



The **QUIVER**

Volume 41, Issue 2

The Official Publication of the Washington State Archery Association

FEBRUARY 2011

Highlights

- WSAA Multi-Color Indoor Results
- NW Indoor Sectional Registration
- Blueface Mail-In TEAM Registration
- Club in the Spotlight: KBH Archers

WSAA INDOOR MULTI-COLOR CHAMPIONSHIP

Four Clubs and Shops from all corners of Washington State coordinated to host the WSAA Indoor Multi-Color Championship on the weekend of 7-9 January 2011. The locations were: Silver Arrow Bowmen, Mount Vernon; Chinook Archers, Camas; Springbok Archery, Tri-Cities; and Evergreen Archers hosted at Spokane Valley Archery, Spokane. At Mount Vernon, about four inches of SNOW dumped on us Sunday morning at breakfast time!

We had a GREAT turnout for the event, with 187 total archers, of which 115 participated at the Silver Arrow Bowmen site, giving them a VERY full house for the weekend. This year, we modified the NASP format to a single round only, and they came out with 25 archers in the NASP division. Overall, a full third of the participants (63/187) were in the junior divisions. What a future!

Some excellent scores were recorded, including John Heuvel with 600 and 51 X-rings, followed by an assortment of archers tallying scores in the 590's. Competition among the ladies was hot also, with A-F-FS Angel Johnson's 578/24 followed closely by Karen Palmer 577/29 and Ilona Snyder 577/14. Among the rising juniors, keep tabs on YA-M-FS Matthew Mundell 591/24. Another highlight was NASP-M-HS David Whittaker with 217 (single round) – with a Genesis bow, no sights or release, full-length 1820 aluminum arrows and the full 18 meter distance. Lots of records were also set or broken; see the full results inside this issue.

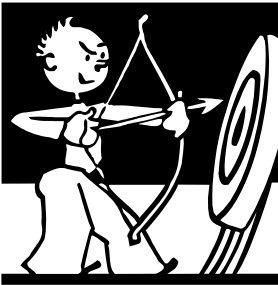
Below: Archers on the 1 PM Saturday Line at Silver Arrow Bowmen

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WSAA PRESIDENT: Ed Forslof



Okay, time is moving too fast - only yesterday I wrote the January article. What a wild ride the winter has been, record two feet of snow in November, lots more snow in December, 10 below temperature at New Years, and now 45 degrees and rain, water running everywhere.

The Multi-Color Championship is behind us, about 187 shooters Statewide took part. Lots of new records and a very large NASP turnout 26 NASP students took part. That folks is where tomorrow's archers are coming from, 14% of the total shooters were brand new shooters from the NASP program. Thanks to Mike Miller on the great job he performed first time out of the box, thank you so much.

I cannot say this enough or loudly enough but the NASP Committee really needs help from WSAA members, there is a bunch of jobs that need to be done by more volunteers.

This is not rocket science, to become certified to help train additional schools and staff, takes one day. We need your help, please make a resolution for 2011 to give these four individuals some help. Please call Dave Mack, Sherrie Crisp, Linda Parker or myself to get involved, you will come away very jazzed up and looking forward to the next event. Mark your calendars right now for the NASP Washington State Championship, the Wolf Cup, on Saturday March 19, 2011 at CWU Nicholson Pavilion in Ellensburg. We need at least 20 WSAA members to help with set up, scoring and tear down. Helping during the shoot, assisting scoring is critical and presents the biggest challenges for the day. Do not let us down or embarrass the NASP team by sitting at home and letting us do all the work. Thanks to the folks who have started to callthere will never be too many volunteers.

Next on the Calendar are the Blueface Mail-In Tournament and also the Blueface Championship, at 4-locations Statewide. Applications to participate in the Mail-in and the Blueface Championship are in the Quiver, get with your shooters and get organized, make our new Tournament Vice President Mike Miller's job easier.

GOTTA GO!! GET INVOLVED!!!! IT IS YOUR SPORT AND CLUB, HELP MAKE A DIFFERENCE!!

CORRECTION!

WSAA Calendar Card and list in the January issue of The Quiver incorrectly listed Lucky Shot Pre Mothers Day 3D as a two-day event. The shoot is one-day only, May 7.

Also, two WSAA Championship events were switched at Convention, and the relevant code in the last column was not moved with them. The correct entries should read:

Jun 11	- 12	WSAA Field	Evergreen	F /W /N
Jul 16	- 17	WSAA Target	Skookum	T /W /N

The Editor's Keyboard: Linda Parker

While clearing out some OLD boxes of WSAA files, I came across a real gem ... Volume 1 Issue 1 of The Quiver, dated April 1945. Here is an article from that edition, which is of continuing relevance today!

INTRODUCTORY ISSUE OF THE QUIVER

This is the first issue of "The Quiver."

Whether it will be a "periodical" or an "occasional" will depend entirely on circumstances and conditions. It is our sincere hope and plan for each and every one of you Archers to receive a copy of it near the fifteenth of each month.

It is an endeavor to keep clubs and individual archers throughout the state in touch with each other. To publish news on tournaments, hunting and field trips, and any articles of interest to fellow Archers. If it accomplishes these ends, the publication has succeeded.

However, in order to accomplish the above, we here on the publishing end must have printing matter contributed by each and every one of you. That hunting or field trip, or tournament may seem like old stuff to you, but it will be of great interest to other Archers who will be anxious to compare their activities with yours and to read about that trip which they were unable to accompany you.

