

SMOKE SIGNAL

Monthly Newsletter of Skookum Archers Club and Range

June, 2007

WSAA Safari Championship Results



Skookum hosted the WSAA Safari championships May 19th and 20th. This was the first time in several years that Skookum had hosted this event, our 2nd state tournament of the year. 86 archers competed for state champion bragging rights.

The Club shares the registration fees for the shoot 50-50. WSAA reimburses us for the target costs. We made about \$800 on the shoot.

Thanks to those who helped - from those who pasted the targets to those who administered the shoot. We appreciate your efforts: Pres. Dennis Jenkins, Tournament Director Jeremy Ryser, Vice-President Marty Mullins, Don Morrison, John Finsterbusch, the McGrath family for concessions. Also, thanks and apologies to those names missed. As in most state tournaments, Skookum members did fairly well. Club members who placed include:

Pro-M-FS

Jim Miller 916 605 1521 1st

A-M-FS Championship Flight

Jeremy Ryser 904 605 1509 2nd

A-M-FSL

Matt Turner 860 587 1447 1st

A-M-BHFSL

Shane Peterson 718 500 1218 1st

A-M-FSL/R

Timm Hines 848 521 1369 1st

A-F-BHFSL

Wendy Truitt 619 414 1033 1st

YA-F-FSL/R

Shaelie McGrath 618 520 1138 1st

A-M-TRAD

Dan Croft 717 531 1248 1st

June 30 Super Saturday 3-D Benefit Shoot

The Pro Shop (Great Northwest Archery) at the range will host a "Super Saturday" 3-D Benefit Shoot Saturday June 30th for Chris and Travis Smith. Shoot hours are from 8am to dusk. Suggested shoot fee is \$10 for 30 plus targets. However, any donation to the family will be graciously accepted at the shoot or any U.S. Bank.

At the end of the day there will also be a raffle, silent auction and spaghetti dinner from 4-7pm. All shoot, auction, and dinner proceeds will be contributed to the family fund.

Chris Smith-Newman was tragically killed on February 1st due to a senseless act of violence. He left behind his 4 year old son Travis, his loving family, and countless friends. Please join us for a fun shoot, good food, and a worthy cause.

3-D THURSDAYS

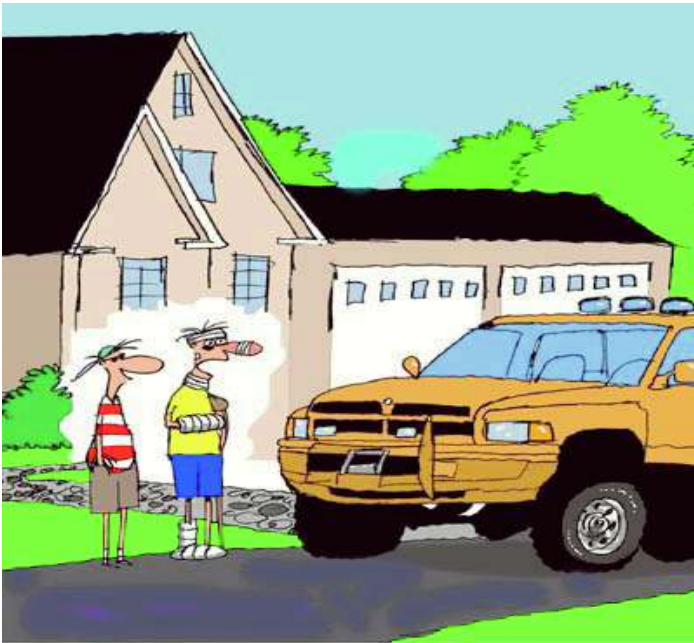
Great Northwest Archery has begun their summer 3-D Thursday fun shoots. Stop by after work for a round.

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Great Northwest Archery (253) 841-0991

Your full-service pro shop and indoor range



"For our anniversary I bought myself \$1,200 worth of hunting equipment, and her a carpet cleaner... which explains my injuries."



"Off hand, I'd say you're suffering from an arrow through your head, but just to play it safe, I'm ordering a bunch of tests."



"O'Banion from accounting has a bow-hunting trip coming up, and he decided to practice on me. I'd like him fired."



It's a four fletch alright - two on each end.

"Look, if John Bear could shoot pheasants out of the air with a recurve, you can damn well hit that little yellow circle that's not even moving."

