



The **QUIVER**

Highlights

- Multi-Color Mail-In Results
- WSAA Safari Registration

Bring NASP to your School and your Community

NASP COORDINATOR: Dave Mack

2009 ended as a very busy year for NASP. And the pace has not slowed down at all as we head into 2010. I'll share some of the growth numbers with you later but first I want to ask for your help as a leader and promoter of this program. I know several of you have offered to help and I've not gotten back to you to help get you involved. This is not good business on my part. I sincerely apologize. We all know that excuses are like belly buttons, so the only thing I'll offer is my intent to do better.



Inside this issue:

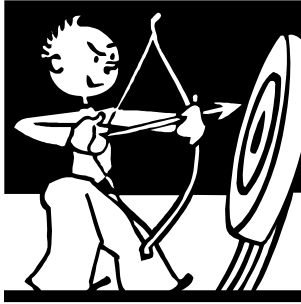
President	2
Tournament Community	3
Hunting Community	4
Membership Application	15
WSAA Board List	15
WSAA Event Calendar	16

By the time this makes print, KBH Archers will have hosted the first local leadership gathering at their club house. I'll be sharing a little on the history of NASP, both nationally and in Washington, the benefits of NASP to the school, the student, the community in general and the shooting community specifically. I'll talk about how we've been able to open the door to archery in nearly 60 schools in the past 4 years. I'll talk about ways to combine NASP with your local club and shop to get the biggest benefit for both. And I'll ask for your help to make it happen even faster in your community.

I'm calling on all of you to help me schedule as many leadership gatherings around the state as possible this year. If you are interested in scheduling one, send me an email or give me a call and we'll set a date. Getting a robust NASP program in your community for your kids and your club will happen much more quickly with your help! Thanks for reading this. Now a little more about our growth:

NASP (Continued on page 3)

WSAA PRESIDENT: Ed Forslof



Spring is pushing its way in, kinda wet yet but really getting warmer and the outdoor season is off and running. One more major indoor shoot, the Blueface and the outdoor season begins officially.

WE NEED YOUR HELP!!

This year there are three major tournaments happening in Washington! The first is the NASP Washington State Championship being held in Ellensburg. This year we have expanded to a much larger venue than High School gyms, we are going to the Recreation center at Central Washington University in Ellensburg, on March 20. Setup will be all day on Friday the 19th, and the fun begins early Saturday morning. **Please come and help us, this tournament will get you all jazzed up about youth and Archery.** Linda Parker is the tournament director and can use all the help possible, call or e-mail and volunteer.

The second tournament will be in Spokane, hosted by Evergreen Archers, the USA Archery 2010 National Field Championship and the 2010 World Team Trials. If field Archery is your thing and challenging terrain and shots get your juices worked up then this is where you belong on June 3, 4, 5 & 6. Thursday the 3rd is registration and inspection and flat range practice, Friday morning begins with a 24-target unmarked distance NAA field format, Saturday is a 24-target NAA marked distance (metric) format, and Sunday is an elimination round and the setting of the USA World field team. Jim Cowgill is the master tournament director for this shoot and if you are in Spokane during May and first week of June he can use your help.

The third tournament will be in Darrington, the NFAA National Outdoor Field Championship July 28 through August 1. Five days of shooting field archery on the finest field courses in the US. You have the option of shooting all five days or only three days. Darrington Archers have already begun the work of clearing the courses from winter and the major task of trimming and cleaning house. There are lots of chores that need to be done and even some that can be done at your home range. Shawn Vincent recently sent an e-mail to the State members asking for your help. This tournament happens with work being done by everyone across the State, not just the folks at Darrington. **Once again, Please get up get out the door and come and help us, this tournament is big stuff for the State of Washington.**

REMEMBER GET YOUR PRE-REGISTRATIONS IN TO THE HOST CLUB FOR THE STATE CHAMPIONSHIPS OR AT LEAST CALL THE CONTACT AND GIVE THEM A HEADS UP.

GOTTA GO..... DO MORE THAN JUST GETTING INVOLVED, HELP MAKE A DIFFERENCE!!!! IT IS YOUR SPORT AND CLUB.

WSAA Website has been Re-Built

See the NEW

www.WashingtonArchery.org

TOURNAMENT RESULTS CORRECTION

WSAA Multi-Color Championship 2010

One archer was listed in the wrong competitive category, here is his corrected status. Congratulations Richard!

Y - M - BB	First Day	Second Day	Total	Site
1st RICHARD WOODBURY	169 1	182 0	351 1	EVER

CONTACT INFO CORRECTION

The Nock Point phone number is still 425-672-8080 – it was listed incorrectly in the February Quiver.

IBO STATE CHAMPIONSHIP DATE CHANGE

The correct dates are 26 & 27 June 2010 hosted by Evergreen Archery Club - Spokane.

This is Hoopfest weekend in Spokane, so hotels will be at a premium.

Was listed on the WSAA Calendar As 17-18 July, but those dates were not approved by IBO.

POC: Chris Bohr 509-998-7433 email: dfaelkinc@comcast.net

TOURNAMENT COMMUNITY NEWS

TOURNAMENT VP: Tim Davis

It is that time again. Blueface Sectionals are at Wilderness on the 5-7 of March. I would like to wish all of you that are going to Louisville good luck. The Blueface Mail-in ends March 31st so make sure you get your scores shot before then. Don't wait till last minute to get them to the recorders.

