held in November at Banbridge Leisure Centre. The NI round was one of about 6 rounds taking place throughout the UK. The club enjoyed success at the Championships, with Sophie taking first place in the NI leg in the Junior Ladies section. Sophie was also 3rd overall in Great Britain. And keeping it in the family congratulations to Steve and Niki who also shot well.



Congratulations to Conor and Matthew who took part in the Irish Open Target Championships. Matthew won the Open Junior Compound while Conor won the Open Junior Recurve competition and also came third in the senior class.

Sophie shooting to her usual high standard at the British Bare bow Championships

Return of the NINJAAS

On the 22nd of January we will be joined by the NINJAAS again. We have the full sports hall booked and will be running a competition. This year it will be a Portsmouth round in preparation for the NIAS Junior Target Champs. As with last year we will have a couple of bosses for the members that don't want to enter the competition. This was a great night last year and everyone is looking forward to an equally fun evening. MF

The NINJAAS demonstrating the importance of a warm up before shooting.





Lough Cuan welcomes new members

NEWS round

Thanks to the hard work at the beginners courses and Have-a-go sessions the club has seen quite a few new members joining. As always we hope everyone makes them very welcome.

For new members, there is a club committee which organises the 'business' of the club, so if you have any concerns, questions or just need some information they are often a good starting point. The Chairman is Noel Tennyson, Treasurer is Steve Benton, Safeguarding Officer Bill Latimer, Senior Club Members Rep Niki Benton, Junior Club Members Rep Robert McCausland, Equipment Officer James Lowry and Michael Ferguson Secretary.

If you are looking for some help and guidance with equipment or advice on developing your archery then have a chat with one of the club coaches, Michael Ferguson, James Lowry, Arthur Halligey, John Kenny and Aud Needham.

Please feel free to speak to any of them if you have any concerns, ideas or just for advice. MF



Andrew



Some of our new members being welcomed into the club at our Christmas Club



And just for the record, Noel doesn't always wear the hat when welcoming new members.



A very Merry Christmas at Lough Cuan

Always a great evening to look forward to is the Christmas dinner and this year was not to disappoint. The dinner was held at Knock Golf Club. Our thanks to Ann and Margaret for their patience in organising the dinner over the past months and to again to Ann, Margaret and Helen for having everything so well organised on the night. It was great to see a good turnout of members, juniors and seniors. Always a good start, is the first drink free, sorry orange juice at the bar.



Everyone enjoyed their dinner with a range of festive delights on offer from the traditional turkey and ham to the very festive Christmas hake.

And who knew that secret Santa could be so competitive with a number of presents being highly desired.





Members enjoying their dinner and eagerly waiting Secret Santa—which didn't disappoint



Robert trying hard to retain his new head attire for the next field shoot.



Raymond doing his world famous impression of Rudolph



'Captain my Captain'

A very important role at the club night is that of Target Captain. Before any shooting can take place a Target Captain needs to be in place. The role of the target captain is essentially to ensure that the rules of shooting are carried out. Safety is always very important and it is the role of the target captain to call archers to the line, make sure 'good' order is maintained while archers are at the line and signal when it is clear for archers to collect their arrows.

We would like to encourage as many senior members as possible to take a turn at being target captain. We have a group of dedicated members who regularly take on the role each week. All we ask is for each senior member to take a turn and if we had 4 members each club night that would be 30 minutes each, if we had 6 that would only be 20 minutes each. If you would like to help out but, are not sure what to do, just speak to a Committee member and they will help. You can also 'buddy' with a more experienced member while they are acting as target Captain until you feel comfortable in the role.



So what would I do?

- At the club night, indicate to a member of the committee that you would like to be Target Captain.
- You will stand at either side of the hall at the shooting line (the side which gives the clearest view of the range).
- When the 'range' is clear, call the archers to the line with the phrase, 'To the line.' The archers will come forward and shoot.
- Observe that good practice is being observed by all archers, shooting and waiting to shoot. An archer not shooting should be behind the waiting/equipment line.
- If you see something that you consider unsafe, e.g. someone in front of the shooting line or an archer turning away from a target with an arrow on their bow, in a very loud voice shout "FAST".



Always Keep in Mind

Safety

1. Never put an arrow on your bow unless you are pointing down range and you are going to shoot it.
2. Never shoot until the Field Captain has indicated it is safe to do so.
3. Never move in front of the shooting line unless indicated to do so.
4. If you see something that you consider unsafe, e.g. someone in front of the shooting line shout "FAST".
5. **NEVER** shoot alone, you always require someone else to act as Field Captain while you are shooting. Note that an adult can act as Field Captain for a Junior but not the reverse. If a Junior is shooting, an adult **MUST** be present.

