

SCAN

Santa Cruz Archers Newsletter

In This Issue:

Heading	Page:Column
Newsletter Format	1:A
Elections	1:A
Helping Boy Scouts	1:A
Indoor Shoots	1:B
Just for fun	1:C
Tech Note intro	1:C
Tournament Results	2:A
Tournament Results	2:B
Officers & \$ shoot pics	6
Featured Articles	
Tech Note: Full Draw	3:A
World Field Contest	5:A

Newsletter Format Change

Henry Bertram (ed.)

You may have noticed the change to a 3 column format and the name change. Since the previous format had no "news" on the first page, I thought a change was in order. I would appreciate your comments. Send them by email to Dave Ray and he can forward them to me.

Elections (ed.)

Club elections were held in December. Results are tabulated on the last page.

Helping Scouts earn merit badges

Jack Mills

As our area grows, it becomes more difficult for beginners to find a safe place to learn and practice archery. True, the Scouting program does offer archery but only for a limited time during the summer. So what's a group of young Robin Hoods to do? Why, head over to Santa Cruz Archers in De Laveaga Park of course. SCA's Gary Cramton, who is a real life teacher and a certified NFAA Instructor is leading the effort.



To get their merit badges the Scouts need to master the fundamentals of safe shooting, make an arrow, a bowstring, and shoot a specified score. Each month for the last several the Scouts, their siblings, Scoutmaster, and interested parents troop to the indoor range to hone their skills. Mike Tracy, the Reader family, Henry Bertram, and I have been on hand to represent all phases of our ancient and honored sport. The Scouts seem to be enjoying themselves and the only complaint I've heard so far is that they want to shoot even more. We're prepared, I think, to help out with that one.

Indoor Shoot 1-6-05 (ed.)

Mike Tracy and Henry Bertram trudged through the 9 foot snow drifts to the indoor range for the first shoot of the New Year. Henry shot Free Style while Mike shot Traditional Long Bow & Recurve. Mike was able to shot 5 arrows in each style just a few seconds faster than Henry's time. We enjoyed the time at the range and our snow shoes were able to dry out by the fire before being pressed into service for the trip back to the parking lot.

Indoor Shoot 1-20-05 (ed.)

The NFAA indoor 300 round was attended by Wendy Lewis, Mike Tracy, Ben Rogers, Ralph, Wayne and Diana Reader, Henry Bertram and Lee Hoppin. When we arrived the range was a bit chilly but Ralph demonstrated his fire making skills and brought the area around the stove to a reasonable temperature. Lee did not shoot but kept the fire raging which was much appreciated by the archers who barley escaped freezing. By the end of the round, I could feel the heat from the stove at the firing line. Diana practiced with her FITA bow against a blank bow, never missing! Ben and Wayne shot 300s. Wendy impressed us all with a 212, barebow score shooting

her recurve. We all had a great time.

Just for fun (ed.)

Question: What entertainment received the following glowing review: "stupendously, fabulously terrible; ineptly conceived, sleazy, irrational from moment to moment, the rare kind of production that stretches way beyond bad to mythic lousiness."

Answer in the next issue.

While we are thinking, why is a thing that holds arrows called a quiver while a gelatin dessert, which quivers like crazy, is called Jell-O? By the way, Jell-O is really hard to nail to a tree which is why it is the gold standard of comparison to many jobs in large companies. I have no answer to these matters of science and linguistics so there won't be an answer in the next issue. If you know, please call or write.

Tech Note (ed.)

We will try to include a technical section in each issue. This issue features a brief article the correct draw length written for this issue of *SCAN* by Larry Wise. Larry holds the NAA Level IV Certification, is a NFAA Master Coach and was the 2005 USA Indoor Team Coach. Among other titles, Larry was 1986 World Field Archery Champion and Five-Time World Team Champion. He has authored several excellent archery books including "Core Archery" and "Tuning & Silencing Your Bowhunting Shooting System." I own copies of these books and through them, I have learned a lot from Larry. The article is the first of our featured articles in this issue.

You can access Larry's services by accessing information on his web site at <http://www.larrywise.com>.

SCAN

Santa Cruz Archers Newsletter

Tournament Results

Cal State Indoor Championships
Patrick Mathews

On January 5-7, representatives from the Santa Cruz Olympic Archers (SCOA) competed in two tournaments for the California State Indoor Archery Championships in Tulare California. On Friday January 5th, seven archers from SCOA competed in the Junior Olympic Archery Development Program, State Championships and had an excellent showing with all seven finishing with medals. Wayne Reader won the Male Cub (13-14) Compound Bow division and Beringer Christy took third in the same division. Parker Fallon took first place in the Male Cadet (15-16) Compound Bow division and Krista Lober took second place in the Female Cadet Compound Bow division. Casey Mathews took first place in the Male Junior (17-18) Compound Bow division and Kalie Sabajo took first place in the Female Junior Olympic Recurve division. Keri Boxer-Scobee took second place in the Female Junior (17-18) Compound bow division.

