



Discover Archery

Volume 2, Number 3 Spring 2009



**Thanks,
Coach!**

**Archery
Etiquette**

**Yikes!
My First Tournament!**

Archery Planet Visits
Singapore!





Discover Archery Magazine

The Official Magazine of
ASAP The After School Archery Program



Spring Issue 2009

3 Featured Archer - Miranda Leek

6 All About... Checking your Form with Video

8 Planet Archery - Singapore

10 Ask Petey Archery's Rock Star answers your questions

11 Special Feature - Archery Etiquette

14 Top Ten Form - Yikes! My First Tournament!

18 Archery Gear- Stabilizers

20 My Archery Club - Thanks, Coach!

24 Discover Archery - Online Game Tournament



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**For Information about Discover Archery Magazine
please contact NADA at Info@teacharchery.org.**

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She's sixteen years old, a member of the Junior Dream Team, and on her way to the Youth World Games. Meet . . .

Miranda Leek

Miranda Leek is a sixteen-year-old Iowan working toward her goal of making the US Olympic Archery Team. Her home town is Des Moines, Iowa but her archery takes her all over the country, and now all over the world.

By winning the Youth World Team Trials at the Southern Illinois Cup in May, Miranda landed a choice spot on the 2009 Youth Archery World Championship Team with team-mates Michelle Gilbert and Kiley Larrick.

Miranda began shooting in 1998 at the age of five and was selected for USA Archery's Junior Dream Team in 2007 at the age of 14. Her personal coach is her dad, Scott Leek.

Prior to 2006, Miranda shot a compound bow which is not allowed in the Olympics, which only admits archers shooting recurve bows. But once she decided on her two goals of competing for the 2010 Youth Olympics team and the 2012 US Olympic team, she switched shooting styles and undertook the process of changing both her equipment and her shooting form.

Being selected for the Junior Dream Team means that she can train at the Olympic Training Center in Chula Vista, California under USA Archery National Head Coach Kisik Lee. Miranda attends the Junior Dream Team week-long camps at the Olympic Training Center which can be a lot of fun, being with the other young competitive archers, but also a lot of work as she works with Coach Lee to master the B.E.S.T. (Biomechanically Efficient Shooting Technique) method, as his system of teaching archery is often called.

Miranda had a very successful year in 2008, marking several personal milestones, including competing in her first international tournament, the Youth World Championships, in Antalya, Turkey. Over the course of 2008's tournaments, she set 16 records, three of which she set in the age division above hers. The rules allow you to shoot in older age divisions, but once you make that decision you can't go back. The choice paid off for Miranda as she won tournaments and broke records.

Most recently, Miranda earned a position on the 2009 U.S. Junior World Archery Team by placing first at the Southern Illinois Cup. Next up is a Junior Dream Team camp, followed by an international competition in Venezuela, which begins June 20th.

Miranda is an honor student at Dowling Catholic High School (Go Maroons!). She was introduced into archery at age five, when her father decided to take her shooting with him one day. He taught her safety and the basics, then handed her a simple, wooden recurve. She picked up on it from there, and continued shooting. It wasn't





long until her dad decided to get her a little PSE Spyder compound bow. He became her personal coach, which he still is today. She achieved quite a lot with that bow, including several state titles and records, two national titles, and a world title with two records. At NFAA Indoor Nationals in 2005, Terry Wunderle, a well-known archery coach, suggested that she make the switch over to Olympic-style recurve. For her 12th birthday, her dad bought her the appropriate equipment.

After her switch over to the Olympic-style recurve, her dreams grew. She became a member of the U.S. Junior Dream Team her second year with a recurve. Because this program trains directly under the National Head Archery Coach, Coach Kisik Lee, her training regime greatly increased. The time has been well invested, as she continues to improve and work toward her goal of the Olympic Games.

When Miranda isn't in school, training, or doing homework, she enjoys practicing the piano, playing with her puppy, helping out on the farm and antique tractor shows, reading a good book, and spending time with friends and family.



