



Discover Archery

Volume 2, Number 4 Fall 2009

Archery Planet Visits
India!

What's in *Your* Archery Tackle Box?

Point of Aim Technique

Improve Scores with String Alignment





Discover Archery Magazine

The Official Magazine of
ASAP The After School Archery Program



Fall Issue 2009

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He won gold in the Youth World Archery Championships. Meet . . .

Alexander Sahi



When and how did you get started in archery? How old are you now? I am 16 years old. When I was seven, my mom would take me to my sister’s JOAD classes. After about three months I asked Trisha Hall, the JOAD coach, if I could shoot. She said okay even though the starting age was eight years old.

What style archery do you shoot? I currently shoot a compound bow and have shot a compound bow for the last four years. Before that, I shot a recurve bow. I normally shoot FITA events but sometimes shoot NFAA events and I hope to do more of those in the future, especially the field events.

I usually shoot in my backyard when the weather is nice. Once it starts to get cold and snowy, I move indoors. I shoot at Hall’s Arrow, which is just down the street from my school in Manchester, CT.

What kind of equipment do you shoot? I shoot a Hoyt Ultraelite with 3000 limbs; its most important aspect is that it’s purple. We bought the bow second-hand off of Archery Talk and couldn’t pick the color. Purple is now my favorite color; I even have shoes to match.

The bow is decked out with Doinker stabilizers, a Sure-Loc site with a CR Apex scope, BCY 452X strings (purple and black of course) that my dad makes for me, a Loesch grip and I use Easton arrows and a Carter Target 4+ release.

Photos by Gary Holstein





Featured Archer



Tell us about your competitive experience. What events have you won or placed in? I love to compete, especially at the larger events. I won the Youth World Championships, Target National Championships, JOAD National Championships in 2009, and set the new FITA 144 arrow round National record with a 1400. I set the National OR record of 118 at SI Cup in May 2009. I then shot a 119 at JOAD Nationals and thought great I have the new record, only to have it beaten by my Junior World teammate and good friend Riley Whiting 20 minutes later with a perfect 120 score.

What are your favorite tournaments? Normally my favorite tournament is the outdoor JOAD Nationals. I get to see all my friends from around the country that I don't normally get to see. But this year, I had the opportunity to compete at the Junior World Archery Championships in Ogden, UT and it was a blast. I met archers from countries around the world. We all stayed together at the dorms and it was fun. The team round was one of my favorite parts of the tournament.

Do you get nervous at tournaments? If so, what do you do about it? I always get a little nervous at tournaments. To calm myself, I use a breathing technique that I learned from playing ice hockey. When I am on the line shooting, I run a mental program based on techniques taught by Lanny Basham.

Alexander and friends. Photos from last year's trip to Japan.





Tell us about your archery club and coach. As I mentioned before, I have been shooting at Hall's Arrow in Manchester, CT. The club has been very successful in the past and has turned out some great archers like Karen Scavotto and Brittany Lorenti. It's been a lot of fun and almost every time I go to a tournament, there's a Hall's shooter.

For the past two years, I have been coached by my dad. My dad has coached both me and my sister, who's a recurve shooter. My sister shoots recurve and has been competing at a high level for a long time. She was one of the original Junior dream team members. She currently shoots at Alfred University Archery Club and is working on putting a competitive team together.

What do you like about archery? I really like meeting new people and seeing friends that I've made over the years. I also like to travel and like to visit new places. But what I really like, is to win.

Why do you think you're so good at archery? I think my technique is very consistent and I think that my mental game is strong. One of my other passions is ice hockey, where I've had to work on the mental aspect of my game and I think this has transferred to archery.

What are your archery goals? What are your life goals? One of my archery goals is to make another world team. My other goal is to eventually make a world cup event. My life goal is to go to college for international relations and work as a diplomat.

What else do you like to do besides archery? I love to play ice hockey and soccer. I also like to try out new things. Last year, I tried out fencing and like it. This year, I have tried out rock climbing and like that. I have also joined the Model United Nations Club at school which will help me in my life goal. I also like to kayak, fish, ski, camping with my friends and listening to music. I love to read, especially ancient history and books about sports.

Do you have any funny stories for our readers? Clayton Debord, Hunter Barthels and I dressed in grass skirts and called ourselves the "Tiki Warriors". At JOAD Nationals in San Diego, Clayton went to register us for the team round but we didn't have a name for our team. The lady at the desk asked us if we wanted to be the Tiki Warriors and Clayton said "sure". She then asked if she would buy the costumes, would we wear them and Clayton said "sure"; Clayton told us after the fact about the deal he struck. She brought us grass skirts, leis, straw hats and paint for our face. It must have been the outfits, because we won first place. We then had the Tiki Warriors reunion the next year in Oklahoma City.

