



nTarget

@ Lough Cuan

September

Club Newsletter for Lough Cuan Bowmen

Issue 9 | 2015



Clandeboye Revisited

My First Field Shoot

Thinking About Success

All Ireland Series



On Target

Welcome to On Target, the newsletter for Lough Cuan Bowmen.

As they tend to say this time of year 'the nights are fair drawing in,' Which usually is the signal for our outdoor club nights to come to a close as we move inside to Ards leisure centre. In many ways it has been a busy summer with members participating in a variety of target and field shoots. There have been some notable successes particularly for our cadet archers, but more of that later.

This issue should keep you up to date with the events over the summer along with some archery hints and tips, general information and forthcoming competitions.

To help you develop as an archer the newsletter will also provide information on archery for beginners and experienced archers alike.

On Target is a members' newsletter and we hope that you will contribute to future issues and if there is something you would like to see in the newsletter, please let the committee know.

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



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Newsround

There is always plenty of activity going on 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.



EUROPEAN FIELD CHAMPIONSHIPS

Lańcut, 5-10 October 2015

have been selected as part of the GB squad that will be travelling to Rzeszow in Poland in October to compete in the World Archery, European Field Championships. I am sure you will all join me in wishing them both the very best of luck. They will be joined by another 10 archers from NI which just goes to show how good the archers are that come from this country. MF

Congratulations to Sophie Benton and Conor Hall who



Conor, Rory and Sophie enjoy their success at the World Field Championship test event



Next year 2016 the World Archery Field Championships will be held in Ireland at

Kilruddery House and Gardens in Bray. In preparation for the event a 'test' event was held on the weekend 26/27 September 2015. This was an open event for archers and would provide the organisers with the opportunity to 'test' the facilities and the course ahead of next years championship. From an archers perspective, it provided an opportunity to 'shoot' on a world championship course. It was a 48 target arrowhead round. There were two courses both Unmarked on Day 1 and Marked on Day 2. A number of our members, Anne Orr, Rory Fitzpatrick, Conor Hall, Steve, Niki and Sophie Benton all took part and from all accounts had a very enjoyable experience. All shot very well and put in very strong performances.



When in Rome European Youth Cup

Congratulations to Matthew Hall who was selected to the GB team which took part in the European Youth Cup in July. Matthew was competing there for GB in his first major international competition and I am sure you will all agree that a silver medal was a brilliant start. I am sure there will be more to come. MF



Matthew putting in a top performance in Rome



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. For all juniors, we are going to be starting the Feather and arrow awards soon. Arthur and Robert will give you all the details soon.



The NIAS held the Outdoor Target Championships at Lisnagarvey High School on 6th September. This was attended by a few members and once again there was success with Conor and Matthew winning silver medals and Thomas winning a bronze. Well done to you all. Again this shows what a very talented group of archers we have.

WORK HARD and be **PROUD** of
what **YOU ACHIEVE**

Club Night with a difference

In a slight departure from our usual Thursday night routine, we decided to try something a little bit different. A small course with a variety of targets in different locations around the pitches was set up. There was a selection of field targets, prunes colours (target faces), animal faces and 3D animals. Members were promptly organised into teams of 4 and a friendly competition ensued. It proved to be great fun and a bit of craic.

At the mid point there was a very welcome barbecue and thanks to Ann and Karen for being LCBs Master Chefs for the evening. One or two members had experience of a clout competition, but a Lough Cuan Clout! Our version involved jelly bows and this proved to be extremely good fun with some of our juniors possibly having a future in clout archery.

Lough Cuan Junior Bowmen.

At the AGM it was decided to form a Lough Cuan Junior Bowmen. This club will be registered with AGB and all Junior members up to the age of 18 will become members of this. As a benefit of this club, we will be able to offer reduced membership fees to our juniors, but it will also provide an opportunity to recruit new junior members and to further promote and develop the skills of our junior archers.

NEWS round



Members enjoying their barbecue after an intensely fought competition!

I don't believe it!