The 2009 Youth Archery World Championships are scheduled to take place in Ogden, Utah July 11-19, 2009. The Cadet Women's team: Hannah Simpson (alternate), Kiley Larrick, Michelle Gilbert, and Miranda Leek



Featured Archer



What's the *Junior Dream Team?*

The Junior Dream Team is a program that was developed to bridge the gap between JOAD and the Resident Athlete Program in an effort to fast track those archers who show early potential. Selection is limited to athletes between the ages of 12 and 18.

The Junior Dream Team consists of 24 of the most promising Junior and Cadet Olympic style archers in the country. The team travels to the Olympic Training Center in Chula Vista, California once per quarter for an intensive week long training camp. Between training camps, Junior Dream Team coaches and archers continue to work together through the use of video and video conferencing via the internet.

The following athletes receive an automatic invitation to participate.

- Top 3 junior males and top 3 junior females from the JOAD National Championships.

- Top 2 cadet males and top 2 cadet females from the JOAD National Championships.

- Top 3 junior males and top 3 junior females from the Youth World Championship

- Top 2 cadet males and top 2 cadet females from the Youth World Championship



Featured Archer





Checking your form with Video

By Jonathan Miller

Sometimes the nearest coach to help you is hours away and all you have is yourself to get better at shooting. Maybe you have a coach but you just want to self evaluate yourself on your own time. With both of these situations, checking your form with video is a powerful tool you have that is easy to do. By using a video camera, you can find flaws in your form that you might have otherwise overlooked.



With the proper camera equipment and the right expertise in checking your form, you will be able to use video to your advantage. Just to be fair, I must note the warning that being your own coach sometimes does not work, so be sure that you know what your ideal form is and what specific techniques you are working on. Many have tried to be their own coach with video cameras and recording your form is not the end-all solution to bad form. Use the video as a double checking device to hone in on problem areas, not to develop your form from scratch. Also, be aware that sometimes form that doesn't look picture perfect works for certain archers so even though your form may not be perfect in the video, it might be right for you.

To get started with using video, you first need the right equipment. I'm about to sound like a Best Buy camera salesman, but it is important to know the facts. First is the "frames per second" rate; what this means is the number of still photos that can be compiled into a moving video per second. The higher the fps then the more detail you capture.

Another important spec is megapixels or MP. What megapixels are is the size of the picture and the detail each picture can hold. The higher the number of megapixels the better since the photo will have more pixels to comprise a photo. For using video to check form, unless you are a high level coach, any camera that can record video in an AVI file will work fine, but try to keep to higher than 5 MP. A high level coach, would want to look into a high-end SLR with high speed shutter capabilities or even a high speed camera.



All About . . .

The other thing you will need is a tripod to hold your camera. My advice is to get a very sturdy tripod that is much larger than what you need, have the tripod rated to hold more than 3 lbs. The reason for this is that once you start to shoot competitively, you can now use that same tripod as a spotting scope. Make sure your tripod is sturdy and easy to use since tripods can be high in price. You can find both a camera and tripod at chain stores like Wal-Mart or high end camera shops like Wolf/Ritz Camera. For more information on cameras and tripod, visit Best Buy or Consumer Reports online.

A great deal of information can be gathered by videotaping your form, but as probably expected, the angles from which you shoot your video are very important. There are three angles that can provide a lot of information to an archer or a coach.

For the following examples, the archer is on the line with their left shoulder closer to the target. The first position for the camera is on the line in front of the archer facing the front of their chest. The second position is in line behind the archer and behind the target. You will be looking down the archer's elbow towards the target. The third angle is on the shooting line with the camera filming the archer's back while they shoot.

Once you have the video from your shooting, you are now ready to check your form. Use the video to look for small things such as dropping your bow arm or the lines your body makes. Put your video in a video player on your computer such as VLC (free download online) where you can slow down the speed of the video and watch your shot frame by frame. What you are primarily looking for is to make sure you are using the right muscle groups to execute the shot and the right technique. If you see your release go crazy after your shot, don't immediately think "my release looks terrible, I need to work on that", what you need to think is, "my release is bad, that must mean I need to work on using my back more" or what ever aspect of your technique needs improving. Remember not to make your form picture-perfect, just technique-perfect.