There are lots of great videos posted on YouTube. Go to www.youtube.com and search Archery Youth World Championships.



Featured Archer



Aiming without Sights

The *Point-of-Aim* Technique

by Steve Ruis

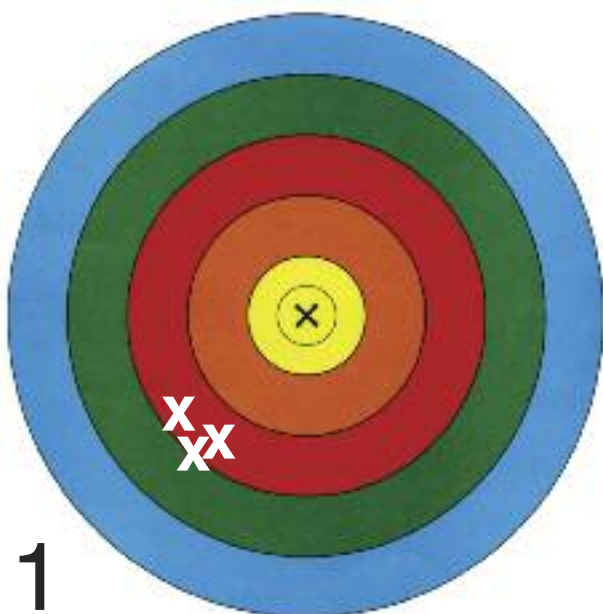
You just shot a bull's eye and you want to do it again. So, what should it look like at full draw compared to the previous shot? Yep, it should look exactly the same! The bow should be in the same position relative to the target and your arms, hands, everything should be as close to where they were in that previous shot as you can make it.

A bow sight makes this easier because it puts the sight's aperture (the part you look through) in the line between your aiming eye and the center of the target. In order to place it there and then get the outcome you desire (Bull's Eye!), you have to hold the bow the same way, with your feet in the same place, and execute the same shot. If you do this then you should expect another bull's eye.

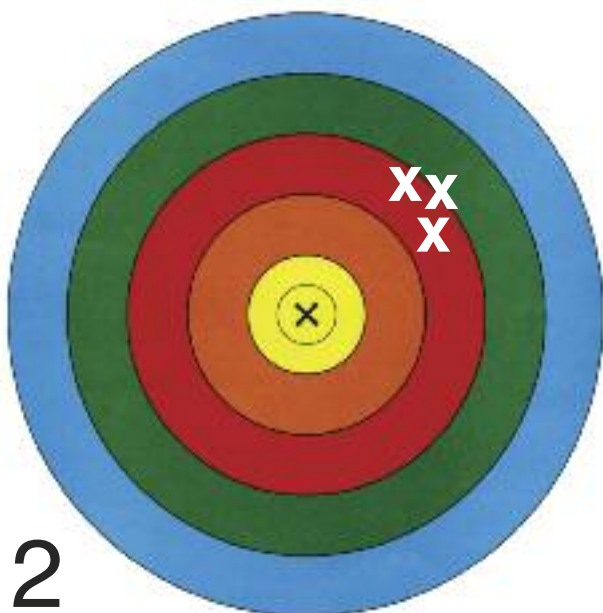
But what if you don't have a bow sight? Or what if you'd rather shoot "bare-bow"? Is there some other part of the bow you could use the same way? Actually, any part of the bow could be used for the purpose of making sure that the bow is in it's proper position. The part that is most often used is the point of the arrow. The selection has a lot to do with how our eyes work. Look around you, find some object to focus on. Now, without changing your focus, see how much detail there is in the other items in your sight.



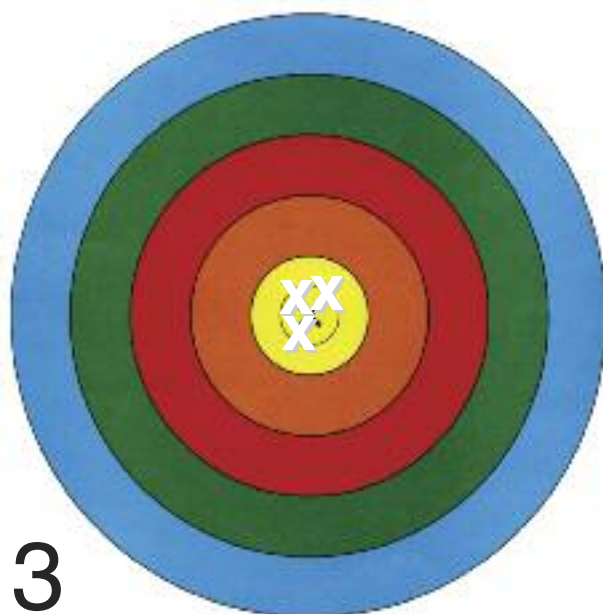
All About . . .