It might be hard to believe, but Anne Orr was presented with her 25 year membership award at the annual general meeting. Ann has been a great servant to the club, fulfilling a variety of roles in that time. The presentation was made by Noel and Alvin gave the best archer's speech and a little bit of an insight, not too much into Anne's life as a Lough Cuan Bowwoman. All the club would like to congratulate Ann on her service to the club and to the next 25 years. With Ann playing a very prominent role in judging, she will always have her eye on you.



Land of the Free and the Home of the Brave Lough Cuan Shoot a Double American!

The fourth of July brought our Double American at Ards Rugby Ground in. This is one of the few target shoots the club puts on. Keeping with the Fourth of July theme the gazebo was suitably adorned with the star spangled banner. The American round is a traditional GNAS round with Imperial scoring with 30 arrows shot at each of three distances. Shot as a Double this meant that the archer choosing completing both rounds would shoot upwards of 200 arrows. Not only a test of skill but also stamina and concentration. The morning started dull and not too promising (the weather not the shooting) but this gave way to a warm afternoon. There was a good representation of a variety of bow styles and clubs. Thanks to the members who helped set up the field and to James for judging on the day. Finally, congratulations all the medal winners.



Business as Usual

The Annual General Meeting of the club took place in Ards Rugby Club on XX September. While AGMs are often not viewed as 'glamour' events, they do fulfil an important role. It is an opportunity for members to have a say in the running of the club and also become more actively involved in the organisation of the club through serving on the club committee.

Noel in his role as club President presented his report on the years events/activities. On hearing the report it is only then you start to realise how much actually goes on at Lough Cuan and what is involved in making it such a successful club.

The current committee stood down and a new committee was voted in. Noel was voted back for another term as Club President and Michael Ferguson continues in the role of Secretary. James was voted back in as Equipment Officer along with Robert as Junior Club Members' representative with Steve Benton returning as Club treasurer. Chris Millar and Gary Millardid not seek re-election and Richard Benson had stepped down from Safe Guarding Officer earlier in the year. The positions of Senior Club Members' representative and Safe Guarding Officer were filled by Niki Benton and Bill Latimer respectively.

The club would like to acknowledge and thank Chris Millar, Richard Benson and Gary Millar for the considerable time and commitment they put into their respective roles and the manner in which they carried out their responsibilities.



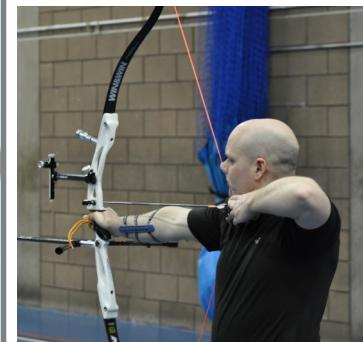
Club President
Noel Tennyson



Club Secretary
Michael Ferguson



Treasurer
Steve Benton



Equipment Officer
James Lowry



Junior Club Members' rep.
Robert McCausland



Senior Club Members' rep.
Niki Benton



Safe Guarding Officer
Bill Latimer

September Shoot

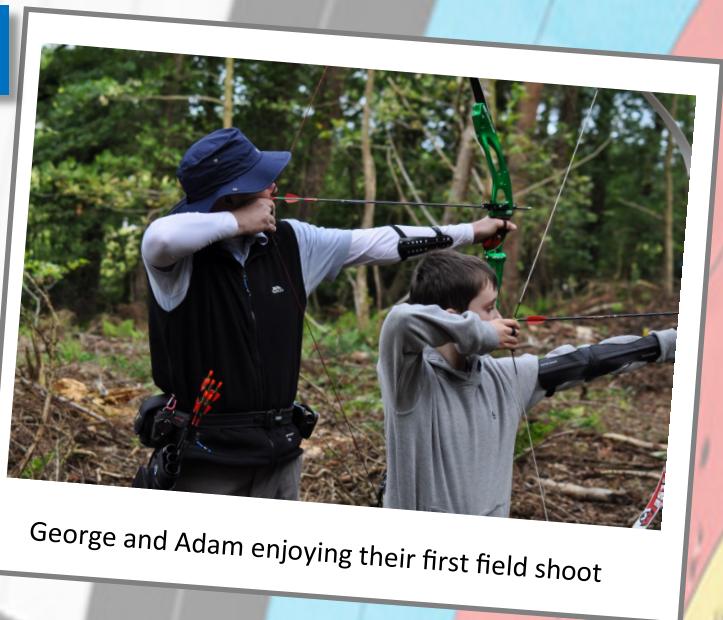
If you go down to the woods today ... —you'll find that part of it isn't there. On the return to Clandeboye we discovered that there had been quite a bit of tree felling and clearance. Unfortunately a significant amount of it was on the lower part of our course and changed the whole perspective. But undaunted as ever our course planners made a few adjustments to the layout and reset the course. Over the course of a few evenings and weekends a number of members helped to clear the course and set it up for the September shoot.