So, you "Cedar-Senders," shoot your contributions for printing in to us here and look forward to receiving your copy of The Quiver each month, carrying news and articles from your friends and fellow archers from all over the State. We plan to mail copies to clubs and individuals up and down the coast to show them we have a really interested, active, and organized group of "Toxophilites" here in the state of Washington.

Please address all material for printing to: [the editor].

TOURNAMENT COMMUNITY NEWS

BLUEFACE MAIL-IN TEAM COMPETITION

The Blueface Mail-In includes both individual and team competition. A team consists of three to six members from the same shooting location. The team members must remain the same through the entire tournament.

Team registration fee is \$15 per team (in addition to the individual registration).

The weekly team score will be the total of the top three team members.

Team competition is available in the following categories:

Limited – Any fingers style (FSL, BB, BH, BHFSL, Traditional, FSL Recurve) / age.

Unlimited – Any style and any age.

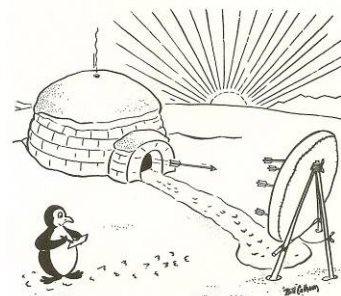
Junior Team – Any junior style (FS, FSL, BB, or FSL/R) and any age under 18.

Adult teams may consist of both men and women. Junior teams of both boys and girls.

A finger shooter may shoot on an unlimited team but a release shooter may not shoot on a limited team.

Register your team using the form below. Mail form and team fee (check payable to WSAA) to the WSAA Tournament VP: Michael Miller, 17221 W One Mile Rd, Seabeck WA 98380.

For additional info email Mike at mike98380@aol.com or call (360) 830-3058.



Archery, December 1956

WSAA Blueface Mail-in Starts 1 February 2011

See January Quiver or WSAA Website for details and Individual Registration Form

Team Registration Fee = \$15

Each Team Member must also be registered as an individual

Blueface Mail-In Team Registration

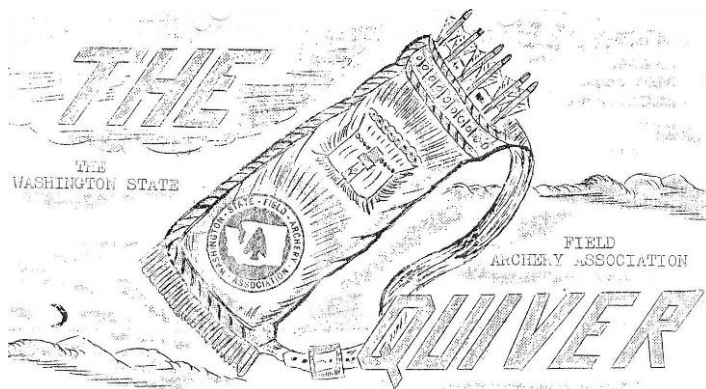
Mark 1 Age-Group and 1 Style

List 3 to 6 Names

Team Name:	Adult (Any Age) <input type="checkbox"/>	1
Shooting Site:	Youth (Under 18) <input type="checkbox"/>	2
		3
Site Reporter:	Freestyle <input type="checkbox"/>	4
Email:	Freestyle Limited <input type="checkbox"/>	5
Phone:	Bowhunter Freestyle <input type="checkbox"/>	6

WSAA HISTORY:

Below is a scan of the masthead used on the first few years of The Quiver, starting in 1945. As I review these early editions, I'll pull a few articles of continuing or historical interest.



Tournament Note:

You'll note the great turn-out of 25 NASP Division archers in the WSAA Multi-Color.

We made a few special allowances for NASP archers:

1) The usual age breakdown of Young Adult, Youth and Cub is replaced by the NASP-defined categories - High School, Middle School, and Elementary, with Elementary shooting the shorter cub / peewee distance.

2) The requirement for archers to be a member of WSAA is waived for NASP.

3) (New this year) The NASP archers to shoot a single round.

On the restrictive side, archers must be attending a school which participates in the NASP program, and must use NASP-legal equipment - Original Genesis bow with no sights, release, or stabilizer, and full-length 1820 aluminum arrows.

This information was separately published to all NASP schools in a special NASP Invitation flyer. And we plan to do the same for the Blueface Indoor also.

HUNTING COMMUNITY NEWS

BOWHUNTER EDUCATION: By Annette Crews

Winter is the time when the fur-bearing animals have the heaviest coats so January is a great time to go after coyotes and provide extra time in the field.

Here is the technique I use to get the coyotes in for a close shot. I put coyote scent on my boots as soon as I'm out of the vehicle; walk into a spot that has brush and heavy timber/brush and long distance calling opportunity. I set out a "decoy" (a cluster of feathers with scent or my favorite, a fresh rabbit skin hanging from a string so it can move in the wind) I set it out about 25 yards. Then I sit quiet for five minutes and "listen". Are there coyotes howling? Birds? Crows? So I want to get the attention of EVERYTHING in the two mile radius. I'll crack a big limb loud just once. Then I sit down and kick up some dust and rattle the brush as if there's a pursuit ensuing. Then a loud rabbit scream for one minute or so followed by muffled screams (like the rabbit escaped under some brush.) then silence for about five minutes. Then brush noise, muffled scream, into full loud scream into high blood curdling screaming out to whining and muffled whimpering...quiet for five minutes again...repeat.....>>>

Classes for 2011 are as follows....

