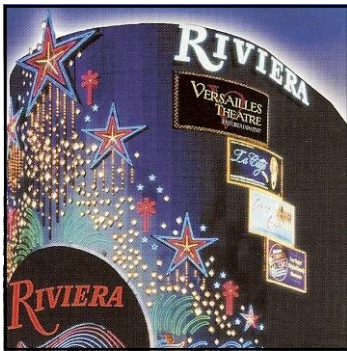




Highlights

- WSAA Target Registration



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NATIONAL FIELD ARCHERY ASSOCIATION ANNUAL MEETING

The NFAA Directors gathered at the Riviera Hotel in Las Vegas for the Annual Meeting 17-19 February 2008. Washington State Archery Association was represented by TC Parker.

The agenda began on Sunday morning with the President’s Report and Headquarters Report. Highlights included status of the sale of the current HQ property in California and plans for moving the HQ to Yankton SD. The scope of the new HQ site is growing by great leaps, due primarily to the involvement of the Easton Sports Development Foundation (ESDF). The developing status will provide a “Center of Archery Excellence” and a regional training center. ESDF is providing a grant in the amount of \$500K, from which \$350K will be applied to the building and an outdoor target range, and \$150K to endow a scholarship fund. NFAA will provide a Level IV Coach, and contribute revenue from range operations to maintain the scholarship fund.

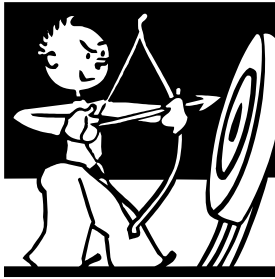
Other grants, incentives, and support have been contributed by the City and County of Yankton, including 40+ acres of land, construction and maintenance of two 28-target field courses, maintenance of two target ranges (one for practice, one for competition) with TV-quality illumination. Local laws have been amended to allow shooting bows within city limits “on an NFAA approved range”. The street leading to the HQ property has been officially re-named “Archery Lane”. The attention has drawn other grants, including Gordon Composites, ATA, SD and NE Department of Natural Resources, and others.

Sunday afternoon the Directors divided into Administration, Council, Competition, and Equipment committees and reviewed the Agenda Items which had been submitted by the various States and Sections. Monday’s session was then devoted to examining each of the individual Agenda Items and voting on those which should be enacted. Most significantly, ALL of the Agenda Items which proposed deleting or combining some of the competitive categories failed. The Divisions and Styles will remain as they are for at least another year! Here is a quick summary of the major items that passed: several special dues categories were corrected; protest fee for National and Sectionals was raised to \$50; Directors and Councilman shoot Sectionals and Nationals free; the 3-D course inspection requirements were moved from the Policy section to the By-Laws. Several items affecting Pro Division archers only passed. Two items clarify posting and shooting multiple target faces for Field, Hunter and Animal rounds. Two changes affect the Barebow style: an adjustable clicker is OK, and string / serving limitations are relaxed. Definitions of the terms “Stabilizer”, “Counterbalance”, and “String Dampening Device” were created. Wording was added to specify that all three of the above are legal in Bowhunter Freestyle (and therefore also BHFSL); also added mention that a peep which contains a lens is legal in BHFS (and BHFSL).

Tuesday started with the Pro Chairman report. We also received a brief from Sadler Insurance on policies available to NFAA Chartered Clubs and Lanes, and the Landowners Liability policy which is provided for all NFAA members. Then Doug Engh of NADA addressed us concerning the After School Archery Program.

Remember that any CHANGES are not effective until 1 June 2008! These items will be published in a coming issue of Archery Magazine, and will be posted on the NFAA website (www.fieldarchery.com). The changes will be incorporated in a revised version of the NFAA Constitution and By-Laws. This book is available for purchase from NFAA, and will also be posted on the NFAA website.

WSAA PRESIDENT: Ed Forslof



Well the weather took a turn several weeks ago and became a full-fledged old timers' winter, from slushy to negative nine several nights in a row to several feet of snow in a week, boy that will send the whiners away. Makes for some serious cabin fever though, but spring is coming and we still have a month or so of indoor shooting.

The Multi-color Championship has come and gone, folks are already shooting the Blueface Mail-in and lots of talk about Vegas. If you have not sent your registration in for the Blueface Championship, you better get to it.

Our NFAA director TC Parker went to Vegas to represent US at the National meeting; let's hope you all sent him notes about the agenda items and your desires.

The NASP Washington State Championship, or formally known as the "Wolf Cup" is scheduled to happen on 12 April 08 in East Wenatchee at the Clovis Point Middle School. It is a one day event with several shooting lines and a bunch of activity and fun. I know for a fact that more helpers are needed, the set-up will take several hours and a bunch of bodies, the shoot alone will take all day and require even more helpers. Please mark your calendar and plan on coming to East Wenatchee for a great experience.

Everyone's friend Ray Wilson turned 65 on February 7! Laura and I went to West Richland to help celebrate with Ray and Pam's kids and grandkids. Pam Bibs' about 20 pounds of ribs, followed with cake and candles.....HAPPY BIRTHDAY MY FRIEND.

Last month I had asked for anyone having grant writing experience and some time to donate to call; several members have called and offered to help. But we still need a person who might have some time and knowledge about applying to the IRS for a 501(C)(3) status for NASP Washington State. If you are experienced in either of these area or know of someone who is, please call or send me a note.