- When all archers have shot and returned behind the equipment line call, 'clear' or 'clear to collect.'
- Archers will collect their arrows and return behind the equipment line.
- When the range is clear and everyone is behind the equipment line, shooting can recommence.

Previous editions of the magazine have covered shooting indoors and the Target Captain.. So if you would like to read up, request an electronic copy from Bill.

Lough Cuan Junior Bowmen

Exciting times
for LCB
Junior Archers

There is very good news for our junior bowmen and bow women. At the Annual General meeting in September it was decided to form a Junior Lough Cuan Archery Club. This means that our junior archers have now their own identity alongside the senior club.

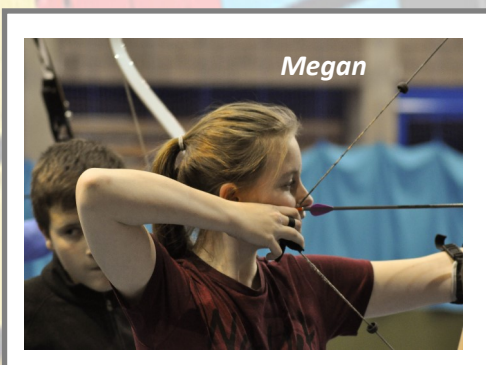
We have always had a very good group of junior archers and their numbers have been growing over the past year and this was the next step to helping them develop their archery skills.

This is a very exciting opportunity for our junior archers and the club. Many of our junior/cadet archers have excelled at regional and national level and this now provides a pathway to further develop the junior archers in the club whether they want to develop to perform at the highest level or want to improve their skills and enjoy their archery.



The Club junior Rep is Robert McCausland

Lough Cuan Juniors go from strength to strength



Our juniors continue to go from strength to strength with 3 more members Megan, Dylan and Ryan selected onto the Northern Ireland National Junior Archery Academy Squad (NINJAAS). This is a great achievement for the guys but it also means that LCB now has the largest representation on the squad.



The FITA beginners award scheme is a great way for beginners to measure their progress as they develop. The awards measure archery scores, skill development and knowledge.



GALLERY gallery

Our junior archers have a number of pathways open to them to develop their skills. One way is to work towards the FITA Feather and Arrow awards. Congratulations to the Juniors that achieved their FITA Feather and Arrow awards in the past weeks. . Hopefully we will have more to present soon. Keep up the good work. If any of the Juniors are interested in these awards please speak to Robert or Arthur and they will provide the details.



Some of the Juniors showing their good form

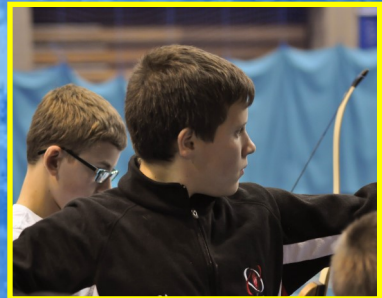


Just **play.**
Have **fun.**
Enjoy the
game.

Michael Jordan



The expert in everything was once a beginner



Art meets archery

What links Michelangelo, Donatello, Matisse, Modigliani, no they are not all famous archers, in fact they are world renowned sculptors. Their link to archery actually none. But who knew we have our own sculptor emeritus in Lough Cuan. Gary has been turning his hand to terrific sculptures. Working with horse shoe nails he has managed to craft a range of archery figures, catching the archer in a variety of poses. The figures make great presents, but, also worth treating yourself to one. I am thinking of asking Gary to do a commission to represent my archery career, but he hasn't done one with the archer looking for arrows behind the boss, yet!

Guggenheim

London - Paris - Newtownards

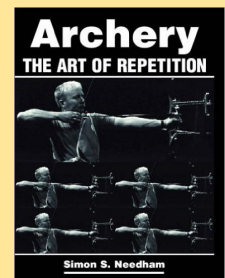


What were you reading over Christmas?

Sometimes it is difficult to choose a book on archery as you are not quite sure if it will be too simple or too technical or meet your needs as an archer. Bookshops (if they stock books on archery at all) may well have a limited range. So often you have to buy over the internet and it can sometimes be a risk. A recommendation is very useful. So we would like to encourage you to submit a book review on a book you have found useful. Doesn't have to be very long, the key points and why you found it useful.

