

# SCAN

## *Santa Cruz Archers Newsletter*

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### **Newsletter Deadlines**

Henry Bertram (ed.)

Please have articles submitted by the end of the day the second Friday following the club meeting. That is 10 days after the club meeting. The best ways to submit articles are by email or by bringing them to the club meeting on a CD-ROM or a 3.5 inch floppy disk. If you want to send email, please provide your email address so it will make it through my spam filter.

### **Indoor Shoot 2-3-06 (ed.)**

The NFAA indoor 300 round was enjoyed by Ralph Reader, Wayne Reader, Patrick Mathews, Ralph Adams, Linda Adams and Henry Bertram with Diana Reader reading. Those that shot, shot Free Style except Ralph and Linda Adams who shot Bare Bow.

Wayne shot his typical 300 but was a bit off on his X count, no new record for him this night. Henry, working on getting used to his new "Sweet Spot II" release, succeeded in releasing an arrow that impacted a full foot above the target. It was, however, exactly in line with the center of the X, way to go Henry!

Since the club indoor shoot is a multiple registration tournament, time permitting, and since we had time, we decided on a secondary shoot where Ralph Reader and Patrick Mathews shot barebow and Henry Bertram shot traditional recurve. Patrick was shooting a left handed Genesis with significantly over-spined arrows and shot relatively well. Henry shot a personal best in traditional recurve and moved up on the board.

### **Indoor Shoot 2-17-06 (ed.)**

Yes, it was the St. Patty's Day shoot, you didn't miss it did you? If so, big mistake! We all gathered for a wonderful evening of shooting around the warmth of the wood fired stove. Linda and Ralph Adams were there as well as Wayne, Diana and Ralph Reader and Henry Bertram. Linda and Ralph Adams both made the indoor board, Linda in Bow Hunter shooting 261 with 10Xs putting her at the top of the board and Ralph by shooting 239 with 9Xs in Bare Bow putting him second on the board.

Wayne shot his usual 300 but was a bit off on his Xs shooting only 48, ha! We are considering bringing one of the shorter professional shooters into the club and disguising him as a 12 year old to spice things up a bit.

Ralph Reader was using variably fletched arrows and was able to lob a few in there nearly sideways. Had I not been there for the mystical flight of those arrows I would have sworn they were caromed off the wall (possibly for extra credit).

### **Outdoor Shoot 3-12-06 (ed.)**

Luckily, we had arranged for valet parking for the outdoor shoot on March 12<sup>th</sup>. Since it was raining, those in need of practice in wet weather came out in droves. As you know, we have limited parking at the range and after packing in around 40 cars, trucks, SUVs and a few motor homes, parking gets a bit tough. The valet service simply dropped the vehicles off at De Laveaga Elementary School and retrieved them when appropriate. Thanks for your generous tips! Make sure to come out a bit before 9:00 AM on April 9<sup>th</sup> for our next outdoor, it will be a load of fun and, as I understand it, the valet guys have to work an Elk's convention in Monterey so parking could be a hassle after 9.

### **Range Work March 18**

Ralph Reader & Dave Ray

On Saturday, Wayne, Ralph and Diana Reader, Dave Ray, Jack Mills, Gary Cramton and Sushil Joshi came to the range to work! They split and stacked

all the wood from behind the bathroom and worked on the closet. Stacking was done by Jack and Sushil while Dave, Wayne and Ralph manned the splitter. Jack, Wayne and Sushil also worked on the closet in the snack room building shelves, installing a light and fixing the floor and roof. When it's finished we'll use it for club bows and supplies. Good work everyone!!!

The next range work day will be on Sat., April 22 at 10:00 AM. Weather permitting we'll work on fixing the bridge at target 15 and the cub hut on target 28. We hope you can help out.

### **Snack Bar (ed.)**

So, there you are, on track to shooting a personal best but you feel your energy level beginning to drop, you need a little something to get you back on track but, what to do? What is behind that locked door in the indoor range, I here you ask? Well among the implements, tools, light bulbs and other supplies we have an amply stocked snack bar. The refrigerator has soft drinks, water and other wet things, occasionally there are iced confections in the freezer. The vertical yellow latched "Breathing Apparatus" container to your left as you enter has the prices listed on it and contains various snacks such as cookies, candy, peanuts and hot chocolate mix. If you have a favorite, please tell the Readers and they will make every effort to have it on hand next time you come to shoot.