Everyone looking very relaxed before the 'call to arms.'

September signals our return to Clandeboye for the first of our autumn shoots and with the clearance of part of the estate it took on a slightly different feel. A very enjoyable and challenging course was set with a few deceptive targets to keep everyone thinking.

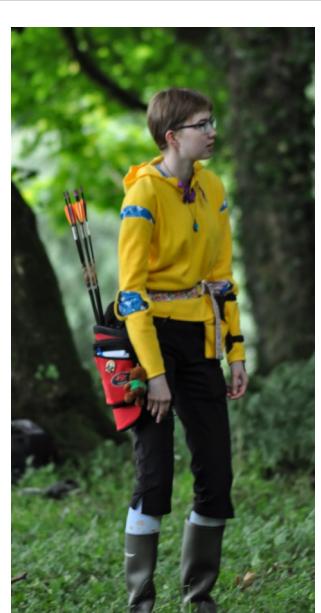
It was very pleasing to see some of our new members, Rosalind, Alice, Rebecca, Adam and George on their first field shoot and from all accounts they had a very enjoyable day. All our members put in good performances with Claire Surgenor seeing a marked improvement in her scores.



George and Adam enjoying their first field shoot



Adam has every reason to be pleased with this 6 on the bunny.



Claire has certainly taken to field archery



Raymond on form

While there is a lot of competition between archers and serious shooting, there is also a great sense of fun and enjoyment and comradery. It is always good to see archers from other clubs taking part and the opportunity to renew friendly rivalries



"The flight of the arrow is as true as the skill and the nerve of the Wo/man with the bow"



The 'Usual Suspects'



IMAGINE with all your MIND. BELIEVE with all your HEART.

ACHIEVE with all your MIGHT

My Lovely Horse



My lovely Horse
running through the field
Where are you going, with your fetlocks
blowing in the wind?

It seems that Michael got a little more than he bargained for when he set out for a quiet mornings practice. He is quite used to having an equipment inspection, but on this occasion a friendly horse was going to ensure the bow complied with FITA regulations and that there was going to be no horseplay! To ensure fair play the horse was also called to judge Michael's line cutters. It is rumoured that Father Ted and Dougal are looking their horse back!



Kit
Inspection
Complete

A First Time for Everything

On September the 6th, Lough Cuan Bowmen held an outdoor shoot at Clandeboye Estate. Being a new archer, field shoots were completely new to me but I felt that this shoot would be the best one to gain a little experience. Having only ever completed 10 targets in practice I wanted to see how I coped shooting a full course. Thankfully the forest course was not as muddy or wet as it had been at the practice on Monday and this made everyone's experience including my own even more enjoyable. Alice McKay As I waited for the groups to be announced I definitely felt the nerves beginning to kick in. Fortunately I was put into a group with two of the most experienced archers in the club, Andy and Ann and they guided and helped me around the course, making my day much more relaxed and fun.

In my opinion I found the second section of the course more interesting but that could be because I had done the first half on the Monday practice, however I thought the whole

course was excellent. For my first time I felt quite proud of my score It definitely gave me more confidence and I will attempt to try another course soon.

Thank you to Ann, Michael and Andy for all the help, guidance and tips that got me through my first field shoot.

In my opinion it was the best way to kick off the autumn and I would highly recommend it to anyone who hasn't tried it.



