

SMOKE SIGNAL

Official Newsletter of Skookum Archers Club and Range

January, 2005

News & Notes

A copy of the **2005 WSAA Shoot calendar** and NFAA National Tournament Calendar has been placed on our web site skookumarchers.com

There is a white board in the Club House that lists a number of tasks that need attention at the range. Take some time and help out by performing one of the listed tasks.

If you are planning to move, please notify Shane Peterson, VP, of your new mailing address. Don't miss an issue of the Smoke Signal.

You can shoot the MC Mail-In on Friday nights (6 or 7pm) at the Pro Shop range (Great Northwest). Lane fee is \$5.00. Mail-In registration fee is \$10.00

Annual Club Meeting

The Annual Member Meeting was held Thursday December 9, 2004. The following were elected to the Board of Directors for 2005:

President: Dennis Jenkins
Vice-President: Shane Peterson
Secretary: Shawn Johnston
Treasurer: Kris Miles
Communications: Don Morrison
Tournament: Open
Range: Open
Grounds: Pat Fernandez
Hunting: John Batts
Activities: Open

The voting membership present also authorized a one time expenditure of \$2,500 to purchase one of the "**Archery in the Schools**" program kits (11 Genesis bows, arrows, netting, etc.) to donate to an area school district willing establish an archery in the school program. Also approved was \$1,500 to install **new fencing** in front of the flat range by the range fee drop box, \$1,500 to install a **propane heating system** in the Club House to replace the aging and failing pellet stove. It was also determined and authorized to construct a 2 or 4 target shed **FITA range** using a portion of the "C" Course.

WSAA Multi-Color Tournament

The WSAA Multi-Color Championship will be held January 15&16 at Silver Arrow Bowmen in Mount Vernon. There will also be a Friday evening session (1/14). Visit www.crispie.com/WSAA to download a registration form.

Annual Club Banquet

The **Annual Member Banquet** and installation of officers will be held Saturday January 8, 2005 at the Bonney Lake Senior Center. 6:30pm social, followed by 7:00pm dinner.

We will be swearing-in board members, handing out the bowhunting awards, and giving away lots of door prizes. The cost is \$10 per adult and \$5 per child under 12. RSVP at info@skookumarchers.com or fax/mail back the registration form that is located on page 6 of the Smoke Signal.

2005 Skookum Events

The following events and shoots have been scheduled for 2005:

- Jan. 26-30: Archery Tent at the WA Sportmen's Show at Fairgrounds
- Sat Feb. 26th: 3-D Saturday
- Sun. Feb. 27: *Foul Weather Field*
- Mar.. 19/20 *Wet and Wild 3-D*
- Apr. 30/May 1 (Sat/Sun) *Spring Safari - Combo paper & 3-D targets*
- June 18/19 (Sat/Sun) NFAA NW Sectionals Field Tournament
- Sat. August 13th: Club Picnic & Championship
- Saturday October 8th: 3-D Saturday
- Saturday November 12th: 3-D Saturday

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Great Northwest Archery (253) 841-0991

Your full-service pro shop and indoor range at the
Skookum Archers Club and Range

Archery Crossword Puzzle

Anti-Hunting Groups Join Forces

The Humane Society of the United States (HSUS) has announced a merger with Fund for Animals, effective January 1, 2005. The Fund for Animals is the most vociferous anti-hunting organization and is headquartered in New York City. It raised \$6.7 million in 2003. The two groups plan to operate their advocacy programs under the banner of The HSUS, building a new external affairs department to focus on major, defining issues such as fur, sport hunting, factory farming, and malicious animal cruelty, including animal fighting. They will pursue these goals with a multifaceted approach involving investigations, litigation, communications, and professional campaigning.

The U.S. Sportsmen's Alliance (USSA), in response, has announced an emergency meeting of bowhunting organizations, businesses and publications to prepare to counter the anticipated attack on bowhunting. The Alliance created the Bowhunter Defense Coalition to defeat a series of attacks on bowhunters during the late 1980s.

Earlier this year, HSUS appointed former Fund for Animals official Wayne Pacelle to the position of CEO. According to public filings the new organization will have combined assets of as much as \$97 million to implement its anti-hunting agenda.

The U.S. Sportsmen's Alliance protects the rights of hunters, anglers and trappers in the courts, legislatures, at the ballot, in Congress and through public education programs. For more information about the U.S. Sportsmen's Alliance and its work, call (614) 888-4868 or visit its website, www.ussportsmen.org.



Someone Said It
Was Barebow Today

Grains Per Pound

Have you ever heard the term "Grains Per Pound"? If you're a serious 3-D shooter, you probably know exactly what this term means. However, if you're fairly new to archery, you may not completely understand what this term refers to. Let's take a closer look at the "Grains Per Pound" issue to determine how it works and why.