Let's go shoot!! Ed

ATTENTION LADIES:

Cabela's new store in Lacey WA will host a "Women in the Outdoors" event on the weekend of 15-16 March. There is a full schedule of activities available, from 10 AM to 4 PM both Saturday and Sunday. Some are outdoors in front of the store; others are inside the various departments or in the training / conference rooms. Topics range from Archery to Outdoor Survival and from Backyard BBQing to Shooting and Firearms Safety. Organizations and individuals from several companies and organizations have signed on to make your experience educational and fun.

Annette Crews, Sherrie Crisp and Linda Parker of WSAA will be teaching two "Introduction to Archery" sessions on Saturday; 10 AM to 12 Noon and 1 PM to 3 PM. Annette is also offering a "Bowhuntriss Seminar" from 1 PM to 3 PM on Sunday. See the Upcoming Events section of the WSAA Website (www.WashingtonArchery.org) or the Cabela's Website (www.Cabelas.com) for the complete schedule of other topics, times, and locations.

Come on out to learn and enjoy – either leave the guys at home, or let them come but hang on to the credit cards! Take the Marvin Road exit off I-5 and follow the signs.

EXECUTIVE VICE PRESIDENT: By Dave Garrison

Well, it is time to send out another report and let everyone know I have a new internet service. I can now get large files without waiting a life time. My e-mail address, other than through WSAA, is now bowhunterdave@comcast.net. Feel free to contact me by e-mail if you don't need an immediate response. I will be checking my e-mail about every other day. Call me in the evening if you need a quicker response. My phone number is in the Quiver, on the Officers page.

As I mentioned in my last report, CRB had a booth at the Sport show in January. I sat in the booth for two sessions and contacted many archers and interested sportspeople. I directed interested parties to clubs and shops in their area. Many said they would follow up with the shop or club. One can never be sure if they do contact the club, unless it is your own club. CRB got at least six new member families from this show. We also had many say they would be out to our shoots to check us out. We feel it is well worth the effort. A side benefit is that workers get a pass to the show.

Having a presence at these shows has really paid off for CRB and probably for Skookum and WSAA as well. Other clubs should get involved in this type of advertising if at all possible. It never hurts to let people know what and where you are.

I hope everyone is having a good new year, going to a lot of shoots, having fun, and supporting WSAA anyway you can. I hope to see all your happy faces at the shoots because attending shoots is about the best way to support WSAA and the Clubs.

TOURNAMENT COMMUNITY NEWS

USA Archery Announces Board of Directors

COLORADO SPRINGS, CO— The USA Archery Initial Nominating and Governance Committee has announced the results of the nomination and election process that has produced the newest members of USA Archery's Board of Directors.

"The Nominating Committee strived to assemble a strong slate of candidates who would both effectively complement one another while also providing a diverse set of experiences and perspective to the USA Archery governance process," said Committee Chair Jeff Benz. "The membership of USA Archery has selected and chosen the individuals that they feel will best represent USA Archery going forward for the constituent positions. On behalf of the Nominating Committee, we would like to thank the USA Archery membership for their involvement, patience, and engagement in the process. We also would like to thank the high caliber independent director candidates who submitted their names for consideration and we are pleased that we were able to choose two extremely well-qualified candidates from such a distinguished pool of applicants."

The Nominating Committee acknowledges that the process of implementing the new bylaws and selecting a new Board of Directors did not run as smoothly as anticipated, largely due to the lack of a comprehensive and, apparently, complete membership database. The Nominating Committee will issue a report to the new Board of Directors highlighting recommendations to improve the bylaws to make the process more efficient, based primarily on the comments received from members of USA Archery as well as generally accepted principles of good governance.

"This election was an important step in the implementation of a new system of governance for USA Archery," said Kelly Skinner, Director of Sport Partnerships at the USOC. "We are pleased and confident that this elected board will serve the USAA membership at the highest level, and usher in a new era for USA Archery."

The recently elected and appointed Board members include the following:

Derek Davis (Grassroots – College)

Christine McCartney (At-Large)

Sheri Rhodes (Coach)

Belinda Foxworth (Independent)

Phyllis Shipman (Recurve, Athlete)

Tom Green (Judge)

Denise Parker (Grassroots – JOAD)

Bill Corbin (Independent)

Nancy Zorn (Compound, Athlete)

Brian Sheffler (National Field Archery Association)

More information about the process can be found on the USA Archery website at <http://www.usarchery.org>.

2008 CAP Western Regional Championships

Sun Devil Archery (Arizona State University – Phoenix) will once again be hosting the College Archery Program (CAP) Western Regional Championships...and this year, we will be offering GUEST divisions (FITA and 900 round)

April 18-20, 2008 - STAR FITA

Deadline to register is March 14th. Late registrations will be accepted with an additional fee and on a space available basis.

The CAP Western Regional Championships decides the best collegiate shooters from over 20 schools (PAC 10 and more). Last year, we had just under 100 CAP archers in attendance... this year should be even bigger.

Because the Ben Avery field is so large and there has been requested interest...this year, we will section off a piece of the field for GUEST archers. Guests can shoot either a FITA (adult distances only) or a 900 round. The 900 round is 60, 50, 40 meters at the large face - 30 arrows each distance. This is great for those newer archers or any who may not be ready to shoot 90 or 70 meters.