April is the State Safari Championships. We are going to try something new this year. We are going to have a Team option like Redding. Shooters must enter in the individual category to participate on a team. These will be two-member teams and you pick your teammate before registration. Teams will pay an additional cost of \$10.00 to cover the awards. This is new and hopefully it will be fun for all that participate. Start getting together with a team mate.

The classes will be 1) Open = Freestyle and Bowhunter Freestyle together; other styles also eligible; 2) Limited = any "Fingers" style (Freestyle Limited, Freestyle Limited Recurve, Bowhunter Freestyle Limited, Bowhunter, Barebow, and Traditional) for this year. If you shoot with a release, you must be on an Open team. If you shoot fingers, you may shoot on either an Open or a Limited team. We hope this will be a fun twist on the shoot. Look forward to any input on how this turns out. Good or bad.

Darrington is holding a work party to get things ready for Nationals on the weekend of March 13-14th. They would love to have as many people as we could to help. This is a slow month for the State Championships so spread your wings and get out and support those clubs around us.

Multi-Color Championship awards are in the mail. I sent them to the site you shot at. So contact me if you have any questions. Soon as the Mail-in Awards are finished, I will send those out also.

Until next time, shoot well and have fun.

WASHINGTON GAMES Announcement

Summer is still four months away but the Seattle Sports Commission is already gearing up for the Games!

The SUBWAY® Washington Games is an Olympic-style sports festival for the state of Washington. Each summer thousands of Washington residents participate in one of more than 25 different sports that take place all over the Puget Sound region. Whether you are into badminton or baseball or any sport in between, the Games have an event for everyone.



The events are part of an overall youth health initiative called Powered By You. Youth obesity is a national epidemic, but with access to fun, safe and active recreation, people of all ages can be motivated to get fit and stay healthy. Powered By You uses sports to empower youth to be physically active and lead healthy lives.

We are proud to have dedicated corporate support that makes these programs possible. SUBWAY® Restaurants of Seattle/Tacoma have again come on as the Games' title sponsor and are a perfect fit by providing customers with healthy alternatives to fast food. Virginia Mason Medical Center is the presenting sponsor of the Games and are extremely dedicated to reducing the incidence of youth obesity and the related symptoms that accompany this condition. Combined with Xbox 360, the NAVY, Washington Army National Guard, KING 5 and K2 Sports, it is clear that the business community in Washington support the health of our youth.

Get out and play this summer at the SUBWAY® Washington Games!

Sincerely, Ralph L. Morton Executive Director

subwaywashingtongames.org for more information!

NASP (Continued from page 1)

Eight schools have added archery to their PE schedule since the beginning of the current school year. This brings our current list of active schools 57. Our instructor training team provided five Basic Archery Instructor courses last year, adding over 40 more teachers and volunteers to the ranks of BAI trained personnel. At this point we have trained a total of 193 BAI since 2006. Of these instructors, 102 are school teachers. Most of these teachers were not archers prior to becoming interested in the NASP program. Now, not once but **every year**, they are teaching an average of 200 students basic archery at their school. WSAA, through the generous support of our members and the WDFW, Washington State Bowhunters, Skookum Archers and many others have helped provide archery equipment to most of these schools. To date we have placed nearly 500 bows in schools, again to be used as the tools to provide archery lessons to more than 10,000 students each year.

This program will make a difference in archery at your club. Are you ready?

HUNTING COMMUNITY NEWS

BOWHUNTER EDUCATION: By Annette Crews

Are you too busy to take the Bowhunter Education Course? We have a plan for you.

The International Bowhunter Education Program and Washington Bowhunter education are providing an opportunity for you to take most of the class on-line with a half-day field class to finish up and receive your certification.

Most of the classes listed have set aside the field portion for the last day as to include the on-line students. We call the program our Distance Learning Program. It can be accessed at: <http://wdfw.wa.gov/enf/huntered/bowhunter.htm>

The Field Portion includes hands on Tree Stand Safety, Shot Placement, Blood Trailing, Compass Reading, Game Regulations, First Aid and more. It is about a four hour session. You are of course able to take the full day class if you wish. The regular class time is approximately twelve hours and usually spread out over two to three days.

We'll also be training new instructors this spring in the one class we teach so if you're interested please act now to get involved in time!

Classes for 2010 are as follows,

King County

April 14, 15, 17 - Contact Alan Jones - 425-883-0405 or at AlanBJones@verizon.net

May 11, 13, 15 - Flint Tip Archery Club; Enumclaw - Contact Butch Loney: bvloney@comcast.net or: 253-862-9160

July 27, 29 & 31 - Flint Tip Archery Club; Enumclaw - Contact Butch Loney bvloney@comcast.net or: 253-862-9160

November 6 & 7 - Contact Alan Jones - 425-883-0405 or at AlanBJones@verizon.net

Clark County

March 20 & 21 Contact Jason Gomulkiewicz. 360-448-9091

June 5 & 6 Contact Jason Gomulkiewicz 360-448-9091

August 14 & 15 Contact Jason Gomulkiewicz 360-448-9091

Kitsap County

April - Contact Walt Waldon at 360-779-6147

July - Contact Walt Waldon at 360-779-6147

Lewis County

HUNTER Ed Bowhunter Ed COMBO

April 24 & 25 Camp Singing Wind - Contact Mike Labarre mnlbjl@centurytel.net 360-291-2404

May 14 & 15 Contact- Mike Labarre mnlbjl@centurytel.net 360-291-2404

Spokane County

April 8, 9 & 10 - Contact -Butch Barber - 509-292-9638

August: 12, 13, & 14 - Contact- Butch Barber - 509-292-9638

Thurston County

Lacey Cabela's - To be announced - Contact Dave Daniel - 360-400-3096 or Fred Allen - 360-459-5511

Walla Walla County

July - To be announced - Contact Annette Crews - 360-673-2350 - or aneoakleaf@kalama.com



Above: Instructor JB Bright and his 09 Whitetail Buck

A SUCCESS STORY: By Dennis Dunn

I just returned a couple weeks ago from a most exciting adventure in Sonora, MX.