Alice enjoying her first field shoot

Ulster Open Field Archery Championships

August heralded first Ulster Open World Record Status Mixed Fita Field tournament in the stunning setting of Lord Thomas and Lady Dixon Park . City of Belfast deserve praise for their hard work in putting together a very good technical course which provided a challenge for archers of all abilities. The event proved to be very popular and was well attended by archers from throughout Ireland. At the end of 2 days of competition, competitors enjoyed a barbecue before the final shoot-out between an Ulster team and the Rest of Ireland.



It was very encouraging to see Lough Cuan well represented on both days and all the members shot very well and medals were won by Sophie Benton (Gold and 2 new NI records), Niki Benton (Gold), and Conor Hall (Silver). Both Conor and Sophie were selected to compete for the Rest of Ireland team in a head to head against a team from Ulster. Despite shooting very well the Ulster teams just beat the Rest of Ireland teams to win the men's and ladies trophies. There is a rumour that one of our members discovered a very good mud slide!!

Because of the great success of this event, COB are planning on running it again next year. I would encourage as many LCB members to go along as possible as it was a really enjoyable weekend and no roses were damaged in the course of the event. Thank you to everyone at COB who worked very hard to set up the course and to the judges and stewards.

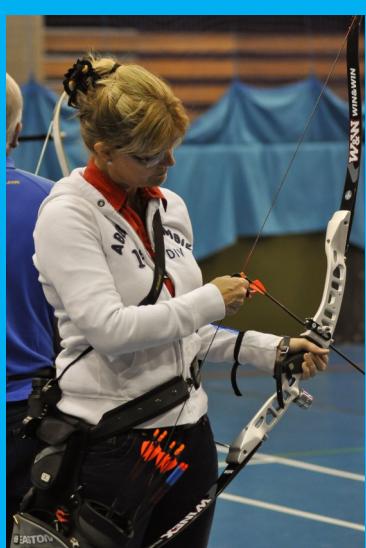
MF/BL



Conor and Sophie both enjoyed success at the Ulster Open

GALLERY gallery





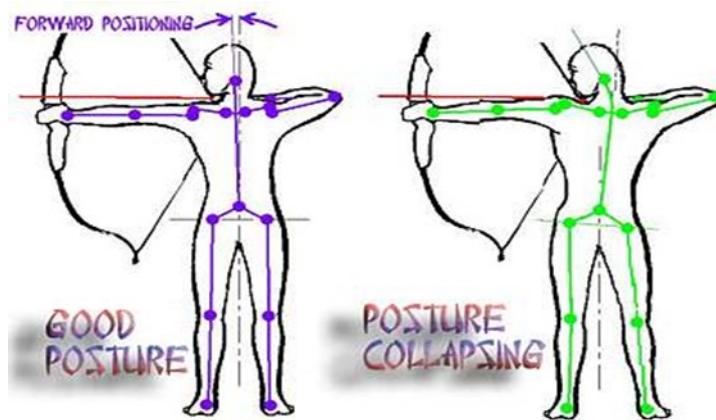
Stand and Deliver

dressing up as New Romantics optional

In the third of our coaching articles, club coach Arthur Halligey brings to our attention the importance of the stance



The archer should be standing straight but relaxed – unnecessary tension anywhere in the body will affect the bow as it sits in the pocket formed by the shape of the bow hand as described previously. Note the 'Archer's T' in the Left diagram where the line of the shoulders forms a cross with the spine. Compare this with the Right diagram. Here the hands are in the same positions as before but the spine is angled away from and the head towards the target with the shoulders tilted. The main shooting muscles are now poorly positioned.



Look also at the space between the arrow and the bow shoulder. In the first diagram (Freestyle reference illustrated) a gap between both can be seen while on the second diagram the gap has disappeared. The pressure of the bow has pushed the bow shoulder out of position so that it is no longer relaxed.

