

# SMOKE SIGNAL

Monthly Newsletter of Skookum Archers Club and Range

November, 2007

## Plan to Attend Annual Club Meeting

It's getting close to that time of year again! It is time to vote on major projects for next year and elect the board of directors. Members of the Board of Directors serve a one year term. Each fall the President appoints a nominating committee to develop a list of candidates. Additional nominations are also accepted at the annual meeting, which this year will be held Dec. 13th at 6:30pm in the Club House. Board members who are elected or re-elected are installed at the annual banquet in January. While many Board members serve in the same position for multiple years, the term itself is for a single year at a time. Board positions include:



President	Vice-President	Secretary
Treasurer	Tournament	Range
Grounds	Hunting	Activities
Communications		

To date, the nominations committee has come up with the following nominees: Steve Caufman, President; Marty Mullins, VP; Michael Ros, Treasurer; Don Morrison, Secretary; Andy Ludwig, Communications; Pat Fernandez, Grounds; John Littau, Activities; Kurt Allen, Hunting.

There are currently no nominees for either the position of Range (responsible for maintaining the target sheds, shooting stakes and our physical structures) or Tournaments (facilitating all of the tournaments and archery events that we host). Both of these are critical positions and provide a great opportunity to put your skills and experience to good use. If you would like to serve as a Board Member and nominate yourself for any of these board positions, particularly for either of those two which are open, please contact current President, Dennis Jenkins. Please consider stepping up – we need your help and leadership. Thanks!

**Great Northwest Archery (253) 841-0991**

**Your full-service pro shop and indoor range**

## WSAA Convention Report

Pres. Dennis Jenkins, VP Marty Mullins, President Nominee Steve Caufman, and club member John Finsterbush were among the Club members who attend the WSAA Convention in Yakima. Because Skookum does not yet have anyone who has volunteered to be Tournament Director next year, the Club did not submit bids to host any state championship tournaments. Thanks, however, to those who stated that they would help on shoots next year. We still need help with our own shoots. The State 3D will be hosted by Silver Arrow; the Field and Target by Evergreen; the Safari by Darrington, and the FITA by East County. KBH will host the Blue Face.

Dennis Jenkins was re-elected as District 5 representative. Dennis was also awarded his 10 year pin, John Finsterbush his 15 year pin, and Duane Harrison his 40 year pin.

The new WSAA president is Ed Forslof from Evergreen (Spokane), Dave Garrison is the new VP, and Tim Davis is the new Tournament VP. Linda Parker will remain Quiver Editor.

The Club announced 4 shoots for early next year: Dirty Thirty 3-D, January 5<sup>th</sup> and 6<sup>th</sup>  
Foul Weather Field, February 9<sup>th</sup>  
3-D Saturday (Great Northwest), February 10<sup>th</sup>  
Wet "N Wild 3-D, March 1<sup>st</sup> and 2<sup>nd</sup>

See page 7 for a list of Club members who won the "Shooter of the Year" award for their Division.

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BigGameHunt.net

*"You've spent over \$87,000 on hunting gear in only a week. So, I've checked you into a Hunting Gear Addiction Center. Pack your clothes."*



*"That's an artist's rendering of a buck I almost got in Colorado... That's an artist's rendering of a buck I almost got in Canada..."*