I took a dandy buck with my Steve Gorr recurve from 27 yards. It grossed 95 green, but -- because of an oddball abnormality --it only netted 85 and 4/8ths. Had the left antler matched the right one, it would have been a 100-point buck. I shot him near evening and decided not to blood trail him till next morning.

Overnight, a big cougar found him, ate half of him, and then buried him. We found him with no trouble, then put the ranch owner's lion dogs on the cat's fresh scent, and my buddy from Alabama, David Green, arrowed the cougar four hours later, and four miles away from the start of the race. Given the weight of the field-dressed carcass, we estimated the tom's live weight at close to 150 pounds. I green-scored his Pope & Young skull at 14 and 3/16ths. Not bad, I think, for a Mexican puma. Wish I could have made it to the third tree he finally was shot out of. That's one of the eight species I need to upgrade in order to end up with all 29 species in the P & Y book.



Wildlife & Hunting Heritage Conservation Council Announced



SCI Supports Effort to Amplify Hunters' Voice with Administration

Washington, DC – In a joint press conference held on Roosevelt Island, on the Potomac River just outside of the nation's capital, Secretary of the Interior Ken Salazar and Secretary of Agriculture Tom Vilsack announced the formation of the Wildlife & Hunting Heritage Conservation Council which will serve as the advisory committee to the administration to advise on policy affecting every hunter in America. Safari Club International was present for the announcement and will seek to play a significant role on the newly formed Federal Advisory Council.

The Wildlife & Hunting Heritage Conservation Council is a joint advisory committee that will report directly to the Director of the U.S. Fish & Wildlife Service, Sam Hamilton. The Council will be comprised of 18 members and 6 *ex officio* members from the hunting and wildlife conservation community. Those positions are defined to include representatives of the big game hunting community, upland hunting community, waterfowl hunting community, along with representatives from hunting guides & outfitters, the firearm industry, and the archery industry. The other eight positions will be filled by representatives of various land management agencies such as US Forest Service, Farm Service Agency, the Natural Resources Conservation Agency and Bureau of Land Management.

"The announcement that Secretaries Salazar and Vilsack made today takes a huge step forward in addressing the interests of the hunting community," said SCI President Larry Rudolph. "SCI has worked for decades in Washington to ensure all hunters have access to public lands for hunting and has ensured the science behind wildlife management is based on continued sustainable use. By forming the Wildlife & Hunting Heritage Conservation Council, this administration will be receiving direct advice from the hunting community- the same community that has been advocating for sustainable use conservation since the days of Teddy Roosevelt."

"SCI would like to thank both Secretary Salazar and Secretary Vilsack for their assistance in formalizing the Wildlife & Hunting Heritage Conservation Council. We look forward to working with this administration to carry forward the banner of our hunting heritage and sustainable use wildlife conservation," concluded Rudolph.

Contact: Nelson Freeman, nfreeman@safariclub.org

SCI-First For Hunters is the leader in protecting the freedom to hunt and in promoting wildlife conservation worldwide. SCI's approximately 190 Chapters represent all 50 of the United States as well as 18 other countries. SCI's proactive leadership in a host of cooperative wildlife conservation, outdoor education and humanitarian programs, with the SCI Foundation and other conservation groups, research institutions and government agencies, empowers sportsmen to be contributing community members and participants in sound wildlife management and conservation. Visit the home page www.safariclub.org <<http://www.safariclub.org/>> or call (520) 620-1220 for more information.

Hunting and Conservation go together Like Fireworks and the Fourth of July



By Greg R. Lawson, Director of Communications, US Sportsmen's Alliance

Sportsmen understand that hunting is not just a tradition that is passed along from generation to generation, but is also the cornerstone for wildlife conservation programs throughout the nation. They compliment and thrive because of each other.

This thought came to me as I read an excellent blog post from a good friend of the U.S. Sportsmen's Alliance, Tammy Sapp, editor of The Women's Wire, explaining that hunting is also essential for wildlife conservation around the world. Her "Wire" is one of three that we always read from Jim Shepard, the other two being The Tactical Wire and Outdoor Wire. <http://www.womensoutdoorwire.com/blogs/outdoorscene/?p=198>

In that post she interviewed Peggy Vallery, president of the National Wild Turkey Federation. Peggy has hunted around the world from Africa to New Zealand and from Bulgaria to China. As an accomplished hunter, she has seemingly seen it all and has been able to observe that hunting provides innumerable conservation benefits everywhere. As in America, hunting abroad spurs management of wildlife populations, but it also does something else that a lot of people might miss.

