



*Highlights*

- Special Pull-Out WSAA Calendar Clubs and Shops List Officers, Board and Committee Chairs
- WSAA Blueface Registration
- Blueface Mail-In Registration

## Happy New Year Archers!

With the beginning of a new year, it is a good time to reflect on what we are and what we do. Washington State Archery Association is an organization of individual members and chartered Clubs and Shops. We are affiliated with both the National Field Archery Association (NFAA) and with USA Archery. Our mission is: To promote and encourage the sport of archery with adults and youth by providing education, support and fostering statewide and national sports competition while working in cooperation with various national archery associations, wildlife conservation organizations and related governmental agencies.

In pursuit of this mission, we carry out activities which:

- Promote the sport of archery among adults and youth by providing education, and skills development, while advocating safety and encouraging good sportsmanship ,
- Foster the development of the National Archery in Schools Programs (NASP) and other youth / beginner archery programs throughout Washington State,
- Provide an avenue for sports competition by holding various types of statewide tournaments for adults and youth,
- Support bowhunting for all legal game working in cooperation with wildlife conservation organizations and related government agencies.
- Increase adult and youth membership in the WSAA.

You will see a lot in these pages about the programs mentioned above.

The daily business of WSAA is carried out by our elected Officers, District Trustees, the Secretary and Treasurer, and by the various committees. These key people and their contact info are listed on Page 9. You can see that there are some vacancies – please contact the WSAA President to volunteer for any open position. Each of the Committees can always use extra help. Get involved with an activity of your choice by calling the committee chairman.

In the center spread, Pages 10-11, we list the WSAA Chartered Clubs and Shops. These are not ALL the places in Washington where you can shoot a bow or buy archery equipment. The listed organizations have banded together to support the sport or archery in the state by sharing and coordinating information and serving the archery community. Additional Clubs and Shops are welcome to Charter. Contact the WSAA Secretary or NFAA State Director to get the process started!

Our Calendar of Events for 2011 is listed on Page 12. You can see a full slate of activities throughout the year (except September, when we succumb to buck fever) and varying from Indoor to 3-D and from FITA to Field. Something for everyone. Note the dates of the State Championship tournaments and the WSAA Board Meetings!

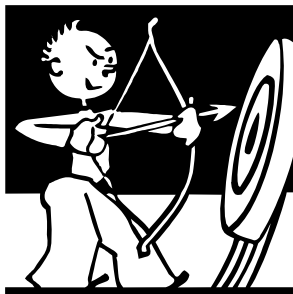
Toward our NASP goal, WSAA conducts several Basic Archery Instructor courses through the year and across the state. The next one scheduled will be 26 February at Sequim. If you would like to host a BAI at your Club or Shop or local school, identify a location and a target date, and contact Sherrie Crisp ([sher@crispie.com](mailto:sher@crispie.com)) to round up a training team and the equipment. The BIG DEAL of the NASP year is our NASP Washington Championship, to be held 19 March 2011 at Central Washington University, Ellensburg. We expect 300-350 archers at this event, and could

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# WSAA PRESIDENT: Ed Forslof

## WOW 2010 IS GONE!! MERRY CHRISTMAS AND HAPPY NEW YEAR!!



I hope all our archers got the toys they wanted for Christmas and perhaps even the surprise toy or two that some very imaginative spouse, friend, or relative thought you really could not be without. We all know that new toys improve our shooting abilities at least ten fold.....yuk yuk.

The NASP training team has completed the 2010 training season with a one-day BAI training at Holy Trinity Lutheran School at Des Moines on December 11, PE teachers, parents and other teachers took part and learned just how easy it can be and how much fun can be had shooting a bow. ***I cannot say this enough or loudly enough but the 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 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.***

Next on the Calendar is the continuation of the Multi-Color Mail-In Tournament, then the Multi-Color Championship In January at four locations Statewide. Applications to participate in the Mail-in and the MC Championship are in the Quiver, get with your shooters and get organized, make our new Tournament Vice President Mike Miller's job easier.

**HEY THE SNOW IS FALLING TODAY BUT GOTTA GO ANYWAY!! GET INVOLVED!!!! IT IS YOUR SPORT AND CLUB, HELP MAKE A DIFFERENCE!!**

### *New Year* (Continued from page 1)

use your help! Tournament Chairman is Linda Parker ([WA-Archery@live.com](mailto:WA-Archery@live.com)). The NASP in Washington is managed by WSAA with funding assistance from the Department of Fish and Wildlife (WDFW). Our State NASP Coordinator, Dave Mack, is the person to contact for help in getting NASP started in your local schools.

On the bowhunting side, you can see that the Bowhunter Education class is offered on several dates and locations across the state. Even if you are an experienced bowhunter, you'll learn something new or be reminded of important facts and procedures if you attend a class. Bring a youngster or new hunter along! WSAA recognizes bowhunter achievements through our Big Game Awards program, winners for the 2009 season are printed in this issue.

If you are a member of WSAA, thanks for your support. To any others who may read this, please join us in supporting organized archery in the State. Bring a Friend!

## CORRECTION:

In the NFAA Outdoor National report which was printed in US and International Archery and in NFAA Archery Magazine one WSAA member was inadvertently omitted in the list of champs. Jack Bradley was champion in Young Adult Male Freestyle Limited, and took home the cup for it.

Additional good news from the Bradley house is that this is Jack's first year hunting and he brought home a white tail spike when he went out late season. Needless to say he was / is pretty excited. The first steaks grilled up were great - seems like ages since we have had venison.