Some Freestyle archers may find the shape of the face and nose may not allow them to have the string on the centre of the nose and chin and achieve a good Draw Force Line/String Picture comfortably with the head held erect. There are a number of top archers who place the string to the side of the chin and a few who use the side of the nose as a reference. As long as there is consistency which also allows the string/sight and head alignment to be the same every time. Similarly some Compound archers may find that it is difficult to align the peep aperture with the scope when the string on the nose. This could indicate that the reference (anchor) position may need to be modified. In both cases the choice of equipment may be the cause, particularly the nock to nock or axle to axle length which, with the draw length, dictates the angle of the string in relation to the face when at full draw. The head is best held erect, not leaning towards or away from the bow for a more consistent result.



Optimum posture



Uphill stance 1



Uphill stance 2

If you are faced with having to aim higher or lower due to slopes or than stringwalking or sight adjustment will allow then the body may be tilted backwards or forwards from the waist or by tilting the hips, always maintaining the spine and shoulder line - the Archer's 'T'.

Cor Blimey!



Bad Posture

Good Posture

Finally, for this issue, with the chest pushed out to the front, shoulders and backside held back the spine will take up a distinct curve. On repeated drawing of weight (the bow) the stresses may cause injury to the lower back. Also with both shoulder blades squeezed towards each other a mass of body tissue will form between them preventing the drawing shoulder blade from completing its movement required to execute a good shot. Tuck the tail bone in, contract the muscles in the buttocks and abdomen below the navel. With the shoulders relaxed this will result in a straighter spine and sternum while placing the centre of gravity above but between the feet with the core muscles supporting the body.

Until next time, practice often, practice smart—and don't be afraid to ask a coach.

The preceding articles in Coaching Corner will become more effective when given some support, not necessarily of the surgical variety.

3D Hunting Trail

Within archery there are a great variety of shoots. There are the ones we are all familiar with, the Target shoot, Field round, Animal and 3D round. One which I hadn't come across was the 'Hunting Trail.' Ballybally were hosting a hunting trail and so Matthew and I decided to have a go.

A hunting trail is essentially a variation of a 3D round. The field/forest is set out with a number of short hunting trails. Archers are placed in groups of around 3-4. The groups operate on a rotation with each archer taking a turn to lead the group through the trail. Each trail is of different lengths and contains a different number of 3D animals, with the distances being between 5 and 15 metres. The trail has a tape running the length of the trail and archers have to be in touching distance of the tape at all times and as they move through the trail they must keep moving—there is no stopping (only to shoot). In each trail there will be an unknown number of 3D animals. These will be 'disguised' and the archers have to spot these as they move through the trail. Once an animal is spotted, it can be shot (only one arrow may be used per target). If you pass an animal you cannot go back and it is counted as a miss.

Fortunately for myself and Matthew we had very good teachers in Glenn Thompson and Val Sleith. This was my first experience of a hunting trail and it was thoroughly enjoyable and great fun. Interestingly enough you do tend to go into 'hunting' mode as you go through the trail—move very quietly and whisper to other archers! I suppose you don't want to spook the 3D animals!



Matthew takes aim on the hunting trail

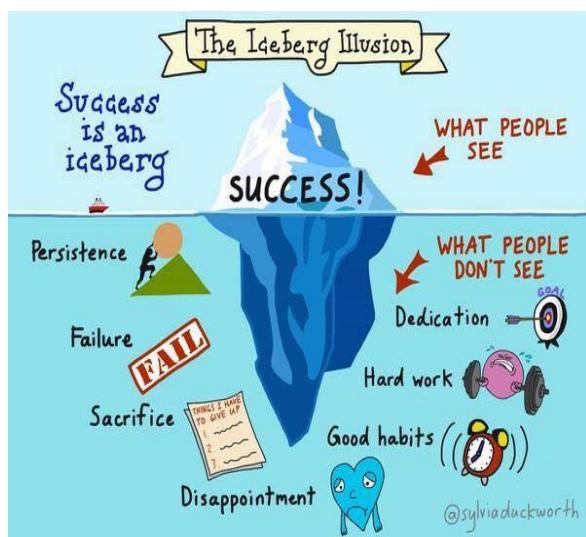


Thinking About Success

Archery as a sport attracts a great variety of participants, from the recreational archer, the competitive club archer through to the top professionals competing at the highest level. In this article we look at what it is that top archers do consistently well to keep at the top of their sport.

