

## SCA Now has 8 Certified Archery Coaches

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### Newsletter Deadlines

Henry Bertram (ed.)

I am moving the deadline to midnight third Friday of the month. Since I am waiting until after the second indoor shoot each month to knit this subtle masterpiece together, you might as well take another week to polish your prose. The best ways to submit articles remain: 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.

### SCA's Archery Coaches (ed.)

So, you have some new archers that need a good start. What to do? We have certified coaches. Here they are:  
 Ralph and Linda Adams  
 Ralph and Diana Reader  
 Patrick and Casey Mathews  
 Gary Cramton and Henry Bertram

The JOAD has 3 additional coaches:

Lenore Bailey  
 Kery Boxer-Sosbee  
 Aimee Renee-Mills

### Technical article

Ralph found a good article on arrows on the web, carefully this link into the location bar of your browser:

<http://www.archerytalk.com/vb/showthread.php?t=331358>

### Indoor Shoot 6-2-06 (ed.)

This indoor shoot could be characterized as having plenty of room on the range and no time pressure! Henry Bertram and Mark Woodhead shot Traditional Recurve while Randy Redmond shot Freestyle. Larry Yien came but shot outside until it got too dark to see practicing for his upcoming competition. When he came inside, he immediately offered some much needed coaching help, thanks Larry!

The Readers and the Adams' were at out-of-town shoots so they didn't come by to shoot with us, heckle us or add to the ambiance.

### Indoor Shoot 6-16-06 (ed.)

Randy Redmond, Ralph and Wayne Reader, Henry Bertram, Ralph and Linda Adams, Ralph Reader and Benja shot the indoor. Personal bests were Ralph Adams in Bare Bow with 8X 249, Linda Adams in Freestyle Limited with 14X 265 and Ralph Reader in Bare Bow with 4X 216. Ralph Reader was using a Genesis Pro with 2.3 pound arrows set up by Linda Adams.

### Outdoor Shoot 6-11-06 (ed.)

If you were in the mood, "Oh what a Beautiful Morning" from the musical "Oklahoma" would certainly have been appropriate for this month's outdoor shoot. We decided to shoot the hunter side, targets 1 through 14, first because that side of the range can get a bit warm on clear summer afternoons. As it turned out, the temperature was moderate during the entire shoot so it wouldn't have mattered.

Henry Bertram and Randy Redmond shot Adult Freestyle and Wayne Reader shot Youth Freestyle. Scott Wilson and Craig Moore shoot Traditional Recurve. As close as I can tell, Craig injured himself on target 8 and

did not finish. Ralph Reader tagged along to help keep score.

### Club Meeting 5-4-06 Diana Reader

President's Report:

Dave came weed whacked the range parking lot and will be up again on the weekend to do more weed eating. Dave is looking into getting a sit-on Kobota tractor for personal use which he will be able to bring to the range to do larger jobs that are needed.

### 1st VP Report:

Eight people shot the May outdoor club shoot. The June outdoor club shoot will be held on Sunday, June 11th. Archers shooting the outdoor club shoot must use double scoring.

### Indoor Range Captain Report:

More shooters have been attending the indoor club shoot over the last few months.

### Treasurer's Report:

The regular account is at \$2,628.61.

### Publicity Chair:

Patrick has been getting a lot of interest in the JOAD program. A free level 1 coaching course will be held in early June at the indoor range.

### Membership:

Mark Woodhead – Was voted in at the meeting.

### New Business:

July's meeting was moved to Tuesday, July 11th due to the 4th of July holiday.

Sushil and Jack brought in an estimate on raising the floor in the indoor range where the floor is lower, which causes flooding each winter. The cost of materials will be approximately. \$350 to \$400. A motion was raised and passed at the meeting to authorize use of funds to raise the floor.

Raffle:  
\$10.00 - John Davis won

### **Range Work** (ed.)

Sushil Joshi and Jack Mills have been working to improve the small lake that forms in the storage room in the indoor range. They have now completed raising the floor up a few inches such that the raging waters will stay at a nearby water park instead of soaking our shoes when we forage for snacks and drinks.

Dave Ray has had his way with the overgrowth in the practice area so you can now retrieve your arrows from the 40 yard target without a machete and without fear of being eaten by lions (or ticks, for that matter).

### **FITA "Cotton Boll"** (Ralph Reader)

On the weekend of June 3<sup>rd</sup>, Wayne Reader won the Cotton Boll for the third year in a row. The Cotton Boll is an outdoor FITA event held every year in the thriving cow town of Tulare, California. The event consists of 144 arrows shot at 4 different distances over 2 days. Wayne's score of 1396 set a new state record and included a perfect 360 at 20 meters.