## ATTENTION USA ARCHERY MEMBERS

All USA Archery members who live in Washington will receive this January issue of The Quiver. Washington State Archery Association is the USA Archery-recognized state level organization for Washington. You are represented on our board by the USA Archery Coordinator, an elected position, with two-year term running from 1 April to 31 March in odd years.

This year, we will be conducting a FITA Field Championship and an Indoor FITA. See the Calendar for dates, and watch the WSAA Website [www.WashingtonArchery.org](http://www.WashingtonArchery.org) for further information.

We welcome your involvement and efforts to provide the events and programs which support our members' goals and development.

# TOURNAMENT COMMUNITY NEWS

## TOURNAMENT VP: Mike Miller

By the time we read this the Multi-color Mail in will be well underway. The Multi-Color Championship will be coming up before you know it (Jan 7-9), registration form was in the Dec issue of the Quiver. So get yourselves pre-registered, please. The host clubs will greatly appreciate it.

Last month I asked for volunteers for the Tournament Committee. So far I have three, not including myself. The bylaws say at least one from each district. Please, if you're going to be at the shoots, join us. If you've been on the committee in the past and would like to continue please let me know as I have no way of knowing your desire to continue, let alone who was on the committee.

News unrelated to WSAA. The KBH archery range suffered a big blow the week of Thanksgiving. Our trail course is currently closed due to numerous trees having been blown down and some targets were destroyed. If you visit the course now and then don't be surprised to find it closed. We are working on a solution; it is more complicated than most places.

## World Indoor Championships Awarded to USA; FITA Council Announces Changes

Following the recent meeting of the International Archery Federation (FITA) Council in Istanbul, the Council has announced its decision to award the 2012 World Archery Indoor Championships to the United States. Planned as a joint event between USA Archery and the National Field Archery Association (NFAA), the World Indoor Championships are expected to attract hundreds of the world's top archers to host city Las Vegas, NV.

Additionally, the FITA Council evaluated the competition formats utilized during the past year, and announced some modifications. "USAA will be gathering the details surrounding the format changes announced by FITA today," explained Denise Parker, CEO of USA Archery. "We will review the changes against our current 2011 Trials Procedures and National Ranking System and will present any changes we feel are necessary prior to the Board of Directors meeting in December."

The key decisions made by the Council are listed below:

### ***"The compound archers will shoot:***

Qualifications round at 50 meters with cumulative scores on a 10-5 scoring rings target face.

All individual elimination matches at 50 meters with 5 ends of 3 arrows and cumulative scores on the same target face as the one used in the qualifications. The maximum score is 150 points and the archer having obtained the highest total score will win the match.

### ***The recurve archers will shoot:***

All individual elimination matches with 5 sets of 3 arrows—using the 2010 Set Format for scores. The archer obtaining 6 set points wins the match. To note, the qualification rounds for recurve do not change.

### ***Teams:***

A team will consist of the highest three ranked archers in the qualification round, unless the team captain notify in writing his three chosen archers to the Director of Shooting or the Chairman of Judges one hour prior to the start of the eliminations. Only three medals per team will be awarded. This rule only will come into effect on 1 April 2011 and does not apply for world championships where there are only three archers. To note, team matches do not change (24 arrows, cumulative score), except for shoot-off (see below).

### ***Shoot-off:***

The teams will only play shoot-off of one arrow per member. In case of a tied shoot-off score (after the three arrows per team), the team with the closest arrow to the centre will win. If the best arrow per team is at the same distance to the centre, the judges will look at the second best, and subsequently the third arrow. This rule comes into effect on 1st January.

In matches with alternate shooting, the teams will play the shoot-off with teams shooting alternatively per archer (Team A shoots with archer 1, followed by team B shooting with archer 1. Then team A shoots with archer 2, followed by team B shooting with archer 2, etc.) This rule comes into effect on 1 January 2011.

To note, as of 2010, the individual shoot-off are also shot with one arrow only, closest to centre."



# HUNTING COMMUNITY NEWS

## BOWHUNTER EDUCATION: Annette Crews

Happy New Year!! Can't believe the new year is here already! Bowhunter Education classes are falling into place so I have a good schedule with classes starting already this month. Classes taught by Mike LaBarre will all be combo classes with basic hunter ed and bowhunter ed classes combined! Perfect for the new hunters in the state!

Classes so far 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](mailto:alanbjones@frontier.com)

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

July 19, 21, & 23rd. Flint Tip Archers Contact Butch Loney: 253-862-9160 or [bvloney@comcast.net](mailto:bvloney@comcast.net)

November 6th & 7th Issaquah Sportsman's Club Contact Alan Jones 425-883-3040 [alanbjones@frontier.com](mailto:alanbjones@frontier.com)

>>>====>

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

January 15 & 16th

Feb. 12 & 13th

March 12 & 13th

April 16th & 17th

May 14th & 15th

June 4th & 5th

>>>====>

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

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

June 25th Field Day only

July 25th Field Day only

August 11th, 12th, & 13th

## WSAA BIG GAME AWARDS – 2009 SEASON

Following members earned their first Big Game Award "Stump" with broadhead for the listed species:

Angel Johnson	Blacktail Buck	King County
Corbin Johnson	Yellowstone Elk Cow	Kittitas County
Bobby Keyes	Mule Deer Buck	East Side
Karen Palmer	White Tail Buck	Dayton

Following members earned additional broadheads to add to their Big Game Stump

Mike Adkins	Mule Deer Buck	Ferry County
David Eaton	Elk Cow	Oregon
Chuck Kleiser	Deer Bucks	Sinlahekin Colorado
Dan Martin	Antelope Buck	Wyoming
Hal Michael	Mule Deer Doe	Goldendale
Dick Newell	Yellowstone Elk Cow & Cougar	Unit 578
Crystal Parker	Yellowstone Elk Cow	Bumping
Taylor Remsing	Black Tail Buck	Unit 578
Lonny Gabrio	White Tail Buck	

**Big Buck Award** for the largest deer recorded in Washington – Lonny Gabrio – scored 131 <sup>0</sup>/<sub>8</sub>.



## WDFW Will Accept Applications for ALEA Volunteer Grants

OLYMPIA – Starting Dec. 1, the Washington Department of Fish and Wildlife (WDFW) will accept grant applications for projects that benefit the state's fish and wildlife.