It helps to increase the worth of game animals. Often, big game in other countries are seen as dangerous to local communities, especially those cultures that are dependant day by day on what they farm. Historically, many locals felt compelled to kill majestic animals like elephants and rhinos due to fears over crop destruction. Animals would also fall prey to poachers who were looking to make an extra buck regardless of the consequence to the animal population.

But with several generations of hunters having travelled abroad, a transformation has taken place. Hunting brings much money into the local economies in communities around the globe. That simply has made animals worth more to locals thus reducing poaching. Additionally, the locals understand that the animals are not their enemy, but a major part of their future well being.

So understand that this "fireworks and the 4th of July" relationship can be seen not just in Pennsylvania, Texas and California, but in Ethiopia, Botswana, and numerous other places too.

Make sure to check out this and other blogs from Tammy. Feel free to leave comments and send us your thoughts at info@ussportsmen.org. Source: www.ussportsmen.org

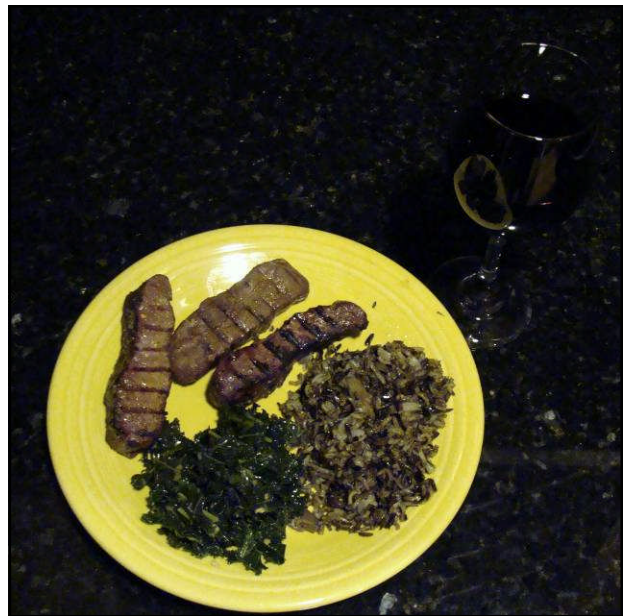
High Country Elk: by Crystal Parker - Part TWO

Note: the first half of this article was printed in the February 2010 issue of The Quiver. Now the rest of the story...

For the next few days we worked the drainages every day and started to wonder if we had spooked the elk out of the area. The only excitement we had was one morning when we heard a bull moving up hill towards the trail we were on. We called back and he responded. This repeated a few times and then I did a series of excited chuckles and broke some branches. Sure enough he came over the edge of a rise and stood there in full camo with his back pack on. My "bull" was another hunter who looked as disappointed as I felt. Soon another hunter appeared and finally a third, all of them gasping for breath and wiping the sweat from their eyes as they came up to us. We said hi to them as they walked past us on the trail and the lead hunter looked at two girls who had made him run up hill for a quarter mile and grinned sheepishly. "Nice chuckles" was his only comment as they went by. The last guy in line grinned and shook his head and they disappeared over a rise. They were the only hunters we ran into while in the woods though we did have a couple hunters walk by us while we were in camp and ask where our horses were. I guess we brought up more stuff than most people were willing to haul up that hill and they were sure we had used horses to get there. One guy even thought we had carried our water up from the car rather than from the stream!

The eighth day we decided to repeat our opening day route and hopefully run into the little bull and his cows but if not, we would end the day at the meadow where the big bull and his cows had busted us. It would be a long day and a lot of walking but the tactic had shown it could get us close to elk so why change? We didn't see or hear anything in the ridges and by 5:30 pm we set up on the meadow. This time we changed our tactics a bit and instead of setting on the edge of the meadow we decided to split up and sit along the hillsides above and below the meadow. We left a generous scent trail through the middle of the field and set up where we could see both the meadow and the trails where the bull and his cows had circled around us earlier. After a two calling sequences, I heard three quick chirps from behind me that had me wondering if they were an elk or a bird. I bugled softly trying to sound like a young bull and hit the cow call as well, and then as I put the call down, I caught that flash of movement from behind my left shoulder. A nice cow elk materialized and walked briskly out of the timber about 35 yards down wind of me and it was only a moment later when I was at full draw. A soft mew stopped her and my Hoyt Katera sent the SteelForce tipped Beman home. She wheeled and was back in the timber in an instant while I sat there wondering if I had just dreamt it all. I hadn't, and by 11:30 pm we were back in camp with our meat submerged in garbage bags in that aforementioned ice cold stream. Cooling your meat in a convenient mountain stream is a common high country trick that we learned from Wyatt Johnson a couple years ago. The secret to doing it is to keep the meat from getting wet as washing the meat or soaking it in water will cause it to spoil faster than if you hadn't tried to cool it at all. Thanks to Wyatt's advice we added a few lawn bags to our meat packs – doing that will insure that you at least have the option of cooling your meat over night before the haul out. During early season the taste improvement you get when your meat is cooled down immediately can be very noticeable!

Right: The proof is in the eating



After a good night's sleep we returned to the stream and transferred the meat to game bags, taking it out of the plastic so it would be able to breathe, and we split it 50/50 between us. Our Jim Horn packs were packed to the top before we climbed under them and started back to the truck. Between sleeping in and going back to the stream to get the meat, it took until nearly 4 pm to get the meat down to the truck and into two 7-day coolers we kept full of frozen gallon jugs of water. Despite the weather starting out with snowflakes by the time we got to the truck we were deep into dragonfly weather and the black truck was like an oven, still, even after eight days the jugs were still 80% frozen.