Clark County:

April 2nd and 3rd. Contact Jack Waite 360-713-8124

July 30th and 31st. Contact Jack Waite 360-713-8124

>>>====>

King County:

April 6, 7 & 9th - Issaquah Sportsman's Club: Contact Alan Jones, 425-883-3040 alanbjones@frontier.com

May 10, 12 & 14th - Flint Tip Archers, Contact Butch Loney: 253-862-9160 or bvloney@comcast.net

July 19, 21, & 23 - Flint Tip Archers Contact Butch Loney: 253-862-9160 or bvloney@comcast.net

November 6th & 7th - Issaquah Sportsman's Club Contact Alan Jones 425-883-3040 alanbjones@frontier.com

>>>====>

Lewis County: Contact: Mike LaBarre, web registration on the WDFW web site

January 15 & 16

February 12 & 13

March 12 & 13

April 16th & 17th

May 14th & 15th

June 4th & 5th

>>>====>

Spokane/Stevens County: Contact Butch Barbor 509-953-5061 or 509-936-0204

May 19 & 20th & 21st. Deer Park/Chewelah,

June 25th Field Day only

July 25th Field Day only

August 11, 12, & 13

Master Hunter Program Accepting Applications through February 15



OLYMPIA — The Washington Department of Fish and Wildlife (WDFW) is currently accepting enrollment applications through February 15 for its Master Hunter program.

WDFW enlists master hunters to participate in controlled hunts to remove problem animals that damage property or threaten public safety. To qualify for the program, applicants must demonstrate a high level of skill and be committed to lawful and ethical hunting practices, said Lt. Eric Anderson, manager of WDFW's Hunter Education Division.

"This program was designed to create a pool of highly qualified hunters who can help the department manage wildlife in sensitive situations," Anderson said. "This is a great opportunity for conscientious, committed hunters to assume a leadership role among their peers."

Hunters enrolling in the program must pay a non-refundable \$50 application fee, pass a criminal background check, sign a Master Hunter Code of Ethics form and provide at least 20 hours of volunteer service on projects that benefit the state's wildlife resources. They must also pass an extensive written exam based upon the program's curriculum.

Anderson encourages hunters who enroll in the program to study the materials thoroughly to prepare for the test, because applicants are allowed only one chance to re-take the exam. Those who successfully complete the enrollment process will receive a certificate, master hunter patch and identification card, and will be eligible to participate in depredation hunts.

January 06, 2011 Contact: Lt. Eric Anderson, (360) 902-2426 or Tracy Loveless, (360) 902-8410

Federal Court Of Appeals Ruling Deals Blow To Wildlife Conservation

(Columbus, OH) -The Ninth Circuit Court of Appeals has overturned a lower court ruling which protected active wildlife conservation efforts on National Wildlife Refuge lands.

In 2007, environmental groups filed a lawsuit against the U.S. Fish and Wildlife Service (FWS) after the FWS had restored wildlife watering devices within the Kofa National Wildlife Refuge in Arizona on lands designated as "wilderness areas." The watering devices are critical to the survival of bighorn sheep and other desert species.

The groups' lawsuit claimed that the Wilderness Act prohibited the FWS from constructing the watering devices because the Act required that wilderness areas be left totally unaffected by human activities.

The Service, U.S. Sportsmen's Alliance Foundation (USSAF), and a host of other conservation groups argued that the wilderness designation within the Refuge did not prohibit the FWS from engaging in active wildlife conservation efforts. Overall, the USSAF argued that the Refuge was required to be managed to conserve wildlife pursuant to the National Wildlife Refuge System Improvement Act, even on lands designated as wilderness areas.

In 2008, Judge Mary H. Murguia of the U.S. District Court for Arizona sided with the FWS and USSAF and found that the Wilderness Act did not prohibit active wildlife management in the Kofa areas.

By a 2 to 1 vote, the Ninth Circuit Court of Appeals overturned that decision. The Court found that the FWS could not construct or maintain watering devices unless it found that devices were "necessary" for bighorn sheep conservation. It also found that the FWS could not show that the devices were "necessary" for sheep conservation until the FWS showed first that banning hunting, banning sheep translocations, controlling mountain lions, and restricting other forms of human visitation would not sufficiently conserve the sheep.

"This is truly a misguided and unfortunate ruling by the Ninth Circuit," said Bud Pidgeon, USSAF president and CEO. "Precedent from this lawsuit could severely handicap the FWS's wildlife conservation efforts in the future."

In light of the recent decision, the USSAF will be examining all remaining options to minimize the effects of the Ninth Circuit's ruling.

Joining the USSAF in the lawsuit were several other conservation groups including: Arizona Desert Bighorn Sheep Society, Arizona Deer Association, Arizona Antelope Foundation, Wild Sheep Foundation, Yuma Valley Rod & Gun Club, Safari Club International and the National Rifle Association.

December 21, 2010, Contact: Greg R. Lawson (614) 888-4868 x 214 or Sharon Hayden (614) 888-4868 x 226

Crime Observation and Reporting Training (C.O.R.T.) Certification Class

Become a CERTIFIED WITNESS, be part of the solution in protecting "OUR" Washington's wildlife and habitat.

"People need to believe that reporting a wildlife crime is the right thing to do," states Bruce Bjork, Chief of Enforcement for WDFW. "None of us would sit idly by while our neighbor's home was being burglarized. None of us should sit idle when we witness wildlife crimes. I've heard people say that it's none of their business. That's an unacceptable attitude in today's world of shrinking habitat and dwindling resources. The wildlife of this state belongs to all of us. We must treat it as our property, our measure." "Wildlife does not belong to the poacher, the thief."



Join us in protecting Washington's fish and wildlife by attending an EITW Crime Observation & Reporting Training (CORT). Learn from WDFW Enforcement Officers how to identify, document and report natural resource crimes. Citizen willingness to report abuses is growing, and the CORT class is designed to assist you to do it properly and timely.