Other things you can do with video to check your form is to look for things right after the shot is executed. Usually things happen so fast in real time that it is hard to catch small problems. What you need to look for is the bow arm giving out, rising of the head, and something called chin drag. Chin drag is when the string slides across your chin and causes the string to react in a weird way causing the arrow to not fly perfectly.

Now after you have seen your video, you can send it to your coach or use it for your own reference. Do not discard any videos you make! Every video should be saved as well as information

about the day such as all the bow specs, so that in the future you can go to the video and reference it in case later down the road your form breaks down and you need to see when your form was working solidly. Store your video on a hard drive in a safe place so that you can even bring out the video to show off for all your friends.





Archery in Singapore!

The Republic of Singapore is an island city-state located at the southern tip of the Malay Peninsula. The weather is mild and warm, since it's only 85 miles north of the equator. With only 274.2 sq miles of land, it's the smallest nation in Southeast Asia. There are only three sovereign city-states left in the world; Singapore, Monaco and Vatican City. The population of Singapore is approximately 4.86 million, with many Chinese, Malay, Indian people. Because of this, they need four "official languages"; English, Malay, Tamil, and Chinese.



AAS, The Archery Association of Singapore is the national association for Archery in Singapore, with 28 local affiliate archery clubs serving most parts of the island. They promote archery in Singapore as well as develop the High Performance Archery Team to represent their nation in regional and international competitions.

The Southeast Asian Games (also known as the SEA Games), is a biennial multi-sport event involving participants from the current 11 countries of Southeast Asia. The SEA Games are regulated by the Southeast Asian Games Federation, with supervision by the International Olympic Committee and the Olympic Council of Asia.



Archery Planet

The first *Youth Olympic Games* will be held in Singapore!

The International Olympic Committee has announced that it will hold the first *Youth Olympic Games* in Singapore August 14-26, 2010.

There will be 32 female and 32 male competitors. Just like the Olympics, there will only be a recurve division (no compound bows allowed). Only one girl and one boy will be chosen to represent the USA in the *Youth Olympic Games*.

More information about this event can be found under "Olympics" at <http://www.archery.org>.



"Hi" from Singapore!

Here are some of Singapore's top young archers:

- Timo Peltzer, 11
- Tok Zhong Qing, 10
- Neville Cheong, 10
- Nigel Cheong, 10
- Md Czamir Ikraam, 9
- Tok Jun Wei, 9
- Abdul Hamid, 10
- Dylan Seah, 9
- Valerie Tan, 17
- Abdud Dayyan, 16
- Shawn Tay, 16
- Asadud Diyar, 15
- Zatil Hanan, 10
- Sinead Lee, 14
- Issac Mak, 14
- Byron Tan Zi Kang, 13
- Md Farhan, 15
- Abi Dzar, 13



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.

Petey Knows!
Email Petey your questions at info@teacharchery.org

Dear Petey,

My arrows bounce out of the target half the time. There's nothing wrong with the points, they're new and very sharp. I hate this. It's no fun picking my bullseyes up off of the floor. What am I doing wrong?

Sincerely,
Cory

Dear Cory,

It may be that you are not doing anything wrong. Is this happening to other archers in your class? Some targets are designed to accept arrows shot from light weight bows and other targets are built to last, even after many shots from high poundage bows. It may be that the type of target you are shooting into is not appropriate for a kid's class. There are inexpensive portable ethafoam targets that are perfect for archers shooting less than 30 pounds of draw weight. You might want to suggest using these in your class.

Hi, Petey.

I moved and changed archery coaches. My old coach taught me to touch my shoulder after my shot and my new coach wants me to keep my hand on my neck. Which one is right?

Thank you,
Miranda

Hi, Miranda.

Both of your coaches were trying to prevent you from "plucking" and were helping you with your follow-through. Plucking is when the hand holding the string moves away from the face upon release. By moving your hand along your face and ending at either the base of your ear or your shoulder, you can ensure that the arrow is released from your anchor point which will give you a much more consistent shot and your arrows will group better. It's interesting that most aspects of archery can be taught in many different ways. Different coaches have different styles and as long as you are improving as an archer you can trust your coach to teach you well.