Registration forms and more are available at www.sundevilarchery.com

NADA Update on After School Archery Program (ASAP)

"To date, there are 27 states in possession of the equipment Easton Sports Development Foundation II very generously donated to start an After School Archery Program (ASAP). These states are listed on the new website, www.afterschoolarchery.org, along with the organization accepting ownership and the ASAP contact for that state.

Other organizations have also begun ASAP clubs which include archery shops, parks & recreation departments, schools and private individuals. These clubs will eventually be listed on the website with contact information, club name, location, etc. In addition to these organizations, several State Fish and Wildlife Departments have contacted us to start ASAP within their state department.

The parks & recreation departments have been extremely receptive to starting archery within their community. Many of these departments have accepted ownership of the donated equipment and will be having their staff certified as USA Archery/NFAA Basic or Intermediate Level instructors. They will also be working with neighboring communities in setting up ASAP.

There is a definite impact this program is having in getting archery out in the public eye. As well, this program is serving as a vehicle to promote archery as a sport and to demonstrate the safe and controlled environment associated with the sport.

ASAP has been very well received by various types of organizations. The connection to these state agencies is seen as very welcoming to ASAP and JOAD. They can open the door to the 4-H program leaders in their states, as well, who could benefit from JOAD."

HUNTING COMMUNITY NEWS

Bowhunter Education State Coordinator: Annette Crews

During the last weekend of February, we had an amazing class. We started Friday night at 6 pm and got in three hours of "The Basics of Bowhunting". There were six students and three of the six were new to archery, and all were adults. They brought to the class an excitement and enthusiasm that soon spread to us all! The Saturday class quickly had the new-comers and the other three experienced hunters all sharing questions and answers! On Sunday two Distance Learning students joined us for a fun-filled five-hour outdoor, **in the snow**, Field Day. Everyone had a chance to get up into the tree stand using the full body safety harness system, shoot at the 3-D targets set up by the instructors and get one-on-one instruction if they needed it at the practice range.

Many times, experienced students come in because they must have the class to hunt another state that requires this class. They come in with sort of an "unenthusiastic attitude" because they are forced to be there. After about an hour I see them relaxing and enjoying the class. After all, **what's more fun than doing something you are passionate about?** I love to see you who are dragging your feet come in and share your hunting lessons with the rest of us. Every class I learn something new right along with the group we teach. I would say to those who don't hunt that the things we teach will make you a better wildlife photographer.

Want to get really close? Want to be a better hunter?

If you live in Eastern WA, we **REALLY** need instructors there as well as ... everywhere. Our class schedule is as follows:

Cowlitz County:

June-20, 21 & 22 Contact: Annette Crews (360) 673-2350 or at aneoakleaf@inet.net

July 19th Distance Learning Field Day Contact: Annette Crews (360) 673-2350 or at aneoakleaf@inet.net

King County:

April 16, 17 & 19 - Issaquah Sportsmen's Club. Contact: Alan Jones, (425) 883-0405 or at AlanBJones@verizon.net

May 13, 15 & 17 - Flint Tip Archery Club; Enumclaw. Contact: Butch Loney, (253) 862-9160 or bvloney@comcast.net

Times - May 13 and 15; 6:00 PM - 9:30 PM (Tuesday, Thursday), May 17; 8:00 AM - Noon; DLP 7:30 AM - Noon

July 22, 24 & 26 - Flint Tip Archery Club; Enumclaw. Contact: Butch Loney, (253) 862-9160 or bvloney@comcast.net

Times - July 22 and 24; 6:00 PM - 9:30 PM (Tuesday, Thursday), July 28; 8:00 AM - Noon; DLP 7:30 AM - Noon

October 18 & 19 - Issaquah Sportsmen's Club. Contact: Alan Jones, (425) 883-0405 or at AlanBJones@verizon.net

Grant County:

March TBA Contact Chuck Ray at (509) 754-4624 ext. 23.

May TBA Contact Chuck Ray at (509) 754-4624 ext. 23.

July TBA Contact Chuck Ray at (509) 754-4624 ext. 23.

Kitsap County:

April 26 & 27 - Contact Walt Waldon (360) 779-6147

July 19 & 20 - Contact Walt Waldon (360) 779-6147

Lewis County:

February 5, 7 & 9 Hunter Safety - Contact: Mike Labarre mnlbjl@centurytel.net. (360) 291-2404

March 18, 20 & 22 Hunter Safety - Contact: Mike Labarre mnlbjl@centurytel.net. (360) 291-2404

April 17, 19 & 20 Hunter Safety / Bowhunter education - Contact: Mike Labarre mnlbjl@centurytel.net.

June 17, 19 & 21 Hunter safety Contact: Mike Labarre mnlbjl@centurytel.net. (360) 291-2404



**** As you can see the April class will combine both classes and the students will receive both certifications if they pass the class.**

WDFW News and Notes



Master Hunter Orientation Offered In Olympia

OLYMPIA - The Washington Department of Fish and Wildlife (WDFW) and its Master Hunter citizen group are offering orientation classes in February and March for those interested in enrolling in the 2008 Master Hunter program.

The orientation meetings will focus on the Master Hunter program application process, requirements for certification and the role of the master hunter. The meetings are open to the public and no pre-registration is required.

The meeting will be held March 22, from 1 to 4 p.m. in Room 172 of the Natural resources Building (NRB), 1111 Washington St., Olympia. Presentation will begin at 1:15 p.m., followed by a question and answer session.