This programs primary 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.

Date	Time	Location	Contact	Phone
9 Feb	6:30 - 8:30 PM	Gig Harbor Sportsman's Club 9721 Burnham Dr. NW, Gig Harbor	Michael Imes	253-858-6551
9 Feb	7:00 - 9:00 PM	1600 C St. Bellingham, WA	Earl Steele	360-752-8352
10 Feb	6:00 - 8:00 PM	Wholesale Sports 14014 E. Indiana Ave. Spokane Valley	R Cunningham	509-891-1900
10 Feb	7:00 - 9:00 PM	Issaquah Sportsmen's Club, 23600 Evans St., Issaquah	Tom Mechler	425-255-0922
1 Mar	6:00 - 8:00 PM	Sport Co 4602 20th St E, Fife, WA	Michael Imes	253-858-6551
2 Mar	7:00 - 9:00 PM	117 Hampe Way, Chehalis, WA	Joe Rosbach	360-740-6219
9 Mar	6:00 - 8:00 PM	Wholesale Sports, 1220 Marvin Rd E. Lacey WA	Customer Svc	360-459-5800
16 Mar	5:00 - 7:00 PM	Wholesale Sports, 2000 S. Burlington Blvd. Burlington, WA	Rob Campbell	360-755-0500
17 Mar	7:00 - 9:00 PM	Bobs Sporting Goods, 1111 Hudson Ave, Longview WA	Hunting Counter	360-425-3870
18 Mar	5:00 - 7:00 PM	Wholesale Sports, 2000 S. Burlington Blvd. Burlington, WA	Rob Campbell	360-755-0500
23 Mar	7:00 - 9:00 PM	Tacoma Sportsman's Club 16409 Canyon Rd, Puyallup	Office Staff	253-537-6151

See www.eyesinthewoods.org for more information or additional dates / locations. Register by phone or online.

SEATING IS LIMITED, PLEASE CONTACT TO REGISTER

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

NEXT STEP ARCHERY: Club Shoot

By Anastasia Samuelsen

What do you do after a satisfying holiday meal, on a long weekend in the (unusually) sunny and (typically) crisp Pacific Northwest? Well you head inside to a mixed bag Club Shoot with colorful folks and plenty of donuts and coffee! We are never sure what to do in the sunshine up here near Seattle, but we sure know that anytime is a good time to get a bow in your hands.

On November 28, Next Step Archery (NSA), located at the The Nock Point archery shop (Jody and Bill Hickey, owners) in Mountlake Terrace, Washington, hosted what amounted to a smorgasbord of an event. Sixty-seven Next Step archers and their families and friends competed in the range's Club Shoot, in good spirits and with open minds.

There was a beautiful variety of targets, from Multi-Colored to Hunter, Field to 3-D, Safari to Blue Face and even a moving 3-D thanks the genius behind mounting a turkey with a troll's head onto a rotating Christmas stand (hey, it wasn't the easiest shot, lemme tell ya). This buffet of arrow destinations enabled novice shooters to sample the range of possibilities in the world of targets, while creating a unique and playful situation for competition-level archers to move from one style target to another rapidly, testing one's prowess with stick and string.

Archers were assembled in groups of four or five and shot three-arrow ends at fifteen different targets. There were spectators and instructors on site (from Next Step Archery) who encouraged folks and provided gentle, ability-appropriate guidance when it was needed. The rules of the shoot were explained clearly, and they were also amended when it was clear that it would help everyone (e.g., moving to two shooters from a group at a time to keep things flowing well)—a management technique that we could all benefit from.

As archers moved from one large (clean and spacious) range to the next (a small, 4-yard. shot), we soon ambled back to the area where JOAD (Junior Olympic Archery Development) classes are held. The lighting and floors were gorgeous, and we were all treated to a lesson or two on archery etiquette, something that is very important to verse new (and sometimes experienced) shooters in. It was there, in a smaller group, that we heard a thoughtfully delivered rules-of-behavior-on-the-line talk by a NSA instructor. Refreshing and appreciated!

It is instruction that is non-judgmental and adapted to meet the needs of all present that is best remembered and learned from, and instructor Bob Hickey at the helm of NSA has consistently provided that at The Nock Point. In order to prepare for this first club shoot NSA had three meetings with staff and volunteers. The Planning Committee included Lorrie and Don Starkweather, Karin Cook, Jim Farmer and Teko Phillips. Volunteers who donated lots of time were John Burrows, Tim and Akiko Hoon and Rob Cook. The NSA staff that led the way was comprised of Bob Hickey, Michael and Kimiko Uyemura and Kent Russell. Thanks also must be given to Jody and Bill Hickey, the Nock Point King and Queen. Good show!

After the scores were tallied and shooters were flighted and then shot in a World Cup style elimination round, aiming for a gold, silver or bronze prize. It was there that there were the surprises that we all know about in

archery, and the air was thick with good-natured excitement.

The scoring worked like this: archers were ranked by the total score of 30 arrows (15 targets, 2 arrows each target). They are then divided into 3 flights to start the modified Olympic elimination round. Flight 1 was for archers who ranked 1st through 22nd; flight 2 is for archers ranked 23rd through 44th and flight 3 was for those ranked 45th through 67th. Gold to bronze medals are then awarded to the top three scores in all three flights, that way all participants have an equal chance to receive medals. The final results were:

Flight 1:

Gold: Torleif Samuelsen
Silver: Taylor McGilton
Bronze: Russ Simpson

Flight 2:

Gold: Eric Hervol
Silver: Graeme Carter
Bronze: Patrick Christiansen

Flight 3:

Gold: Antonio Maag
Silver: Jasmine Vigil
Bronze: Sidney Scarlett

Congratulations to all participants and medal winners. We had such a great time at this event --let's hope to see it happen again. For more information about Next Step Archery go to: thenockpoint.com/ nextsteparchery/ or call 425.977.2770.