1



2



3

These things aren't blurry, they just aren't clear. Apparently the brain can only process so much information, only a small region around what you are focused on is clear. So, what do we want to be clear in our vision? The target, for sure. If we are looking at the target, parts of the bow even slightly outside that cone of focus are indistinct. So, the arrow it is.

The "point of aim" method (using the arrow point for aiming) was first described in print by an Englishman, Horace A. Ford in the 1850s. He is given credit for inventing the technique, but we don't actually know that; we just know he was the first to publish it. In his method the entire arrow must be aimed.

The technique requires that:

1. The nock end of the arrow must be anchored directly below your aiming eye.
2. The point of the arrow is lined up with "point of aim."

Let's try this.

The nock end being under the aiming eye is handled by your anchor, if you have a "tight anchor," that is. A tight anchor is either pressed up against your cheek bone (high anchor) or pressed under your jaw bone (low anchor) so that the position is the same each time and so that the bow string is almost right in front of your eye. If the bow is held straight up and down and you have a tight anchor, the nocks of your arrows will be directly under your aiming eye.



It is relatively easy, then, to line up the arrow point with the center of the target at full draw. We release the arrow and . . . miss! What did we do wrong? Well, there is one and only one distance the target can be at and have this work. This distance was called “point blank range” then and is called the “point on target” distance now. (Archers have shortened this to “point on.”)



When the target is exactly at your point on target distance, if you take a good tight anchor, place the arrow point in your line of sight to the center of the target and execute a good shot . . . bull’s eye! But this is kind of lame if it only works at one distance, isn’t it?

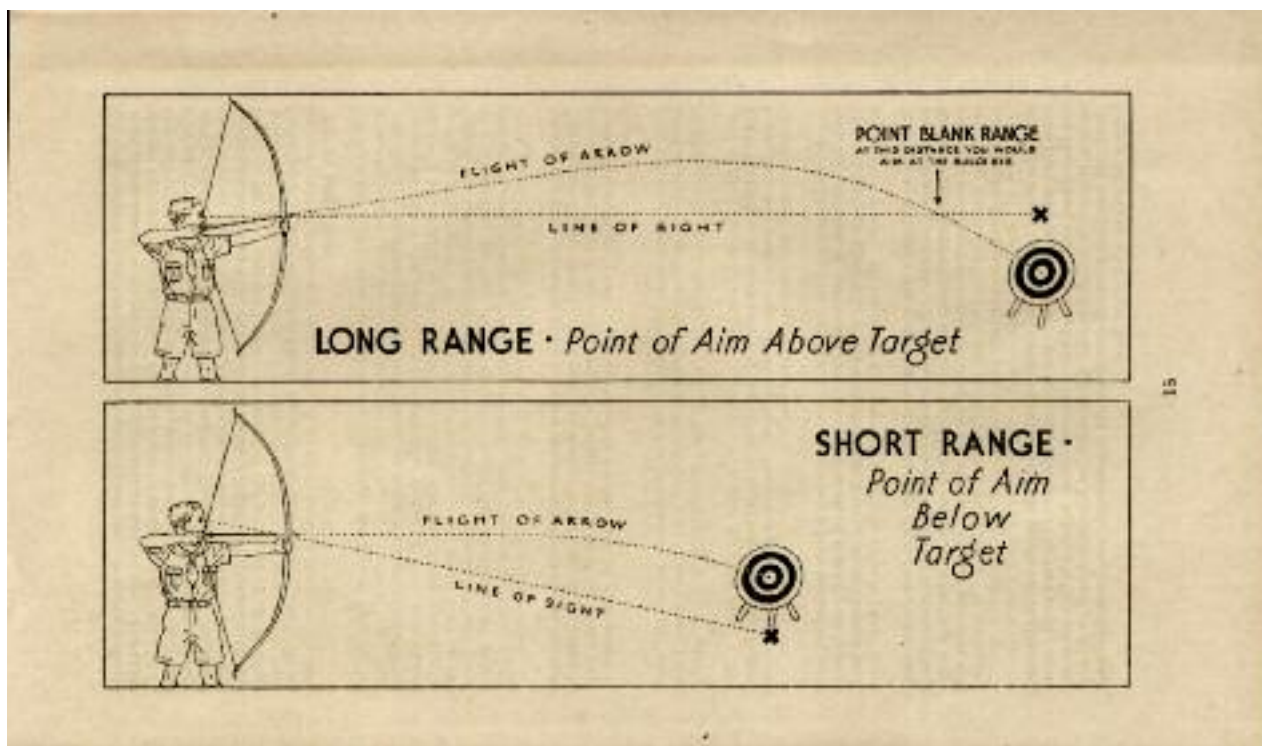
Aha, let’s see if we can figure out how to fix this. What if we move the target a couple of yards/meters closer to you. If we now execute shots as before, they will end up high on the target. (The arrows are falling from the peak of their arc, so a closer target catches them before they fall farther.)