We headed back up to camp feeling as light as a feather after emptying our packs, and spent the next day breaking camp and loading up two trips worth of gear for one trip down the hill. Having camped in the Boundary Waters Canoe Area in Minnesota I was familiar with the practice of wearing two packs to carry all your gear across the portages in one trip. We had our taken our trusty Duluth Packs in with the second load of food and cloths, having left the Jim Horn packs cashed, and now we had both packs loaded and ready to go. Even though Jane was skeptical, the packs worked together perfectly to get all of our gear and our bows down the hill. When we got home, we weighed the loads and Jane's was 89 pounds while mine was 95.

High Country Elk (Continued on page 11)

Darrington Archers

Darrington Archers is hosting the NFAA Outdoor Nationals 28 July - 1 August 2010

Like last time we are asking the Archery Community in the State of Washington to help out. This event is not just about Darrington Archers, but the whole **Washington State Archery Community**. We are asking for help cleaning courses, putting in new bales where needed, staking, etc.. Last time we held Nationals we had a great response from clubs and shops helping out and adopting courses. Listed below are guidelines for adopting a course.

Courses would be adopted by half-course or full-course (14 or 28 target) units.

Organizations adopting a course would be responsible for.

- Getting course ready for Nationals
- Staking course
- Replacing bales where needed
- Posting target faces on the course
- Replacing target faces after each day's shooting during Nationals

Organizations adopting a course will be able to post a sign or banner on course you adopt. You will also have recognition on our website, and pride and Gratification that you were part of making Nationals happen.

We need help in other areas also.

- Guardian Angels (escorting kids around range while they shoot)
- Range Captains
- Helpers to keep the communication flowing
- Help keeping course clean

You don't have to adopt a course to help out. You can just come out and help. Watch the Quiver and our website (www.darringtonarchers.com) for work party dates. If you can't come to a work party but want to help out give us a call and setup a time for you to come out. Call or email Dennis and Candy Vincent (360- 436-0282)

Remember this is your shoot too. Let's make it a great **Washington** Event!



ACCOMMODATIONS OPTIONS FOR NFAA OUTDOOR NATIONAL 26 July – 1 August 2010, DARRINGTON WA

Hotel/Motel/B&B	Phone #	Location	Distance
Darrington Motor Inn	360-436-1776	Darrington	Local
Crossroads Inn	360-403-7222	Arlington	30 miles
Smokey Pt Motor Inn	360-659-8561	Arlington	32 miles
Arlington Motor Inn	360-652-9595	Arlington	31 miles
Tulalip Inn Casino	360-659-5270	Marysville	45 miles
Clarks Skagit River Resort	360-873-2250	Rockport	30 miles
Cascade Kamloops RV	360-436-1003	Darrington	Local
Elerie B&B on the Stilly	206-418-9000	Whitehorse	6 Miles

Local house Accommodations:

Single Room \$30.00 per day; Double Room \$40.00 per day
 2 bedroom House \$125.00 per day; 3 bedroom house \$150.00 per day
 Larger Homes Negotiable; 5% booking fee
 To make housing reservations contact Candy Vincent at 360-436-0282

RV and Tent space available on Range and Baseball Field, First Come First Served
 RV space \$20.00 per day; Tent space \$10.00 per day

DARRINGTON ARCHERS: Preparation for Nationals

Just wanted to pass it out that Darrington will be having a work party the weekend of **March 13-14** to get ready for the Safari and for the upcoming Nationals...

I have already started working on the courses along with Dave and Charlie.... I spent six and a half hours cutting out Bobcat yesterday with Dave finishing up Coyote and Charlie working on Cougar...

There will be a BBQ on Saturday and a club meeting Saturday evening.... We will be getting some dumpsters and about a hundred bales of hay to start getting the ranges ready...

Thanks and if you can not make I understand but if you could pass the word that would be great thanks... Please contact me or my dad and mom with any questions....

Shawnn Vincent, 360-929-5613
 Dennis and Candy Vincent, 360-436-0282, dennis.vincent@verizon.net

WSAA Multi-Color Mail-In 2010

We had a total of 196 archers shoot this year's Multi-Color Mail-In. Most of those who started did finish all six rounds! The full report would fill seven pages, so just the high score and total score and X count is reported here.

Division / Name / Place	High Score	Total Score	X Count
Adult Male Bowhunter Freestyle			
1st Matt Schmitz	300	1795	151
2nd Mike Palmer	299	1782	106
3rd Tom Knopf	299	1765	92
4th Pete Joers	298	1762	87
5th Clay Lee	295	1761	80
6th Bobby Keyes	295	1739	62
7th Doug Shoup	294	1736	59
Waylon Preslicka	295	1734	64
Scott Fitzgerald	294	1723	65
Jameson Hawn	291	1720	49
Dan Harrell	297	1715	51
Darren Sandstrom	293	1705	58
Brandon Roberts	293	1702	52
Steve Rauch	288	1698	33
Bill Williams	290	1691	43
Lyle Lerabas	286	1687	37
Jim Peterson	292	1672	42
Dan Peterson	283	1658	28
Monte Rustad	289	1644	30
Jason Prince	297	1464	72
Adult Male Freestyle			
1st Ken Siemering	300	1796	143
2nd Joe Mallicoat	300	1790	106
3rd Sean Elza	299	1789	118
4th Matt Anderson	299	1786	106
5th Mark Jackson	300	1785	107
6th Ryan Magelsen	299	1783	115
7th Bill Young	299	1783	103
8th Tim Davis	298	1783	98
9th Shawnn Vincent	300	1783	96
Andy Ludwig	298	1775	88
Mike Lundstedt	297	1767	85
David Denny	299	1764	89
Mark Carlson	298	1763	88
Mark Chindavat	298	1757	83
Rob Cook	295	1753	67
Denton Brunk	294	1742	59
Terry Metlow	291	1730	58
Dan Rennells	292	1726	52
Butch O'Donnell	291	1725	65
Mike Cowles	293	1717	60
Scott Hunter	291	1716	59
Nick Belezos	290	1715	64
Jon Magers	289	1701	46
Darin Sparks	284	1687	45
Bryan James	287	1685	49
Jed Metlow	291	1656	34
Tim Hoon	250	1453	16
Josh Jones	296	DNF	