Being successful or exceptional at something is often attributed to one's genes. We often hear the phrase, 'they're a natural.' There are many instances where 'talent' is passed down from parents or grandparents, (it runs in the family) whether it is sporting, musical or artistic skill, being very academic. However there are also many instances where the converse of this is true, and there is much debate as to what has the greatest influence, hereditary (it's in your genes) or environmental factors or a combination of both.

However, what is now generally accepted is that to be successful in sport (any area of life) requires a combination of knowledge, skills and personal dispositions. What characterises the sportsmen/women who are top in their field is the time and effort they put in to 'practicing' and developing their skill. What we often see is the end result of a long process of commitment and dedication. The Iceberg Illusion above illustrates this very well and is equally applicable to the archery setting whether you are competing at the top level or wanting to improve on your personal best



Archery is a sport that is most effective when you rely on core strength and the ability to repeat motion consistently. Good archers have good all over body fitness – not just oversized biceps on their drawing arm.

In keeping fit for archery it is important to consider:

- Stretching
- Cardio
- Strength training

Stretching is very important, because in shooting a bow you are essentially lifting and pulling weights to draw the bow. Injuries are easily caused if muscles are not stretched/warmed up. A very simple and easy solution is to purchase a stretch band – Use a lightweight band with a little resistance and use it to practice your shot. Remember it is not about seeing how strong a band you can pull, more importantly it is doing light weight repetitions. For a good excuse to look at yourself in the mirror you can "shoot" with your stretch band in front of it. It helps you to stretch/warm up your muscles and allows you to look at your technique.

The Heart of the Matter

While archery is a relatively stationary sport (though some field courses don't subscribe to that!) it doesn't mean cardio exercise isn't necessary. A lower resting heart rate does help performance in competitions. Whether you're training for club competition, or a championship title, cardio is beneficial helping you to feel stronger and less fatigued in longer competitions. You don't an 'ironman' training regime. Just thirty minutes of cardio – walking, jogging, swimming or aerobics – four to five days per week, will help you develop a good level of fitness

positive dispositions

The Nine mental Skills of Successful Athletes Jack J Lesyk, Ph.D.
Ohio Centre for Sport Psychology

1. Attitude

Successful athletes:

- Realize that attitude is a choice.
- Choose an attitude that is predominately positive.
- View their sport as an opportunity to compete against themselves and learn from their successes and failures.
- Pursue excellence, not perfection, and realize that they, as well as their coaches, teammates, officials, and others are not perfect.
- Maintain balance and perspective between their sport and the rest of their lives.
- Respect their sport, other participants, coaches, officials, and themselves.

2. Motivation

Successful athletes:

- Are aware of the rewards and benefits that they expect to experience through their sports participation.
- Are able to persist through difficult tasks and difficult times, even when these rewards and benefits are not immediately forthcoming.
- Realize that many of the benefits come from their participation, not the outcome.

3. Goals and Commitment

Successful athletes:

- Set long-term and short-term goals that are realistic, measurable, and time-oriented.
- Are aware of their current performance levels and are able to develop specific, detailed plans for attaining their goals.
- Are highly committed to their goals and to carrying out the daily demands of their training programs.

4. People Skills

Successful athletes:

- Realize that they are part of a larger system that includes their families, friends, teammates, coaches, and others.
- When appropriate, communicate their thoughts, feelings, and needs to these people and listen to them as well.

Core values

Essential to archery is a group of strong core muscles. If you're going to be consistent, you have to be flexible and strong in the large muscle group that should be doing all of the work :the lower trapezius, does the heavy lifting when drawing the bow; the abdominals and lattisimus dorsi work to keep you stable and ensure low, relaxed shoulders when raising the bow. This is best achieved not by lifting heavy weights but by doing repetitions with light weights.



Continued on page 16

Continued from page 16

5. Self-Talk

Successful athletes:

- Maintain their self-confidence during difficult times with realistic, positive self-talk.
- Talk to themselves the way they would talk to their own best friend
- Use self-talk to regulate thoughts, feelings and behaviors during competition.