So, how do we correct for this? To get the arrows to hit lower, we have to hold the bow lower, but

how much lower? We could guess how much . . . but there is a better way. Look at your arrow in the target. You “aimed” at the exact center, but the arrow hit high. Let’s say it hit in the first red ring (the 8-ring) directly above the center. We call this “12 o’clock in the 8-ring” for short. (We use an old style clock face to deal with the angles and the rings to deal with the distance from the center. So an arrow straight right of the center would be at 3 o’clock, straight left 9 o’clock, etc.) So, if we aim at the center and hit 12 o’clock in the 8-ring, where should we aim?

Ta da! If you figured out that we need to aim at 6 o’clock in the 8-ring, you got it right. In essence, you aim the exact same distance from the center on the other side of the target (see the graphic).

So, here we go! You pull to full draw and adopt a nice, tight anchor, line the arrow point up with the first red ring under the center and execute a good shot. Bull’s eye!



This diagram of Point-of-Aim was published in 1932 in the Goodrich Archery Book.

Now you know the whole system! If you are closer in than your *point on target distance*, you must aim lower down on the target. If you are farther away . . . ? Yes, you must aim higher on the target. That's it!

But what if you are a lot closer or a lot farther away than your point blank range? Closer in you might need a “point of aim” that is on the grass or the floor. In some competitions it is sometimes allowed to place an object on the floor/grass to help you with this, but sometimes this is not allowed. You need to find a patch of dry grass, a daisy, a dent in the floor, something to use as a point of aim.

Farther out, you have to aim above the target. In some competitions there is a small pennant stuck into the top of the target (to help gauge the wind). If so, and you have to aim entirely above target you can use the bottom of the flag, or the top of the flag or halfway up the stick the flag is on as points of aim. If those aren't high enough, a leaf or twig in a tree behind the target can be used.

There's lots more to be learned about the Point of Aim system, but these are the basics. The next time you are shooting, give it a try.

Steve Ruis is the editor of *Archery Focus* magazine and author of *Coaching Archery*.



Improve your scores quickly and easily by identifying and correcting

Common Form Flaws

Usually archery coaches prefer to show *what to do* as opposed to *what not to do*. That's why you'll hear them say "stand up straight" rather than "don't lean back". But there are some common form flaws that are worth knowing about. If you find yourself doing any of these listed below, the good news is that they are easily corrected and you will soon be on your way to better scores.

Floating Anchor



Coming back to the exact same place every single time is the key to a consistent shot. Whatever your "anchor" is; corner of the mouth, under the jaw, or elsewhere, make sure that's exactly where your hand is before you release.

Not having a consistent anchor makes grouping your arrows almost impossible. You can use the size of your arrow groups to judge how well you are doing. It's actually a better indicator than score.

Plucking



As you release, it's important to allow the string to leave your fingers without moving your hand out away from your face. That's called a "pluck" and what happens is that the arrow actually leaves the string at some point between your anchor and the furthest point of your "pluck" making for very inconsistent shots.

Peeking



If you watch your arrows fly, you won't like where they land. That's called "peeking" and it messes with your shot sequence. Complete your shot, take your time with your follow-through, *then* look at the target to admire your bullseyes.

Leaning Back



Standing up straight is key to good archery form. You want to be relaxed, comfortable, and centered over your stance. Archers who are using bows that are too heavy for them often find themselves leaning back to offset the weight of the bow. They would do well to use a lighter bow so that they can pull it easily while still maintaining good form.

Hunching the Shoulder



Hunching the shoulder is similar to leaning back in that it causes poor alignment and is often caused by being over-bowed. Practice lifting your bow into place without raising your shoulder. Use a mirror and watch yourself lift the bow and pull to anchor (without an arrow) to see if your bow shoulder is staying down.

Low Elbow



Drawing with a low elbow is a lot harder than necessary, and won't give you the bullseye you're after.

"T-Form" is what archery coaches call the correct position of the body at full draw, with the bow hand, string hand, and drawing elbow in the same line. In fact, using T-Form will correct many common form flaws.

Using a mirror or asking your coach or a friend to video your form is a good way to see if you have any of these common form flaws in your shot sequence. Once you are aware of them, you can easily change to the correct form. You'll be surprised how much your scores will improve!



Ancient traditions and a commitment to achieving Olympic Gold,
Archery Planet visits . . .

India



India is home to some of the oldest archery traditions in the world. The Bhagavad Gita, which is believed to be over 6,000 years old, is a story involving the famous archer Arjuna and his conversations with Krishna.