Lots of luck, and no pluck!

Petey

Ask Petey

Knowing what to do in a new situation not only protects us from embarrassing ourselves, it gives us a sense of confidence which is especially helpful at an archery tournament. That's why we thought you'd like to know about ...

Archery Etiquette

By Jonathan Miller

“Etiquette” simply refers to generally accepted ways to behave in a specific situation. The world of archery has many rules that you must follow in order to shoot, but then there are those rules that are not explained in books and articles. That's *archery etiquette*, how you need to act when shooting archery with other archers around you, both at tournaments and in practice.

Archery etiquette does not involve formal rules (such as making sure you don't shoot until after the whistle is blown) but it is things such as respecting the archer next to you on the line by following some guidelines. If you ever go to a competition you will see every archer following proper etiquette rules because it is something that is expected from every archer. We will focus on three points of interest, etiquette on the line, behind the line, and off the field.

Etiquette On The Line

When shooting on the line, you have a great deal of things running through your head to shoot a good shot, but also running through your head should be how to act on the line.

The first thing you need to know is that there is no talking on the line at all! Archers are on the line for one reason, to shoot their arrows as best they can. So you need to respect that the other archers are trying their hardest to concentrate.





The next thing to remember is to keep your bow to yourself. That involves keeping your bow upright at all times. Do not tilt your bow over to nock the arrow or turn around and swing your stabilizer to the side. You have a small space in which to shoot and you can only be in that space. By tilting your bow or swinging your stabilizer you enter someone else's space which can ruin their shot.



Third, your emotions need to be kept to yourself while on the line, not only for etiquette reasons but also so you do not give your competition a leg up by seeing that you feel you are shooting badly. When you pound your fists on your leg or throw your bow on the ground in between shots you are distracting others as well as sending signals that you are not shooting well. The best way to not show your emotions is to remember that the arrow you just shot is gone and there is nothing you can do but make the next shot better.

Lastly, when you are finished shooting on the line make sure that you leave only when the archers in front of you and behind you are not at full draw or pulling back their bow. This is so you do not ruin their shot while they are focusing. You see this in golf when people get angry when someone talks during their swing. Even if you have to wait a minute to find a time where both archers are not at full draw, it is your responsibility to wait to leave the line.

Etiquette Behind The Line

Even when you are sitting around waiting to shoot etiquette is important. Since at tournaments there are usually two lines of archers, while you are waiting you must not disturb those shooting. That means no shouting or yelling at friends or running around since this can be very distracting for those shooting.

A good archer will sit in their chair, talk quietly to others right next to them or listen privately to music. By doing this they are keeping



calm and saving energy for shooting while still not disturbing those on the line.

Another thing that you need to keep in mind is not to call out the scores of arrows of those shooting on the line. For instance, I've seen shooters at tournaments sit in their chairs with binoculars and call out the arrows for those around them. The archer on the line can hear this and it can ruin their next shot.



Try to be considerate and if you get confused with what you should do, just keep this little rule in mind; if you do not want someone doing it to you, then you should not be doing it.

Etiquette Off The field

Etiquette off the field is probably what most people forget about since the tournament is over and people are more relaxed since the stress of shooting is over.

People can be very sensitive about their scores after they shoot. This can be because they didn't shoot very well or they just do not like to tell people their scores. Knowing this, do not pry or nag people for their scores, if the topic comes up then that's one thing, but it is impolite to go up to someone and ask them their score.

Finally, as in all sports, sportsmanship is a must in archery, so gloating and pouting is not acceptable! It is ok to be excited and happy to have done well, but other archers may be unhappy and wish to be in your position so make sure you celebrate maturely. Also, pouting will do nothing to change your score so just don't do it. Gloating and pouting will make you look bad in front of your friends, family, and competitors, so remember that it is just a tournament and commit to work hard for the next one.