6. Mental Imagery

Successful athletes:

- Prepare themselves for competition by imagining themselves performing well in competition.
- Create and use mental images that are detailed, specific, and realistic.
- Use imagery during competition to prepare for action and recover from errors and poor performances.

7. Dealing Effectively with Anxiety

Successful athletes:

- Accept anxiety as part of sport.
- Realize that some degree of anxiety can help them perform well.
- Know how to reduce anxiety when it becomes too strong, without losing their intensity.

8. Dealing Effectively with Emotions

Successful athletes:

- Accept strong emotions such as excitement, anger, and disappointment as part of the sport experience.
- Are able to use these emotions to improve, rather than interfere with high level performance

9. Concentration

Successful athletes:

- Know what they must pay attention to during each game or sport situation.
- Have learned how to maintain focus and resist distractions, whether they come from the environment or from within themselves.



Now that we are back indoors and with quite a few new members, it is a good opportunity just to highlight a few guidelines for shooting indoors



Shooting cannot start until the 'range' has been set up and the target Captain is in place. So if you can come early and help it is appreciated.



All equipment not being used when shooting should be kept to the spectator area.



The archer should remain behind the 'waiting line' while waiting to be called to the 'shooting line.'



When the archer hears the command 'to the line' they move forward to the shooting line to 'loose' their arrows.



Arrows must only be placed on bows at the shooting line. While on the bow, arrows must always point towards the targets.



Having shot his/her arrows the archer will return behind the waiting line.



The area between the shooting line and waiting line should be kept clear.



On the command, 'Clear to collect' the archer will retrieve their arrows from the target boss. The archer must always walk to the target boss.



When retrieving arrows from the target boss the archer should stand to the side of the arrows to 'pull' them. While waiting to 'pull' arrows, never stand directly in line to the arrows.



If an arrow(s) goes behind the boss they will need to be retrieved and all arrows should be accounted for at the end of the evening.



Once arrows have been retrieved place them in the quiver and return (walking) behind the waiting line, ready to shoot again.

The All Ireland Series

Over the course of the last few months a number of our target archers, Paul Meadowcroft, Thomas McCartney, Matthew Hall, Conor Hall and Rory Fitzpatrick took part in the All Ireland National Series.

The All Ireland archery series consists of 6 by 2 day tournaments run throughout Ireland and finished in a 1 day knockout only event to decide on the overall winners for each category. Each competition was scheduled to take place on the 4th week of each month running from March to August with the final taking place on the 19th/20th of September 2015. Each competition is assigned to a province.

Each competition consisted of a FITA 1440 competition on the Saturday and an Olympic/knockout H2H competition on the Sunday. An archers best 3 weekend scores go towards their total points for the series. Archers must shoot in at least 3 events to qualify for the final.

The final was a knockout only session and the matches were decided on the standing in the series. This year the final was held in conjunction with the national Archery Final at Killrud-derry House Estate in Bray over the week end of the 19th/20th of September.



Club members Paul, Matthew, Thomas and Rory enjoyed a very successful All Ireland Series Final.

There was Gold for Rory and Matthew and Bronze for Paul and Thomas. A terrific achievement and well done to all.



Can you find the famous movie archers in the word square?



Neytiri



Susan



Guinevere



Hawkeye

D	A	R	T	E	M	I	S	I	A	G
L	S	F	A	H	L	E	M	G	D	N
G		U	H	A	W	K	E	Y	E	I
U	T	D	S	G	R	E	R	R	O	K
I	A	O	K	A	T	N	I	S	S	N
N	U	O	T	K	N	E	D	F	A	O
E	R	H	A	R	G	Y	A	L	L	I
V	I	N	U	S	F	T	W	D	O	P
E	E	I	Y	U	U	I	H	I	G	R
R	L	B	E	S	K	R	R	A	E	O
E	L	O	8	U	E	I	C	H	L	C
W	O	R	R	A	N	E	E	R	G	S



Artemisia



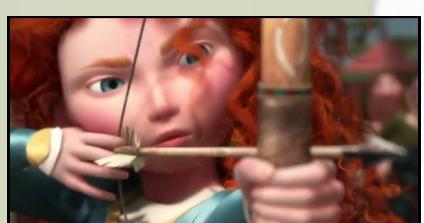
Tauriel



Scorpion King



Green Arrow



Merida



Robin Hood



Legolas



Katniss



With the growing number of new members, some are interested in buying their own equipment.