In 1972 archery was included in the Olympic Games in Munich, Germany. Indian archers made the commitment to modern Olympic-style archery and in 1973, the Archery Association of India (AAI) was established.

Traditional Indian archery is still practiced and plays a part in festivals and ceremonies.

The town of Kharsawan hosted the AAI Tribal archery championships. But the real focus of

the Archery Association of India is on Olympic gold as it provides training opportunities for young people across India, in the small villages as well as large cities.



Meet Deepika Kumari

She traveled all the way to the United States to compete in the Youth World Archery Championships in Ogden, Utah. She won gold in the Cadet Recurve Women category, and the title of World Champion.



But she has one problem. She's still 15 years old and will not be able to participate in the first Youth Olympics in 2010 to be held in Singapore, where archers born between January '92 and December '93 are invited to take part. Deepika was born on June 13, 1994.

So she has set her sights on the 2012 Olympics in London. "Things are not in my hands. I'm a year younger for the prestigious event. But I hope to continue with my hard work and get a slot in a year's time for the event," she said, speaking to the Indian press on the phone from Calcutta.

"It has been burgers, pizzas, soups and French fries in the US. I'm yearning for home-made food. I am missing rice, pulses and vegetables". Her team had managed to find an Indian restaurant at Ogden. "We liked it so much, we would even get some food packed for later."



As for winning the gold; "It felt very good. It was for the first time that I had gone so far; it felt good that after going all the way there I was able to win a medal. It was a very long tournament," Deepika said.

Now Deepika will resume training at the Tata Archery academy at Ranchi with the goal of winning a medal at the 2012 London Olympics.

Deepika has become the second Indian to win the World Champion title after Palton Hansda won the World Championships at Merida, Mexico in 2006 by winning the junior compound individual gold medal.

Deepika couldn't wait to meet her parents at her ancestral village in Ratucheki, India. Her proud father fondly recalls the days when she would aim at mangoes and not be satisfied until all of them were on the ground.



String Alignment

Fixing those left-right misses

by Steve Ruis

Occasionally, when you are shooting well, your groups start to get wider and wider and you don't know why. Here's how to make sure that your groups stay round.

When you are first taught archery, we teach you how to “anchor,” which means finding a consistent position for your draw hand at full draw. Even tiny differences in position of the back end (the nock end) of your arrows can create quite a difference in where your arrows land. If your anchor merely hovers next to your face, you have no way to guarantee that it is in the same position from shot to shot. Such a “floating anchor” is a recipe for inaccuracy. But, even if you have a tight anchor (a tight anchor is either pressed up against your cheek bone (high anchor) or pressed under your jaw bone (low anchor) so that the position is the same each time and so that the bow string is almost right in front of your eye, you may still have problems with your groups expanding and contracting horizontally.

This normally happens to archers after they have started to get “good.” You have learned to relax and only use those muscles that are needed to shoot the bow. You have learned basic good archery form and you have a reasonably tight anchor and a reasonably soft bow hand. So, if you experience these problems, congratulations!—you've become quite a good archer!

The problem comes from minor inconsistencies in your anchoring position. The way to make your anchor position is solid is through string alignment. When you are at full draw, your attention is focused on the target or your bow sight. Most everything else that you can see through your aiming



Top Ten Form

eye is unclear (not fuzzy, just unclear). So, you don't pay much attention to the other things you can see, except that now you have to! Something that isn't clear and is quite fuzzy is the bow string, right in front of your aiming eye. It is fuzzy because it is too close for your eye to focus on, certainly way too close to be focused on while the target or sight aperture is being focused on.



The position of the fuzzy image of your bowstring is a clue as to the consistency of positioning your anchor. If the fuzzy bow string shows up in the same place each and every shot, that is a good thing! If it is in different places on different shots, that is a bad thing. Being in the same place in your "sight picture" every time you shoot is what

is desired. This indicates a number of things: if your bow is vertical, then so is your head (both good things!) and it means the relative position of the nock end and the point end of the arrow is the same for each shot (also a good thing).

The hard part is you shouldn't look at it! Yes, you read that right. If you try to look at it, you will get frustrated because it refuses to come into focus and it distracts you from what you are supposed to be looking at. You want to "see" the string in your peripheral vision. The very best place for your string to show up in your field of view is right next to your sight aperture (if you shoot with a sight) or right next to your arrow point (if you shoot "off of the point")—because you are going to be looking at those things anyway! What you need to learn is to become aware of the position of the string, without focusing on it, so the closer you can get it to what you are focused on, the easier this will be.

