# GVA Newsletter July 2026

## Junior Sharpshooters

Dont forget to sign up for this summer's junior events – even if you can only make one of two of them. Check out last month's newsletter for more details at Sharpshooters




## June Beginners Course



After the completion of the clubs third beginners' course of the year, we now have nine new members joining us. Welcome Carolyn, Elisa, Fazil, Harry, James, Jo, Joe, Max, and Wayne,

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**Club WhatsApp Communities Group**

We hope this move gives club members a choice of which groups they wish to be part of. There are two that everyone is in by default.  We ask that everyone respect the hours of operation and only use between 8am and 9pm. Thanks

**Club WhatsApp Group** - will include all club members who have signed up to the Clubs WhatsApp group. Including the parents / guardians of our younger members who we don't allow to have direct access.

This Group is to arrange meet up at the range to shoot.

**Announcements** – is the other channel that all members will be automatically included in. This is an out bound only channel allowing the club to notify all members of important news, events and activities. By using this channel notifications are not lost in other messages and can only be posted by Club officials.

**Optional Opt-in Channels -** You choose to join or leave these groups as you wish.

**Archery Banter** – intended to share archery related topics and chat. You are NOT automatically a member and can choose to join or leave as you wish. However, we know some folks like to share their other activities which within reason the club is happy to support as it fosters the positive social aspect of our club.




**For Sale** - This channel is for club members equipment sales. The club is happy for members to use this channel for personal archery sales but takes no responsibility for items sold. Buyers are responsible for ensuring they are happy with the equipment being purchased. You are NOT automatically a member and can choose to join or leave as you wish.

To advertise an item(s) for sale please add photograph(s), description, price, your name. Anyone interested may make contact via this group or by messaging the seller directly. Once an item has been sold please either remove or mark an item as sold.

## 1st Claydon Cub Scouts

The club hosted 11 cubs for "Have a Go" session on Monday 29th June. Lots of ballons popped and lots of smiling faces. Thanks Robert P, Trevor G, Rowen and Jackie for helping with the shoot.

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## Here comes the Judge!



Our very own Club Coach and County Judge Robert C has recently passed the necessary credentials to become a Regional Judge and able to adjudicate at UK Record Status Events.
And gets to use a much more powerful magnifying class!

### Well done, Robert.




It also allows the club to run open record status event without the need to bring in a Regional Judge. Something we are looking to do later this year and allows other local clubs and GVA club archers to achieve and be rewarded for Master Bowmen classification.  If your good enough!

## Development Coaching – David Youngs

I was lucky enough to start learning archery at the same time as Trevor needed a student for his development coach training and was happy to volunteer.
At that point I had taken the beginners course and had just bought my own setup from Clickers.

I could hit the gold at 20 yards but only by aiming off the target, which gives you an idea of how bad my form was. Trevor was able to identify three main things to develop – the left arm, the right arm, and everything in between!

By using slow motion video of my shooting, Trever was able to show me the parts of my form to concentrate on, such as keeping the bow hand up, controlling the release, and shoulder alignment.

I found this incredibly helpful, if not easy to fix. But with practicing at home what I'd learned from the sessions I was able to improve to the point where I achieved 60cm indoor 300 (green) and now the first part of 60-yard 252 badges, both of which are achievements I considered unthinkable when I started.

In addition to that, I learned a lot along the way about archery and myself.
Here are a few:

- Be patient with yourself; mistakes are how you learn.
- Think about this shot right now, not the score.
- Concentrating on fixing a form error makes you worse at first, then better.
- Even if you're having a bad scoring day, you're still improving your strength.
- Your form will improve with practice. It will get worse without it.

I had a great time as well.

And lastly, don't let anyone talk you out of spending £500 on archery. That £1000 will be the best £2000 you ever spent!

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## Club Coaching

**GVA Club Coaching Clinics - Free**
These are all Sunday – spaces are limited so please book via link
12th July 2-4pm **To book**

**GVA Recurve and Barebow Tuning Clinic - Free**
19th July 10:00 to 13:00 **To book**

**GVA Arrow Fletching and String Repairs Clinic - Free**
16th August 10:00 to 13:00 **To book**




**ECAA County Coaching Clinics**

**Further ECAA County Coaching Clinics – cost £5 each (10am-2pm) are at:-**
25 July at Colchester and District Archery Club to book
22 August at Southend and District Archery Club to book

**ECAA Junior Training – they are free (10am-2pm)**
8 August at Colchester and District Archery Club to book

**ECAA Bows and Biscuits Archery Meet-Ups 2026 – All Free**
Are you a new archer looking to learn more about the type of bow you shoot, or an experienced archer keen to share your knowledge with other local county members?

This summer, Essex and Suffolk Archery will be hosting Bows and Biscuits sessions, where archers shooting the same bow style can shoot together, share hints and tips, ask questions and learn more about the equipment they shoot (and enjoy one or two of their favourite biscuits too).

Archers of all experience levels are welcome to come and spend the day working together in a supportive environment. There are a different date and venue for each bow style, and you can book a space using the links below.
Dates and venues

- 1 August at West Essex Bowmen - Recurve - to book
- 29 August at Braintree Bowmen - Barebow - to book

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## Handicap Shoot 28th June

The second club handicap shoot has been completed and below are the results of the day. Congratulations to you all for completing the shoot.