Grains per pound is a measurement that was designed to be a standard for safety and performance; encouraging performance, while yet limiting unsafe bow and arrow set-ups on the course or in the field.

The standard is 5 grains per pound. What this means is when you select an arrow shaft and set-up your bow, the total weight of the arrow must correspond to the peak draw weight of your bow. More specifically, this translates into "a minimum of five grains of total arrow weight per each pound of peak bow draw weight". For example, a 60 pound bow requires a 300 grain arrow ($60 \times 5 = 300$). An 80 pound bow requires a 400 grain arrow ($80 \times 5 = 400$). Many bow manufacturers suggest a six grains per pound guideline for their bow set-ups and often base their warranty on a grain per pound minimum. Each manufacturer may have a different standard for their respective equipment. Regardless, these standards have been established to create a safe, reliable, yet high performance standard. The International Bowhunter Organization (IBO) has been a longtime supporter of the 5 grains per pound standard and conducts all its tournaments with a bow scale and arrow grain scale 'weigh station' to maintain the accuracy and integrity of this

standard.

Most actual hunting set-ups utilize a heavier arrow shaft than the 5 grain per pound standard. The need for longer vanes or feathers, an 8-32 tip adapter and a stout broadhead requires a stiffer, heavier arrow shaft which often adds up to weights of 450 to 500 grains. Few hunters are capable of shooting a hunting bow at 90-100 pounds. Today the 5 grain per pound standard is widely accepted as the standard for many 3-D competitions.



Practice Right When Time is Limited

I have learned that practicing right only takes a little time, and rewards you much quicker. Practice is not about how many arrows you are shooting. Practice is for perfecting your form, plain and simple.

VISUALIZATION. Before going out to practice, have a goal in mind. Not score, but form. Have an idea of what you want to work on that day. Maybe it's relaxing the bow arm or following through, whatever it is have a plan for the day. Try not to clutter your mind with too many things. Once you have your mind made up on what it is you will practice, take about 5-10 minutes and just visualize yourself performing the task. Visualizing only 10 minutes can be as effective as 100 arrows shot if done properly. Really see the shot and the technique, even feel the muscles working as you visualize. This sets your mind up and prepares the mind for the practice session, it knows what it will be working on.

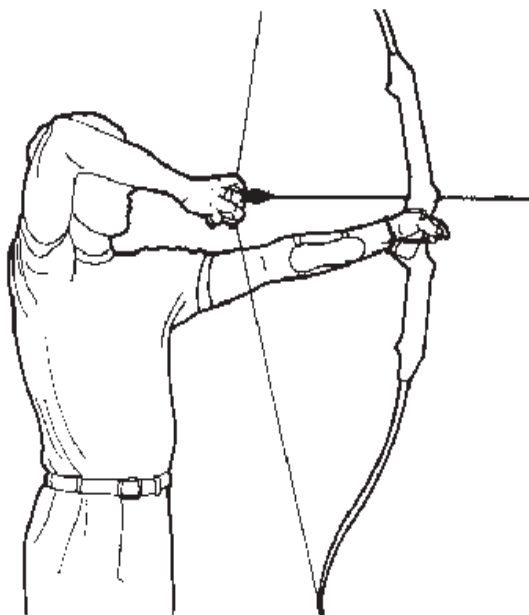
BLANK BALE. After visualizing your shooting, step up to about 10-20 feet away from the target with the target face removed and shoot at a blank bale. Blank bale shooting allows your mind to really focus on the feel of the shot. Because there is no target, the mind is forced to work strictly on form. Continue to use your visualization through your blank bale shooting. Use the same images that you saw prior to shooting. I like to visualize a shot and then shoot one, visualize and then shoot another. You will be amazed how your body will pick up on what you are visualizing and incorporate it into your form. Shoot at least 20 arrows at the blank bale, but make sure with each arrow you are visualizing and trying to feel that aspect of your form that was the goal for the day.

MOVE THE SIGHT. After shooting blank bale move back to your desired distance and place the target face back on the target. Blank bale shooting is very valuable, but eventually you have to be able to transfer what you learned shooting at the blank bale to the target, this is not such an easy task. Don't be discouraged when the shots at a blank bale feel nothing like those you are shooting at a target. The whole goal is to get to the point that the shots at the target feel the same as those at a blank bale.

If you get to this point then you have fully understood the concept that the arrow will only score better by shooting a good shot. When you shoot at a target try to get the shot to feel like the blank bale, etc. Always keep in mind that you are only working on one or two things on your form. Shoot about 50 arrows this way before moving your sight back to the middle.

SCORING. Scoring is merely a way to measure your results. Score at least one round every other time you practice. Scoring will put a little more pressure on you

and it's good to see if you can transfer what you have worked on with the blank bale and the target shooting to shooting for score. Don't mistake of scoring every time you go out. The problem with this is you never free your mind up enough to work on improving your form.