Speaking of favorites, they have laid in a supply of corn nuts, well renowned as the quintessential archery fuel. Corn nuts provide not only sustenance but improved aim, steadiness and release. I was so impressed with their virtues that I installed a railroad spur in my back yard to have them delivered in quantity. I also purchased a BobCat™ small bull dozer to keep the piles in by bedroom appropriately mounded in the corners. That way, the place looks a lot better; grazing at night tends to distribute the piles somewhat evenly across the floor. You may not need to go to the extent I have so just pick up a pack at the snack bar and enjoy.

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### **Senior Olympics:**

Health, Fitness & More, Linda Adams  
To us, Senior Olympics has been an avenue to a healthier lifestyle, regular exercise and improvement of our archery skills.

The current divisions in CBH/SAA and NFAA have enabled us to be competitive with archers in our own age group, but Senior Olympics takes it a step further. While age 55 in these other organizations allows archers to compete as "Seniors"; and age 65 and over are classified as "Master Seniors", the Senior Olympics (Also called "Senior Games") divides those 50 years of age and older into age groups in five year increments. As an example, those who are 50-54 years old compete in the same division, etc., and the five year increments continue up to age 100+.

Some seniors prefer to compete locally on a yearly basis and practice with this objective in mind year round. Others, who hope to compete in the "National Senior Olympics" compete first locally; move on to the State qualifying round; and if they place in the top three in their division and shooting style, move on to the Nationals.

Going on to the Nationals typically is a three year process. For instance, we shot in the 2005 Sacramento Senior Games and are now hoping to qualify at the California (State) Senior Games Championships in Pasadena on 3 & 4 June 2006 in order to move on to the Louisville, Kentucky National Senior Olympics in 2007.

For anyone interested in going to the Nationals in Kentucky in 2007 there still appears to be time to do so. According to the California Senior Games Championships website, participants still have until May 2006 to qualify at local level. However, there are only "days" until the California Senior Games Championships take place in Pasadena.

Fortunately, Sacramento Senior Olympic Games are being held on 20 May

2006 which would seem to solve the problem for those archers wanting to play catch-up. There may be other locations for local games, as well, within California, so if Sacramento is too far to travel or if 20 May creates a schedule conflict, searching the internet for Senior Olympics (Games) may supply archers with other options.

The local games, like the one being held in Sacramento in May is an "American" 900 Round. This consists of thirty arrows shot at each distance of 60, 50 and 40 yards. We can tell you that the shooting styles previously offered included: 1) Compound Release; 2) Compound Fingers; 3) Barebow Compound; 4) Recurve; and 5) Barebow Recurve (no sight). For clarification and additional information go to the SAC site at: <http://www.calarchery.com>

The 2006 California Senior Games Championships includes the same previously mentioned five shooting styles and, in addition to shooting an American 900 Round, there will also be a 300 Round (30 arrows shot at 20 yards). Placing in the top three archers in either qualifying event would allow the archer to participate in the 2007 Nationals in Kentucky.

For those who like to shoot Field events, there is also a Field Round that will be held on Monday, 5 June 2006 in Pasadena. If you plan to shoot the Field Round in the hopes of using it as a "qualifier" for the Nationals, be sure to obtain clarification on both the qualifying and non-qualifying styles that are offered in this event. The wording in the overview is not completely clear, so be sure that the Field Round and your chosen style will enable you to qualify for the Nationals. For more details go to the website: [www.pasadenaseniolympics.com](http://www.pasadenaseniolympics.com)

For general questions; or to obtain entry applications, rules, requirements and standards contact Cynthia Rose-dale, Phone: 626-685-6754, or email: [CynthiaR@pasadenaseniolympics.org](mailto:CynthiaR@pasadenaseniolympics.org)