The Master Hunter program is a voluntary program sponsored by WDFW. Formerly known as the Advanced Hunter Education program, the program has been redesigned to promote the highest standard of hunter ethics and help assure continued hunting opportunity in the future. Master hunters participate in controlled hunts to eliminate problem animals that damage property and/or threaten public safety. In addition to providing certification, the program emphasizes safe, lawful and ethical hunting practices.

The deadline for enrolling in the 2008 Master Hunter program is April 16. Details on the program and enrollment procedures are available at <http://wdfw.wa.gov/hunting/masterhunter>.

WDFW also reminds current members of the Advanced Hunter Education program that they must complete and send in new forms in order to retain certification in the new Master Hunter program. These forms are due by February 29, 2008 and are available online at the website above. For more information, visit the website or call 360-902-8410.

February 08, 2008, Contact: John Wisner, (360) 902-8410

Fish And Wildlife Commission Seeks Candidates For Disabilities Advisory Committee

OLYMPIA – The Washington Fish and Wildlife Commission is seeking applicants from southwest Washington for a position on its advisory committee for persons with disabilities.

The seven-member committee advises the commission on issues of concern for hunters and fishers with disabilities, including special hunts, modified sporting equipment, access to public land and recreational opportunities.

Qualified applicants must have a permanent physical disability and reside in Lewis, Wahkiakum, Cowlitz, Clark, Skamania or Klickitat county.

Members serve four-year terms and are required to attend advisory committee meetings, held at least twice each year. Members serve without compensation, but receive reimbursement for travel expenses.

For an application form or additional information, prospective candidates can contact Brenda Kane at the Washington Department Fish and Wildlife (360-902-2349) or see the department's website (<http://wdfw.wa.gov/com/applicationforf&w.pdf>.)

To receive consideration, applications must be submitted by March 10 to Brenda Kane, Washington Department of Fish and Wildlife, 600 Capitol Way N., Olympia, WA 98501-1091.

February 13, 2008, Contact: Brenda Kane, (360) 902-2349

Become a Certified Witness for Our Resources

Join in protecting Washington's fish and wildlife by attending an EIW Crime Observation & Reporting Training (CORT). Learn from WDFW Enforcement Officers how to identify, document and report natural resource crimes. Goal is to create a network of trained citizens dedicated to reducing poaching and other natural resource abuses through this non-confrontational expert witness program. For more info see www.eyesinthetwoods.org



Date	Host	Location	Contact	Phone
3/5/08	Sportsman's Warehouse	1220 Marvin Rd. NE, Lacey	Customer Service mlarsson@sportsmanswarehouse.com	360-459-5800
3/6/08	Bob's Sporting Goods	1111 Hudson Ave., Longview	Hunting Counter www.bobsmerch.com	360-425-3870
3/12/08	Sportsman's Warehouse	6603 W. Canal Drive, Kennewick	Customer Service bhowald@sportsmanswarehouse.com	509-736-2200
3/13/08	Snohomish Sportsman's	105 Cedar St. Snohomish	Rick Hoskin fulltag@netzero.net	425-334-7873
3/19/08	Sportsman's Warehouse	9577 Ridgetop Blvd. NW, Silverdale	Customer Service eglick@sportsmanswarehouse.com	360-307-6900

BOARD AND COMMITTEE REPORTS

SHOWS COMMITTEE: Dave Mack

WOW, it has been an insanely busy year we just finished and the New Year is not slowing down!

I was recently asked about the number of NASP certified archery instructors we had in the Washington system? I looked through my files and determined that our crews have trained a total of 118 archery instructors since August 2005. We have trained 62 teachers and 56 members of the archery community. I had a gut feeling that we were nearing 100 but I was surprised when I totaled the actual numbers. Our active instructors have been Linda Parker, Sherrie Crisp, Ed Forslof, Mike Fennelly, Pat Ogden, Carol Bryan, Carolyn Elder and I. Please forgive me if I've missed someone. Great job everyone.

We have a variety of events coming up over the next few months. We need volunteer support at all of these, so if you are able to help please let me know ASAP:

February 29 Friday - We will be doing an NASP archery demonstration for the students and faculty at Kingston High School. Jon Nelson is a KBH member and a teacher at Kingston that would like to get the NASP program established there.

March 15 and 16 - Annie Crews, Sherrie Crisp and Linda Parker are going to be doing a basic archery instruction class for women at the new Cabela's store in Lacey. Give one of the ladies a call for more information.

April 12 Saturday - Third Annual NASP State Championship at Clovis Point Middle School in East Wenatchee. We need you for this one. This event will show you an energy and excitement that you have never experienced at an archery tournament before. The concentration and excitement that the kids and their

parents show will move you! We need 15-20 volunteers to run all phases of this one.

April 26 Saturday - The PE teachers will be hosting the **PEAK Conference** at Central Washington University on this date. We will be manning a booth at the conference, passing out NASP information and recruiting new schools into the program. If we can get enough volunteers we could also present a venue for hands-on archery shooting for the teachers. Let me know if you can help with this.

May 10 Saturday - Washington Outfitters and Guide Association 49er Days in Winthrop. This is a really fun event. The Outfitters set up their canvas tents in two big parallel rows. There is a parade through town in the morning then a youth event in the City Park in the afternoon (2:00 to 4:30) this is when we provide the kids with a chance to shoot. Then the Outfitters provide a steak and everything else you can imagine dinner followed by several hours of cowboy music, poetry and barn dancing. If you stick around for Sunday (Mothers' Day) there is a terrific auction and outfitters race. This is a great family weekend. Let me know if you can help.