Archery etiquette is important at all times when shooting so remember all these pointers to make sure you are seen as a respectable and mature archer. By following these pointers, you will not only fit into the competitive archery scene better but make a lot of great friends on the way. Make sure you help out other archers with their etiquette in a nice way so then everyone can have a fun time while shooting either for fun or at a competition.





Yikes! My First Tournament!

By Dacota Taylor

The beginning of a life in archery really is the beginning of something amazing for many, but there's nothing quite like your first tournament! It's always an exciting and nerve wracking time, and most beginner archers are always focused on winning and beating the competition.

The first thing you can do is take some deep breaths and calm down. This is your first tournament, and while you want to look good for it, everyone knows you've probably only been shooting for a short time and won't look down on you for a bad shot. If you're lucky, the tournament may even have former and current Olympians shooting that could give you advice!

On a humorous note, *pack deodorant!* I say this in the friendliest way possible, because it's just a common courtesy. On a serious note, when packing to leave for your tournament, don't forget your bow or your arrows. They're necessary pieces of equipment for shooting at tournaments. Bow stands are always a must to have, but tournaments normally have large racks for your bows. Just take your own stand in case the racks are full or there simply aren't any. If you have a backup bow, I strongly recommend taking it in case of malfunction. Top archers always bring backup equipment in case of an emergency.



To the body builder guys out there, tight fitting shirts are rarely a good idea. The clothes that you'd see body builders wearing tend to be too tight, and movement is hindered somewhat. You really need to shoot with looser clothing. Just a basic t-shirt, a sport polo, or something similar is perfect because it allows your form to move along fluidly without hindrance. For shorts or pants pack khaki, navy, or white colors. Some events have dress

Top Ten Form

codes, so you'll want to check that first. During the winter indoor seasons dressing in layers is a good idea, unless you know for sure the location is warmer.

There are two things you need to think about; distance and time. How far away is the tournament and how many days will you be there? These matter a lot, because then you know if you need to possibly bring extra clothes for before or after tournament shoots, nicer clothes if you go out to eat with a group after the shoot.

Be prepared to repair your equipment. Bring bow string wax and a fletcher. In reality, you should have an arrow fletcher with you at all times, and, of course, extra vanes. You're going to need glue for emergency fletching, a good knife, a cleaning solvent to clean your arrows, extra nocks because you'll be shooting such tight groups, and extra arrows for those amazing robinhood shots.

Moving on to tournaments, a recommendation is to start small. Local shoots are the best way to learn the rules and get a feel for competition. 3D shoots are lots of fun, but can get expensive occasionally from lost arrows since you are shooting at unmarked distances. But there's really nothing like a good 3D tournament, and the 3D archers are almost always helpful to newcomers. For archers, it's not just competition, it's the fellowship we experience and friendships we make along the path we take in this sport we've chosen. The best thing new archers can do is jump right in, ask questions, make friends, and gain advice about archery.





Another good way to get started with the tournament scene is to sign up for League Shoots at your local archery pro-shop. These are occasionally tournament-like atmospheres, and are always fun to go to.

If you really want to go into archery with a bang, the national tournaments are the place to be! The nationals normally consist of archers from all over the country all gathered to pound out arrows in one beautiful location with great hosts and great restaurants.

But how best to prepare for a tournament like the nationals, or even a state or local shoot? Two words: Stretch bands. Many people dislike the stretch band, but a lot of people like it. It's a solid way to practice form with light poundage without running your energy down. You can use these at home, in hotel rooms, and even before, during, and after the tournament. You can even buy the stretch bands in various poundages to save having to put your bow back together. For compound archers, you can buy release simulators for back tension, which work in a similar way for you as the stretch band would for recurve archers.

If there is a good range near your hotel and the tournament is for several days, you could go practice before and after each day of the tournament if you have the endurance and won't wear yourself down. This is a good way to keep your form in mind.

Hopefully these tips will help any new, and maybe even moderately experienced archers in their archery journeys!

Dacota Taylor is a competitive archer. He recently took first place in the 2009 JOAD National Indoor Tournament. He shoots a recurve bow and belongs to the Southern Draw JOAD Club.