Division / Name / Place	High Score	Total Score	X Count
Adult Female Bowhunter Freestyle			
1st Catherine Peterson	292	1706	54
2nd Christina Davis	290	1705	41
3rd Lorrie Starkweather	288	1678	52
4th Tracy Palmer	283	1651	34
5th Tori Hoffart	278	1638	22
Jill Metlow	281	1619	25
Pam Stinson	273	1597	22
Leah Spady	272	1591	16
Kelly Loney	273	1532	17
Nancy Williams	269	1481	16
Margie Lee	255	1448	15
Jennifer McConnell	244	1356	12
Patty Harrell	265	DNF	
Casea Peterson		DNF	
Adult Female Freestyle			
1st Karen Palmer	293	1734	64
2nd Leah Croft	294	1731	66
3rd Megan Mallicoat	291	1688	50
Lisa O'Donnell	285	1681	43
Barb Carlson	285	1665	27
Cherri Metlow	281	1649	30
Barb Lundstedt	270	1560	19
Toi Geil	270	1548	18
Adult Male Bowhunter Freestyle Limited			
1st Ted Perry	271	1609	19
Eric Spady	267	1532	16
Bob McGaughey	262	1502	17
Adult Female Freestyle Limited Recurve			
1st Amber Quintal	198	1081	3
Kathleen DeBruyn	186	929	3
Adult Male Freestyle Limited Recurve			
1st Timm Hines	294	1739	50
2nd Jeff Anderson	292	1720	58
Larry Anderson	289	1700	47
Doug Roop	270	1561	13
Gary Leu	255	1390	11
Tyler Elson	213	1178	7
Adult Female Barebow			
1st Lauren O'Connor	45	218	0
Amanda Hingorani	43	148	0
Adult Male Barebow			
1st John Burrows	200	1039	4
2nd Dieter Veitenhans	146	651	1
John Way	139	578	0
Tim Hearne	72	309	0
Adult Female Traditional			
1st Marla Lucas	242	1326	4
2nd Gail McGaughey	224	1253	6
Candice Reifscheider	176	941	0
Kelly Loney	165	854	2

(Continued on page 9)

Division / Name / Place	High Score	Total Score	X Count	Division / Name / Place	High Score	Total Score	X Count
Adult Male Traditional				Young Adult Female Barebow			
1st Raymond Werrion	173	930	4	1st Kate Wiley	33	122	0
2nd George Mariani	186	910	2	Young Adult Male Barebow			
Steve Allen	162	864	2	1st Joey Perrone	134	543	0
Kevin Madden	255	762	7	2nd Nick Calicoat	118	481	0
Mathew Rainwater	138	629	2	3rd Alec Beard	98	458	0
Mike Lotto	60	211	0	Sebastian Lindsay	106	441	1
Senior Female Bowhunter Freestyle				Jake Nelson	84	330	2
1st Della James	277	1593	23	Christopher Bateman	63	202	1
Senior Male Bowhunter Freestyle				Justin Hearne	49	200	0
1st Mike Miller	297	1767	94	Rick Johnson	61	154	0
2nd Merlin Dahlke	293	1706	45	Alex Schaffer	40	130	0
3rd Dave Mack	290	1696	44	Young Adult Female Freestyle Limited Recurve			
Bill Hoffman	286	1689	49	1st Shaelie McGrath	273	1597	15
Albert James	289	1678	34	Shannon Ostling	279	1061	7
Gene Schanzmeyer	282	1673	41	Young Adult Male Freestyle Limited Recurve			
Dana Thompson	285	1672	36	1st Ben Roop	278	1598	26
Larry Knowles	263	1470	18	Stephen Lucas	228	1314	8
Doug Matthies	228	DNF		Robert Croese	45	148	0
Senior Male Bowhunter Freestyle Limited				Youth Female Barebow			
1st Brian Boucher	278	1621	22	1st Hannah Graham	93	391	0
Brad Killip	272	1578	22	Chloe Knowles	16	37	0
Senior Female Freestyle				Youth Male Barebow			
1st Lady Red	289	1405	38	1st David Allen	101	486	2
Senior Male Freestyle				2nd Tyler Easley	59	217	0
1st Bill McKinnon	299	1776	93	Ty Smith	27	113	0
2nd Bucom Aldridge	298	1763	89	Garrett Bryan	10	36	0
John Moore	290	1687	39	Jared Gentry	4	DNF	
Micheal Hampson	DNF			Youth Female Freestyle			
Senior Female Freestyle Limited				1st Stephanie Rustad	246	1296	7
1st Teko Phillips	257	1456	7	2nd Dakota Rhoads	227	1264	1
Linda Parker	258	1421	12	Klynn Miller	209	932	3
Senior Male Freestyle Limited				Nora Loney	77	360	2
1st Vince Herschell	294	1726	54	Youth Male Freestyle			
2nd Don Starkweather	283	1651	28	1st Colby Spady	281	1654	32
Jim Farmer	282	1641	38	2nd Dominic McConnell	271	1546	19
Don Morrison	263	1494	16	David Mundell	235	1306	8
Senior Female Traditional				Dakota Brunk	196	1020	2
1st Donella Young	197	DNF		Youth Female Freestyle Limited			
Senior Male Traditional				1st Emily Frantz	106	428	0
1st Dave Rahmer	240	DNF		Youth Male Freestyle Limited			
Master Senior Male Barebow				1st Jack Bradley	262	1411	6
1st Walt Konizeski	231	1322	5	Heath Geil-Haggers	207	1078	2
Master Senior Male Freestyle				Sean Hoon	203	DNF	
1st Howard Miura	297	1764	83	Youth Female Freestyle Limited Recurve			
Smokey Crews	279	1574	32	1st Madison Eich	268	1561	18
Jim Richardson	265	1512	22	2nd Alexis Drake	280	1499	14
Master Senior Male Freestyle Limited				3rd Elizabeth Caughell	266	1474	13
1st Glenn Milhiser	271	1523	16	Emily Eich	256	1474	6
TC Parker	243	1433	7	Maianna Dematteis	257	1467	10
Richard Teply	244	1407	8	Kimie Roop	240	1322	5
Young Adult Male Freestyle				Katie Hoon	209	1171	7
1st Matthew Mundell	294	1748	61	Kelsey Drake	236	1074	5
2nd David Sandstrom	287	1679	40	Anna Ulrich	39	142	0
Clayton Davidson	231	1191	6				
Sean Robbins	237	1115	0				
Blake Shoemaker	197	585	2				