The grants, funded through the state's Aquatic Land Enhancement Account (ALEA), provide reimbursement for organizations and individuals who conduct volunteer projects that conserve fish and wildlife or promote public enjoyment of species ranging from sage-grouse to steelhead.

WDFW currently expects about \$1 million to be available for grants this year.

Five major types of projects are funded through the program – habitat, research, education and outreach, facility development and artificial production – although other projects also will be considered. Grants may not be used for salaries, wages or stipends.

Eligible applicants include individual citizens, non-profit organizations, tribes and political subdivisions of the state such as public utility districts, schools and universities. State and federal agencies are not eligible.

Applications must be received or postmarked by February 28, 2011.

“This is a highly competitive grant program,” said program coordinator Josh Nicholas. “Projects that foster individual and community involvement through the use of volunteers, have a sound budget and are consistent with WDFW goals have the greatest chance of success.”

Application materials are available for download from WDFW's website at <http://wdfw.wa.gov/grants/alea/index.html>. For those without adequate internet access, a CD containing the application materials can be requested by calling WDFW at (360) 902-2700.

**November 24, 2010 Contact:** Joshua Nicholas, (360) 902-2685



## File Hunting Reports by 10 January 2011 to Qualify For Permit Drawing

OLYMPIA - Hunters have a chance to win one of nine 2011 special hunting permits if they report this year's hunting activities for black bear, deer, elk, or turkey to the Washington Department of Fish and Wildlife (WDFW) by January 10.

Those who meet the deadline will be included in a drawing for five deer permits and four elk permits in various areas of the state. Those permits will be valid from September 1 through December 31, 2011.

To qualify for the drawing, hunters must submit a report for each black bear, deer, elk, or turkey tag they purchased in 2010.

All hunters, whether successful or not, are required to submit hunting reports for those species by January 31. Failure to meet the deadline can result in a \$10 fine, payable before a hunter can purchase a 2011 license.

Dave Ware, WDFW game manager, said the annual hunting reports are an important source of information for managing the resource and developing future hunting seasons.

“The drawing for special permits is designed to give hunters an extra incentive to file their reports early,” said Dave Ware, WDFW game manager. “If everyone waits until the last minute, it creates problems with reporting.”

Hunters can report by phone (877 945-3492) or the Internet <https://fishhunt.dfw.wa.gov>. Hunters should be prepared to give the game management unit they hunted and their individual WILD identification number, which is printed on license documents.

New this year, WDFW is requiring hunters to file separate reports for general-season hunting activities and for special-permit hunts for deer, elk, black bear and turkey. That change will give game managers more information about hunters' success during both kinds of seasons - general and special permit, Ware said.

Whether reporting online or over the phone, hunters should follow the prompts until they receive a confirmation number for each report, he said.

More information the WDFW's incentive permit drawing is available on page 13 of the Big Game Hunting pamphlet (<http://wdfw.wa.gov/hunting/regulations/>).

**December 06, 2010 Contact:** Wildlife Program, (360) 902-2515

*Hunters ...*

*Share your “Success” or “Experience” stories*

*Send words and photos to: [Quiver@WashingtonArchery.org](mailto:Quiver@WashingtonArchery.org)*

## USA Archery, National Alliance for the Development of Archery Announce Restructure

USA Archery and the National Alliance for the Development of Archery (NADA) have announced a restructure plan. In an effort to streamline the delivery of introductory coaching and outreach programs, all duties previously administered by NADA related to coach certification, outreach and equipment sales will be run under the USA Archery umbrella effective 1 January, 2011.

Under this realigned structure, former NADA employees Darin Erskine, Peggy Butler and Joseph Garrett will convert to USA Archery staff, but will continue to work from the Easton Archery Facility in Newberry, Fla. Coaches looking to set up Basic, Intermediate and Community Coach Courses or who are interested in purchasing equipment kits will continue to contact the same phone number as before. Instructor and Coach Certifications will still be recognized by both USA Archery and the National Field Archery Association.

Additionally, under this restructuring, USA Archery is expected to have more direct representation to key outreach groups including the National Recreation and Parks Administration, American Camp Association, 4H, Boy Scouts and other introductory archery programs. This will allow the organization to better reach its target audience for grassroots development. Commenting on the collective agreement NADA's executive director Doug Engh noted, "We feel good about this change for long-term growth in archery; it will allow for a smoother transition from introduction to the sport to a long-term commitment to archery."

NADA executive director, Doug Engh, will move into a full-time position with the Easton Sports Development Foundation in the management of the Easton Archery Facility in Newberry, Fla. USA Archery's national headquarters will continue to operate at its current location in Colorado Springs, Colo.

"I believe this restructure will allow us to serve our membership better," says Denise Parker, USA Archery CEO. "It eliminates a need to transfer a coach or archer from one organization to another during their development. It will also increase our ability and effectiveness in communicating opportunities to our membership."