### **Indoor Shoots** (Linda Adams)

SCA Indoor Shoots are held year round on the first and third Fridays of each month at 7:45 p.m. in the Clubhouse. The Shoots go on, regardless of weather in most cases. The scores are recorded and archived to serve as reference and for recognition of achievement. Attendance is flexible to accommodate each archer's personal schedule. Besides being lots of fun, the Indoor Shoots also put you in contact with fellow archers, provide competition experience, document personal performance trends, expose archers to new techniques and enable archers to observe other shooting styles. Archers have much to gain when attending.

The SCA Clubhouse moderates the temperature and provides good shooting conditions throughout the year.

The wood-burning stove generates much appreciated warmth in the winter. Snacks, soft drinks and bottled water are available during the Shoots, ranging in price from \$0.50 to \$1.00 each. Picnic tables are located behind the shooting area for archers to wait for their opportunity to shoot and munch on their snacks. There are bow racks between the shooting lanes and there is additional space on the walls to hang equipment.

As 7:45 p.m. approaches, the Shoot Organizer will assign lanes and determine the number of lines and sessions to be held for the particular evening. Up to two shooting sessions have occasionally been held on the seven lanes, allowing a total of fourteen archers to shoot at one of the two different "start times" in a single evening. Depending on the attendance and arrival times, a second shooting line is sometimes established during a single session. Archers often take the opportunity to shoot a second style on a single evening if there are vacancies in the second session.

Arriving early at the range is advantageous to both the archer and the Shoot Organizer. This will allow the archer time to practice, make last minute equipment adjustments and secure any snacks prior to the Shoot. The Shoot Organizer can also better plan how to make lane assignments and conduct the Shoot when archers arrive early. The practice rounds will stop at 7:40 p.m. After the lanes are assigned, official shooting begins at 7:45 p.m, usually with two official practice ends. Archers who arrive after the second end of official shooting, or who are not yet ready to shoot by 7:45 can choose to shoot unofficially if there are lanes available. If a second shooting session is planned, and there are vacancies, they can jump in.

To ensure that the results posted on the Score Board on the Clubhouse wall were shot under identical conditions, the 40 cm NFAA target (either a single

spot or a 5 spot) is always used and shot from a distance of 20 yards. A total of 60 arrows are shot during the competition. Five arrows are shot during each of the 12 ends. The inner ring (bull's-eye) of the single spot target is worth 5 points and scoring decreases down to 1 point for the outer ring. The five spot target is generally used by advanced shooters who rarely expect to miss the bull's-eye, so the target only includes the inner ring worth 5 points and the bordering ring that is worth 4 points. Each arrow that touches a line gets the next, higher score. "X"s are also recorded for tie-breakers. The maximum score is 300 and 60Xs are possible but rare. Don't become overwhelmed with these scoring formalities. For those archers who have not previously kept score using this system, experienced archers who know the rules and are accustomed to scoring will do the work.

Archer's scores are separated into classes by gender, age group and shooting style. The resulting scores in these categories are then posted on the Range Indoor Score Board.

Both Club members and non-members are welcome at the Indoor Shoots. Although participants must be Club members to have their scores recorded and to be ranked on the Indoor Score Board, non-members may shoot along side members on an informal basis. This is a great opportunity for members to track their individual progress over their archery careers and to compare their performance to others of the same shooting style. These Shoots can be attended according to the needs of each archer. However, archers working to improve their games may want to integrate practice sessions and Indoor Shoots at regular intervals into their schedules to measure progress.

For those archers who would like to have their own personal copies of the results that are posted on the SCA Indoor Score Board, it is printed in this Newsletter. The SCA Indoor Score

Board separates male and female archers into "Adult", "Young Adult", "Youth", "Cub" and "Peewee" divisions. It also further divides archers into "Freestyle", "Freestyle Limited", "Barebow", "Bowhunter Freestyle", "Bowhunter Freestyle Limited", "Bowhunter", "FITA", "Traditional Recurve" and "Traditional Longbow" styles. For those archers who are just starting out and who are not sure how to determine their shooting styles, there are many experienced archers at the Indoor Shoots who will be able to help an archer configure archery equipment in order to meet specific shooting style requirements.

So come on out to the SCA Indoor Shoots on the first and third Fridays of each month. Arrive early. The action starts promptly at 7:45 p.m. The Clubhouse is comfortable the year round. Meet fellow archers, experience a Shoot, learn new techniques, discover other shooting styles and track your progress. You are more than welcome at any of the Indoor Shoots, whenever you feel the urge. See you there!

### **Level 1 Coach Training (ed.)**

John Sutton of Black Diamond Classics foundation conducted FAA/NFAA Level 1 Coach training at the range. Ralph and Diana Reader, Patrick and Casey Mathews and Henry Bertram plus three JOAD persons attended the training the evenings of June 8, 13 and 15. The course was had lectures, demonstrations, coaching practice and practical and written final exams.