For "300 Round and/or "900 Round" specifics, contact Susie & Oscar Sanchez, Phone: 818-704-8725 or email: [fourarchrs@aol.com](mailto:fourarchrs@aol.com), or [ojsatchad@aol.com](mailto:ojsatchad@aol.com). For "Field Round" specifics, contact Joe & JoAnn Heithe, Phone: 626-447-7600 or email: [managwa@aol.com](mailto:managwa@aol.com)

February		
Sunday	12th	Outdoor Club Shoot - 9:00 AM
Friday	17th	Indoor Shoot - 7:45 PM
Saturday	25th	Outdoor Stump Shoot - 9:00 AM
March		
Friday	3rd	Indoor Shoot - 7:45 PM
Tuesday	7th	Club Meeting - 7:30 PM
Sunday	12th	Outdoor Club Shoot - 9:00 AM
Friday	17th	Indoor Shoot - 7:45 PM
Saturday	25th	Outdoor Stump Shoot - 9:00 AM
April		
Tuesday	4th	Club Meeting - 7:30 PM
Friday	7th	Indoor Shoot - 7:45 PM
Sunday	9th	Outdoor Club Shoot - 9:00 AM
Friday	21st	Indoor Shoot - 7:45 PM
Saturday	29th	Outdoor Stump Shoot - 9:00 AM

## Tech Note

Lanny Bassham is an Olympic Coach and an Olympic Gold Medalist. He is a member of the Olympic Shooting Hall of Fame, ranks third among all shooters in total international medal count for the USA and is one of the most respected mental trainers in the world. His book "With Winning in Mind" and his Mental Management® concepts are used and endorsed by Olympian and World Champion archers.

You can reach him at [www.lannybassham.com](http://www.lannybassham.com) or at 1-800-879-5079.

## Mental Management® with Lanny Bassham

Are You Missing Some Essential Ingredients in Your Mental System?

Ok! You're packing up for your next competition. Let's see, do you have everything you need to shoot well? You make a quick equipment check. Yep, your set up is good and you've got all your gear. Let's look at form next. You're ready in that department as well. "I wouldn't change a thing." You say. "So, why am I still worried about how I'm going to do this weekend? Something's missing and I don't know what it is."

What's missing may be the confidence that your mental control system may not be as complete as the other parts of your game. Perhaps the first place to look in determining if you have all the parts of your mental system is to find out IF you have a mental system. What is a mental system?

*A mental system is a defined, practiced method of training the mind to perform well in competition.*

I'll give you an example. The system I use and teach is called the Mental Management® System. Let's define it.

Mental Management® is the process of improving the probability of having a consistent mental performance under pressure, on demand. It includes controlling the mental processes that lead to a winning performance.

A winning mental performance, in my opinion, is primarily a function of the development and control of three mental processes; The Conscious Mind: your thoughts; The Subconscious: your skills and the Self Image: your attitudes and habits. The essential ingredients for a winning mental system should include methods to control and enhance your three mental processes.

How will you know if you have a good Mental Management System? First, determine the capabilities of each mental process to determine if they complement each

other and are appropriate to your goals and priorities. For example, if you are picturing winning a certain competition (Conscious process), is your skill level (Subconscious process) equal to the task and is it like you (Self Image process) to achieve it? When your mental processes are balanced and working together, a good technical performance seems easy. When balanced, you love to shoot and you shoot well with little mental effort. If, however, one of these processes is out of balance you will likely find much frustration in your shooting and you will expend a lot of mental energy just to get through the event.

If you discover that you are out of balance, your mental system should have specific strategies to correct the imbalance by managing the processes. That's why it is called Mental Management®. Ideally, next you would try to increase the effectiveness of all of the processes while keeping them in balance.

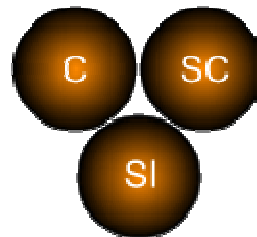


Figure 1

Let's look at some examples. If you look like fig. 1 you are in balance. I call this the TRIAD STATE. When I won my Gold Medal in the Olympics I was in the Triad State. Consciously I was focused on the process of shooting each shot. My Subconscious skill level was good enough to allow me to have a winning performance and I had the Self Image attitude that it was like me to win the Gold Medal.