**USA Archery December 08, 2010**

## NASP COORDINATOR: Dave Mack

Dee & I sincerely hope that you had the Christmas of your dreams and are headed to a very happy and prosperous New Year!

NASP is off to a great start for 2011. Last year ended with a very successful BAI training in Des Moines for teachers from five different Seattle area schools and several supporting volunteers. This brings the total number of NASP schools to 77 at the middle of the school year. Our goal of 100 schools by the end of June is well within sight.

Mark your calendar for Saturday March 19<sup>th</sup> for the NASP Wolf Cup. We will have 15 to 20 NASP schools with 300 or more students converging on the Central Washington University campus to compete for their school's honor in the NASP State Championship. CWU and the CWU Archery Club are hosting this tremendous event for us at their wonderful gym. WE CAN USE YOUR HELP! Please let Linda Parker or myself know of your plans to attend so we can get you into the loop as early as possible.

Here's a big shout out to Safari Club International. Once again this past summer SCI had three Washington teachers complete NASP BAI training at their American Wilderness Leadership School in Jackson, WY. We're still working with those teachers to see if they'll be interested in adding archery into their schools. We do have the La Center Middle School in the program thanks to the AWLS training in the summer of 2009. If you are an active SCI member, I'd strongly encourage you to promote the AWLS program to your local teachers.

WSAA, helping move archery forward



*WSAA Chartered Clubs and Shops ...*

*Publicize YOUR facilities and events*

*Send news, notices, or reports to [Quiver@WashingtonArchery.org](mailto:Quiver@WashingtonArchery.org)*

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

## WCW: JOAD Youth to represent US Archery

Three of WCW JOAD youth were recently selected to represent the 2011 United States Archery Teams.

### Congratulations to:

**Lauren Hughes** – Junior division, placed 3<sup>rd</sup> on the Junior U.S. Archery Team.

**Shannon Ostling** – Junior division, placed 5<sup>th</sup> on the Junior U.S. Archery Team.

**Alexis Drake** – Cadet division, placed 5<sup>th</sup> on the Junior U.S. Archery Team.



Recent tournament accomplishments that led them to securing their spots on the U.S. Team

At the South Dakota Cup on Aug. 13-15<sup>th</sup>, Alexis placed 2<sup>nd</sup> in the Women Cadet Recurve and Shannon placed 4<sup>th</sup> in the Qualification round and 7<sup>th</sup> place in the ranking round.

During the Southern California Cup, San Diego on October 8<sup>th</sup>-10<sup>th</sup>, Shannon, in the Junior Division, placed 5<sup>th</sup> in the qualification round, 11<sup>th</sup> place in the ranking round, and 3<sup>rd</sup> place in the team rounds with Lauren Hughes and Erin Mickelberry.

During the Gator Cup in Newberry Florida on October 29<sup>th</sup>-31<sup>st</sup>, Shannon placed 2<sup>nd</sup> in the qualification round and 5<sup>th</sup> in the ranking round.

Way to go!

For detailed story please see: [http://usarchery.org/news/2010/11/15/2011-united-states-archery-team-announced/39524](http://usarchery.org/news/2010/11/15/2011-<u>united-states-archery-team-announced/39524</u>)

## LUCKY SHOT: Indoor 3-D

Lucky Shot Indoor 3-D League starts 4 January 2011. 20 targets weekly. Call for details 360-740-7464

## GRAYS HARBOR BOWMEN: New Year Plans

Club members are shooting indoors this winter, participating in the Multi-Color and Blueface leagues. We shoot at 6:30 PM on Tuesday evenings, and visitors are welcome to join us for the series or to shoot a make-up round. Although the range isn't heated, we can retreat to the cozy clubhouse to warm up between ends or at the half-way point.

Grays Harbor Bowmen are looking forward to our first outdoor event of the year, the Bucks and Bulls 3-D scheduled for 26-27 February 2011. We have several new targets, including a Bison and Brown Bear; we also hope to have some additional shooting lanes ready for this event, which would bring the total targets per day up to 42. As for any of our shoots, you are welcome to camp at the range Friday and Saturday nights.

## BASIC ARCHERY INSTRUCTOR COURSE

Washington State Archery Association trainers presented the Basic Archery Instructor (BAI) Course at Holy Trinity Lutheran School in Des Moines on Saturday, 11 December 2010. Fourteen new instructors graduated, including the Principals of two schools, three Central Washington University students, four Physical Education teachers, a home-school teacher, a substitute teacher, a parent and an archer who is also a veteran instructor / coach.

Each participant experienced a full agenda and a hands-on opportunity to work with the same equipment and coaching techniques that they will be using in the classroom or on the range. The Basic Archery Instructor course is suited to school teachers, camp counselors, archery club members, or anyone interested in getting beginning archers off to a good start.

Our next BAI class is scheduled for 26 February at Greywolf Elementary in Sequim. Anyone interested in attending this session or hoping to set up a class at another location, contact the NASP Washington Training Coordinator, Sherrie Crisp, [sher@crispie.com](mailto:sher@crispie.com).

## Below: Graduates of Basic Archery Instructor Course at Des Moines





Washington State Archery Association  
PO Box 613  
Hoquiam, WA 98550

December 6, 2010

Washington State Fish and Wildlife Commission  
600 Capitol Way N  
Olympia, WA 98501

Dear Sir or Madam:

I am writing this letter on behalf of the Washington State Archery Association (WSAA) in response to the lobbying efforts by a small minority of our user group to allow the use of electronically lighted nocks. The WSAA understands the pros and cons of this issue. We have polled our members, voted on this at our annual convention in 2006, and continue to bring the lighted nock issue to the convention floor every year following to be sure we are reflecting our member's opinion. The results are always the same with a large majority of our members wanting to adhere to the Pope & Young Club's "Rules of Fair Chase" that clearly state no electronic devices attached to the bow or arrow. This standard must be met for entering an animal in the Pope & Young record book and sets a clear concise line on electronic technology used in our archery seasons. The benefits are marginal and do not warrant changing the very simple rule of "no electronic devices attached to a bow".