WSAA Indoor Multi-Color Championship

8-9 January 2011 - Silver Arrow, Chinook, Evergreen & Springbok

Division / Name / PI	1st X	2nd X	Sum X	Site
Pro-M-FS				
1st John Heuvel	300 25	300 26	600 51	CHIN
2nd Martin Lotz	299 22	298 19	597 41	SPR
Wyatt Johnson	297 20	299 23	596 43	SAB
Michael Ros	297 19	294 13	591 32	SAB
Wade Smith	290 12	290 11	580 23	SAB
A-M-FS Championship				
1st Shawnn Vincent	299 19	298 18	597 37	SAB
2nd Jeff Mckee	297 16	298 23	595 39	SPR
3rd Sean Elza	297 17	297 22	594 39	SAB
Ryan Maglesen	296 16	297 21	593 37	SPR
Mark Carlson	298 15	294 15	592 30	SAB
Stew Waldrop	295 19	296 17	591 36	SAB
Matt Anderson	295 15	296 19	591 34	SAB
Rick Morgan	293 20	297 17	590 37	SAB
Rob Cook	295 17	295 17	590 34	SAB
Andy Ludwig	294 16	296 17	590 33	SAB
Ron Rhoads	295 18	295 14	590 32	SPR
Jason Prince	296 17	294 13	590 30	EAC
Justin Schindler	292 9	296 18	588 27	SPR
Josh Jones	293 13	295 12	588 25	EAC
Rick Maybee	296 15	291 12	587 27	SPR

Division / Name / PI	1st X	2nd X	Sum X	Site
A-M-FS First Flight				
1st Joe Schwartz	291 14	297 16	588 30	CHIN
2nd Kent White	290 12	293 18	583 30	SAB
3rd Ryan Rossing	289 15	294 13	583 28	CHIN
Kit Pacheco	289 11	294 17	583 28	SAB
Rand Dobbins	290 11	293 10	583 21	SAB
Butch O'Donnell	289 12	292 9	581 21	CHIN
John Elza	287 13	289 9	576 22	SAB
Jason Strebin	289 9	287 8	576 17	SPR
Scott Hunter	287 11	288 9	575 20	SAB
Arnie Fargo	291 11	280 14	571 25	SAB
David Worgum	284 10	286 7	570 17	SAB
Andrew Forslof	275 5	282 10	557 15	EAC
Kevin Morano	275 6	272 1	547 7	SAB
Justin Hearne	225 0	255 6	480 6	SAB

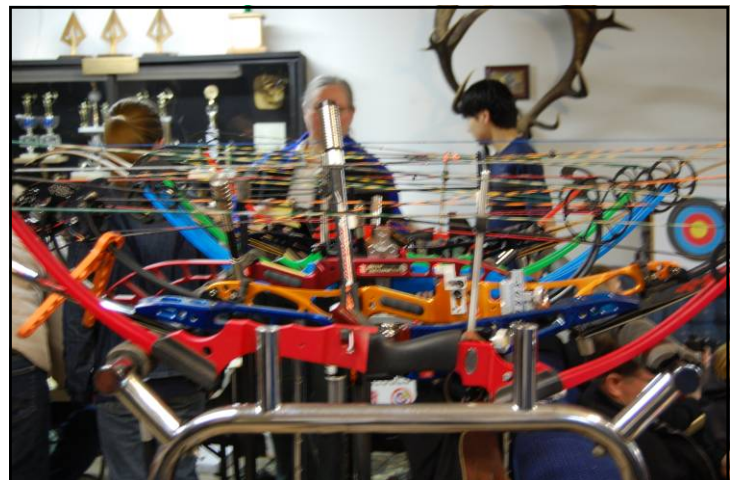
Division / Name / PI	1st X	2nd X	Sum X	Site
A-M-BHFS Championship				
1st Clayton Lee	297 18	299 19	596 37	CHIN
2nd Tim Davis	298 23	297 14	595 37	CHIN
3rd Brandon Roberts	297 12	296 19	593 31	CHIN
Glen Berry	297 12	292 12	589 24	EAC
Mike Palmer	296 19	290 18	586 37	SPR
Darren Sandstrom	291 16	295 16	586 32	SAB
Jameson Hawn	295 13	289 13	584 26	SAB
Doug Shoup	294 13	290 13	584 26	SAB
Pete Joers	293 13	290 12	583 25	SAB
Merl Reed	291 11	290 11	581 22	SAB
G Kevin Hodgins	291 10	291 10	582 20	CHIN

Division / Name / PI	1st X	2nd X	Sum X	Site
A-M-BHFS First Flight				
1st Joe Bukowiec	287 7	289 10	576 17	CHIN
2nd Lance Nelson	283 6	293 7	576 13	CHIN
3rd Rex McMullin	285 10	289 15	574 25	SPR
Gib Earl	282 8	283 7	565 15	EAC
Bryan Ray	276 3	288 12	564 15	CHIN
Joe Bethea	273 3	287 7	560 10	CHIN
Chris Delp	266 2	272 4	538 6	SPR
Bill Stinson	270 2	246 4	516 6	SAB



Above: Archers count their scores

Right: Bows on Rack represent all Styles from Traditional, Barebow and NASP through Freestyle