John brought Genesis bows, bow racks, arrows and ground quivers. No arm guards or finger tabs because, heck, if you do it right you don't need them. No problem with the arm guards but I prefer a bit 'o finger protection. The Genesis bows are really nice for mixed classes because they have no fixed draw length so they act like a recurve but don't require set-up. Very slick! The only problem we had was that we were robin-hooding the arrows

the whole time. We were just too close, I guess. OK, twist my arm, no robin-hoods but we did have some reasonable sized groups and no one was badly injured.

We were all surprised at the length of the written final. It required 100 answers including written, matching terms and multiple choice. A passing grade was 70 and everyone scored over 90. Good job guys and girls! Everyone also passed the practical final, in a pool of sweat, but passed. The grades and tests were sent to headquarters and the coach's certification cards were issued. If you want one of the new coaches to practice on you, give them a call. A Level 1 coach is certified to teach new archers.

### **Unmarked! (ed.)**

I started archery as an adult in the late 1980s when I discovered a nice archery pro shop with an attached indoor range near my home in Thousand Oaks, CA. I bought a bow for myself and for my son Ben and we took a few lessons. Following that we practiced at the indoor range regularly and participated in a few competitions, most notably a Halloween shoot where we tried to kill a bunch of ghosts carrying candle sticks. Extra points were available for killing the flame painted on top of the candle. Since I was relatively new to the game and shooting bare bow, the risk to either the ghosts or flames were minimal.

After several months shooting indoors, things got a bit boring. The only other archery activity I knew of was hunting in which I had neither time or interest. The trips to the indoor range became more broadly spaced and the bows began to gather dust.

Fast forward to today.

There are many activities available in the Bay Area beyond hunting. My favorite is unmarked 3D. This game was developed as practice for hunting. The format I am most familiar with allows one arrow per target. Your group

walks through the course following a set of markers until a shooting stake is found. You find the target from the shooting stake, estimate the yardage and shoot your arrow, keeping your estimate secret. The scoring is usually 5 points for hitting the animal in a non vital area, 8 points for the larger vitals area, 10 points for the smaller vitals area and 12 points for a small spot in the smaller vitals area. Targets are placed from a few feet out to 45 or 55 yards. Uphill and downhill shots are common as well as challenging areas where yardage is difficult to estimate.

I had some very good advice when I started, I was told to "bring lots of arrows." I broke some arrows, lost some more but learned to estimate yardage while I was relearning archery. It's a bit embarrassing to estimate the distance to a 48 yard, deer sized target accurately enough to hit it but to shoot your arrow behind it. I did that.

The targets range from various North American and African game animals to large fish, dinosaurs, bugs, space creatures and about anything else that can be molded out of rubber or foam and painted. On my first unmarked 3D I got a kick out of walking through the woods and coming upon a 4 foot salmon, an alligator and a stegosaurus. The alligator was stretched across a dirt road at about 30 yards. The target was above us and the road sloped up. My arrow slipped gracefully under the soft underbelly of the beast, hit the road and turned up toward the sky. Shooting a 70 pound bow had its downside, that arrow is probably still in orbit. I was able to hit the stegosaurus due only to it being close to the 20 yard magic distance. When we went to score that target it turned out that they had marked it for many different shooting orientations, that thing had so many 12 rings (about the size of a nickel) that it must have looked like Champaign when viewed through binoculars.

Try unmarked 3D, they are loads of fun and good practice.

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## Archery competition calendar provided by Linda Adams

All activities in California unless otherwise noted.