Santa must have thought I needed a bit of help with my shooting and popped a copy of 'Archery The Art of Repetition' in my stocking. The book by Simon Needham was originally published in 2006 and I thought it might be a bit dated, but it proved to be a very good resource. One or two parts are slightly dated but the general advice on archery I found to be very helpful. It is written essentially for recurve freestyle, but I was

still able to glean lots of useful tips and information from it to challenge me to think about my approach to archery. It is very comprehensive and covers topics from, how to get started and choosing basic equipment through to tuning, arrow selection, fitness and nutrition, psychology, biomechanics of shooting and more. For anyone wanting to improve their knowledge and skills of recurve archery it is a very good resource. It is a book I think I will be coming back to on a regular basis.



Club members, as many of you know two of our Juniors, Conor and Sophie, represented GB (and LCB) at the European Field Championships in Poland. This was Conor's first time representing Great Britain, while Sophie's had represented GB at the World Field Championships. Conor, shooting in the recurve class and Sophie in the Bare bow class both won bronze medals. This is a great achievement for both of them.

Conor was also part of a 3 man team that included Jamie Cole and Craig McCreery. They managed to beat Sweden to earn a gold medal match but, in the end, were just edged into silver position by an on-form Austrian team.



World Archery European Field Championships 2015



A Christmas Carol

Twas the Friday before Christmas, and all through the leisure centre
The Archers were stirring, with jumpers displaying.
The targets were hung on the boss with care,
In hopes that Santa would guide their arrows to Gold.



We wish you a Merry Christmas, we wish you a Merry Christmas and a Happy New Year



Mr and Mrs Claus shooting a few arrows before the big day.



Santa's little helpers



Santa might find it difficult finding his hat Christmas eve





A jelly bow competition. 1 for the gold and 10 for the white. The key is to shoot badly or is it to shoot well badly !

The winning team collect their spoils



Could we have a judge's ruling on bow compliance!

When I applied to be Santa's helper, this wasn't what I had in mind

Fred is obviously on the naughty list





Sunday 25th October saw archers assemble at Clandeboye for our Halloween shoot. This is always a relaxed and fun shoot. This year archers had the choice of and unmarked FITA or animal pick and mix or a bit of both. While most archers wear their traditional attire there are always a brave few who try and psyche their opponents with a bit of fancy dress. Despite the time of year the weather was reasonably mild and the wet weather gear could be put away for another day. As always it was great to see archers from other clubs turning out and enjoying their day



This year one of the club's newest members Undead Fred, decided to make an appearance and hide in the forest. A few archers did manage to spot him and were able to loose a few arrows at him.



Banbridge Archery Club Festive Shoot



It Must be Christmas

You always know Christmas is coming when Banbridge Archery club have their annual festive shoot at Gilford. This is a charity shoot and is always good fun and well supported and it is always good to see Lough Cuan members taking part. An excellent course is always set out with a great range of targets. I particularly like the set of targets along the river. Not only do you get the pleasure of a days shooting in the surroundings of Gilford Castle, but there is always a piping hot bowl of stew at the end and the anticipation of a secret Santa present.

That's a cracker!

What do you get when you cross a snowman with a vampire?
Frostbite!

Why did Santa's helper see the doctor?
Because he had a low "elf" esteem!

What happened to the man who stole an Advent Calendar?
He got 25 days!



Arthur enjoying the Christmas spirit

Thanks to Michael and Joanne Walker who were on hand to capture pictures.



Steve at the practice boss

NIAS 3-D Championships



The 2015 NIAS 3-D Championship were hosted by Banbridge Archery Club at Gilford Castle on 1st November. The championship this year had World Record Status and provided the field of archers from all over Ireland a challenging 3-D course. The weather was very kind to the archers with terrific autumn sunshine



Club member Arthur caught in action as the arrow leaves his longbow at the NIAS 3-D Championship at Gilford Castle.

Thanks to Val Sleith who was on hand to capture this nice shot.

Field of glory
Two Euro champs and 12 medals!



Britain sent 32 archers to the European Field Championships in Poland – and came home with two new European champions and a total of 12 medals! Duncan Bussy powered past Croatia's Domagoj Bujan and Niall Aonasa of Norway to take the European men's compound title. Junior recurver Bryony Hinton beat Czech Monika Bielekova to earn a silver against top ranked Chiara Tobioli, but the Italian had no answer as Bryony hit championship-winning form. The junior men put on a fantastic show too. It was silver for Patrick Huston and bronze for Conor Hall, who beat Croatia's Alan Hrenar by a single point. And it was bronze for our senior recurvers Alan Wils and Neaoni Folkard.