Top Ten Form



Your Checklist for a Successful Tournament

What to do before-hand

- Register
- Check regulations, especially dress code
- Will shade be provided or should you bring a pop-up canopy?
- Map out directions
- Make hotel reservations if necessary
- Set reasonable goals with your coach
- Prepare your equipment, allow for extra arrows

The day before

- Pack and double-check your equipment
- Review your goals
- Don't over practice
- Get plenty of sleep

The day of the tournament

- Allow plenty of extra travel time
- Eat a good breakfast
- Apply sunscreen, then wash your hands
- Double-check your equipment
- Confirm your sight settings, but don't over-practice
- Review your goals for the tournament

What to Bring

- Your archery equipment, your tackle box
- Sunscreen, water, snacks
- Money for food, parking, extras
- Hat, wind-breaker, layers of clothing
- Bow stand, shade, binoculars or spotting scope
- Pencil, calculator

When you arrive

- Check in with Registration
- Check where the restrooms are
- Set up your equipment
- Apply Sunscreen, then wash your hands

When it's over

- Thank the people who got you there. Thank the staff, judges, and volunteers
- Congratulate the winners
- Review your goals and what happened. Review your score card to see patterns
- What did you do right? Take a minute to feel pride and accomplishment
- What would you do differently next time? Write it down
- With your coach, set your goals for your next tournament



Top Ten Form



Discovering Stabilizers

By Jonathan Miller



When it comes to archery, accuracy is important and every detail matters. To be a top competitive archer, it requires skill, dedication, and the right equipment. One of the items necessary to be a good shooter is a stabilizer setup. In the next few sections, we will explain the purpose of stabilizers, different types of stabilizers, and how to use these advantages on your bow to help you be more accurate in your shooting. The overall goal of a stabilizer is to help steady an archer's aim and reduce fatigue of shooting a high number of arrows at one time.

A stabilizer is a rod or set of rods that extend from the bow handle towards the target to assist an archer with two major aspects; vibration dampening and weight distribution. Both of these aspects can affect the shot of an arrow, causing it to fly off its mark by being disturbed by the vibrations of the bow or a poor weight distribution causing a bow to pivot in strange ways.

Let us first talk about vibrations and where they come from. Vibrations occur when an arrow is shot from the bow and energy is transferred from the limbs to the arrow. Extra energy is passed through the bow and can cause the bow to move and affect a good shot. A stabilizer absorbs this energy and transfers it throughout its length which minimizes the vibrations that the shooter feels. The way it absorbs the shock is by how it is made and what it is filled with. Some stabilizers are composed of separate carbon rods that flex in a certain way while others are single tubes filled with pellets that move inside the rod to take in the excess energy.



Weight distribution is the second purpose of a stabilizer. The importance of this can be explained through a simple exercise. Take a heavy book in one hand and hold it close to your body with your arm bent, the book is not very heavy. Now extend your arm outward and try to hold the book horizontally, the book now is very heavy to hold. This is the same principal for weight on the end of a stabilizer. When a weight is screwed onto the end of a long stabilizer, it feels like more weight than is actually attached. This will cause the front of the bow to feel heavier. All this weight is based around the pivot point which is where your hand is in contact with the bow. Too much weight on the end of a stabilizer can be countered by v-bars, two rods that extend from the riser backwards with weights on the ends that are behind the pivot point instead of in front like the stabilizer is. With the right combination of stabilizer weights/lengths and v-bar weights/lengths, a bow will sit in your hand quietly after a shot allowing for a perfectly flying arrow.

There are many different types of stabilizers for different types of shooting. We will discuss two different types of stabilizers; hunting and competitive. A typical competitive stabilizer system includes weights, rubber shock absorbers, single or multiple carbon



long rods, v-bars, and v-bar extenders. The v-bar extender is used to move the v-bars to a certain distance from the pivot point to allow for the correct weight placement. Attached to that is the main rod, which can be a single carbon/aluminum tube, all aluminum tube, all carbon, or multiple carbon rods held together.

Finally, attached to the main rod is the rubber shock absorber and weights.