DATE	ACTIVITY	LOCATION
7/2/06	Sacramento Archery Club 1-day FITA (SAC Calendar)	Discovery Park, Sacramento.
7/8 or 9/06	Diablo Bowmen 3-D Unmarked Shoot	Diablo Bowmen Archery Club, Clayton
7/13-15/06	California Cup (SAC Calendar)	Discovery Park, Sacramento
7/16/06	Sacramento Archery Club 1-day FITA (SAC Calendar)	Discovery Park, Sacramento
7/16/06	2006 Mt. Madonna Bowmen 3-D Bug Shoot	Mt. Madonna County Park, Gilroy
7/22-23/06	NFAA National Unmarked 3-D Championship	Yankton, SD.
7/24-28/06	NFAA Outdoor National Field Championship	Yankton, SD.
8/1-5/06	122nd U.S. National Target Championships	Colorado Springs, CO.
8/1-6/06	Jr. World Trials	Colorado Springs, CO.
8/5-6/06	San Francisco Archers 1,000,000 BC Shoot	San Francisco Archers Range, Pacifica
8/20/06	Bowhunters Unlimited Primitive 3-D Shoot	Stevens Creek County Park, Cupertino
9/2-3/06	11th Annual Grapestakes (SAC Calendar)	Buena Vista School, Tulare
9/10/06	MTBA Regional Field, Hunter & Animal Round	Mt. Madonna County Park, Gilroy,
9/10/06	CBH/SAA State Target Championship (900 Rnd.)	Lodi Bowmen Outdoor Range, Ione
9/15-17/06	Pacific Coast Championship (SAC Calendar)	Discovery Park, Sacramento
9/16/06	CBH/SAA State Target Championship (900 Rnd.)	Santa Ynez Valley Bow Club, Buellton
9/16/06	Bowhunters Unlimited Kalua Luau 3-D Shoot	Stevens Creek County Park, Cupertino
9/17/06	CBH/SAA State Target Championship (900 Rnd.)	Salinas Bowmen Range, Salinas
9/23-24/06	Trad. Archers of CA Rancho Neblina Trad.Rendezvous	Petaluma
9/24/06	Nevada Senior Olympics (age:50+) [also a CA qualifier]	Las Vegas, NV.
9/30-10/1/06	California State Team Duel in the Desert Trials (SAC)	El Dorado Park, Long Beach
10/1/06	Lodi Bowmen-Grape Stomp (28 Grape Targets/3 Arrows)	Lake Comanche
10/14-15/06	Southland Senior Olympics (2ea-300 Rnd./1ea-900 Rnd.)	El Dorado Park, Long Beach
10/14/06	Bowhunters Unlimited Oktoberfest 3-D Shoot	Stevens Creek County Park, Cupertino
10/15/06	Black Mountain Bowmen Flea Market Shoot	Black Mtn Bowmen Archery Range, SJ
10/29/06	Diablo Bowmen Boo Shoot	Diablo Bowmen Archery Club, Clayton
11/4 or 5/06	MTBA Regional Indoor (450 Round)	Predator's Archery & SCA Clubhouse
11/18/06	Bowhunters Unlimited Turkey Shoot	Stevens Creek County Park, Cupertino
11/19/06	Redwood Bowmen 22nd Annual Turkey Shoot	Redwood Regional Park, Oakland
12/06-3/7	FAA Indoor Mail Match (3 Rnds. - 1 Rnd./Mo.) [tentative]	TBD - watch for details
January,07	2007 California State Indoor (SAC Calendar)	Usually at: Tulare Fair Grounds, Tulare
January, 2007	CBH/SAA State Target Indoor Championship	SCA Clubhouse & Various locations
January 2007	NFAA Southwest Indoor Sectional	TBD - watch for details
2/9-11/07	2007 World Archery Festival Las Vegas Shoot	Riviera Hotel, Las Vegas, NV.
3/31- 4/01/07	NFAA Indoor National Championships	Louisville, KY.

The above schedule is a consolidation of CBH/SAA, NFAA, SAC and NAA calendars. The events selected from these calendars are either major, of broad interest or are reasonably local. More information about these events, along with JOAD and additional novelty shoots can be found at the respective internet sites.

For additional information:

California Bowmen Hunters & State Archery Assn.: Website - <http://www.cbhsaa.org> Phone: 925-208-2036

National Field Archery Association: Website - <http://www.nfaa-archery.org> Phone: 800-811-2331

SAC: Website - <http://www.calarchery.com>

NAA: Website - [http://www.usarchery.org/files/06\\_schedule\\_of\\_events.pdf](http://www.usarchery.org/files/06_schedule_of_events.pdf)

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## July

Club Meeting	7:30 PM	July 11, 2006
Indoor Shoot	7:45 PM	July 7, 2006
Outdoor Shoot	9:00 AM	July 9, 2006
Indoor Shoot	7:45 PM	July 21, 2006
Stump Shoot	9:00 AM	July 29, 2006

## August

Club Meeting	7:30 PM	August 1, 2006
Indoor Shoot	7:45 PM	August 4, 2006
Outdoor Shoot	9:00 AM	August 13, 2006
Indoor Shoot	7:45 PM	August 18, 2006
Stump Shoot	9:00 AM	August 26, 2006

## September

Club Meeting	7:30 PM	September 5, 2006
Indoor Shoot	7:45 PM	September 1, 2006
Outdoor Shoot	9:00 AM	September 10, 2006
Indoor Shoot	7:45 PM	September 15, 2006
Stump Shoot	9:00 AM	September 30, 2006

## October

Club Meeting	7:30 PM	October 3, 2006
Indoor Shoot	7:45 PM	October 6, 2006
Outdoor Shoot	9:00 AM	October 8, 2006
Indoor Shoot	7:45 PM	October 20, 2006
Stump Shoot	9:00 AM	October 28, 2006

### President

Dave Ray

### 1<sup>st</sup> Vice President

Ralph Reader &  
Henry Bertram

### 2<sup>nd</sup> Vice President

Mike Tracy

### Newsletter Editor

Henry Bertram

### Secretary

Dianna Reader

### Treasurer

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### Outdoor Range Captain

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Open

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Gary Cramton