The WSAA is deeply concerned by an attempt to bring more technology into bowhunting rules and regulations in this state by individuals and groups who do not represent a significant portion of the bowhunters in this state. The WSAA clearly represents a large number of archers with its approximate 700 members and 48 clubs & shops throughout the state. These clubs and shops represent hundreds of archers that are not direct members of the WSAA.

It is important to the WSAA that we maintain the integrity of archery/bowhunting in this state and respectfully ask the WDFW to use the Pope & Young Club's "Rules of Fair Chase" for the equipment rules. The Pope & Young Organization is formed by archers throughout North America who maintain a comprehensive record book for animals harvested with a bow that meet their rules of fair chase. They examine the changes in equipment annually and have modified the equipment rules if warranted. An example of these changes in equipment is the let-off of a compound bow. The let-off rule for Pope & Young is 65% but with so many bows having 80% let-off they now allow bows with let-off of more than 65% to be entered with an asterisk. This is still consistent with the change a few years back in our current equipment rules allowing 80% let-off bows.

Changing the bowhunting equipment rules in direct conflict with the Pope and Young Club's rules of fair chase in Washington State is a deep concern to the WSAA; our organization does not want electronic devices attached to the bow in any way unless The Pope & Young Club changes their "rules of fair chase". There are several manufacturers creating arrow nocks that will meet Pope & Young standards using fiber optic strands using natural light, material that reacts to a camera flash like they use in fishing lures which lasts for hours, and there is a nock in development that works like a Chem-stik. The battery operated nock is not the only way to get a lighted nock. This device is being pushed by manufacturers, retailers, and a few people that want to use gadgets.

Thank you for your time and consideration on this issue.

Sincerely,

Ray H Crisp  
Executive Vice-President, WSAA

If you have any questions, feel free to call me at 360.790.3900

Cc: Director Phil Anderson, Deputy Director Joe Stohr

*Following is a letter presented to the  
Washington State Fish and Wildlife  
Commission on behalf of the  
Washington State Archery Association*

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 march1944@verizon.net  
 www.wcwinc.org

**An Archery Club** is a group of people who have joined together to enjoy their sport. Most Clubs have an Indoor or an Outdoor range, or both. Many have a clubhouse for group get-together. However, property is not necessary to be a Club. All it takes to become a Chartered Club, is SEVEN ADULT members of the Club, that are members of WSAA.

**An Archery Shop** is a store which offers sales and service of archery equipment, and often other lines of sporting goods. Several Shops also have Indoor Lanes, and may operate Leagues. A few also have an outdoor range or run an outdoor tournament. To become a Chartered Shop, the Owner or the Manager of the Shop must be a WSAA member

If your Club or Shop isn't listed here, or for questions about the status of your Club or Shop, contact the WSAA Secretary. To update or correct listed info, contact the Quiver Editor. (see Page 9 for phone and email address).

**Benefits of Club or Shop Charter include:**

Being listed on the Clubs and Shops List Card, the list printed in the January Quiver, and the WSAA Web Site  
 Ability to list shoots on the Calendar Card and list printed in The Quiver, and to host WSAA Championship shoots  
 Ability to post shoot flyers on the WSAA Web Site and to advertise in The Quiver at the Chartered rates

## WSAA CALENDAR OF EVENTS 2011

### January

1	Hangover 3-D	Lewis & Clark	3-D
1-2	Dirty Thirty 3-D	Skookum	3-D
2	NW Shoot Up	Nock Point	MC
8-9	<b>WSAA Multi-Color Indoor</b>	4 Locations	MC /W
	Chinook, Silver Arrow, Evergreen, Springbok		
15-16	Buckle Shoot Warm-up	Whidbey	3-D
15-16	Cabin Fever 3-D	Chinook	3-D
15-16	Wooley Booger 3-D	Capitol City	3-D
16	Pacific NW Shoot Up Tour	Silver Arrow	MC
21-23	Sportsmen Show	Colyak	3-D
22	Pacific NW Shoot Up Tour	Archery World	MC
22-23	Cabin Fever	Wilderness	3-D
29	Pacific NW Shoot Up Final	Chinook	MC
29-30	1st Leg NW Buckle Series	Silver Arrow	3-D

### February

1	<b>Indoor Blueface Mail-In Begins</b>		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	<b>World Archery Festival</b>	Las Vegas NV	MC
12-13	Valentines Day 3-D	Chinook	3-D
19-20	<b>WSAA Blueface Indoor</b>	4 Locations	BF /W /N
	KBH, Evergreen, Nock Point, Ranch & Home		
26	Foul Weather Field	Skookum	F
25-27	<b>USAA National Indoor</b>	Tulare CA	MC /N
26-27	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	<b>NW Indoor Sectional</b>	Wilderness	BF /N
19	<b>NASP Washington</b>	Ellensburg	NASP
19-20	March Madness	Chinook	3-D
19-20	Spring Fling	Whidbey	3-D
26-27	<b>NFAA Indoor Nationals</b>	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