Hunting stabilizers are designed with the same purposes as competitive stabilizers, but they add one more dimension to the mix, noise reduction. The first thing you will notice about a hunting stabilizer is the length that they are in comparison to a competitive system. A competitive length runs around 28 inches while a hunter length is around 5 inches. The difference is because a hunter is in dense brush and confined spaces and cannot have a long rod sticking out. Noise is very important to an archer because they



need to be very quiet to ensure they do not scare the target away. By making the hunting stabilizers out of a large amount of rubber and a coil shape, the short length can absorb a surprisingly large amount of aftershock and eliminate a great deal of noise. When putting a stabilizer together with your bow, you are creating a more accurate system that will help you with whatever style shooting you are a part of. When starting with a stabilizer, it is good



to know the purpose of the system and how to achieve the most out of it. When first getting your stabilizer, make sure the length is correct; a 28 inch stabilizer for a competitive set up is good with one or two weights on the end. Between the weights and the main rod, you can put in a rubber shock absorber and that set up will be a good place to begin. As you progress and your preferences change, you can add v-bars and extensions, but keep in mind this increases the overall weight of the bow you have to hold so make sure it is not too heavy to shoot for a large amount of arrows. By trying out different combinations of weights in different places, you will soon find a setup that is right for you that will not only feel comfortable but increase your scores at the same time.



Whether the goal is to be an Olympic archer or to just improve your shots, a stabilizer is a great addition to a bow setup. Make sure when deciding on a stabilizer to choose the right one for you, try a few out before your buy to ensure you will be happy with your decision. If you are interested in archery, a stabilizer is a good investment because if it is taken care of correctly and not misused, it will last the life of your bow and archery career.



“Thanks, Coach!”



Surprise! You're in *Discover Archery Magazine!*

The season is over, the medals won, the certificates handed out. How much did your skill in archery improve this school year? It's almost impossible to teach yourself good archery form, so it might be time to say thank-you to those who helped you with your archery. Wouldn't they be surprised to see a tribute in *Discover Archery Magazine!* Send in your tribute to your archery coach, instructor, program director, teacher, assistant, or volunteer. You can email it to chris@teacharchery.org. Don't forget the photos! Please send the photos separately (not embedded in the text). The next *Discover Archery* will be posted the first week of September.



My Archery Club



The 16 JOAD archers from **Central Maine Archery** were invited to an expense-free evening at the races and ended up winning a six foot long Subway sandwich in the drawing, so they got to spend the "dinner money" for other goodies at the snack shack. The team got the chance to go out on the racetrack to meet and greet the drivers and see the cars and track conditions up close. Central Maine Archery helps sponsor driver, Shawn Knight, so their team was identified on the hood of the car with a massive fluorescent orange bull's-eye. All drivers handed out autographed pictures or goodies of sorts to the kids. The speedway mascot, Motor Moose is seen with some of the archers and the best radio station, "The Wolf" also posed with some of the archers. The JOAD team got to scream, "Gentleman start your engines!" into the microphone to announce the start of the race. "There wasn't a scrap of lettuce left of that six foot, roast beef, turkey, and ham sub, but we made friends we never knew we had."



My Archery Club



My Archery Club



The **Winder Barrow Middle School Before School Archery Program** had their End of the Year Tournament and Cookout May 30.

The Archers shot a total of 40 arrows at targets of 15 yards (20 arrows) and 20 yards (20 arrows). After the official tournament, family members and others were able to give archery a try. The following Tuesday was the Archery Program Awards Ceremony where Coach Jeff Davis congratulated the archers and handed out their certificates of achievement.

The motto of the Barrow Middle Archers is: "On Target ...For Success".

On April 18, 2009 the First Annual Spring Fling Archery tournament was held. There were fourteen archers shooting sixty arrows at distances of 15 yards, 20 yards and 30 yard targets. The archers that participated were: Miranda Curry, Levi Worley, Clara Tapplin, Brett Mackey, Matthew Crowe, Brittany Conner, Meral Oaks, Madison Williams, Brandon Gabriel, Kristen Frady, Bry Cash, Billy Coward, Dalton Crowe, and Amanda Peek.