Each of these types of practicing, visualization, blank bale, moving the sight and scoring, are ways to practice. Use any

one of them alone and you're missing the boat. Use all of them together and watch how much quicker you can increase your scores. The key to good shooting is consistent, good form using the correct muscles. If you're out flinging arrows you will get consistent, I promise. The problem is you will be consistent with bad technique. Make your practices count, don't fling arrows, have a plan and understand why each part of the process is important.

Remember that the most important word in Performance...is "form." Without proper shooting form you will never reach your potential as an archer. Learn good form and practice it consistently.

Shooting In the Mind's Eye

The Mind's Eye is perhaps the most powerful tool that we possess. The Mind's Eye imagines, creates, and visualizes any possibility that we desire. In the process, our Mind's Eye influences our physical reality and our ability to actually have that which we have visualized. Suppose you're working at the computer and suddenly, in your Mind's Eye, you picture something you'd like to eat. You think "that sounds good," and suddenly you're heading to the kitchen. All the necessary functions that are performed in the process of getting the food occur spontaneously, with a minimum of conscious thought. We stand up, walk to the kitchen, grab the food, walk to the cupboard to get a dish, etc. In our Mind's Eye is pictured the outcome which we desire and our bodies, more or less, automatically do what is physically required to successfully reach the outcome.

It is not necessary to consciously think about which muscles to extend or contract as we stand or walk or reach; nor to think about where the kitchen is in your house and how to get there. In fact, it is easier to allow your body to do automatically what it knows how; if you attempt to consciously think about and control every muscle movement, it actually makes the process much more difficult. The Mind's Eye not only visualizes the outcome that we desire. It also believes, without an ounce of doubt, that it is in our capacity to reach what we are visualizing. In going for the food, it is doubtful that you would wonder if you are actually capable of making it to the kitchen or able to eat what you are after.

What does the Mind's Eye have to do with archery?

Similar to the example above, the Mind's Eye greatly influences our actual success in archery. When we can visualize ourselves landing the arrow in the gold, and believe without a doubt that it is in our capacity to do so, then our bodies can more easily do what is necessary to achieve that outcome. Archers who don't or can't visualize themselves shooting successfully are at a great disadvantage. And, like attempting any physical activity, consciously thinking about every muscle you need to extend and contract can interfere with your ability to execute a good shot (unless, of course, you are just learning how to shoot).

Using the Mind's Eye in archery sounds simple, but to actually use it to your advantage rather than disadvantage can be more complicated than it sounds. Think about what can happen in your Mind's Eye following a low scoring end and preparing for the next end.

If you feel frustrated or upset, begin to think that "maybe today is just not a good day for shooting," feel less confident in your abilities, and see yourself as not prevailing, there is a good chance that your performance will not improve. Using the Mind's Eye to your advantage means believing in your abilities and feeling confident that you can succeed, despite your performance and despite the outcome. Using the Mind's Eye in this way does not mean that you will have immediate 'success' (depending on how you define success - we'll talk about that in another issue)

but it does mean that success will come more easily and more quickly.



How does the Mind's Eye influence our physical reality?

The Mind's Eye influences what occurs physically because the mind and body are intimately connected. They influence one another constantly.

It was once thought that the mind and the physical body were completely separate; that is, the function of one did not in any way influence the function of the other. Today, we know this to be absurd. Our thoughts and emotions influence our physical health and our physical health influences our mental health. With regards to archery, if we think positively and believe in ourselves, the probability of executing a strong shot is much higher than if we think negatively and have a pessimistic outlook.

Archers who are having difficulty shooting as well in competition as they do in practice often tackle the problem by increasing the amount of time they spend shooting. Keeping in mind that shooting is both a physical and mental exercise, these archers may do better by focusing on how their mind, thoughts, and beliefs are influencing their ability to shoot under pressure. With a fuller understanding of the Mind's Eye and how it effects your shooting ability, the next step is to learn to use the Mind's Eye to your advantage. This requires: 1) perfecting the use of visualization, 2) learning to objectively correct your mistakes without emotionally judging them, 3) realistically defining success, and 4) basing your confidence on more than the outcome of your performance.



Registration Form

Skookum Archers Annual Banquet

Sat. January 8, 2004

The annual Skookum Archers Club banquet will be held Saturday January 8th at the Bonney Lake Senior Center. This will be a superior catered banquet. The address is 19306 Bonney Lake Blvd. 6:30 p.m. Social Hour; Buffet Dinner at 7:00 p.m. Both Associate and Active members are welcome. The buffet will consist of roast beef, chicken breast, potatoes, salads, dessert, etc. There will be a variety

*of awards and door prizes. **Cost is only \$10 per plate for adults, \$5 per child (6-12), free for Kids 5 and under.** The Club is offsetting a portion of the banquet cost.*

Send in your reservation today. Deadline to register is January 3rd. You can pay at the door. We look forward to seeing you there.