### April

2	Spring Safari	Skookum	S
2-3	IBO NWTC - 1st Leg	Evergreen	IBO
2-3	Spring Fever 3-D	Silver Arrow	3-D
9	<b>WSAA Board Meeting</b>	Darrington	
9-10	<b>WSAA Safari</b>	Darrington	S /W
15-17	Klickitat 3-D	Chinook	3-D
16-17	<b>NFAA Unmarked 3-D</b>	Yankton SD	3-D /N
16-17	Spring Fling	KBH	3-D
16-17	Marked Yardage 3-D	Capitol City	M3
16-17	Spring Warm-up	Custer	3-D
23	A Good Time To Do It	Evergreen	F
23	Darrington Safari	Darrington	S
30-1	Whidbey Warm-up	Whidbey	M3
30-1	Clam Shoot	Grays Harbor	S

### May

6-8	<b>NFAA Marked 3-D</b>	Redding, CA	M3 /N
7	Great NW 40+ 3-D	Skookum	3-D
7	Lilac Invitational	Evergreen	F
7-8	Pre Mothers Day 3D	Lucky Shot	3-D
7-8	Boot Shoot	Custer	3-D

### May (Continued)

13-14	<b>NASP Nationals</b>	Louisville KY	NASP
14-15	IBO NWTC - 2nd Leg	Cedar River	IBO
14-15	Spring Fling	Wilderness	3-D
21-22	<b>WSAA 3-D</b>	Silver Arrow	3-D / W
28	NW All Star Tournament	Skookum	F-S-T-3D
28-30	Kidd Valley	Lewis & Clark	3-D

### June

4-5	Summerfest	Silver Arrow	3-D
5	900 Round	Lewis & Clark	T
11	Great NW 40+ 3-D	Skookum	3-D
11-12	<b>WSAA Field</b>	Evergreen	T /W /N
11-12	Chinook's Annual Safari	Chinook	S
18	Pre Fathers Day 3D	Lucky Shot	3-D
18-19	<b>NW Outdoor Sectional</b>	Oregon - TBD	F /N
18-19	Extreme 3-D	Evergreen	3-D
18-19	Extreme 3-D	Cedar River	3-D
18-19	Wapiti Field	Wapiti	F
25-26	Summer Warm-up	Custer	3-D
25-26	Darrington Field	Darrington	Field
25-26	Rainforest Safari	Grays Harbor	S

### July

2-3	R-100 3-D	Capitol City	3-D
9	Washington Games	Skookum	T
9-10	1st Leg West WA Buckle	Whidbey	3-D
9-10	Big Game 3-D	WCW	3-D
10	Washington Senior Games	Skookum	T
16	<b>WSAA Board Meeting</b>	Skookum	
16-17	<b>WSAA Target</b>	Skookum	F /W /N
22-24	<b>USAA National Field</b>	Yankton, SD	F /N
23	Great NW 40+ 3-D	Skookum	3-D
23-24	Bear Season Tune-up	Custer	3-D
23-24	Bowhunter Dreams	Grays Harbor	M3
23-24	Lucky Shot	Lucky Shot	3-D
23-24	2nd Leg West WA Buckle	KBH	3-D
25-27	<b>NFAA Outdoor National</b>	Yankton, SD	F /N
27-28	<b>USAA National Target</b>	Yankton, SD	FITA /N
29-31	Bownanza	Cedar River	3-D

### August

6	Bowhunter Warm-up	Lewis & Clark	3-D
6-7	Hunter Warm-up	Silver Arrow	3-D
6-7	<b>NW Marked 3-D Sectionals</b>	Skookum	M3 /N
6-7	3rd Leg West WA Buckle	Wapiti	3-D
13-14	<b>State FITA Field</b>	Evergreen	F /N
20	Lucky Shot Pre Season	Lucky Shot	3-D
20	Broadhead Shoot	Cedar River	3-D
20-21	Big Game 3-D	Skookum	3-D
20-21	Bowhunter Warm-up	Chinook	3-D
20-21	Ol' School 3D	Wilderness	3-D

### October

1	Dinosaur Charity Shoot	Skookum	S
6	3D Fun Shoot	Skookum	3-D
21-23	WSAA Convention	Skookum	
29	Halloween Fun Shoot	Skookum	3-D & S

### November

6	3D Fun Shoot	Skookum	3-D
6	Between the Seasons 3-D	Colyak	3-D
12-13	Late Season Warm-up	Chinook	3-D
19-20	<b>State Indoor FITA</b>	2 Locations	FITA /N
	Evergreen, Nock Point		

### December

1	<b>Indoor Multi-Color Mail-In Begins</b>		MC /W
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See [www.WashingtonArchery.org](http://www.WashingtonArchery.org) for updates



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\*Registration Fees are in addition to regular shoot fees.

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CUB (7-11)      Compound      Traditional

PEE WEE (6 & Under)      All Styles Combined

# The Mental Side of Archery

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

*Occasionally you will hear the comment that archery is 80% mental and 20% physical. Some say you have to “be mental” to shoot archery. So what is the mental side of archery? First we need to discuss the mental side of sports in general.*

Psychologists have sought to discover how the mind works and how we can use our mental processes to enhance our lives. Sports Psychologists apply this discipline to athletics.

There are several learned skills that enhance, facilitate, and speed learning of sport techniques and plays. They are:

- Goal setting;
- Relaxation techniques;
- Imagery, and
- Thought management.