Division / Name / PI	1st	X	2nd	X	Sum	X	Site
Y-M-FS							
1st Corbin Johnson	276	6	280	3	556	9	SAB
2nd David Mundell	259	5	272	0	531	5	SAB
Zachary Young	281	9	249	1	530	10	SAB
Nicolai Ripplinger	230	1	229	0	459	1	EAC
Y-M-FSL-R							
1st Colton King	177	0	188	0	365	0	EAC
Y-F-FS							
1st Kennedy Almanza	270	5	263	4	533	9	SAB
Dakota Rhoads	255	0	242	1	497	1	SPR
Y-F-FSL-R							
1st Maianna Dematteis	260	4	250	1	510	5	SAB
Kimie Roop	244	0	251	3	495	3	SAB
C-M-FS							
1st Keaton Seese	290	8	287	9	577	17	SAB
2nd Joel Seeger	291	8	285	6	576	14	SAB
Samuel Mundell	237	2	259	2	496	4	SAB
Cameron Ludwig	232	3	239	2	471	5	SAB
C-M-FSL-R							
1st Tor Samuelsen	277	4	277	5	554	9	SAB
Young Young Ma	216	0	228	1	444	1	SAB
C-M-BB							
1st Diego Cohen	79	0	91	0	170	0	EAC
Kyle Smith	48	0	56	0	104	0	EAC
C-F-FS							
1st Faith Cook	266	2	256	4	522	6	SAB
Serena Greiner	179	0	143	0	322	0	EAC
C-F-FSL							
1st Kali Spady	268	6	281	11	549	17	SAB
C-F-FSL-R							
1st Faith Cook	243	1	224	0	467	1	SAB
Rebekah Mundell	196	0	241	1	437	1	SAB
PW-M-FS							
1st Brandon Bockman	162	0	157	1	319	1	CHIN
PW-F-BB							
1st Emma Worgum	164	0	172	1	336	1	SAB

Division / Name / PI	1st	X	2nd	X	Sum	X	Site
NASP-M-HS							
1st David Whittaker	217	1			217	1	SAB
2nd Cody Sumner	206	1			206	1	EAC
Nathan Dunford	140	0			140	0	SAB
Sebastin Lindsay	108	0			108	0	SAB
NASP-M-MS							
1st Micah Kooiman	158	0			158	0	SAB
Tim Headman	121	0			121	0	SPR
NASP-M-ES							
1st Derek Dykstra	196	0			196	0	SAB
2nd William Worthy	175	1			175	1	SAB
Fred Moormeier	157	1			157	1	SAB
Lucas Kooiman	98	0			98	0	SAB
NASP-F-HS							
1st Rilee Kemper	154	0			154	0	EAC
2nd Kourtney Clark	151	1			151	0	SPR
Kelsie Cruth	138	0			138	0	SPR
Haylee Dickman	86	0			86	0	SPR
Mallory Alma	75	0			75	0	SPR
Haleigh Guydos	50	0			50	0	SPR
NASP-F-MS							
1st Danielle Dykstra	147	0			147	0	SAB
2nd Katherine Dunford	143	0			143	0	SAB
3rd Kendra Strahm	126	1			126	0	SPR
Aristy Rosales	105	0			105	0	SPR
Jessica Kartes	95	0			95	0	SPR
Clara Raske	79	0			79	0	SAB
Maegan Dykstra	65	0			65	0	SAB
Rebekah Guydos	38	0			38	0	SPR
NASP-F-ES							
1st Emily Kooiman	194	0			194	0	SAB

Husband and Wife = Tim and Christina Davis

Scores in **bold** are new records.

Participation by Site

Silver Arrow Bowmen =	SAB	115
Chinook =	CHIN	27
Springbok Archery =	SPR	26
Evergreen Archers =	EAC	19
Total		187
NASP Division		25
All Juniors		63



The Mental Side of Archery

By John R. Templar for PE 187 Sports Psychology: Project Report

Part 1 appeared Last Month. Following is archery specific application

Archery demands total concentration for success. One must learn to control internal and external distractions to be “on target”.

The mental side of archery is much more important than most believe. The physical part is important and the mechanical part (equipment) is important. However, the mental part controls what the physical does, and ultimately controls the mechanical part.

- **Goals or Positive affirmations:** Use index cards and write one positive statement, about you and your ability to perform, on each card. The statement needs to be in the first person, positive, and in the present tense. “I always shoot a strong shot using appropriately timed execution of back tension.” Daily and in between ends, take the cards out of your quiver and read them. Fill your mind with positive thoughts about your ability as a successful archer.
- **Relaxation:** Take slow deep breaths and slowly release the air. Constantly remind yourself to relax the muscles in your shoulders and neck. When muscles are tight, it is very difficult to get a good release and it will also produce excessive sight movement. The slower, deep breathing lowers pulse rate and helps calm the tension in muscles.
- **Imagery:** Imagery can help you prepare psychologically for competition, relax, or “psych-up”. Focusing on what you want will help you achieve it. The reason is that imagery pulls your thoughts away from negativity and other damaging images. A by-product of imagery is that it enhances focusing abilities because it requires a concentrated effort. Imagery can be compared to a dress rehearsal. Going through your shot sequence in you mind serves as a rehearsal or practice for the real thing. Effective imagery takes practice and time. Use all your senses - the color of the scenery at the range, the odors and smell of the range, and the sound of arrows being released and hitting the target. The more detailed the imagery the better and more successful the “dress rehearsal”.
- **Thought Management:** Every tournament is the same. Though the prizes, rewards, or honor of winning may differ, don't let them increase the difficulty of the performance. What is the same at each tournament? The targets, your bows and arrows, the distances to the target, and the scoring methods are the same at a club shoot or a national level championship. Treat them that way! *In the film “Hoosiers”, the coach took his team into the arena where they were going to play for the NCAA Basketball Championship. He had the players measure the height of the basket's rim and the size of the floor to show them that it was the same as at home.* This is the same perspective that archers need when shooting the “big tournament”. Have fun. View a tournament for what it is. Archery is the sport and recreation you have chosen to do for pleasure. Do not take yourself or the situation so seriously that you overlook the main reason that you shoot arrows. Enjoy yourself!!!