To learn to be aware of the string's alignment, that is its position in your sight picture, take a very light drawing bow (10# is best), stand in front of a target, get to your normal full draw position, and look for the string in your sight picture. Play with it. See if you can get it to line up at various points on your bow or your bow hand. Don't stay at full draw so long you get tired. Let



down, rest for 30 seconds, and start over. After you get used to seeing the bowstring in your sight picture, try some close in shots. Be consistent in your placement of the string in your sight picture.

After you become comfortable checking your string alignment while shooting, you will find a number of things. If you deliberately move the image of your string to the right against the

background, your arrow will hit the target to the left and vice-versa. Think about it! If the string's image is moving to the right, so is the string . . . and so is the nock end of the arrow. If the front end of the bow stays in the same position and the rear end moves right, the arrow will fly to the left! Some archers have even used this effect to counteract wind which is causing their arrows to drift left or right.

If you spend too much time fiddling with string alignment, it will hurt your scoring. This causes attention to be placed on something small and can withdraw attention from things that have bigger effects. Also, you only have so much time at full draw; spend too much time there and you will get tired and not execute your shots well.

If you are using a shot sequence, you may want to add "check string alignment" to the checklist for "aiming."



Compound archers, whose styles allow the use of a peep sight, have the best of all possible situations in that a peep site allows you to look right through the string! And the position of the peep sight in the string can be adjusted to your anchor for the ultimate in aiming consistency.

Steve Ruis is the editor of *Archery Focus* magazine and author of *Coaching Archery*.

Top Ten Form

Archery's Rock Star Has the Answers!



Who (or what) is Petey?
See the Winter 2008 issue of Discover Archery for the story of this amazing petraglyph.

Dear Petey,

My coach lets us bring our own bows to class if we have one. I brought mine but she won't let me use it in class because she says it's too heavy. She says being over-bowed makes it impossible to have good form. I showed her I can pull the bow but she won't change her mind. Maybe you can explain it to her.

Thanks,

Dex

Petey Knows!

Email Petey your questions at info@teacharchery.org

Dear Dex,

There are two different types of weight on your bow, the mass weight and the draw weight. The mass weight is how heavy the bow is to hold up. If it's too

heavy your arm will get tired and you'll be tempted to drop your bow arm when you release. The other type is draw weight, the force it takes to pull the string back. The way you can test for appropriate draw weight is this: take your stance, set your hands and raise your bow, now pull the string straight back to your anchor. If you can't do that comfortably without tensing any muscles other than your back muscles, then the draw weight is too much. If you have to aim high, or low, hunch your shoulder or even make a face, then the bow is too heavy and your form, (and scores) will suffer for it.

Best regards,

Petey

Hi, Petey.

I did pretty good in my school's archery class so I signed up for lessons. Now I can't believe how bad I am. I'm really trying but I don't seem to get any better. Is there a better coaching system they should be using?

Aubrey

Hello, Aubrey.

It's very common for a recreational archer to feel that they are getting worse when they get serious about archery and start receiving coaching. Every time you make a change in your shot sequence you can probably expect that your groups will get bigger until that aspect of your shot becomes consistent and comfortable for you.

You didn't say what system of coaching you are receiving in your class but it's probably just fine. There are many different ways to shoot and teach archery. You'll notice differences in technique even among the champions, and many programs and coaches have their own way of teaching. Don't be too hard on yourself in the short term, and talk to your coach about setting up a way to track your progress.

Good luck.

Petey

Ask Petey



Your Archery Tackle Box

What You Need and Why

By Jonathan Miller

When you go shooting, you need to bring more than just your bow, arrows, and other equipment. You need to be prepared for on-the-spot repairs for the unexpected. Every time you go shooting you should bring an archery tackle box, which is a container that holds everything you could need to repair and service your equipment when shooting. Many archers do not understand the importance of an archery tackle box and only bring their main equipment setup. Don't be fooled, it may be one more thing to carry but when you are on the field and realize you cannot shoot since you forgot a tool, then you will be happy you brought your tackle box.

An archery tackle box should be tailored to your own needs, so if you are a recreational archer then your tackle box will look different than a competitive archer's or coach's box. Since space and weight is at a premium in these containers, it is important only to bring what you need. First, let's talk about the tackle box itself.

The tackle box should be a plastic container that has a large section which can be compartmentalized into smaller sections for organization. Luckily, these types of boxes have already been developed and made for you. What you want to buy is a fishing tackle box made for lures and hooks since you can put small parts in easy to reach places and there's a large compartment for your extra large tools. One very crucial thing you need to look for when purchasing a tackle box is how it is organized and how it latches closed. As for the organization, if the box lid opens up and



trays expand outwards, this will change the center of gravity of the box and cause it to fall over and spill all your items. With the latch, make sure it is a heavy duty latch that snaps shut so you will not accidentally lift the box when it isn't closed.