### Goal Setting

Effective goal setting increases focus, motivation, direction, feelings of success, and self-confidence. Helpful goals have certain characteristics. They are:

- |   |  |
|---|--|
| • <u>Realistic yet challenging:</u>                 | Increase my focus  |
| • <u>Specific:</u>                                  | increase my focus by 30%   |
| • <u>Stated in a positive way:</u>                  | I work to increase my focus, I will increase my focus by 30%       |
| • <u>Stated in the present tense:</u>               | I have increase my focus by 30%                                    |
| • <u>Written down:</u>                              | Don't depend on memory alone                                       |
| • <u>Evaluated from time to time:</u>               | Am I on track? Do I need to adjust my goal?                        |
| • <u>Commit to obtain the goal:</u>                 | Do I really want it?   |
| • <u>Emotional support from significant others:</u> | Moral support from others enhances commitment to achieve the goal. |

A common mistake is to only set outcome goals (scores, winning) and forget about process goals (executing a play properly). Process goals give you here-and-now things to focus on, where outcome goals are just things we hope to accomplish. Increase focus of 30%: How will you do that? Take a deep breath...on-and-on.

Another mistake is to not evaluate the progress toward a goal after an event, whether it was competition or practice. Part of goal setting is developing a mental plan or program for including specific mental training skills into practice and competition. Take notes on your progress toward your goals and review them often.

### Relaxation Techniques

What usually works best to free yourself to perform in your sport are: relaxed intensity, relaxed attack, and relaxed power. You go after your goal with full focus; you push your limits, and at the same time relax enough to free your body to perform in a powerful yet flowing way.

Two things happen when you initiate effective relaxation:

- Psychological: Your focus shifts away from what caused the tension or anxiety;
- Physiological: Your heart rate slows, your breathing slows and becomes more regular, your oxygen consumption decreases, your muscles become less tense, and you feel a sense of calmness and control within your mind and body.

A person needs to develop a relaxation plan that works for them. Some relaxation choices are:

- Progressive relaxation: It is impossible to be nervous or tense in any part of the body where the muscles are completely relaxed. Procedure: Tense muscle groups, then relax to compare the difference. Move through the body and practice this on all muscle groups.
- Autogenic training: Relies on the feelings associated with the limbs and muscles of the body, similar to auto-hypnosis. Procedure: Visualize images of a relaxing scene while at the same time focusing on feelings of heaviness and warmth.
- Meditation: An uncritical focus of attention on a single thought, sound, or objects. Procedure: Sit comfortably, eyes closed, concentrate on breathing deeply and silently repeating a mantra.
- Biofeedback: Is a voluntary control of autonomic nervous system (heart rate, breathing, temperature control). Procedure: Uses instruments to monitor and aid in control to recognize changes in body functions.
- Hypnosis: Being in a relaxed and responsive state. Procedure; Stare and focus on an object, take a fairly deep breath, hold it for a moment, and then let it out slowly. As you exhale, say to yourself relax-relax-relax. Repeat seven times, letting your body become more and more relaxed.

Try them all, then pick one that works best for you. Personal best performances occur when mind and muscle combined with thoughts focus and execution occurs in a free-flowing way. Besides, being relaxed feels good!

**Mental** (Continued from page 14)**Imagery**

Imagery or visualization is the most important of the mental skills required for winning the mind game in sports.

Imagery is closely related to goal-setting because it aids in the selection of both direction and intensity of effort. Images of far off goals bring them closer and positive images may also serve as a secondary reinforcer of effort and persistence.

- In external imagery a person views himself from the perspective of an external observer (like watching a home video).
- Internal imagery requires an approximation of the real-life phenomenology such that the person actually imagines being inside their body and experiencing those sensations which might be expected in the actual situation.
- Mental rehearsal: The mind cannot distinguish between imagined or real practice.
- Motivation: Imagery serves a motivational and cognitive role in the brain.
- Confidence: Imagery helps build self-confidence when you imagine constant positive behavior.
- Attention & Focus: Imagery skills well learned help assess critical execution of the task.
- Emotional shifts: Imagery helps endure emotions related to the actual task.
- Personal meaning: The brain is largely organized through the process of association. Understanding the relationship between the individual and association, understanding the relationship between the individual and imagery is very personal and determines the effect on the task at hand.

**Thought Management**

Designing and working a mental plan requires lots of thought.

Great athletes are extremely consistent in their performance regardless of external circumstances, whether alone in their backyard or in front of thousands at the Olympics; they remain focused and repeatedly perform the same time after time. To do this requires precision of mental control practiced diligently over the years and a deep commitment to use all of the challenges that arise as an opportunity to retrain the mind. Without some type of mental training good athletes cannot become great.

- Redefine winning and embrace true success: In the sport-crazed American society first place is the only place and second place is the loser. You must decide what it really means to win. Winning is personal. It happens when you overcome an obstacle within yourself. It is continuing to love yourself despite being in "last place".
- Change Your Perspective: Use that "last place" event as an opportunity to learn and refocus your mental plan. Seize the championship event as an opportunity to improve your athletic skills and your mental focus. Learn not to be a victim of "last place", but a winner in your heart.
- Go with and Not Against Adversity: "Confucius says..." We are more likely to reach the goals we want when we go with difficult situations and not against them. This is a gentle and forgiving approach to learning and making mistakes rather than an aggressive critical one. It emphasizes the importance of detaching ourselves from our emotions, good or bad, so we can remain objective, clear, and precise. Go with the flow and strive for excellence.

To be continued Next Month



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Check out the web site and see how it works. Just send your Club Logo to [quiver@washingtonarchery.org](mailto:quiver@washingtonarchery.org) and I'll send it on to the supplier and make it official.