Instructions: Complete the following and mail to:

Skookum Archers
C/O Don Morrison
1231 Farallone Avenue
Fircrest, WA 98466

or fax the registration to 253-565-2575. You can also register by sending the necessary information by email to info@skookumarchers.com. Be sure to mail-in a check with your registration form if you want to receive double the number of door prize tickets.

Cost is \$10 per plate for adults, \$5 per child (6-12), Free for Kids 5 and under.

Name	List Category (Adult, Child, or Kid)
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TOTAL \$ _____

Directions to BL Senior Center: From SR 512 or SR 167: Take the SR 410 East Exit. As you go up the hill towards Bonney Lake, turn left at the first stop light (AM/PM and Diary Queen). Follow road (Old Sumner Buckley Hwy) past fire station and post office to the first stop light (Locust Ave.). Turn left onto Locust. Follow Locust north about 1 mile to Bonney Lake Blvd. Turn right. Follow ½ mile to Senior Center/City Hall complex. Note: if you run into Lake Tapps, you have gone three blocks too far.

Member Notices

Western Washington Sportsmens Show. For the past two years the Club has sponsored the Archery Tent at the annual Sportsmen's Show at the Puyallup Fairgrounds. Each year more than 2,000 kids and adults try their hand at shooting a bow. Thousands more pass through the booth. We setup 3 FITA targets and 9 3-D animals including 3 very realistic dinosaur targets loaned to us by the O'Loughlin trade show that are a big hit with the kids. For 2005, the show is scheduled for January 26-30. We have also asked the show sponsors to allow us to partner with WSAA and the Washington Wildlife Coalition and the "Go Play Outside" campaign to provide information inside the Tent.

Pat Fernandez and Dennis Jenkins will serve as the coordinating committee for the upcoming event. However, we need lots of helpers to pull off this event. If you are able to help with the event (setup, takedown, instruction, etc), please contact President Denny Jenkins. As the time nears we will set up shift schedules for those willing to help. **The schedules will be posted on the club website.**

Welcome

Welcome to these new members who have joined the Club in the past few months:

Jesse West, University Place

Jon Blue, Puyallup

Steven Millage, Puyallup

James Morris, Tacoma

Decide on a specific practice schedule and stick to it. Nothing beats consistent practice for developing your shooting skills.

Great Northwest Archery

Your Full Service Pro Shop at the Skookum Range

We feature an indoor shooting range, a full-service pro shop dealing Hoyt, Parker bows and PSE bows, and an extensive line of archery products and services. We also sell WA hunting and fishing licenses. Open daily.

(253) 841-0991

BOARD OF DIRECTORS

PRESIDENT

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Kristina Miles; (360) 893-4919
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TOURNAMENT

Vacant - Volunteer Today!

RANGE

Vacant - Volunteer Today!

GROUNDS

Pat Fernandez, (253) 927-9741

HUNTING

John Batts
jkbatts@comcast.net

ACTIVITIES

Vacant - Volunteer Today!

The monthly member and Board of Directors meetings are held the second Thursday of the month. The member meeting is at 6:30pm, and the Board meets at 7:00 pm, in the Club House.

CALENDAR

- January 8, Annual Club Banquet, Bonney Lake Senior Center, 6:30 Social; 7:00pm Meal
- January 15-16, WSAA Multi-Color Championships, Silver Arrow
- January 26-30, Washington Sportsmen's Show
- January 29-30, Capitol City Wooley Booger 3-D

Target Assignments: Active Members are responsible for maintaining a target area. Life Members, Associate and Junior Members are not required to maintain a target area. IF YOU DON'T KNOW YOUR TARGET ASSIGNMENT, CONTACT THE CLUB VICE-PRESIDENT. Your target assignment is generally printed on your Smoke Signal mailing label. You are responsible for replacing the Target Face when needed, picking-up trash in your shooting lane, and reporting maintenance that needs to be done to the Grounds Chair, and reporting any range work (target shed, shooting bales or shooting stakes) that needs to be done to the Range Chair. Replacement targets can be acquired by contacting the Pro-Shop. Please do not replace targets until they need it; typically this means that the center scoring area is shot out. Also, we can all pitch in on replacing the target faces on the flat range. Thanks for working together!

Notice to Active Members: There is a "To Do" list posted on the Club House outside bulletin board. In addition to your target assignment, those seeking work hours to reduce dues can perform any of the tasks listed on the "To Do" list. For other work that needs to be done, contact the Range Master, or Pat Fernandez, Grounds Director.

Annual Awards Banquet
and Installation of Officers
Sat. January 8th, 6:30 pm

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