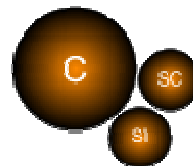


Figure 2

When we begin shooting it is likely that we will look like fig. 2. We have to think about everything Consciously because we have little Subconscious skill. Our Self Image tells us that we are "beginners" and we do not have a high expectation of success. Shooting may seem difficult. Remember those first days when you had to think about all of the elements of form because few, if any, were automated by your Subconscious mind. Coaches often bring the shooters in balance by taking "baby steps" in form acquisition, learning one form process at a time and then, when the first is subconsciously automated, they move on to the next one. If we practice properly the Subconscious circle will grow.

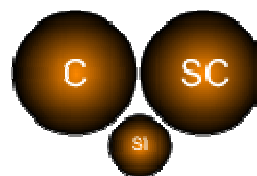


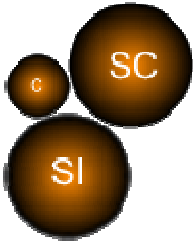
Figure 3

In my experience most imbalanced shooters look like fig. 3. The Subconscious circle has balanced out with the Conscious because the shooter is training the Subconscious

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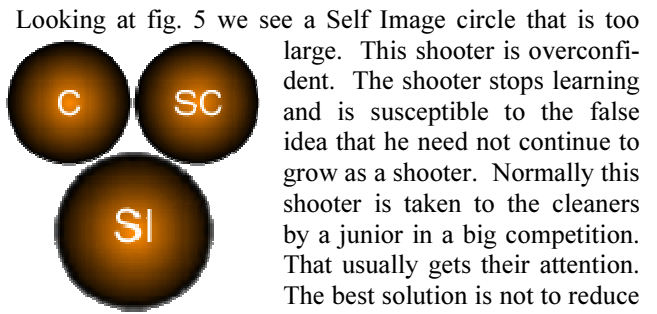
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through practice. Have you ever had this thought? “I know my form is good. My training scores are high but they drop in competition. I’m losing too many points to mental inconsistency.” If so, chances are good that you look like fig. 3. You are not managing the growth of your Self Image. The Self Image grows through positive imprinting and shooting a lot can cause it to shrink if we are getting or picturing a lot of non-tens. Every time we think about, talk about or write about shooting a ten our Self Image grows. BUT, every time we think about, talk about or write about a bad shot our Self Image shrinks. Your ability to control the growth of your Self Image is directly related to your discipline in avoiding negative imprinting. Think only about what you wish to see happen. Avoid any non-ten imprinting and your Self Image grows. Otherwise, you sabotage yourself, your Self Image shrinks and your score suffers.



**Figure 4**

Fig. 4 illustrates a loss of Conscious focus. Have you ever felt distracted while shooting? If so, you might draw your circles this way. The loss of focus is a common mental error and your mental system must include elements to hold your focus on performance while shooting. A common error is to think about your score while aiming. One solution for this problem is to run a mental program. A mental program is a planned, practiced sequence of mental activity that controls the Conscious mind while shooting.



**Figure 5**

Looking at fig. 5 we see a Self Image circle that is too large. This shooter is overconfident. The shooter stops learning and is susceptible to the false idea that he need not continue to grow as a shooter. Normally this shooter is taken to the cleaners by a junior in a big competition. That usually gets their attention. The best solution is not to reduce the Self Image but to grow the Conscious and Subconscious circles by returning to a learning mode.

The key point is to learn to balance your mental processes. If you can determine that one process is smaller than the others you know where to put forth your efforts. If you are frustrated, YOU ARE OUT OF BALANCE.

Remember, no one can defeat a shooter who has his mental processes in balance UNLESS they meet a shooter who has larger circles and is also in balance.

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<b>President</b> Dave Ray	<b>1<sup>st</sup> Vice President</b> Ralph Reader & Henry Bertram	<b>2<sup>nd</sup> Vice President</b> Mike Tracy	<b>Newsletter Editor</b> Henry Bertram
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