

Old Basing Archers Newsletter January 2007

- **Message from the Chair**

Happy New Year to everyone!

Every time a newsletter is in the offing, Robin invites me to say a few words and I have so far managed to come up with a fairly decent excuse each time; selling house, losing house sale, selling house, losing house sale, selling house, finding new place, packing, moving, unpacking... and so it goes.

Guilt at having done very little as Chair over the year has caught up so this is the 2007 rallying call to the troops to come out of hibernation and get back into shooting! The new groundsman's hut is up and provides a nice sheltered spot out of the wind.

Get the thermals out and fill the hip flasks!

I believe quite a few stalwarts have been out in all weathers getting new classifications but as I've only managed two visits, I'm not really in a position to comment.

However, it was particularly upsetting to be told that Ian Boreham got a Bowman score (longbow, no less!) but I suppose we should congratulate him so "Well done, Ian" she says begrudgingly.

The AGM is in March and if there is anyone who would like to volunteer for anything on the committee don't hold back.

This year we're having the AGM in the skittle alley at the Bolton Arms. We thought it would make a pleasant change from the rec. room, be considerably warmer and may encourage more of you to venture out. We're providing a buffet as well!

Hope to see you shooting soon.

Su

- **AGM**

As our Hon. Sec. will be away on business, the club AGM has been postponed by a week. The new date is **Monday 5th March 2007** at 7:30pm in the Bolton Arms.

- **Book Review**

Archery - The Art of Repetition by Simon Needham, The Crowood Press Ltd. 2006

This is a comprehensive guide for the Recurve Archer, covering all aspects of equipment selection, setup and shooting. It starts with advice to beginners entering the sport and ends with tips for advancement at the highest levels, mixing the practical advice on equipment with more abstract topics such as biomechanics, fitness, nutrition and mental training. It's probably not a book to read from cover to cover, but to dip into when you need to work on some particular aspect. It does give some interesting insights into the work the author did in getting to the top of the sport, including his participation in the Olympics and World Championships. Some of the tuning aids described are only available to the elite squad members and clearly only the dedicated few can put as much time into their training. Simon's regime in the 3 weeks leading up to a major tournament, for example, is to shoot 1500 arrows in the first week, 850 in the second and a mere 600 in the third so as to feel fresh for the competition! There are a good number of photographs and diagrams, using current equipment and leading archers as models, but they tend to be small and low quality - no sign of studio lighting or even a fill-in flash. It has been quite a feat to cover this discipline so well in only 190 pages, but I suspect that really keen archers will appreciate the list of further reading to get more detail and depth. One technique used to keep the text short and readable is to describe everything for a right-handed archer, leaving the left-handed to transpose it themselves. Although I'm not acquainted with many archery books, I have no hesitation in recommending this one to Recurve shooters at all levels in the club. I'll certainly be putting some of the tips into practice for myself and in coaching others. The book is in soft covers and best purchased from an online bookstore, such as Amazon, with a useful saving on the £16.99 cover price.

Andrew

Word Search Puzzle

Designed by Jack Stiles

Find 20 archery associated words, including 2 abbreviations, taken from the O.A.B website, '**Archers Glossary**'.

Words are found horizontally, vertically, diagonally; forwards or backwards.

Some individual letters may join and be part of other words.

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

Granddad (David) is offering a Prize for the 1st or *most complete* solution to the editor.
Happy hunting!

Jack

• Rhyming Slang

I recently spend a long, tedious time on a train from Waterloo when a tree, felled by the gales, blocked the line for a considerable time. For some obscure reason, I started thinking about the application of rhyming slang to archery terminology. This is the result of my musings:

Cockney Sparrow	Arrow
Devon Fudge	Judge
In the River	Quiver
Cock and Hens	All the Tens
Wash and Go	The Bow
Bicycle Pedal	Medal
Round the Bend	Six Gold End
16 Ouncer	Bouncer
Pound of Lard	Pound of Lard
Chief Inspector	Metal Detector
Grassy Mound	Compound
Mary and Mabel	Cable
Eat Your Greens	Dress Code!

Secretary:
Editor:

Paul Richards
Robin Foster

sec@oldbasingarchers.co.uk
robin.f@oldbasingarchers.co.uk