On January 6-7, the same group of archers competed in the State Indoor Archery Championships which included the top adults archers from all over the State and had equally impressive results. Wayne Reader won the Male Cub (13-14) Compound Bow division and set two new State Records for: a single round (30 arrows) and the two day event total. Parker Fallon again took first place in the Male Cadet (15-16) Compound Bow division and Krista Lober took third place in the Female Cadet Compound Bow division. Casey Mathews tied for first place in the Male Junior (17-18) Compound Bow division and Kalie Sabajo again took first place in

the Female Junior Olympic Recurve division. Keri Boxer-Scobee took second place in the Female Junior (17-18) Compound bow division. In all, the SCOA archers finished with two State records, eight first place, three second place and two third place finishes out of over 140 of the top archers in California competing in the state-wide championships.

Tournament Results

SCA Money Shoot

Henry Bertram

This month marked the return of the Santa Cruz Archers money shoot. The Money Shoot was held in our indoor range Saturday and Sunday January 28 and 29. The format was the NFAA 450 round which uses the Vegas Shoot target at 18 meters. The archers shot 15 ends of 3 arrows with the maximum score of 10 points per arrow for cutting the larger of the two center rings. Breaking the small X ring counted for a tie breaker.

The two day format was not a big hit. We had only 3 shooters on Saturday, the remainder choose noon Sunday. Next year we will probably have all shoot times on Sunday.

We had our share of drama with 4 contested calls and two complaints. The contested calls were handled by our stalwart judges, Chris and Maggie Tuttle and Diana Reader. The judges contemplated the evidence, voted on small pastel cards (nice touch Dave) and handed them to me to integrate the results and announce the call.

Our first complaint was that some archers had two targets on their bales giving them the opportunity to shoot the wrong target, others had only one target. We solved the dilemma by

adding a second target to each bale serving a single archer.

The second problem was the lighting over the line end of lanes 1 through 4. One of the bulbs flashed on occasionally, distracting some of the archers. That was fixed after the noon line finished.

There were ten shooters in the Freestyle class and three shooters in the Non Sight class.

The top finishers in Freestyle were Mark Poling, with a perfect 450 and 33 Xs followed very closely with another perfect 450 from Tommy Daley with 32 Xs.



Third and fourth place were taken by Samantha Clark and our own Wayne Reader with 448. Samantha shot 23 Xs and Wayne shot 21 Xs.

The Non Sight shooters all compound with fingers. Tom Daley took first place with 418 and 6 Xs. Linda Adams took second place with 381 and 5 Xs and Ralph Adams took third with 351 and 1 X.

Linda received some excellent instruction from Ben Rogers on Friday night. As I recall, she shot around 325, or so, in the CBH indoor so Ben's tutelage was probably quite helpful!

The tournament spectators saw excellent shooting by all the shooters. Our congratulations to the leaders and we are especially proud of the two youngsters, Samantha and Wayne who shot with the big guys and made a very strong showing!

SCAN

Santa Cruz Archers Newsletter

Tech Note: Full Draw

Larry Wise

FULL-DRAW-POSITION: GETTING IT RIGHT!

So when is a person correctly at full draw? How do you know for sure when you're evaluating an archer's form? What are the visual clues to full-draw-position?

If you understand good shooting form then these questions are not that difficult to answer. We're talking about body position here and that's observable. You can look at someone's, anyone's, body when they claim they are at full draw and know very quickly if they are or not. You just have to know the standard or model that defines full-draw-position.

Full-Draw-Position is that position to which you draw the bowstring in order to place your scapula in the most effective location for executing back tension.

Well, those are the words but you need to know what it looks like. It looks like picture #1. So when you look at this picture, what do you see? How do you know that this is correct and other positions are not?



What you should notice most about the archer in the picture is his drawing forearm. Where is it? You should see

that, from a top view, his drawing forearm is in direct line with the arrow shaft. This tells me that his drawing shoulder is positioned so that his right-side back muscles – the rhomboid muscles - can have maximum leverage on his scapula (shoulder blade). In short, he has transferred his holding power into his back muscles and is able to relax most of his arm muscles, aim steadier and execute the shot more consistently.

The full-draw front view should show his drawing arm either level with the arrow shaft or his elbow slightly elevated. His arm should never be below the shaft, as this would push his scapula too close to his spine and significantly reduce the ability of the rhomboids to contribute to the shot process. It's all about leverage in the back muscles.



From behind the shooter, you should see his elbow lineup directly behind the shaft. If it is wrapped too far around then he has drawn too far and the draw length of the bow is too long. If his elbow has not come far enough to get directly behind the arrow then he is drawing short.

If he or she needs more draw length the situation is easy to deal with. Adding a longer D-loop will help for virtually no cost. Removing the grip from the handle will help also. Changing draw length modules nets a bigger change as does installing a longer string although some single

SCAN

Santa Cruz Archers Newsletter

cam bows require the cam to be rotated to a specific position to get best results and a string change should be avoided.

If the bow is too long for the archer then use a shorter D-loop or a smaller draw length module. If necessary, use a smaller wheel size to get the archer's drawing forearm directly behind the arrow shaft at full draw.