Conclusion

However, most archers do not understand the mental side of archery. Nor do they seem to care to entertain the thought. Maybe that's ok. What ever floats their boat! But, all archers like to hit the “bulls-eye” and not lose arrows in the bushes or grass. To some, however miniscule, a mental game plan is needed to have fun (hit the target) and not create an unreasonable expense (destroying equipment) to the hobby. The mental game would help them.

An on-line survey was conducted by myself at *Archery Talk.com*. (**Attachment A**) It is clear the average Joe Archer cannot read or understand the technicalities of the mental side archery. Nearly all equate the mental side of archery to aiming and more physical practice. Few seem to have a mental program similar to elite archers or like mentioned in this report.

The second and third paragraphs of “Archery Pro” article sums it all up in a nut shell about the mental aspect of archery for the majority.

“90% of Archery is Mental - a column by Archery Pro

From the time I was 16 until well after high school, I worked in an archery pro shop. I learned a great many things during my time there, from how to fletch arrows to how to properly use back tension. Of all these lessons, not one has been as useful to me as the fact that (after you learn how to shoot properly) **90% of the game is mental.**

*I cannot count how many times guys came in and told me “My bow just won't shoot a good group!” I would tell them “Let me look at it.” and after I looked at the bow and saw there was nothing wrong with it, I would take it in the back room. While back there I would set it on the table and look at it for about three minutes. I would occasionally even hit a hammer on the table for the noise effect. I would then take it back out to them and say “Boy I am surprised you could even hit the wall!” I used a wide range of non existing problems from “the tiller was way off” to “the rest was loose”. No matter what I said, it almost always had the same effect: **the person shot better, a lot better.***

Why was this? Once a person gets it in his or her head that there is a problem with their bow, their subconscious will not let them shoot well. And by thinking that there was a major problem with his or her bow and that I corrected it, they were then again able to shoot well.

When I used to train for FITA, my coach would get very upset if I ever used the words “can't” or “impossible”. The reason for this is that our subconscious plays a huge part in archery. By telling ourselves that we cannot do something we inadvertently program ourselves to fail.

The Mental Side of Archery (Continued from page 10)

Archery, August 1957

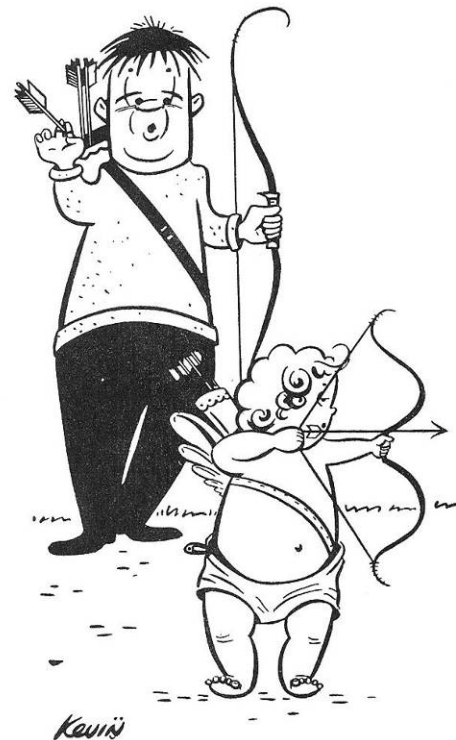
Try this before each shot: Close your eyes and picture the entire shot, from drawing the bow, to aiming, the shot, and the most important part: picture your arrow hitting its mark. Always think positive about your shooting. Spend time each week just envisioning yourself making a perfect shot after perfect shot. This will reprogram your subconscious to make good shots.

And remember no negative thoughts!!!! -Archery Pro “
www.archerychannel.com

If you miss the bullseye, it's not the target's fault.

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Kevin became worried about his chances to win the Valentine's Day Shoot when he stepped up to the practice line and met his competitor!

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archers@archersafield.com
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Chuck Butler
(208) 760-7417

Must be a member of NFAA (or a member of USA Archery) and a resident of the Northwest section to compete for awards, others may shoot Guest class (no awards). May join NFAA onsite.

Contact HOST for line times, directions, and additional info.

Mail REGISTRATION form to HOST, make check payable to HOST.



NFAA SECTIONAL CHAMPIONSHIP OFFICIAL REGISTRATION FORM

Last Name _____ First Name _____
 Address _____ City _____ State _____
 Zip _____ Phone _____ E-Mail _____
 Male Female

Pro Division	Adult/Senior/Master Sr.	Young Adult/Youth/Cub	Family
\$85	\$35	Pre-Registration Fee \$25	\$95
\$100	\$50	Late Registration \$40	\$110

PROFESSIONAL

- Adult Senior
 _____ Freestyle
 _____ Freestyle Limited

CUB/YOUTH/YOUNG ADULT

- Cub (under 12) Youth(12-14)
 Young Adult (15-17 yrs.)
 _____ Barebow
 _____ Freestyle
 _____ Freestyle Limited
 _____ Freestyle Ltd Recurve/Longbow