*Practicing for Polar Bear Season*



*OK, Bucky. Now we need to check your weight.*

## Word Find: Shooting Sequence

D P D Z K E M P T G N R R X P V D E N S  
 K P N Q L S H U G C A V O B R B R V M Q  
 H V A C G A O K E X M B H K E J N W T X  
 J P H R V E N O N Z E X C H A A O F S E  
 T E W L M L R O B D V P N T I B C H V O  
 L X O S S E Q H O J I J A V M M K N J I  
 R V B D J R W T D K A U Y J A L C S Z U  
 P A F O L L O W T H R O U G H R V G W E  
 S V P N U R U T A L J Y R X T R Z Q U F  
 W S O E O G Y V I L H N O H C M U B N W  
 W V H C S I R T M C U N G S A V A N L P  
 J L N D O R S R E E Y T T H D C R N I C  
 X X M H S K H U Z E N T O A K O D A Z Y  
 Q X G M Y I J J L A H B U T L H R S K O  
 D N R J C W O G A C S O E D D E T T Y V  
 T I M M O C B K E Q N N M S U R B A M L  
 C Y Q T A P M B R I S O O E M M K N S X  
 R Z F C C W C B R I F I C X R N P C P G  
 Z U D R A W O X O U P X B X H R L E D B  
 M Y B G I L S N B R K G L S Y V F A D W

**WORDS TO FIND:** STANCE, NOCK, HOOKUP,  
 BOW-HAND, PRE-AIM, DRAW, ANCHOR, COMMIT,  
 BACK-TENSION, AIM, RELEASE,  
 FOLLOW-THROUGH, CONCLUSION



## Elk Quiz

Test your knowledge about Elk. Circle your answer. Correct answers given at bottom of page. From the Hunting Network.

1. Bull elk bugle all year round.  
True False
2. How many pounds does the average mature bull elk weigh?  
400 600 800 1000
3. A cow elk never grows antlers.  
True False
4. When do bull elk shed their antlers?  
Spring Summer Fall Winter
5. What term is used to describe a rutting bull elk's group of females?  
Stable Family Harem Group
6. A spike bull is too young to mate or bugle.  
True False
7. How many points does a mature bull elk's rack usually carry?  
4 6 8 10
8. A bachelor bull doesn't care to be around females.  
True False
9. Why do most elk migrate out of the high country in winter?  
Predators Too Cold Deep Snow
10. What state has the highest elk population?  
Arizona Montana Colorado Wyoming

**Correct Answers:** 1. True; 2. 800; 3. False; 4. Spring; 5. Harem; 6. False; 7. Six; 8. False; 9. Deep Snow; 10. Colorado

*" I used to have a handle on life, but it broke. "*

## October 13th 3-D Saturday a Fun Shoot for Participants



Trevor, Cole and Shane were among the 35 registered shooters who enjoyed a beautiful day at the range for the October 13th 3-D Saturday. Meanwhile, members of the Board play a little Texas Holdem between taking care of registrations and misc. shoot matters. Notice who has the most chips.

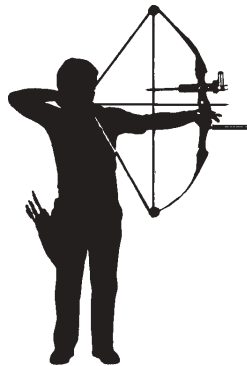


Thanks to Tournament Director Jeremy and Pat for setting up the shoot. They placed some great shots out on the range. Special thanks to the Littaus for providing ample concessions for all who came to the shoot. The next and final 3-D Saturday is November 10th. Come on out an fling a few.

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## Breathing and Shot Execution

Don Morrison



There are several theories as to how to breathe during your shot execution to maximize your chances for the X-ring. Some of the theories were spelled out in an article in Archery Focus magazine by Leighton Tyau. One theory holds that the archer should breathe in during the draw and exhale half-way after reaching full anchor, as this enhances relaxation and facilitates aiming. Another theory has the archer breathing in during the pre-draw phase and exhaling during the draw. A third theory holds that you should breathe in before the draw, and exhale after full draw. You must keep some of your breath in the lungs, that is you exhale until your lungs reach natural air content. To do this, breathe in deeply and then relax the diaphragm letting the air out naturally rather than forcefully. A fourth theory is not to think about breathing at all, as it is part of your natural everyday existence. Your shot execution should be as natural as possible, and deliberately changing your breathing pattern during your shot is un-natural and thus difficult to duplicate the same on each shot.