The Path to 300: by Jameson Hawn

The indoor Blueface season had ended on another bad note; my nerves once again getting the better of me under the constant scrutiny of my fellow club members. Shot after agonizing shot had found its way wandering into the outer blue oblivion that makes up the four-point ring on my five-spot target.

Very often, I can recall asking my good friend and four-time national champion archer Matt Schmitz, “what am I doing wrong?” as his Carbon Express arrows repeatedly punched the center out of his target. Matt’s response often revolved around the solid fact that my technique was badly flawed, and the only way to remedy this flaw was to design a battle plan and start from scratch.

Often, I fall into the class of “bullheaded archer”, so change does not come easy. But with another year of Blueface blues behind me, I decided a change was in order. Soon after—with Matt’s much-needed guidance—I was following a battle plan to the perfect 300. So what does this plan look like?

Before deciding to change your shooting habits, it is very important to look at both your gear and shooting form in the hopes of locating any *weaknesses*. What constitutes as a weakness? When looking over my own shooting, for example, the major factor to my poor shots was punching the trigger. This, I decided, was going to be my main focus. Other possible weaknesses could range from your grip to your anchor point. Even factors such as draw length and arrow contact must be looked at. By watching high-ranking shooters at events, you can begin to dissect things such as anchor point, follow through and grip position, and begin to incorporate this knowledge into your own shooting. Also, spending time with an instructor at your local indoor range will pay huge dividends.

So what can be done to fix being punch-happy? My personal solution was to acquire a back-tension style release; one in which my shot is a matter of practicing perfect form in order to be “surprised” by each loosing of the arrow. This method takes away the anticipation of the shot going off early, which leads to erratic large-group shots. Regardless, whether changing releases, changing your anchor point or adjusting your grip, the technique of *blank bale shooting* should be used to starting point.

There is little doubt to the effectiveness of blank bale practice at close range (five yards or less) with your eyes closed. What should be recognized while blank bale shooting is a consistent anchor point, consistent grip, and consistent shot process which will be covered shortly. Blank baling, done over the course of a week, allows you to focus solely on your new-found form, without the strain associated with focusing on a target in the distance. The key to this should now be clear: **CONSISTENCY**.

Now you are ready to open your eyes to your new found shot process, which was summed up perfectly during a conversation with Matt Schmitz, shortly after he had set a new state record during the 2009 WSAA Safari Shoot. By following this list you can be mentally prepared for every shot, whether on the range or face-to-face with a screaming bull elk.

1. Mental focus, eliminate external pressures
2. Confirm the distance (rangefinder, inclinometer)
3. Recognize the lay of the land (uphill, downhill etc.)
4. Shot rehearsal (play the shot out in your mind); be confident in your judgment
5. Hook the release and set grip and remember to **BREATHE!**
6. Draw bow and “Load up” the back (slight bend in bow arm)
7. While Anchoring-in, center and level bow (sight housing overlaps peep)
8. Look past your pin at target (not your pin!!)
9. Pull through your shot into a consistent follow-through
10. Reflection in shot, positive emphasis! Recall your sight picture.

This list may seem daunting, but, through constant practice and close examination of your shooting, the act of following this list will take just a matter of seconds. The results will be more tags filled and more X’s hit on your way to a perfect 300 score, whether it be a perfect Blueface score or a 300-inch Pope and Young bull elk.