May 16 & 17 Fri/Sat - GOPAW 2008 Youth Expo will be held at the Benton County Fair in Tri Cities this year. It would be great if a club or shop close to the area could help with the lead on this event. WSAA will be there and we have the equipment but the travel time makes it tough to be involved in the planning to the degree that we should be. Last year this event had 2200 students attend from the surrounding schools on Friday and another 2500 general admission on Saturday.

WSAA, helping archery grow! Dave



Bowhunter Success Story

WSAA member Larry Ramsey took this Whitetail Deer in Northeast Washington during the late Archery Deer season in November 2007.

Larry hunted from a HIGH treestand, 30 feet above an active scrape. The deer was about 20 yards away then it offered a shot opportunity.

With about 190 pounds body weight and scoring 125 ²/₈ points (non-typical), this Whitetail was something special!

CLUB AND SHOP NEWS ... NOTICES ... LETTERS

SKOOKUM ARCHERS: Club Report

Skookum Archers held their annual Club Banquet and Installation of Officers January 19, 2008. Approximately 45 people attended. The 2008 Skookum Board consists of: President Steve Caufman; Vice President Marty Mullins; Treasurer Michael Ross; Secretary Don Morrison; Communications Director Andy Ludwig; Activities Director John Littau; Grounds Director Pat Fernandez; Range Director Kurt Allen, and Hunting Director Dennis Jenkins. Club Champion awards were presented to: Jeremy Ryser, AMFS; Chris Ray, AMBHFS; John Finsterbusch, SMBH; and Tom Huteson, SMFS.

Past president Dennis Jenkins gave a recap of the year, including reports on the shoots during the year. He noted that the Club bought 20 new 3-D animal targets, sponsored a target range for the Darrington Nationals and helped get the Darrington range set up. The Club replaced many of the target sheds on the flat range this summer, added meter sheds, and paved the shooting lane. A new fence and pay box was installed. Incoming President Caufman noted that the Thursday drop-in archery education program continues to be popular and well attended. He mentioned that 25 beginning archery students had taken lessons during the year.

The Club has already sponsored one of its major tournaments – the annual Dirty Thirty 3-D Shoot held January 5-6. The Club also just finished sponsoring the 3-D archery education booth at the Sportsmen Show.

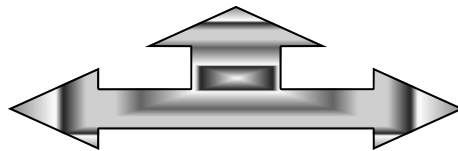
CAPITOL CITY BOWMEN: Wooley Booger

I wanted to thank all the archers who attended the 19th Annual Wooley Booger Shoot on the 19-20 January weekend. We had a total of 135 shooters and 24 of those were in our junior classes. Several archers came out to shoot our range for the first time and they all reported they enjoyed the course and would be back. I also want to thank Sportsman's Warehouse, Fletch Setter Archery, and Olympic Archery for your donations to the door prizes.

The highlight of the shoot for me was 5 year old Trevor Owens. This was Trevor's first shoot and he shot all 70 targets over the weekend. Equipped with his quiver which often touched the ground, bow in hand, & oversized camo hat he walked the entire course and never quit. Those who know CCB range and 3-D course are very aware this is not necessarily easy walking for the adults. Trevor shot a total score of 144 and took a well deserved first place trophy. His Dad stated that he had fun and "I think he is hooked". For me that is what makes a successful shoot!

Thanks again for all of you coming out to CCB's 19th Annual Wooley Booger 3-D. See you at the Safari Field April 25-26 '08 and the R-100 3-D July 5-6 '08!

Sherrie Crisp, CCB President



NEWAUKUM and LUCKY SHOT: Co-op Shoots

Newaukum Valley Archery Club is holding a 3-D shoot at Lucky Shot in Chehalis. It will run 'til mid March. Any questions, call 360-740-7464. Also Lucky Shot Archery are now Mathews dealers, along with Bowtech.

GRAYS HARBOR BOWMEN: Indoor & Out

The winter storms took a heavy toll on Grays Harbor Bowmen range, with numerous trees down, plus the branches and leaves to take care of. Thankfully, we have received tremendous support for our work parties in January and February, with a strong bunch of Club members even those from "out of the area" (thanks Al and Sandi Comer). The trees have been cut up and all of the trails restored, so the course will be in fine shape for our first outdoor shoot.

The Bucks and Bulls 3-D is scheduled 29-30 March. This event is 35 targets each day, with trophies for the high two-day score in all Divisions and Styles. Camping is available at the range Friday – Sunday, and the Clubhouse is open with a warm wood stove fire. See the ad in this issue of The Quiver.

We had a fine group of 14 archers participate in the Multi-Color Indoor league at our club range during December and January – and 18 shooters (five of them under age 18) are signed up for the Blueface Indoor league. We shoot on Tuesday evenings at 6:30. Drop-ins and new members are always welcome!

WSAA CLUBS AND SHOPS ...

Send in your News and Reports

What a great way to publicize your facilities and activities!