Special mention must be made for Sam who managed no less than four 6 gold ends for the day. Please see the complete results below. The committee will review how best to structure these monthly competitions going forward.

| Place | Name | Score | Hits | Golds | Handicap Score |
|---|---|---|---|---|---|
| 1 | William | 578 | 65 | 18 | 1821 |
| 2 | Calleigh | 433 | 71 | 4 | 1666 |
| 3 | Amy | 580 | - | - | 1516 |
| 4 | Kaitlyn | 544 | 72 | 32 | 1480 |
| 5 | Andres | 608 | - | - | 1479 |
| 6 | Clayton | 368 | - | - | 1468 |
| 7 | Sam | 592 | 72 | 48 | 1465 |
| 8 | Jefferson | 433 | - | - | 1446 |
| 9 | Chris P | 590 | 72 | 46 | 1430 |
| 10 | Imogen | 496 | - | - | 1374 |
| 11 | Robert P | 325 | - | - | 1367 |
| 12 | Brian | 435 | 71 | 14 | 1349 |
| 13 | Martin | 412 | 69 | 13 | 1347 |
| 14 | John | 348 | - | - | 1322 |

Following on from the results for the second club shoot can we please ask that all score sheets are completed in full. Including hits and golds, this will aid us in holding complete records for the club. Moving forward any score sheets that are not complete will be returned to the archer for completion before being recorded.

## Club Records on Website

We will refresh the club records on our website in the next few days and have corrected a few errors of scores beyond those actually possible – we all dream!

CLUB RECORD'S

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## Current Handicap and Classification

| Name | Bow Type | Current Handicap | Current Classification |
|---|---|---|---|
| Andres | Recurve | 52 | |
| Andrew | Barebow | 74 | Archer 2nd Class |
| Brian | Barebow | 71 | Archer 2nd Class |
| Brian | Compound | 38 | Archer 1st Class |
| Calleigh | Barebow | 108 | |
| Chris P | Compound | 39 | Archer 1st Class |
| Chris Wi | Recurve | 46 | Archer 1st Class |
| Clayton | Recurve | 59 | |
| David Y | Barebow | 63 | Archer 1st Class |
| Frank | Compound | 34 | Archer 1st Class |
| Gavin | Barebow | 56 | Bowman 3rd Class |
| Grant | Recurve | 58 | |
| Ian | Recurve | 54 | Bowman 3rd Class |
| John | Recurve | 53 | Archer 1st Class |
| Kaitlyn | Compound | 74 | Archer 3rd Class |
| Lynne | Recurve | 64 | Archer 1st Class |
| Marie | Recurve | 74 | Archer 2nd Class |
| Martin | Recurve | 40 | Bowman 1st Class |
| Michael | Compound | 31 | Bowman 2nd Class |
| Nigel | Recurve | 41 | Bowman 3rd Class |
| Norman | Recurve | 54 | Archer 1st Class |
| Peter | Compound | 22 | Bowman 2nd Class |
| Robert P | Barebow | 61 | Archer 1st Class |
| Saevar | Recurve | 63 | |
| Sam | Compound | 46 | Archer 2nd Class |
| Simon | Barebow | 55 | Bowman 1st Class |
| Simon | Recurve | 56 | |
| Stephen | Barebow | 43 | |
| Stephen | Compound | 27 | Bowman 2nd Class |
| Stuart | Recurve | 49 | Bowman 2nd Class |
| Teresa | Recurve | 60 | Bowman 3rd Class |
| Trevor B | Compound | 43 | Archer 2nd Class |
| William | Barebow | 107 | Archer 3rd Class |

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**In Case of Emergency - ICE**

With the safety measures and rules in place at our range, we can be confident that overall, it is a safe sports environment. Despite this, rare accidents and injuries can happen or people become unwell and need urgent medical attention.

We would ask you to consider using the emergency contact information on your mobile phone to help others to help you if and when you need it. This information can be accessed by a third party even from your locked mobile phone. The emergency contact information can also include your medical status, medication etc.

This of course will have a wider application than just when you are at the archery range.  If you don't have a mobile phone or want help with setting up the emergency contact information on your phone, then please speak to Trevor Benjamin or Trevor Gibbs.



Here are the instructions for setting up your smart phone for the three main phone platforms.

**Android**
Navigate to and open Settings, then tap Safety and Emergency, and then tap Emergency contacts. Tap Add emergency contact, and then select from your available contacts or search for someone. Then, tap Done.

**Apple IOS**
Open the Health app, tap your profile picture, go to "Medical ID," and tap "Edit" to add or remove contacts, medical information etc.

**Windows**
Unfortunately, Windows phones don't support ICE contacts in the same way. But you can still provide ICE information by including it in your lock screen image along with any medical conditions.

How to access ICE information on someone's phone in an emergency when locked is displayed in the club hut on the club range. But is basically: -

For Emergency Contact and Medical information tap "Emergency" on the lock screen to show keypad. Then select "Medical ID" on iPhones or the siren icon on some Androids to view emergency contacts and medical details.

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**GVA Committee Photos – AKA – Rogues Gallery**

What is and who are the Club Committee?

These are the volunteers that give their time to ensure the club runs well and meets the needs of its members. Their pictures and roles are posted on the club notice boards in the first hut.

We have a number of vacancies so why not give the club a bit of your help to make it even better! We will help you in picking up a role with guidance and training as necessary.

GVA Club Committee
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