Archery Gear

Now let's talk about what to put into the tackle box. For this article, we will focus on talking about what the everyday archer should have with them. Think of your tackle box as a survival tool set, put everything you think you'll need in it and things for quick fixes such as duct tape and superglue.

The Basics

Every archery tackle box needs to have a few basic items and these items are used for basic maintenance and service. You will need Alan wrenches, both metric and standard size, multiple sizes of screwdrivers, and an adjustable wrench.

With just these tools you should be able to keep your bow in

shooting condition by making sure all screws and nuts are tight. The reason why you need different types of Alan wrenches is because of how the United States relies on the standard system of measurements while the rest of the world uses the metric system. When you buy equipment, you do not always buy equipment made in the United States so that means the equipment you get will use metric style hardware. Different size screwdrivers are important because of the size of the different things you will be working on. Think of it

this way, your plunger is very small and fragile with many small parts, using a very large screwdriver will not fit and can possibly ruin your plunger if you try to use it.

Don't try to shove a round peg into a square hole, just use the right tools! Finally you need a 2" adjustable wrench for all the random nuts you need to tighten whether it is on your sight aperture, your bow stand, or even the nuts and bolts holding up your target.

The Emergency Tools

As we all know, problems happen to equipment when you least expect it and problems happen in the most undesirable ways. When





Archery Gear

your bike breaks down, it doesn't break down nicely where you only need to replace one single part, usually a whole system fails. If this happens to your bow at a tournament, you either do not have the time or the parts necessary to fix it all. This is where your engineering and imagination comes into play (and some experience with disasters) to fix the problem using tools and materials you may never have thought of. To fill your archery tackle box, you will need superglue, WD-40, Teflon tape, sticky tack, butane lighters, duct tape, dental floss, and safety pins.



To explain a few of these items and their uses let's start with Teflon tape. Teflon tape is used in the plumbing world to seal joints between tubing but archers love it to solve threading problems. Since Teflon



tape is very thin and can be rolled into small threads, it is perfect to use in a threaded hole when the original threading goes bad. For instance if you have a plunger that screws into your bow and it falls out since the threads are worn out, use Teflon tape and wrap it around

your plunger and then put it back into the bow. This will allow you to keep the plunger in the bow for the rest of the tournament. The other thing on the list I will talk about is dental floss. Dental floss is important because it can be used as a substitute nocking point because you can tie it to your string and glue it together. Plus, it smells minty fresh every time you shoot!

Finally, the most important thing you need to keep with you in your tackle box is some band-aids and first-aid materials in case anything goes wrong.

Some people prefer a back-pack to a tackle box. If you shoot Olympic style, you can keep your shooting equipment, supplies, and emergency items all together since you'll have them close to where you are shooting. But if you are shooting Field archery you'll need to pack the basics in your quiver. In the event of an equipment problem, you'll be allowed to leave the range to get your tackle box and make the necessary repairs.





Here is a list of things that I keep in my archery tackle box that you can put into your own. This is in addition to the shooting equipment and supplies that you'll need to have in your quiver, such as your stringer, extra finer tab, bow sling or finger sling, bow square, and arrow puller. (Please keep in mind I have a competitor's box)



Small notebook and pencil or pen

Allen wrenches

Screwdrivers

Adjustable wrench

Hot melt

Nock turner

Spare nocks

Nocking points

Rubbing alcohol

Fletching glue

Small fletching jig

Spare vanes

Lighter

Dental floss

Teflon tape

Rubber bands

Duct tape

Razor blades

Silver metallic sharpie

First aid kit



Most people who are new to archery want to attend events without having to stock the perfect tackle box.

That's fine. Most experienced archers are happy to share and help out a new archer if a need arises. But if you're serious about competition, you'll need to be serious about your tackle box.

Archery Gear



Chicagoland JOAD

The 8th Annual Chicago Cup Tournament was held on September 26 and 27, 2009 at Chicagoland JOAD's outdoor FITA range at Mooseheart Child City and School in Mooseheart, Illinois. Situated alongside a calm and peaceful lake, the venue was on a relaxing and picturesque field with a grove of oak trees that provided plenty of shade for the spectators as well as the shooters. It even has its own flock of resident geese and a family of deer who like to wander close to the range on occasion.



This was probably the last beautiful weekend of the outdoor season. We enjoyed world record breaking weather on Saturday with comfortable fall temperatures and little or no wind, and a very chilly and foggy morning on Sunday with very strong and challenging headwinds. Although it was sanctioned as a Star FITA event, no world records were broken. However we had a

couple of Chicagoland JOAD members who competed in their very first tournament and made an impressive debut, winning their division and medaling in the modified Olympic Round.

The Olympic Round was modified to allow all of the competitors to compete, regardless of age or gender, as is normally the case. All the recurve shooters were ranked based on their total score for the first half of the FITA round, as were the compound shooters. Everyone shot their long distance, except for those who shoot 90 meters, who shot at 70 meters.