WSAA Multi-Color Mail-In (Continued from page 9)

Division / Name / Place	High Score	Total Score	X Count
Youth Male Freestyle Limited Recurve			
1st Jonathan Kuehn	244	1280	7
Leather Laudet	217	1178	6
Dylan Peterson	187	955	1
Cub Female Barebow			
1st Taylor Rauch	215	1152	6
Cub Male Barebow			
1st Alex Dunn	128	477	1
Lachlan Potter	163	430	0
Cub Female Freestyle			
1st Faith Cook	263	1486	8
Cub Male Freestyle			
1st Joel Seeger	285	1661	28
Samuel Mundell	234	1308	9
Cub Female Freestyle Limited			
1st Kali Spady	272	1552	19
Cub Male Freestyle Limited			
1st Tor Samuelsen	270	1254	16
Cub Female Freestyle Limited Recurve			
1st Kaiona Laudet	262	1473	13
Rebekah Mundell	245	1356	3
Cara Drake	170	513	4
Cub Male Freestyle Limited Recurve			
1st Tor Samuelsen	265	1545	16
Ricky Burrows	213	1206	3
Sean Peterson	217	1173	2
Peewee Male Freestyle			
1st Cameron Ludwig	199	1053	6
Peewee Male Freestyle Limited			
1st Konner James	49	DNF	



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High Country Elk
(Continued from page 6)

Jane's 89# load, complete with water jug and "luggable loo". Packing out two trips worth of gear in one trip took some creative pack management and a strong back.

We left the high country feeling very privileged to have such good friends who helped us get started, and very proud and lucky that we had proven that two women could tackle the high country for a week of hunting and end up filling the freezer!



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March 27 & 28, 2010
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Marked Yardage – from 9 to 101 Yards

You Must shoot both days for Awards.

Pre-register and save \$3. Call Brent 360-423-4974 or e-mail sherry_carpenter@comcast.net...put Safari Registration in subject line please. Also give your name; senior, adult, youth, cub; male or female; and what style archer you are, and whether you are a two day or one day shooter.

Registration: Award shooters Sat 7 a.m. to 9 a.m. fun shooters until 11 a.m. and Sun 8 a.m. to 11a.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.

Class	Pre-Reg.	2 Day	1 Day
Adult/Senior	\$17	\$20	\$12
Youth 13 to 17	\$12	\$15	\$10
Cub 12 & under	\$7	\$10	\$5
Family Max	\$45	\$50	\$30

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

Bring your postcard or copy of flyer to enter a drawing for family entry to our Kid Valley shoot May 29-31 and American 900 Round June 13th.

Website www.lewisandclarkbowmen.com

Random Draw Money Shoot
\$5 Entry 100% Pay back

Warm up for the WSAA
Safari Championship April 24 & 25

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Range is on the left.



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20409 Hickox Road, Mount Vernon, WA



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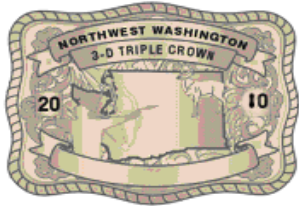
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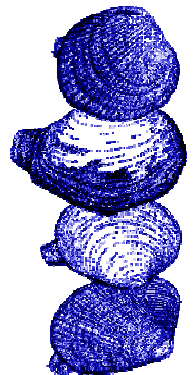
10-11 April 2010

Registration:

Saturday 8AM to 3PM

Sunday **Shotgun Start** 9AM

**Range located 7 miles SW of Aberdeen
on State Route 105 (Westport Highway)**



Contact TC Parker (360) 533-4698

wsaa@olynet.com

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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		
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WSAA Calendar of Events 2010

March

5-7	NW Indoor Sectional	Wilderness Archery	BF /N
5-7	US National Indoor / JOAD	Salt Lake City UT	MC /N
6-7	Wet Buffalo	Tacoma Sportsmen	3-D
13-14	Charity Shoot	Archery World	Indoor
13-14	Buckle Shoot 3rd Leg	Silver Arrow Bowmen	3-D
20	NASP Washington	CWU - Ellensburg	NASP
20-21	Tucannon 3-D	Blue Mountain Archers	3-D
20-21	March Madness	Chinook Archers	3-D
20-21	Wilderness 3-D	Wilderness Archery	3-D
20-21	NFAA Indoor National	Louisville KY	BF /N
27-28	Wet N Wild 3-D	Skookum Archers	3-D
27-28	Spring Fever 3-D	Whidbey Bowmen	3-D
27-28	Annual Safari	Lewis & Clark Bowmen	S
27-28	IBO NWTC 1st Leg	Evergreen Archers	IBO
31	Indoor Blueface Mail-In Ends		BF /W

April

3	Spring Safari	Skookum	S
3-4	Safari & 3-D	Wapiti Bowmen	S & 3-D
10-11	Clam Shoot	Grays Harbor Bowmen	S
10-11	Wilderness 3-D	Wilderness Archery	M3
16-18	Klickitat Shoot	Chinook Archers	3-D
17	Good Time To Do It	Evergreen Archers	F
17-18	IBO NWTC 2nd Leg	Cedar River Bowmen	IBO
17-18	Spring Warm-Up	Custer Sportsmen	3-D
17-18	Safari	Capitol City Bowmen	S
17-18	Spring Fling	KBH	3-D

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