

# Old Basing Archers NEWSLETTER April 2007

## Terry Cootes Awarded Gray Edwards Trophy

The Gray Edwards trophy is awarded annually, at the Annual General Meeting of the Hampshire Archery Association, to the Associations Archer who has given exemplary service and help to Hampshire Archery generally, or to individual archers in particular. This year, this prestigious trophy was awarded to our own TC.

### Summary of activities:

The Coaching Group would like to nominate for this year's award one of its longest serving and most highly respected County Coaches.

It is difficult to be precise about exactly how long his service to archery extends but we are reliably informed that it is in excess of 30 years.

Much of that time has seen involvement in coaching. Not just at Club level where he is a tireless inspiration to new archers and an encouragement and mentor to new and developing coaches, but at county level where he has worked on coach training courses as well as Junior and Senior Performance workshops.

He also worked for a number of years on the National Youth Squad staff.

So highly regarded in his own club is he that some years ago they awarded him Honorary Presidential status and despite this dizzying accolade he continues to be a constant and reliable worker for the club who presents a prestigious front for one of Hampshire's leading clubs.

His work for the nationally renowned Andoba FITA Star is also well known.

His coaching skills and the way that he gets those skills across to archers is well appreciated both in his club and outside but as a long term member of the club has told us "It is impossible to shoot with El Presidente and not enjoy oneself. His excuses for poor shooting are worth publishing."

Noted for his wit and repartee, guaranteed to brighten the duller days, this year's nominee, Terry Cootes, is a true devotee of the art and as that member of Old Basing says "Terry has shot every bow imaginable and continues in the belief that one day it will all come together in a single round."

What has come together is a remarkable archery career of service and good humour and we in Hampshire should be proud to recognise it in this award.



### • Committee

Following the AGM, your committee is:

Terry Cootes (President & Senior Coach)

Su Elliot (Chair)

Stephen Learwood (Treasurer)

Paul Richards (Secretary)

Debbie Campbell (Records Officer)

Andrew Hutchinson (Child Protection Officer & Beginners)

Geoff McCann (Equipment Officer)

David Westbrook (Tournament Secretary)

Bob Hughes

Geoff Machin

Julian Ricketts

Kevin Deighton (webmaster)

John Newman

Robin Foster (Newsletter)

### • St. George Shoot

St. George Shoot, our traditional start of session tournament, will be on Sunday 22<sup>nd</sup> April. For newer members, the St. George round is 3 dozen at 100, 80 and 60 yards. The ladies shoot an Albion round which is 3 dozen at 80, 60 and 50 yards. Juniors are catered for with the Windsor round: 3 dozen at 60, 50 and 40 yards. If you don't feel up to the challenge of shooting the longer distances, come along anyway and shoot one of the shorter rounds. It's good to stretch those archery muscles by shooting a few more arrows than we have time for on a week-end morning.

PS, don't forget to bring some sandwiches!

### • Club Subscriptions

At the AGM, it was agreed that the subs for the coming year would be:

Senior Members £65.00, GNAS fees £34.00. Total £99.00

OAPs £55.00, GNAS fees £34.00. Total £89.00

Junior Members £46.00, GNAS fees £6.00. Total £52.00

The GNAS element of the subs also includes the Hampshire Archery Association (HAA) and Southern Counties Archery Association (SCAS).

### • Dave S Corner

*Word Search – Apology (by Jack Stiles)*

I apologise for misspelling the word Nock as 'Noch'. I was correct in the 'List of Answers' but got it wrong in the matrix – all very confusing for a 12 year old. Please blame, not me, but my editor .....Granddad!

Many congratulations to Geoff Machin for solving the puzzle, despite our confusion – well done Geoff.

Perhaps another one Word Search latter on – if you can stand it?

Jack

### G –Whizz!

Did you know:

- That 'a body in a state of rest' has the force of 1G or, one times the 'force of gravity' acting upon it.
- A white knuckle ride at a theme park produces about 2-3G for its rider.
- A F1 racing driver experiences up to 4G on a banked turn.
- At 5-6G during aerobatics in an aircraft, a person may lose consciousness for a short while. Not healthy when you are driving!
- A fighter pilot fitted with a pressure G-suite to restrict blood flow away from his brain and into the lower limbs, can withstand up to 9G in a sustained high G turn, without losing consciousness.
- A competition aerobatic pilot can withstand up to 14G for a couple of seconds during a violent and severe manoeuvre.
- A test pilot, strapped to a rocket sled, once survived 40G when it was decelerated when breaking, by means of a water trough. His internal organs were displaced!
- A human, falling 50mtrs into water would not survive the 60G impact.
- An arrow accelerates up to 8,000G across the bow, and experiences 40,000G when it hits the target.

What does this tell us?

Never try to stop an arrow when it's in a hurry!

Dave S

- **Alençon**

In the annual exchange with Alençon Archers, this year it is the turn of Old Basing Archers to visit France. The visit traditionally takes place during the bank holiday at the end of May. The Alençon Archers are extremely hospitable and everyone who has gone there will testify to the wonderful time that they enjoyed.

If you would like to enjoy some fine French food and wine, shoot some arrows, and defend the trophy which is currently held by OBA, contact John Newman on [johnnewman46@aol.com](mailto:johnnewman46@aol.com), tel: 01252-844312

- **Beginners Courses**

Andrew and our other coaches will once again be running beginners' courses. These will be:

Option 1: 18:30 to 20:30 (light permitting) on Thursday 12th, 19th, 26th April and 3rd May.

Option 2: 14:00 to 17:00 on Saturday 14th, Sunday 15th, and Saturday 21st April.

Option 3: 18:30 to 20:30 on Thursday 10th, 17th, 24th, 31st May.

The help of additional club members on these occasions would be greatly appreciated.

- **Practice Evening**

This year, our practice evening has moved to Monday. This is so that the beginners' week-day classes can be held on Thursday and so avoids the disruption of the Bank Holidays.

- **PC Games**

For those that like playing computer games, give this one a try:

<http://www.gamecity.co.uk/games//games/Sport/Bowman>

- **Word Search**

Here is the solution to the word search posed by Jack in the last newsletter

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#### Word Search -Answers

ARROW  
ANCHOR  
BOSS  
BOWYER  
CLICKER  
DRAW  
FAST  
FLETCHING  
FITA  
GOLD  
GROUP  
GNAS  
LONGBOW  
LOOSE  
NOCK  
PILE  
PORPOISING  
RISER  
TAB  
QUIVER