The Olympic Round results are as follows:

Compound:

- 1st - Alex Wifler
- 2nd - Kathy Miller
- 3rd - Daniel Tompkins

Recurve:

- 1st - Gabe Querol
- 2nd - Olivia Eich
- 3rd - Doug Harwick



In addition to the outdoor FITA range at Mooseheart, Chicagoland JOAD also practices and hosts indoor tournaments at their indoor facility at the John Lippold Recreation Center in Batavia, IL located just across the Fox River from

the Mooseheart range on Rt. 25. Chicagoland JOAD will also be hosting the Fall FITA Indoor Tournament on October 17, 2009, the annual Don Branson Memorial Turkey Trot on November 14, 2009 and the Illinois Target Archery Association (ITAA) State Indoor Championship on February 13, 2010. For more information on the Chicagoland JOAD club, upcoming events, and full results of the Chicago Cup tournament, check the club website at www.chicagolandjoad.org.



Kathy Miller, right, President of Chicagoland JOAD with her husband Mark Miller, FITA Council Member and past President of the NAA.

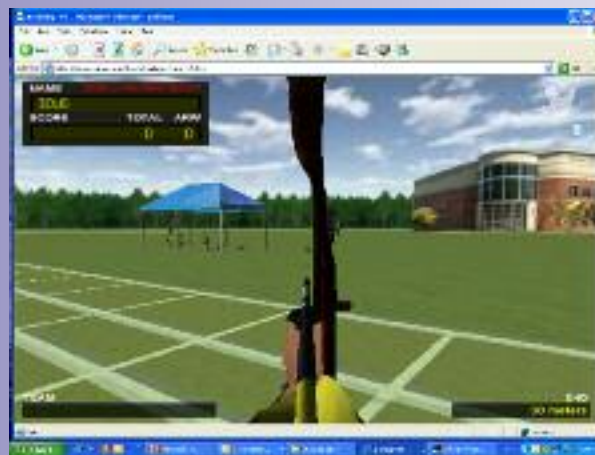
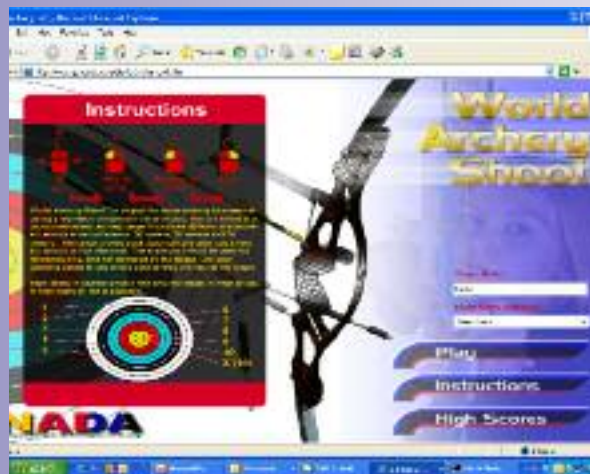
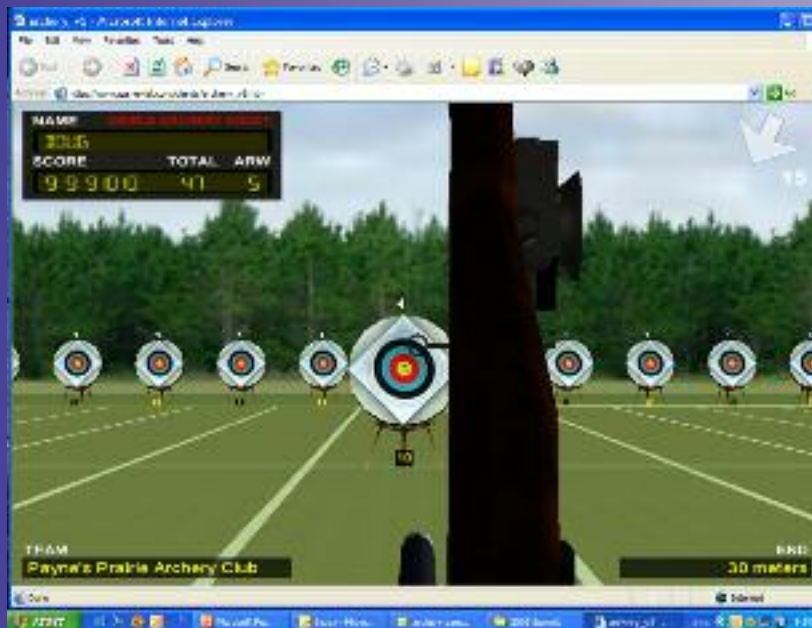
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