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.

Why I took up Archery?

Ever since the Hunger Games movie trilogy was released, it ignited a spark of inspiration for some people around my age to take up archery. Watching Katniss leap about a forest, firing arrows everywhere looked pretty cool, giving them the driving motivation that they needed to finally try it out for themselves. But, for me that wasn't the reason I decided to try archery. I had one plain and simple reason for wanting to finally give it a go..... I wanted to be an elf.

I have Lord of the Rings to thank for that. It had been a growing aspiration of mine to try archery since I had first watched it and every time I re-watched the movie the ambition to try something new grew stronger.

Despite the idea where my imagination ran wild, the real reason that I got to try a something I love, was because of my auntie, Jennifer. Last Christmas she decided to think outside of the box for a present for my uncle and my cousin. Little did she know that it would spiral right off the road of "have a little fun and get bored with it." So between the Lord of the Rings marathons and my auntie's creative thinking, that's what finally gave me the ambition to try it out, helping me to find a sport I actually enjoy and that I'm good at. Alice McKay

Halloween Shoot

An important date for your diary is the 25th of October - the Lough Cuan Halloween Shoot at Clandeboye Estate. This is always a very enjoyable shoot with archers entering into the Halloween theme. So don't be shy or afraid to come along to the shoot—fancy dress optional.



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.



I'm not quite sure when Michael said to wear Lough Cuan blue he meant paint ourselves blue!!



Dates for Your Diary

October 3rd

Craigavon AC PAA/Worcester
Craigavon Leisure Centre

October 4th

River Oak FITA Unmarked
Hydebank

October 10/11

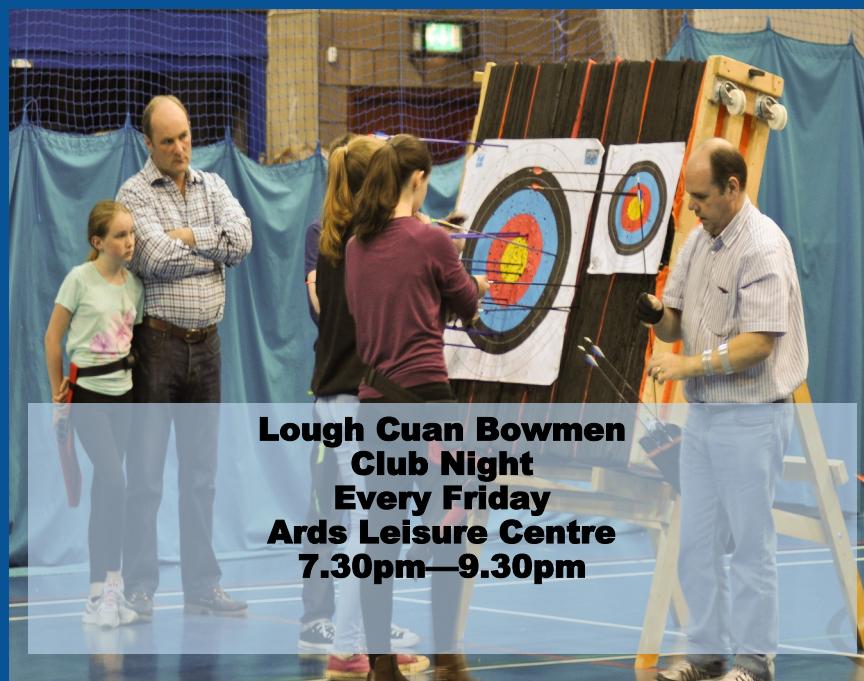
Ballyvally FITA Mixed
Greenmount College

October 25th

Lough Cuan Halloween Shoot
CLandeboye estate

"Champions aren't made in the gyms.
Champions are made from something
they have deep inside them - a desire,
a dream, a vision." - Muhammad Ali

Stoltzwe.com



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



Stay Connected

Keep up to date with news, support and events through our social media links