Range Improvements

If you haven't been to the flat range recently, you'll be pleasantly surprised when you go. The Club has replaced all of the target sheds with new sheds and bales (in some cases only turned over the carpet bales to the unused surface). There are now target sheds with carpet bales for 10 (kids foam bale), 20, 25, 30, 35, 40, 45, 50, 55, 60, 70, and 80 yards, plus target sheds with straw bales at 30, 50, 60, 70, and 90 meters for the Olympic style FITA shooters. Thanks to range director Kurt Allen and crew for all the hard work undertaking this project. God bless you all. The broadhead pits are also being replaced with new targets.



Bow Arm Strength and Power

Adapted from an Article by Don Rabska

Many archers use the muscles of the shoulder to maintain bow arm position and stability. This works to some degree. However, the most efficient use of the body's power to the bow arm comes from the tendons under the arm. When reaching toward the target, reach from under the arm, not from the muscles at the top of the shoulder. To do this properly, it is necessary to have your bow arm and bow arm scapula in the correct position. When you reach from underneath the arm, you should feel some discomfort as you reach toward the target (without a bow in your hand). The feeling of discomfort will extend from approximately the armpit to the elbow, but don't worry, that is the proper sensation. When shooting, the discomfort is eliminated due to the force of the bow pushing toward you. If the reach is done correctly, the shoulder will actually drop slightly, increasing stability even more. Try to relax the muscles on the top of the shoulder and reach from underneath. This method of reaching can allow you to 'stretch' forward toward the target due to the use of the tendons. If you try to reach toward the target with the muscles of the shoulder, the bow arm is virtually static unless the scapula is raised, which is not a good thing to do. The reach should be done while maintaining a balance in energy between the bow arm and drawing arm, i.e. reaching toward and drawing away from the target at the same moment so both halves of the body maintain equal balance (harmony).

The Draw arm

Having both scapula down and level is critical to having good shoulder stability. Both the bow arm and draw arm scapulas must be down and equal in height. This is the most stable position of the shoulders and best utilizes bone structure rather than excess muscle. Having the draw arm scapula in this down position will also create a shorter more direct and efficient follow through. Many archers have asked why the top Korean archers, especially the women, have such a short follow through. The reason their draw hand comes only to the neck on release rather than to the shoulder as observed in many western archers is due to the position of the scapula. With the draw arm scapula in the down position, the drawing hand cannot travel past the neck upon release, biomechanically speaking. To have the release hand travel further than the neck, the drawing arm scapula must be raised up allowing the arm to hinge at the shoulder rather than using the entire shoulder as a single unit.

You will notice that many archers raise the drawing shoulder as soon as they prepare for the draw. Raising the draw arm scapula to initiate the draw does not allow the drawing shoulder to be placed in the most efficient position for optimum scapula motion, 'back tension'. Additionally, it can cause the drawing elbow to be too far out side of line to allow for the best possible force vector alignment (the alignment of forces directly toward and away from the target as is humanly possible). It is the scapula position that provides good drawing alignment, allowing the elbow to be aligned with the arrow rather than the elbow placed well outside the arrow line. Having both scapula down and level is critical to having good shoulder stability. A common misconception about alignment is that it is controlled by the length of the archers arms. There is no reason that 98% of all archers cannot get 'in line'. In other words, getting the drawing elbow directly (or very nearly) in line with the arrow. Many archers are stuck with the belief that their arms are too short to achieve good line, so they compensate by using an extreme side anchor (which creates more left shots than they care to count, for a right hand archer, opposite for left handers). The only reason that archers cannot obtain good line is due to the position of the drawing arm shoulder or scapula. Archers who use their arm (biceps) to draw the bow will often have this problem. When using the arm to draw the bow, the scapula is kept forward along with the entire shoulder unit. Additionally, the archer will often slouch at the shoulders preventing good use of the back. Archery is a game of good posture, the archer must stand up straight with the shoulders down to achieve good alignment.