CONSISTENT RELEASE:

We are always trying to attain the most consistent release humanly possible. Getting your drawing forearm directly behind the arrow shaft is a major step toward that goal. It is from this position that your release hand can escape cleanly and directly away from the arrow nock when the release aid activates.

From other positions behind the nock your hand and arm may impart pressure and torque to the release and bowstring. This, in turn, will cause each arrow to impact differently in the target.

Far too much emphasis is placed on the "touch point" or anchor point on the face or jaw. I'm not too concerned about that part of an archer's form as any touch point should be secondary too establishing the position of his or her drawing shoulder and shoulder blade. In fact, I don't

use the term "anchor point" anymore because it has an image of hard contact between hand and face that blots out the more important function of shoulder blade and rhomboid muscles. In stead, I use the term "full-draw-position" and help my students build a new mental image around it; an image of their drawing arm behind and inline with the arrow shaft.

HEAD POSITION:

Many archers out there are still trying to touch their nose to the bowstring. Even on the 32-inch bows on the market. If you're shooting a 68 inch recurve bow then your nose will naturally touch the string when you set correct head position where your chin is level. It's next to impossible to have your head erect, chin level, and touch your nose to the string with a much shorter compound bow. Correct head position allows your back muscles to have their maximum leverage at full draw.

CONCLUSION:

Shooting archery well is all about body position. It's all about maximizing the use of your skeleton and minimizing muscle use. It's about relaxing as much muscle as possible and that happens when the force you need to draw the bow is transferred into your back and that puts you in the correct full-draw-position.

Keep well, shoot straight.
Larry Wise

World Field Championships '06

Larry Yien

I have been honored with being named to this years NFAA/USA team that will compete at the World Field Archery Champion-ships (WFAC) held in June 2006 in Hervey Bay, Queensland, Australia. It is certainly a thrill to be selected to shoot on the National Team, at the same time I am humbled with the privilege of representing the USA.

Hervey Bay is nestled in Australia's "Gold Coast." Their bushlands are perfect habitat for Wallabies and Kangaroos and the other flora and fauna that make Australia a special place for camping, exploring, and shooting archery.

Shooting on a team brings a new element to archery. I've always thought of archery as an individual event, but being on a team expands the competition from my own discipline of "Longbow" to the various other styles of shooting. It has given me a different perspective and greater appreciation of the various types of archery. The most valuable things I have taken from being on past World Teams are the friendships I have made both on the team and the friends I have made that were on the other teams participating in the Champion of Nations. Shooting for our great Nation, the United States, is certainly a dream come true. My goal is to perform at the highest level I am able as well as being an ambassador for the sport of archery and for the NFAA.

It took me a while after joining NFAA to figure out how to get to a World Championships. The Worlds are hosted by the International Field Archery Association (IFAA). If you hold a current regular membership with NFAA you are also a member of the IFAA and you are eligible to compete at the World Championships. It usually requires an expensive plane ticket to a far off place but the format is familiar. Field, hunter and animal rounds are nearly identical in the NFAA and IFAA except for some minor changes in shooting, scoring, and equip-ment rules.

One of the interesting tournament sidebars is the "Champion of Nations". Each member Nation can field a team of 7 archers, one from each of the disciplines within IFAA: Freestyle; Freestyle limited; Bowhunter freestyle; Bowhunter freestyle limited; Bowhunter; Barebow and Longbow.

After each day, individual scores go into the Champion of Nations pool for that discipline. Maximum Champion of Nations points are awarded for the first place finisher in each pool. Second highest points are awarded to the second place finisher, third to third, and so on. All the scores are tallied and the champion is determined upon the conclusion of the last day.

Each nation has its own criteria for team selection; most nations choose their teams from their Champions and the others that stand out at the National Field Championships. Others use a point system based on major tournament placings and scores shot that rival or eclipse the World Record scores. In the end, each Nation fields their strongest team. The NFAA selection criteria have been modified each year trying to make it fair. This year's team selection drew from the top archers at the most recent National Field Championships.

The WFAC will be 5 days of rigorous shooting; the rounds are familiar but are drawn out over 8 or more hours. After opening ceremonies the competition gets started with hunter, field and animal rounds as follows:

Day 1 & 4: 28 field targets
Day 2 & 5: 28 hunter targets
Day 3: 28 animal targets

My preparation is multi-faceted with programs to develop and strengthen technique, shot execution, endurance, and focus. I shoot daily at close bale and at 20 yards in my backyard. I also get out to the Santa Cruz range to shoot field, hunter and animal rounds. I also do relaxation and meditation to develop focus. Shooting as many tournaments as possible around my area is great practice for socializing my shooting, getting tournament tough and ready to shoot well with the noise and distractions of a group. Through the hundreds and thousands of arrows I shoot I look for mastery of the bow and arrow as well as self realization. Heading toward the World Championships is a wonderful journey filled with challenge and accomplishment; I hope you too will follow the arc of the arrow to far off places.

To find out more about the venue, point your web browser at www.bowhunters.org.au and click on WFAC 2006.

SCAN

Santa Cruz Archers Newsletter

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Money Shoot Photos



Wayne Reader



Samantha Clark



Contested arrow, you make the call!



Linda Adams, Non Sight, 3 arrows touching