Meral Oaks scored a 323 to take first place overall. Brandon Gabriel scored a 289 to take second place in the boy's division. The first place winners received a ribbon, a certificate, a gift card to Wal-Mart and a gift card to McDonald's.

Second place went to Madison Williams in the girls division and Billy Cowart in the boys division. The second place winners received a ribbon, certificate and a gift card to McDonald's

There were four archers that that scored a 10x (center of the target shot) were Meral Oaks, Billy Cowart, Bry Cash, and Kristen Frady. These archers received a \$5 gift for being "On Target... For Success.

Other gifts were given in the forms of hats, shirts and all archers received a certificate of participation.

A special Thank You to those that assisted in the scoring: Ms. Carrie Oaks, Cody Oaks, Noah Davis, and Dallas Rivoli.

There were approximately 50 spectators in attendance through out the event.





Viking Archery Canyon Lake

The ASAP Tournament put on 4/25/09 by Viking Archery Canyon Lake ASAP Club, and Del Valle Middle School ASAP Club was a huge success. There were 31 registered participants. A box target donated by Hips Targets was given to every child that participated in the tournament. Every child received a medal, with special medals given for 1st, 2nd, and 3rd place. It was a beautifully great day according to coach Lannie Whiteford.



Colstrip Parks & Rec in Montana has just finished their first season of ASAP classes and will be starting another session when school resumes in the Fall.

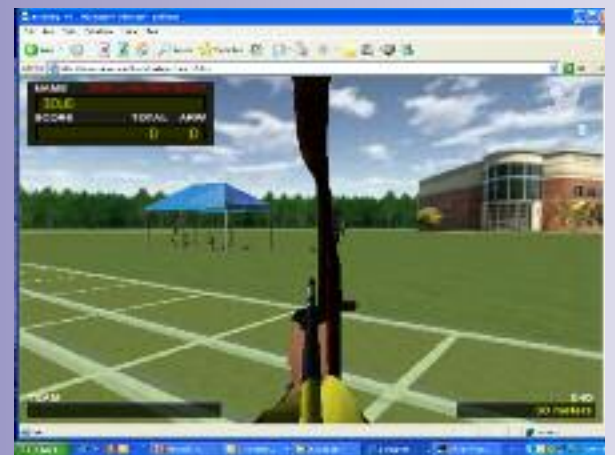
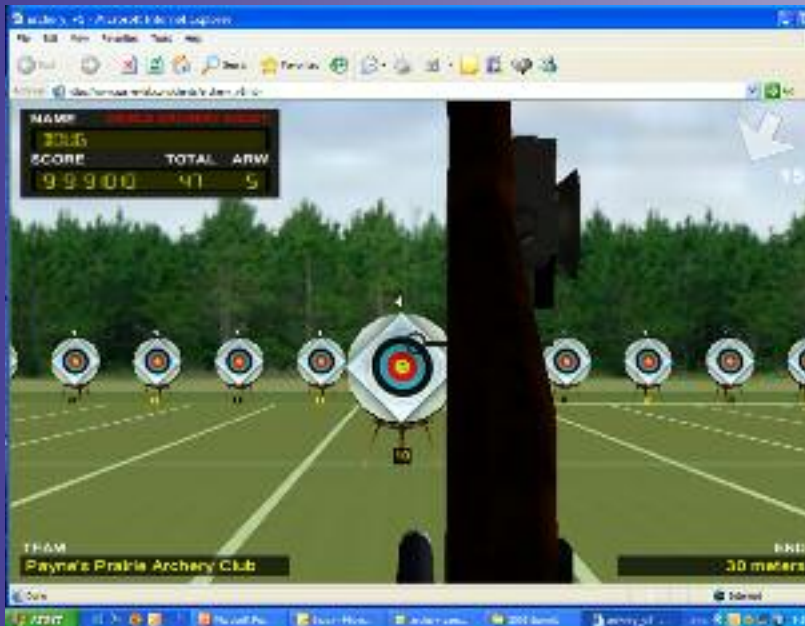
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