Continuous Motion

To develop scapula motion (back tension), the drawing arm biceps must be relaxed. When drawing the bow, this will automatically move the scapula toward the spine and bring the elbow into alignment. Many coaches tell their archers to use their back, but do not really say how to achieve it. The process is really very simple. If the draw arm biceps are relaxed, the only way to draw the bow is with the muscles attached to the scapula of the drawing arm. Additionally, the forearm of the drawing arm should be placed within a specific range to start the draw, (usually initiated from the pre-draw position). Place the drawing arm forearm some where between the cheek and the forehead. Find the location that best allows you to feel a direct line to the draw arm scapula and then be consistent in your forearm placement. Remember to fully relax your biceps when starting. Relaxing the drawing hand and forearm will also assist greatly in the proper use of the scapula and in achieving a relaxed and well executed shot.

Remember, "power comes from relaxation not tension". It is always easy to tell if an archer is using their back properly or if they are an 'arm shooter' (one who mainly uses the biceps to draw the bow). The archer who uses the scapula to draw the bow will come through the shot very smoothly, with a smooth constant motion. The arm shooter will struggle, due to conflicting forces of the biceps being 'antagonistic' to the muscles attached to the scapula. This action will cause the arrow to move back and forth before release as if the archer were trying to 'saw' their arrow rest in half. Coming to anchor is a critical point in your technique. It is important to maintain the feeling in the back while drawing the string to the chin. It is perfectly acceptable to slow down as you approach your anchor, but do not stop completely or change the direction of the draw in order to anchor. The face or chin is not really the anchor it is more accurately the rear sight. The anchor is actually the scapula positions. This is difficult to explain, although, if you took your head completely out of the way, you would still come to a very consistent and accurate draw. Your body knows where to draw each and every time. The head is often the biggest cause of using the biceps or shifting to the biceps when approaching the chin with the string. Try keeping the neck very relaxed and slow down as you come to anchor but maintain the same feeling of the draw from start to finish.

Point of Instability

Some archers can be observed having a tremendous shaking problem. When the archer comes to full draw, the bow arm may shake excessively or the drawing arm may shake uncontrollably. Often, these archers still shoot quite well, but their performance is hindered by this condition. In almost every case, this condition is caused by a 'point of instability'. The severe shaking is almost always caused by an unstable muscle group. In the majority of archers the most common cause is excessive tension in the drawing arm biceps. The bow arm scapula position is the second most common cause of this instability. However, it is worth noting that the point of instability is not necessarily localized to the area of the most severe shaking. For example, tightness in the drawing arm biceps may be the cause of excessive bow arm shaking, while the drawing arm appears stable. To correct this condition, it is essential to isolate the muscle group that is causing the problem. Next, it will be necessary to relax that specific muscle group and possibly reposition that part of the body into a better biomechanical position.

Drawing Hand

The drawing hand too must be relaxed to achieve a good release of the string. The best release comes from relaxation. At the moment of release, the fingers of the drawing hand should fully relax and the draw continued. The shot does not stop when the release goes off or the fingers relaxed, but must be treated as though the draw is continuing as if nothing has changed. The only change is the fact that the archer is no longer holding the string. Many archers will relax the entire drawing shoulder when releasing. This action creates a collapse of the shot, or more accurately a collapse of the drawing shoulder creating a 'soft' shot. The ideal release is achieved by relaxing only the fingers of the drawing hand to create the release. The drawing arm continues as if you were still drawing the arrow through the clicker. Obviously, the release hand reacts to the loose of the string and moves rapidly back creating the follow through. The thought you want to project in your mind is to think of the follow through and not the release. If the archer thinks of the release, they will often 'stop' the shot to release and then fake the follow through. Think of only relaxation while continuing the draw to create a smooth but aggressive follow through action, producing a virtually pause free release, i.e. no chance of collapse.

NASP Championship

Nearly 100 student archers competed Saturday April 28 in the Second Annual Washington State NASP (Nation Archery in the Schools Program) Championship held at AC Davis High School in Yakima. Skookum has provided one school in the Puyallup area with a NASP kit. This is a great program that is beginning to rekindle enthusiasm for archery throughout the United States. Hopefully, this program will significantly contribute to building the next generation of archers.

Cedar River Bowmen Hosted The Northwest Triple Crown. They had a good turnout with 170 shooters for the weekend; and 137 in competition on Sunday. Skookum's Jeremy Ryser was one of only 3 shooters who broke the 400 point range, with a total of 402. Here are top Skookum shooters/winners by class:

Male Hunter Class

Jeremy Ryser 402

Professional Male Release

Jim Miller 398

Advanced Hunter Class

Chris Ray 376

Archers Score More!