Aiming is Highly Overrated

For anyone who may not be familiar with the name Dave Cousins, he is a professional archer with Hoyt USA. He either holds or has held numerous records and titles in FITA, FITA Field, NFAA, World Archery Festival in Las Vegas, the 3-D in Redding, California, etc. (I think you get the picture) and is one of the finest and most knowledgeable bow technicians that I have ever met. He was very personable but very firm in his opinion as to how things should be done. It is safe to say that being one of the world's premier archers at the age of twenty-seven does not happen by accident. Being gifted will only take you so far because it also takes hard work and dedication to achieve to this level. As he said to us, he feels fortunate to have a job where he can dedicate his entire time to his sport.

There were two or three of us sitting around one day when, for reasons of my own, I asked him to explain how he develops his aiming process. He just looked at me and said, "Aiming is highly overrated . . . aiming is just a waste of time . . . time that could be better spent doing things that are more important." After I picked my jaw up off the floor, I naturally asked him to explain.

I will try to blend in and clarify, by example, his rationality for this statement.

It is just like driving a car, the very first time that you get behind the wheel and take it out on the road, you probably will aim it. You are tense; you are overcautious and, as well as a few other minor flaws, tend to aim the vehicle. After all, you need to know where you are going, right! So, after you just about wipe out a few parked cars, pedestrians and what have you, you start to learn to look, to become more relaxed and to just steer the car. This ultimately results in a far better, more enjoyable ride, with far less stress. Now, with practice, all of the things that you need to know and pay attention too, start to become much easier and automatic. Tension causes you to aim . . . aiming causes you to over-steer, and to over-compensate for your mistakes. Tension causes you to jump on the brakes, turn on the windshield wipers instead of the turn signals and to focus so hard on the road that you missed the sign that said 'School Zone.'

Archery is just the same. It is true, whether you shoot a recurve or a compound bow, after your alignment process is completed and you are comfortable that everything is ready, you must then train yourself to just let yourself look at the target. When you consciously aim your pin, dot or circle at the target, this is when you start to over-correct. When you start to see the pin falling out the bottom of the gold, or shooting out the top or sides, or even freezing, you are under tension. I can't count the number of times that I have heard someone gasp or !*#@!!* After a shot.

Dianne shot a FITA II at Abbotsford and, after it was completed, I asked her how she shot. "When I just looked at the target and let everything come together, I did very well. When I found myself consciously aiming, that is when I got into trouble. Just like Dave said, I found myself fighting with my dot."

I have only touched on this subject very lightly, but I hope that it is enough to help make you think about the reality of your own shot. Does anything sound familiar and is there room for positive change.

It is nice to be able to sit down with someone like Dave and get to know how they approach their game. Sometimes, you just may learn something that, basically, flies in the face as to how we have been taught to think and perform. New technology and methodology in teaching and understanding is available to us and it is my hope that we will be able to make this information available, in far greater detail, to everyone who wants it.

Try Breathing . . .

Tomorrow, you will be standing on the shooting line in Las Vegas, it's your first time there and there are only about fifteen hundred of the world's finest shooters competing over the next three days. As you walk around, you identify a number of high profile shooters that you only read about in magazines. This is not a dream, but you are about to feel the earthquake!

Nerves, anxiety, apprehension or a flat out melt-down is now about to happen. This is perfectly normal in the human equation, but it is how you deal with it that is important. The first thing that you need to do is to admit to yourself that you need help.

I am only going to touch on one method of dealing with anxiety, one that is overlooked by coaches and athletes alike...breathing.

To make a point to one of our athletes that went to Las Vegas with us and, yes, suffered a mini melt-down, I set up a demonstration that would exhibit the power of controlled breathing. It is important to understand that my methodology in this illustration should not be used by other coaches in their various training regimes.

Mark and several other archers were in the shooting lane at the shop and the subject of anxiety came up. I told them that it was very simple to arrest your anxiety by simply breathing it away. I used Mark as my subject and proceeded to build up his level of anxiety. I took him to the point that he was getting very upset with me and he told me to quit . . . that he was getting very uncomfortable with the whole process. I needed him at this level to best demonstrate the power of this method.

"I want you to stop now, close your eyes and don't move. I want you to breathe in through your nose slowly and take it right up to your brain. Hold your breath for three seconds and then breathe out slowly through your mouth while pushing down on your diaphragm. This should take eight seconds. Now, do it one more time."

"Now, tell me what you were thinking about when you were doing this exercise?" I asked him. "I wasn't thinking about anything," he replied. "How do you feel now Mark?" He looked at me for a moment and then smiled, "I don't believe it; the stress is all gone."

Mark's anxiety level was raised to a point that would normally exceed anything that he might feel at a competition. By him following a few simple breathing exercises, he was able to completely dissipate his anxiety and resume with a return to his comfort zone. It is important to realize that you must suppress these anxieties as quickly as possible to compete in the subconscious.

Feeling stressed out? Try breathing.

Charles Land – re-published from www.boormanarchery.com with permission of the author



Washington State Archery Association
PO Box 613
Hoquiam, WA 98550
360-533-4698



Washington State Archery Association

Please help us help the students of Washington

Washington State Archery Association is helping schools which offer their students an opportunity to learn Target Archery in PE class. “**Archery – On Target for Life**” was taught in more than 3800 schools in 43 different States this year. Washington conducted NASP archery classes in more than 30 schools this year.

As the culminating event for the schools’ archery instruction program, Washington State Archery Association is again hosting the **Third Annual NASP State Championship Tournament**. This event will be held at Clovis Point Middle School in East Wenatchee on 12 April 2008.