An advantage of the first theory is that you will feel a sense of strength during the draw and, in theory, be able to execute the draw with strength. In addition, the exhalation strength that continues through the draw phase. Upon reaching the transfer/loading phase the out breath relaxes the archer, facilitating aiming. Deliberate exhaling relaxes the body. The first method is very difficult. You must breathe in while the muscles are under strain. As for the second and third methods, both are well argued and each has their advantages. If the out breath occurs right before the aiming period, it provides for a more stable shot. Try all four methods and see which helps you shoot better.

Most adults do not use the full capacities of our lungs to breathe, using only a fraction of the available lung capacity. If you watch a child or sleeping adult breathe, you will notice that the stomach moves in and out. This in-out motion is due to the diaphragm expanding and contracting allowing the lungs to reach their full capacity. In order to breathe like this, you must relax your abdominal muscles, let your stomach expand and think of breathing down into your stomach. With enough practice, you will be breathing like this regularly.



# Skookum Archers Host 3-D SATURDAYS

Oct. 13th & Nov. 10th

Shoot Anytime between 9am & 2pm

16 3-D Targets. Fee is only \$5 per round. Kids under 12 shoot free!  
Active Members shoot first round free!!

For more information:  
[www.skookumarchers.com](http://www.skookumarchers.com)  
[info@skookumarchers.com](mailto:info@skookumarchers.com)



Skookum Archery Range  
11209 Shaw Road East  
Puyallup, WA

## Lisa and Dan Bag their Bucks



It didn't take Lisa and Dan Hoas long to bag their bucks this year. Both were tagged out on September 1<sup>st</sup> (opening day).

Lisa bagged the 4x3 mule deer shown above, weighing 243 lbs, from 39 yards out, using a Bowtech Equalizer and Slicktrick broadheads. This is only her 2nd year hunting. Congratulations, Lisa!

Dan nailed a 5x6 whitetail, 157 lbs, at 44 yards with a Mathews Drenalin using Slicktrick broadheads. Dan added: "We are very glad Skookum is around for us to have a place to practice." Good hunting.

**REMINDER: NO BROADHEADS ALLOWED ON WALK-THROUGH RANGES.** It's dangerous, destructive, and cause for expulsion. Broadhead use is confined to the foam Broadhead Butts. If you see anyone using broadheads elsewhere, please expell them from the range.

## Bowhunting Awards

Once again, the Club will be giving hunting awards to anyone who harvests a big game animal this fall.

Awards will be issued at the Annual Banquet in January. Report your harvest to Hunting Director Andy Ludwig (See Board of Directors page for contact info) or list your animal on the Club House White Board. Report type and sex of animal, number of points (if applicable), and GMU where taken. Also, if you have a good hunting

story to share with the Club, write it up and send it to Andy. We would be happy to publish it in the Smoke Signal. Good Hunting! Early congratulations to any Club members who have already bagged their trophies.



## Pacing Your Shots

The pace of your shot is important. There is a time frame and comfort level for each individual that carries a maximum confidence level (both physical and psychological) for performing the perfect shot. Breaking out of the desired time frame in either direction (too quick or too slow) can hurt our confidence level and performance. For some archers that window is very small. Even slight variations of the desired time frame can cause an archer to get out of sync. For others, the window is larger and the archers can hold confidently for a greater span of time.

The key technique for making your shot occur during the optimum time frame is to have absolute control over the pace of your shot. Sounds easy doesn't it? It's not. Your ability to move at a pace that has great speed and control and is smooth and steady enough to allow your eye to tell your brain, "I'm ready to release, this shot is a winner" relies upon the various techniques. You need to find one that works well for you and perfect it through consistent shot execution.