Conscious vs. Unconscious Aiming

Among professional archery instructors there appear to be two general schools of thought regarding aiming. The two are completely contradictory. One theory is to focus on shot execution - put all of your conscious power on what happens behind you, that is the draw arm scapula goes towards spine and back tension is uninterrupted (constant motion) and let your unconscious mind put the pin on the dot. They believe that if you focus on what you want to hit, your ring will circle the center automatically, thus eliminating the need to aim.



The other one is to practice your shot execution until it becomes fully automatic (3000 shots for an average archer) and therefore it does not need your conscious attention any more and put all your conscious power into aiming.

Obviously, if you are successful with one, that will be one that you support. If you are an extremely analytical person, you may side with the conscious aiming approach. Most people who have been very successful with this method are highly analytical. Opposite from the analyticals are the creative thinkers who want to use the "feel" method while not worrying about aiming, because they will use "the force," so to speak, to aim. This is a more Zen-like approach.

The chosen method may depend on how you handle shooting under the pressure of competition. If you are not consciously aiming you do not worry about your nerves as much as just focusing on executing the shot correctly. This keeps your mind off the aim, as aiming causes even more stress (for this type of archer) because the pin does not stay in the middle of the gold.

As opposed to recurve shooters, compound archers use equipment that allows them to see the X in sharper detail. Their relaxation of their front halves is important because it allows their aim to stay much more consistent . . . unless the wind blows. Thus, you may have noticed in the olympics, American archers suffer when the winds are strong, while Europeans shoot exceptionally well in the winds. This is due to their aiming methods and shot execution. When the winds stop, the Americans excel in the relaxed-aim method.

Editor's Favorite Archery Websites

Here's a list of my favorite "noncommercial" archery sites (in no particular order). If you're not familiar with them, check them out. Don.

www.archerytalk.com
<http://ArcheryWorld.com>
www.3dshoots.com
www.archeryarchives.com
www.snt.utwente.nl/~sagi/artikel/
www.archery.net
www.archeryweb.com/archery/amo.htm
www.archeryfocus.com

<http://archeryhistory.com>
<http://archeryoutdoors.com>
www.archeryphonebook.com
www.archerysite.net
www.bowhunting.com
www.bowsite.com
www.hunterspec.com
<http://nfaa-archery.org>
www.primitivearcher.com
www.skookumarchers.com
<http://kslinternationalarchery.com>
<http://tradgang.com>
www.usarchery.org
www.wildernessarcherysite.com
www.worldarcherycenter.com
www.wsaahistory.com

Archery targets used to be called butts, so to be the butt of a joke is to be the target of ridicule.

2007 Washington State Senior Games

Archery - Sunday August 5th

www.pugetsoundgames.com



Work Parties. There will be a monthly work part every first Saturday of the month at the range. We suffered considerable damage from the recent storms and need to clear a lot of lanes and repair a number of damaged target sheds. Email Range Director Kurt Allen at klgallen87@msn.com.

Note: *During the work parties leave all the brush trimmings in a clear place in the middle of the trail and and I will mulch it with the shredder and mower.* Pat Fernandez, Grounds Dir.

Special thanks to range director Kurt Allen who has been leading the charge to build new target sheds for every target on the flat range. This was a hurclean effort. Kudos to Kurt and all who helped ound nails. This will be a great improvement to the range. (See article on page 3).

Verizon Lease. The Club renewed its lease with Verizon cellular for space on the BPA tower for their cell. We get \$750 per month for the land its on, and BPA has a separate lease with them for use of their power poles.

THE FOUR STAGES OF LIFE:

- 1) *You believe in Santa Claus.*
- 2) *You don't believe in Santa Claus.*
- 3) *You are Santa Claus.*
- 4) *You look like Santa Claus.*

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. Get your supplies for the late season hunt.

(253) 841-0991

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

SMOKE SIGNAL



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Don Morrison, Editor

Super Saturday 3-D June 30th



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.

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!

- June 2-3, Rinehart 100, Capitol City
- June 9-10, Iron Amos 3-D, Tacoma Sportsmen
- Thursday June 14, Membership and Board Meeting, 6:30pm
- June 23-24, WSAA 3-D! Championship, Cedar River
- Washington State IBO Championships, May 26-28, Cedar River Bowmen
- June 30, Super Saturday 3-D, Hosted by Pro Shop Great Northwest

EVENT CALENDAR