There was a fantastic silver and bronze in the junior compound women's category for Dorey Clark and Rebecca Lennon who beat teammate Morgan Russell-Cowan into fourth place by only four points. In another clash of teammates, basebow junior Sophie Benton beat Freja Nilsson to claim bronze. And Craig McCreevy took junior men's bronze with victory over Austria's Thomas Weber.

Add that to the two team silvers won by juniors Conor Hall, James Cole and Craig McCreevy and Bryony Hinton, Dorey Clark and Jessica Nilsson and it brings it to a grand total of 12 European Field Championship medals for Great Britain, plus some very creditable fourth places!



For members who receive a copy of the Archery GB magazine, there will have been a pleasant surprise in the Winter 2015 edition. There was a good report on the European Field Championships in Poland. Both Sophie and Conor are mentioned and there is a nice picture of Sophie demonstrating how to shoot on a downhill slope. It is great to see our members performing so well.

While Gene Kelly may have been Singin' in the Rain, for a hardy group of archers it was a case of shooting through the rain at the annual Icebreaker shoot at Clondeboye. The usual covering of frost with a cold nip in the air or an occasional flurry of snow was replaced this year by a cloud burst which lasted most of the day.

There was a rumour that one group of archers were seen measuring up a fallen tree to see if there was potential for an Ark and we could all have gone in two by two.

The shoot was a 24 target un-marked field round and despite the conditions spirits remained high with archers battling through the conditions and testing their skills. While conditions were poor, there were some very respectable scores put in.

For anyone trying out their new Christmas presents, they would certainly have had a good field test.



Wet and weary, a hardy group of archers gathered for the medal ceremony

Congratulations to Juniors James, Megan, Ryan and Claire, seniors Steve and Noel on their medals and to the other club archers on their awards. The Frank Orr trophy was presented to Steve Benton for the highest scoring LCB member on the day (via a handicap system).



Sing along.
You know you want to

I'm shooting in the rain
 Just shooting n the rain
 What a glorious feeling
 I'm happy again
 I'm laughing at clouds
 So dark up above
 The sun's in my heart
 And I'm ready for sixes
 Let the stormy clouds chase
 Everyone from the place
 Come on with the rain
 I've a smile on my face
 I'll walk through the course
 With a happy refrain
 Just shooting in the rain.
 Shooting in the rain.

Doot doot doot doot, Doot do
 doot do doot doot

'I'm shooting
 and dancing in the rain



**UNIVERSIDAD
TECMILENIO.**
Innovación con propósito de vida.

Archery appears in many advertising campaigns, business presentations and in the media. But sometimes its not quite right.

I wonder what coaching tips you would give this archer in a University promotion document.

1. _____
2. _____
3. _____
4. _____
5. _____

A Date for your Diary

Our next club shoot will be our St. Valentine's day shoot, funnily enough on the 14th February. The shoot will be at the Dunleith Estate in Ballywalter. For new members who haven't shot here before' we would encourage you to come along. It is a very good course in a great setting.

Field Diary - Out in the Open

The Field Shoot Diary is now out and has been sent to members via e-mail. There is a very busy schedule with great venues and challenging and enjoyable shoots on offer. Thanks to Michael for his work as NIAS Field Officer on this. It gives you a good opportunity to plan ahead.

A dedicated follower of fashion

*They seek him here, they seek him there,
His clothes are loud, but never square.
It will make or break him so he's got to buy the best,
'Cause he's a dedicated follower of fashion.*

For Club members, Lough Cuan has a great range of club kit available. You can choose from a polo shirt, hoody, light weight rain jacket, heavy coat, rugby shirt, baseball cap and beanie. Other items can be purchased and the logo added. Please speak to Michael Ferguson if you want to place an order. Items can be ordered at any time.

lovely jubbly



If you are upgrading your equipment or have spare equipment you no longer require and are possibly looking to sell it and think someone in the club could make good use of it, please bring it along and we will make sure all the members see it.



Remember, full details of Field shoots can be found in the NIAS Field Calendar

Dates for Your Diary

January

16th/17th BAB Snowdrop 24 Mixed
Loughbrickland

February

14th Lough Cuan UKRS Ballywalter
20th/21st BAB Shamrock 24 Mixed
Castlewellan

March

5th/6th BAB Daffodil 24 Mixed
Loughbrickland

12th/13th

All Ireland Field Championships.
WRS

20th BAC Marked
Gilford

I MAY NOT BE THERE YET,
BUT I'M CLOSER
THAN I WAS YESTERDAY



**Lough Cuan Bowmen
Club Night
Every Friday
Ards Leisure Centre
7.30pm—9.30pm**



A favourite shot of mine from the Swedish Open. If you have a favourite shot. Why not submit it for the next edition.

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through our social media links**