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## SHOOTING RULES

1. Equipment Rules: Follow NFAA Equipment Rules.
2. A line captain shall be selected and shall settle all doubtful issues pertaining to shooting and scoring.
3. Each contestant must declare before shooting begins that he/she is shooting for WSAA Mail-in official score. (A contestant may not shoot two or more rounds and then use the best overall scores.)
4. There will be two official practice ends consisting of four minutes each.
5. The round will be shot on the NFAA Blueface target (individual's choice of single-spot or five-spot)
  - a. An end shall be composed of 5 arrows, 4 ends shall be a game.
  - b. There shall be a 4-minute time limit to shoot an end.
  - c. The round shall be composed of 12 ends -3 games.
  - d. The archer will shoot their assigned target. If assigned to an upper target, the archer will shoot the upper target for the first six ends, and then rotate to shoot the lower for the remaining six ends, and vice-versa.
6.
  - a. Scoring area values for the single-spot face shall be 5-4-3-2-1.
  - b. The white line that separates the scoring areas shall be entirely in the higher scoring area.
  - c. If shooting the five-spot face, score the white spot 5, the blue rings 4.
  - d. X rings shall be counted and used as tie breakers, and will be considered part of the official score.
  - e. Archer shall record Xs and numeric value of each arrow on the scorecard.
7. No archer may advance in front of the shooting line during normal shooting periods for ANY reason. Any archer shooting prior to beginning whistle or after whistle signaling end will lose the highest scoring arrow or arrows equaling the number of discrepant arrows shot.
8. In case of equipment failure, verified by the line captain, the archer shall have fifteen minutes to make repairs, without holding up the tournament. Backup bows may be used.
  - a. The archer shall be given one end for the purpose of resighting.
  - b. Make up arrows will be shot at the end of the round in the presence of the Line Captain.
  - c. This occurrence of repair or replacement may not happen more than once in a tournament day.
9. In case of major equipment failure which cannot be repaired in the time allowed, an archer may suspend shooting and continue the round at a later date. Either repaired or replaced equipment may be used.
  - a. Scorecards will be retained by the location reporter until the round is completed.
  - b. Make up round will be shot in the presence of the Line Captain.
  - c. This occurrence of suspending and continuing shooting may not happen more than once in the series.
  - d. This option applies to the Mail-In tournament ONLY.
10. When an arrow is dropped while the archer is in the act of shooting he may shoot another arrow in place of the dropped arrow if any part of the arrow is within ten feet of the shooting line. (A dropped arrow is one which falls while being transferred from the quiver to be nocked on the string, or on preparation for a shot, or which falls from the string during a controlled letdown.)
11. The line captain will make all decisions on scoring questionable arrows, and their decisions are final.
  - a. All scoring shall be completed before an arrow in the target face, or the target face itself, may be touched.
  - b. Witnessed bounce-outs or arrows passing completely through the target butt will be reshot at the end of the round, in the presence of the Line Captain.
  - c. If an archer shoots more than five arrows in an end, only the five arrows of lower value may be scored. A penalty of one point will be assessed for each arrow shot over the prescribed number of arrows.
  - d. Hits on the wrong target will be scored as misses.
  - e. If an archer shoots less than five arrows in one end he may shoot his remaining arrows if the omission is discovered before the end is officially completed, otherwise, they shall be scored as misses.
  - f. If using the five spot target face, an archer may shoot any of the five target spots in any order and shoot as many arrows into any spot as the archer desires, not to exceed the prescribed number of arrows per end.
12. Bowhunter Freestyle and Bowhunter Freestyle Limited competitors may NOT adjust their pin sights after the first arrow has been shot for score.
13. Any registered shooters must complete all six rounds to be eligible for awards for individual or teams.
14. Winner is the archer with the highest total score. In the event of a tie, the individual registering the most X rings shall be declared the winner. If there should still be a tie, the participants shall be declared tied and equal awards shall be given regardless of unit rule. However, other places shall be adjusted to reflect the awards given according to unit rule and unit rule will only be broken to award duplicate awards to the last place allowable by unit rule.
15. Any rules not covered above shall be referred to the Tournament Committee.
16. Any grievances must be presented in writing to the Tournament Committee, accompanied by a \$25.00 fee.



## 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			<b>Birthdate REQUIRED</b>	WSAA	WSAA & NFAA
Adult Member				\$30.00	\$65.00
1 <sup>st</sup> Add Adult (Spouse)				\$10.00	\$15.00
1 <sup>st</sup> Add Junior (Under age 18)				\$ 2.00	\$ 7.00
2 <sup>nd</sup> Add Junior (Under age 18)				\$ 2.00	\$ 7.00
3 <sup>rd</sup> 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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[www.WashingtonArchery.org](http://www.WashingtonArchery.org)

**WSAA Tournament Formats**

**Codes Tournament Format**

- MC Indoor Multi-color (18 Meters, 40 cm or Vegas face)  
Cubs and PeeWee shoot at 9 meters
- BF Indoor Blueface (20 yards, 40 cm or 5-spot face)  
Cubs and PeeWee shoot at 10 yards
- F NFAA Field / Hunter / Animal or FITA Field
- S Safari targets, marked distance paper
- IBO 3-D animal targets, IBO rules
- 3-D 3-D animal targets, unmarked distance
- M3 3-D animal targets, marked distance
- T NFAA 900 round (60, 50, 40 yards)  
Youth = 50, 40, 30 yards; Cub = 30, 20, 10; PW = 15, 10, 5
- FITA USAA / FITA target round

**Codes Membership Requirements**

- JOAD Junior Olympic Archery Development
- NASP National Archery in the Schools Program
- / W WSAA Membership Required
- / N NFAA or USAA Membership Required

See the WSAA Website [www.WashingtonArchery.org](http://www.WashingtonArchery.org) for full descriptions of these tournament formats

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