As this event grows much larger each year, we need your help to insure that we have sufficient equipment and prizes to support this event. We expect over 200 student archers to compete for individual and team awards this year.

Your **donation** will **directly support the archery program** of Washington NASP.

If a monetary donation is possible, please make your check out to WSAA and clearly mark it - For NASP - and mail it to the above address.

Other avenues of support which will be much appreciated include:

- Provision or solicitation of items which can be included in the “Goody Bags” which will be provided to each student / archer participating in the tournament
- Donation of an item which can be used as a door prize for participants
- Donation of a major item which can be raffled to raise funds for the program
- Volunteer support to help us prepare and conduct the event

If you would like to help, please contact any of the people listed below to coordinate your donation.

Thank you very much,

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eforslof@juno.com

Dave Mack
Coordinator WA NASP
(360) 577-6301
ddmack@comcast.net

Linda Parker
Coordinator WA NASP
(360) 533-4698
wsaa@olynet.com

KBH Archers And Kitsap Hotshots JOAD

Host

Indoor Youth Championships

March 14, 15, and 16, 2008

At KBH Archers

3680 NE Old Belfair Hwy, Belfair, WA 98528

Indoor 600 round

WSAA Divisions and equipment classifications will be used.
JOAD, 4-H, NASP, and individual shooters are all welcome.

Divisions	Styles
Cubs (8-11) 9 meters, 60 cm target,	Freestyle (any bow, sight, release)
Youth (12-14) 18 meters, 60 cm target	Freestyle Limited (compound bow, sight, fingers)
Young Adult (15-18) 18 meters, 40 cm target	Freestyle Limited Recurve (sight, fingers)
	Barebow (any bow, no sight, fingers)

Two rounds must be shot for awards

Must pre-register by March 5, 2008.

Registration fee \$10.00.

Late registration available onsite until Noon Saturday. Late registration fee \$20.00

Send registration form to address below. Make check payable to Kitsap Hotshots.

Kitsap Hotshots
3635 Old Belfair Hwy, Ste 46
Belfair, WA 98528

Shooter name: _____

Style: _____

Male___

Female___

Age___

Line times (select two, may be same day):

Saturday: 8 a.m. _____
 10 a.m. _____
 1 p.m. _____
 3 p.m. _____

Friday: 6 p.m. _____
Sunday: 8 a.m. _____
 10 a.m. _____
 1 p.m. _____
 3 p.m. _____

CORRECTION: WSAA Indoor Multi-Color Championship

A few people were listed in the wrong competitive category, and two scores were recorded incorrectly, making some substantial changes in the WSAA Indoor Multi-Color Championship results in the following Divisions.

A-M-FS Championship Flight

Mark Eaves	300	24	299	18	599	42	1st
Ryan Magelsen	298	16	299	23	597	39	2nd
Jason Prince	296	17	298	22	594	39	3rd
Mark Jackson	299	18	295	20	594	38	
Bill Young	297	22	297	16	594	38	
Dan Apodaca	294	17	299	17	593	34	
Wyatt Johnson	296	18	296	18	592	36	
Jimmy Bertolero	296	14	296	17	592	31	
Matt Kovaschetz	296	14	295	15	591	29	
Rick Maybee	298	17	290	13	588	30	
Coenraad Vandermerwe	296	17	291	11	587	28	



S-M-BHFS

John Waldenmaier	287	8	292	10	579	18	1st
David Culver	269	5	262	8	531	13	
Dave Mack	276	6	275	3	551	9	

S-M-BHFSL

Brian Boucher	263	0	273	2	536	2	1st
Don Morrison	234	2	249	2	483	4	

S-M-FSL

Vince Hershell	285	10	288	15	573	25	1st
Alvin Corner	268	2	271	3	539	5	



S-F-FS

Sandi Comer	292	9	284	7	576	16	1st
Sharon Rowe	255	4	255	1	510	5	

Bucks & Bulls 3-D

Grays Harbor Bowmen
Aberdeen WA



29-30 March 2008

Saturday 8AM to 3PM
Sunday 8AM to 10AM

35 targets each day

Moose, Caribou, Elk Deer ...

Lunch available both days

Camping at the range

Campgrounds in Westport

Motels in Aberdeen or Westport



Range is located 7 miles west of Aberdeen on
State Route 105 (Westport Highway)

Contact TC Parker (360) 533-4698 wsaa@olynet.com





LUCKY SHOT ARCHERY
BOWTECH DEALER
INDOOR / OUTDOOR RANGE
Ted Schindler, Owner
470 Coal Creek Rd, Chehalis
1-5 Exit 79 Just off National Ave
360-740-7464
360-807-3551
Tue-Fri 11am-9pm, Sat 9am-9pm



Skookum Archers Club & Range
11209 Shaw Road E., Puyallup WA
Club Line: 253-770-4177
Flat Range • Broadhead Range • 56 Field Range • Club House • Pro Shop (Great NW)
Visitors Welcome - Range fee only \$5
For info. about the range, shoots, archery instruction, map, etc., visit our web site.
www.skookumarchers.com



**Skookum
Archers**
CLUB & RANGE

WET & WILD 3-D

**Sat. Mar. 1st &
Sun. Mar. 2nd**

Register from 9am-Noon Saturday.

9:30am Shotgun Start Sunday.