You can draw, anchor, come through, and shoot with one steady motion. You can set up on the point and have a small gentle movement required once the desired aiming picture is achieved. Or you can set up on the point, get your aiming picture the way you want it and then come through with a smooth rapid pace. If you are a release shooter, there are similar techniques for controlling the time element, for instance: archery champion Dave Cousins has his release set so that the instant the desired aiming picture is achieved, the slightest touch of the release trigger will finish the shot. Others may prefer a greater amount of movement requiring that the archer start back tension movements early on and keep a smooth fast pace to the motion (without stopping). Whichever method you choose for yourself, the main objective is to be able to execute a greater percentage of your shots within the time frame that corresponds with your comfort level.

Develop a time span that fits your style and learn to shoot within it. If you wander out of it, let down and start again. Build on the confidence you get from shooting your shots at that pace or within that time frame. Consistency is the key. Move quickly and deliberately the instant you have the desired sight picture. Work on building a shooting rhythm that helps you to stay within your optimum time at full draw. One interesting thing is that controlling your timing also helps to reduce body and aiming tension.

## Conscious vs. Subconscious Aiming

By Don Morrison

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.

## Member Notes



**New PO Box Number.** The Club has a new PO Box number should you need to send anything to the club (e.g. membership renewal). The new box number is 732107. Everthing else stays the same.

Congratulations to our club members who won state awards as **2007 Division Champs**. Skookum won more awards than any other

club:

John Finsterbush, SRM BH  
Josh Raby, YM FSL/R  
Shaelie McGrath, YF FSL/R  
Timm Hines, AM FSL/R  
Al Nelson, AM BB  
Sean Elza, YAM FS  
Paul LaRue, SRM BB  
Dan Croft, AM Trad  
Sam Payne, SRM Trad (posthumously)

**Matt Turner** won WSAA Archer of the Year.

**Lock the Club House** when you leave. Active Members need to be sure the doors are closed/locked when they leave the Club House. The doors sometimes stick and don't always close and lock completely, so please close the door and check the knob to assure that it has locked completely.

***There will be a special member meeting and fletching clinic Wed. Nov. 7th at 7pm at the Club House. Refreshments will be served. Come on out!***

## 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**

## BOARD OF DIRECTORS

### **PRESIDENT**

Dennis Jenkin, (253) 862-8582  
denniselk@comcast.net

### **VICE PRESIDENT**

Marty Mullines  
mullins622003@yahoo.com

### **SECRETARY**

Joe O'Neil (253) 678-9512  
joeo@uwpc.org

### **TREASURER**

Brenda Littau (253) 848-4778  
bren2911@comcast.net

### **COMMUNICATIONS**

Don Morrison, (253) 988-6032  
info@skookumarchers.com

### **TOURNAMENT**

Jeremy Ryser, (253) 640-0742

### **RANGE**

Kurt Allen, klgallen87@msn.com

### **GROUND**

Pat Fernandez, (253) 927-9741

### **HUNTING**

Andy Ludwig (253) 929-6006  
aaludwig@comcast.net

### **ACTIVITIES**

John Littau (253) 848-4778  
jeepdad@comcast.net

The monthly member and Board of Directors meetings are held the second Thursday of the month. The member meeting for November is Wed. Nov. 7 at 7pm and will feature a fletching clinic.

# SMOKE SIGNAL



**Skookum Archers Club  
and Range**  
11209 Shaw Road East  
P.O. Box 732107  
Puyallup, WA 98373

*Club Line: (253) 770-4177*  
*www.skookumarchers.com*  
*info@skookumarchers.com*

**Don Morrison, Editor**



**3-D Saturday Fun  
Shoot, November  
10th 9am-2pm**

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!

- Every Thursday at 6:30pm, Drop-in Archery Education Program
- November 7, Special Member Meeting and fletching clinic, 7pm Club Hours
- November 8, Skookum Board Meeting at 7:00pm
- November 10th, 3-D Saturday Fun Shoot, 9am-2pm, Skookum
- December 13, Annual Membership Meeting and Election of Officers, 6:30pm

## EVENT CALENDAR