ADULT/SENIOR

- Adult (over 18) Senior (over 55)
 _____ Barebow
 _____ Bowhunter
 _____ Bowhunter Freestyle
 _____ Bowhunter Freestyle Limited
 _____ Traditional
 _____ Freestyle Limited
 _____ Freestyle
 _____ Freestyle Ltd. Recurve/Longbow
 MASTER SENIOR (over 65)
 _____ Barebow
 _____ Freestyle
 _____ Freestyle Limited

GUEST DIVISION

For members outside of Section
No Awards for Guests

SHOOTING TIME

First Choice _____
 Second Choice _____
 may not be offered in all sections

Additional forms and detailed information for shooting styles may be found at www.fieldarchery.com Field Archery/styles and rules

Please use one entry form for each archer
 Make checks payable to your tournament host

Bucks & Bulls 3-D

Grays Harbor Bowmen Aberdeen WA



26-27 February 2011

Registration: 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 WA-Archery@live.com



Mt. Clemans Archers Rattlesnake Hills Frostbite 3-D February 27, 2011

Come join us for our Frostbite **3-D Shoot**
The range will consist of **40 3-D Targets** on Sunday in the Rattlesnake Hills

Registration: Sunday 7-10 a.m.

*Camping Available ... Trophies for all classes ... Great Food
Binoculars OK. No Range Finders Please.*

For information contact: Dan Volland (509)949-8369, Rick Maybee (509)966-2710,
Bob Clark (509)653-2862 mtclemansarchery@live.com

Directions to site: From Yakima, take I-82 Southeast to Sunnyside exit 69 (north Vernita) off I-82.
From Tri-Cities, take I-82 Northwest to Sunnyside exit 69 (north Vernita) off I-82 onto Hwy 241. Follow Hwy 241
north for approximately 10 miles to halfway between mile posts 17 and 18. Turn east (right) at signs.
Latitude 46°26'01" Longitude 119°56'01.5"

Club in the Spotlight: KBH Archers



KBH Archers' range and clubhouse is located on the old Belfair Highway midway between Belfair and Gorst. The club owns 34 acres and has been given permission to use additional property that borders ours. The club has a 5000 square foot indoor range with 16 shooting lanes, meeting room, kitchen and handicap accessible bathrooms. The grounds include a children's play area, a campground capable of holding 35 RV's, and parking for 200 vehicles. We also have a 28-target walk-through range, of which the first seven targets are handicap accessible. Our outdoor practice range has targets out to 80 yards, with plans to extend to 90 meters. Available also is a sand pit for bowhunters to shoot their broadheads and get ready for the hunt. The wooded area of our course is home to an interpretive forest project and a Coho salmon stream.

The club hosts various shoots throughout the year, and also have an ongoing JOAD program that meets on a weekly basis. Equipment is provided free of charge to our young archers, with qualified instruction provided. Information on this outstanding program is available by contacting Terry Schultz at (360) 830-0461.

We also have in our membership a Washington State Certified Bowhunter Instructor. A class is given once or twice a year and is a must for all hunters regardless of age, skill level or experience. Class size is limited, so early registration is recommended. For information and sign-up contact Walt Walden at (360) 779-6147.

We also lease the clubhouse for weddings, private parties and other events on a space available basis. If you are interested in doing this, contact Al Mottinger at (360) 275-4687.

Our membership fluctuates but normally runs around 200. New members are welcome and our club is open to non-members for a nominal daily fee.

The future of our club resides in our youth. We would like to see our JOAD program expand and become a real force in our future.

To get a greater picture of what our Club involves, come and join us in one of our shoots or just a visit. We have a Club to be proud of and we would love to have you as a member or as a guest.

Check out our web page at www.kbharchers.org.



WSAA MEMBERSHIP APPLICATION

First Name		MI	Last Name		Suffix	
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City		State	ZIP	New <input type="checkbox"/>	Renewal <input type="checkbox"/>	
Home Phone ()		E-Mail		Club		
Name				Birthdate REQUIRED	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		
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WSAA Calendar of Events 2011

February

1	Indoor Blueface Mail-In Begins		BF /W
5	Super Bowl Safari	Cedar River	S
5-6	Sage Brush Shoot	Colyak	3-D
6	Snow Shoot	Evergreen	3-D
11-13	World Archery Festival	Las Vegas NV	MC
12-13	Valentines Day 3-D	Chinook	3-D
19-20	WSAA Blueface Indoor	4 Locations	BF /W /N
	KBH, Evergreen, Nock Point, Ranch & Home		
26	Foul Weather Field	Skookum	F
25-27	USAA National Indoor	Tulare CA	MC /N
26-27	Archery World Charity Shoot	Archery World	Indoor
26-27	2nd Leg NW Buckle Series	Whidbey	3-D
26-27	Bucks & Bulls	Grays Harbor	3-D

March

5-6	Buck - Bull - Boar	Silver Arrow	3-D
5-6	Marked 3-D / Safari	Cedar River	M3 & S
5-6	Spring 3-D	Wapiti	3-D
12-13	NW Indoor Sectional	Wilderness	BF /N
12-13	NW Indoor Sectional	Archers Afield, Tigard OR	
19	NASP Washington	Ellensburg WA	NASP
19-20	March Madness	Chinook	3-D
19-20	Spring Fling	Whidbey	3-D
26-27	NFAA Indoor Nationals	Louisville KY	BF /N
26-27	Traditional Shoot	Colyak	3-D
26-27	Wet 'n Wild 3D	Skookum	3-D
26-27	3rd Leg NW Buckle Series	Wilderness	3-D
26-27	Rain Shadow Safari	Wapiti	S
26-27	L&C Safari	Lewis & Clark	S
31	Indoor Blueface Mail-In Ends		BF /W

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