Fees: 1 Day \$12; Both days \$20 (adult)

1 Day \$6; Both days \$10 (youth)

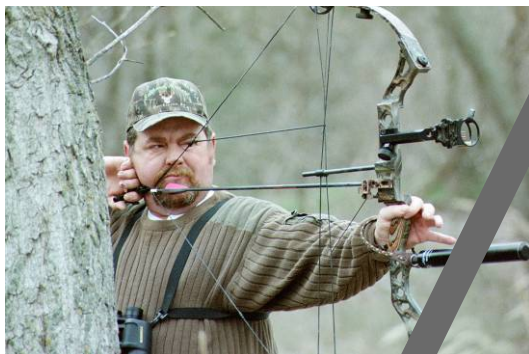
1 Day \$3; Both days \$5 (cubs)

Family max: \$43; peewees free

For more information contact Dennis Jenkins
at denniselk@comcast.net; 253-691-9154

**It's the
big one!**

40 targets both Days





SILVER ARROW BOWMEN

2008 BIG BUCK 3-D – MARCH 15 & 16

30 REALISTIC TARGETS EACH DAY

DOOR PRIZES AND AWARDS

MUST SHOOT BOTH DAYS FOR AWARDS

SATURDAY CASUAL START 8:30 AM - 2:30 PM

SUNDAY SHOTGUN START 9:00 AM – TARGET ASSIGNMENTS 8:30 AM

ADULTS & YOUNG ADULTS \$10: YOUTH \$7: CUBS & PEEWEE FREE w/Adult

BREAKFAST WILL BE AVAILABLE BOTH DAYS

7:30 TO 10:00 SATURDAY – 7:00 TO 9:00 SUNDAY

LUNCH CONCESSIONS ALSO AVAILABLE

FOR MORE INFORMATION:

CALL NICK ROSS (360) 848-9625

ANNUAL SAFARI

April 5 & 6, 2008

Lewis & Clark Bowmen

70 Targets, 42 Sat - 28 Sun, 2 Arrows Each,

Marked Yardage – from 9 to 101 Yards

You Must shoot both days for Awards.

Registration: Award shooters Sat 7 a.m. to 9 a.m. others shooters until 11 a.m. and Sun 8 a.m. to 11 a.m.
Saturday and Sunday **Flighted** Shotgun Start at 9:00 a.m.

Saturday Award Scorecards must be in by 4:00 p.m. Sunday Award Scorecards must be in by 2:00 p.m.

Kitchen open both days for snacks and lunch
7:00 a.m. to 2:00 p.m.

New improved target butts throughout the range.

Lewis & Clark Bowmen, Inc.
Located at 9435 Barnes Drive
I-5 Exit 52 go West 1.7 mile.
Range is on the left.

Info: Call Brent 360-423-4974 or e-mail sherry_carpenter@comcast.net

WSAA MEMBERSHIP APPLICATION

First Name		MI	Last Name		Suffix	
Address						
City		State	ZIP	New <input type="checkbox"/>	Renewal <input type="checkbox"/>	
Home Phone ()		E-Mail		Club		
Name				Birthdate REQUIRED (for Juniors)	WSAA	WSAA & NFAA
Adult Member					\$30.00	\$65.00
1 st Add Adult (Spouse)					\$10.00	\$15.00
1 st Add Junior (Under age 18)					\$ 2.00	\$ 7.00
2 nd Add Junior (Under age 18)					\$ 2.00	\$ 7.00
3 rd Add Junior (Under age 18)					\$ 0.00	\$ 2.00
Independent Junior					\$10.00	\$25.00
(List additional junior members on back)				Total Enclosed		
Mail to: WSAA, PO Box 613, Hoquiam, WA 98550						

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We're on the Web

www.WashingtonArchery.org

WSAA Calendar of Events 2008

March

1-2	WSAA Blueface Indoor	Two Locations	BF /W /N
	KBH Archers and AS&J Archery		
1-2	Wet N Wild	Skookum Archers	3-D
8-9	NW Indoor Sectional	Wilderness Archery	BF /N
8-9	Wet Buffalo	Tacoma Sportsmen	3-D
15-16	NFAA Indoor Nationals	Louisville KY	BF /N
15-16	Big Buck 3-D	Silver Arrow Bowmen	3-D
15-16	March Madness	Chinook Archers	3-D
29-30	Bucks and Bulls 3-D	Grays Harbor Bowmen	3-D
30	NW Triple Crown 1st Leg	Evergreen Archers	IBO
31	Blueface Mail-In Ends		

April

5-6	Nice Time To Do It Field	Evergreen Archers	F
5-6	Safari	Lewis & Clark	S
5-6	3-D/Safari	Wapiti Bowmen	3-D & S
5-6	Flat Field	Custer Sportsmen	3-D
12	Washington State NASP	Clovis Pt, Wenatchee	NASP
12-13	Spring Safari	Skookum	S
18-20	Klickitat 3-D	Chinook Archers	3-D
19-20	WSAA Target Champs	Evergreen Archers	TGT /W /N
19-20	Whidbey 3-D	Whidbey Bowmen	3-D
26-27	Safari	Capitol City	S
26-27	Spring Fling	KBH Archers	3-D
26-27	FITA Sat. / 900 Round Sun.	WCW	FITA
26-27	NW Triple Crown 2nd Leg	Cedar River Bowmen	IBO

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E-Mail: wsaa@olynet.com

Fax: (360) 533-5872

Questions, call: (360) 533-4698

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