



BRITISH COLUMBIA *A R C H E R*

THE MAGAZINE OF THE BRITISH COLUMBIA ARCHERY ASSOCIATION – JANUARY/FEBRUARY 2005

**Four BC Athletes Qualify for
World Indoor Championships
in Denmark**

**Register
for JOP
and BCAA
Indoors**

**Juniors! Want to shoot in Vegas
ALL EXPENSES PAID! See Page 7**

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| Northern BC Winter Games Zone Chair | Judy Maurer | Box 3741 Smithers, BC V0J 2N0 | tel: (250) 847-3507 |
| Northern BC Winter Games Zone Chair | Flo Stern | 5530 Buckhorn Lake Rd. Prince George, BC V2N 6B4 | tel: (250) 963-7538 fax: (250) 963-0168 |
| Northern BC Winter Games Zone Chair | Ellen Nunn | Box 867 Taylor, BC V0C 2K0 | tel: (250) 789-9295 |

Message from the President:

Happy New Year to you all!

This coming year will be an exciting one and it is my hope that all of you will enjoy participating and supporting your discipline in the sport of Archery in BC.

In the past few months I have spoken to people about all facets of Archery. The forecast of activity is large with growing opportunity in all areas of the Province for archery in everything from Native Archery, Traditional, Seniors and Disabled interests to the mainstream events.

We will be gathering in Dawson Creek for the Northern BC Winter Games, Abbotsford for the Indoor Championships at Easter, 3D Provincial Championships in Vanderhoof, Cowichan for the Outdoor Provincial Championships and shortly after, the BC Seniors Games. The list is long and this is just to mention a few.

We have added a new feature to the website for the Bowhunters in our group. I would like to invite you to send your photos and stories to be added to the gallery. I would also extend an invitation to our Traditional shooters to send along your snapshots for a page dedicated to your adventures as well. Logon on to the BCAA website at <http://www.archeryassociation.bc.ca> and click on "Bowhunting Page".

Susan Lemke, President

Message from the Editor:

Greetings!

I hope you all had a great Holiday Season and are ready to go for 2005!

As you can see, we have a new look for the cover on the BC Archer. I am looking for some new archery photos to put on the cover page for the next issues. If you have any great archery pictures, please forward them to my email at sluckhurst@shaw.ca (preferably in TIFF or JPEG format) or mail to my address listed on the contacts page.

I have tried in this last year to make an enjoyable magazine for the BCAA and without the stories, pictures and community articles from all of you, it would just be announcements, results and registration forms.

Keep the articles coming, let us know about archery in your community.

Thanks, and have a great year!

Sheri Luckhurst, Editor



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c/o M. OSTERMEIER #90-1145 Inlet Street Coquitlam, BC V3B 6E8 email: maryo@justthatsimple.com

In this issue of the BC Archer:

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Request for Nominations For the following 2004 Awards:

Male Athlete of the Year
Female Athlete of the Year
Coach of the Year
Judge of the Year
Volunteer of the Year

Please forward your nominations to Susan Lemke, President at arcslem@axion.net or mail your nominations to: 28353 Starr Road, Abbotsford, BC V4X 2P5.

Please include the following with your nomination:

- 1) Full name of your nominee;
- 2) Contact information;
- 3) Club name;
- 4) Brief description of the reasons why this person deserves to be recognized;
- 5) Your name, contact information, and the name of your club.

Deadline for submissions is March 31, 2005

BCAA Positions Available

BC Games Provincial Advisor

We are looking for a BC Games Provincial Advisor.

This person shall:

- a) Establish a network of Zone Sport Representatives to organize zone playoffs to establish zone teams
- b) Develop rules and have them ratified by the Board, publish in newsletter
- c) Communicate with the Provincial BC Games Staff
- d) Communicate with the BC Games Society
- e) Communicate with the Sport Chair
- f) Communicate with the Officials Chair regarding Judging needs for the tournament
- g) Communicate with the Zone Sport Chair to obtain result sheets and to balance zone teams

Anyone interested in more information regarding this position, please contact:

Susan Lemke, President
arcslem@axionet.com

Team Coach / Manager positions

We are looking for a team coach and manager for the Canada Winter Games 2007. A level 3 coach must attend this event with the team. Support staff must be one female and one male.

Contact Susan Lemke, President
arcslem@axionet.com

FCA Representative

We are looking for a representative of the BCAA for the Federation of Canadian Archers.

The FCA Representative (Provincial Director) shall:

- a) Ensure clear and accurate communication between the provincial and national organization
- b) Communicate BC goals, needs and issues to FCA and visa versa
- c) Keep BCAA Board Members apprised of national level information appropriate to their portfolios.

Anyone interested in more information regarding this position, please contact:

Susan Lemke, President
arcslem@axionet.com

Team Leader for the 2005 Target/Field Archery Nationals

The BCAA needs a fully certified Level 2 NCCP Archery Coach or higher, to take our team to the **2005 FCA Canadian Target/Field Archery Championships in Bathurst, New Brunswick from July 22 to July 29, 2005**. This position will be funded for travel, accommodations (the accommodations will be based on ½ double occupancy) and will include meal allowance.

Duties will include, but not be limited to the following:

- Transportation of the team members to the venues daily.
- Look after the needs of the archers.
- Attend all required meetings during the shoot.
- Work with the team in selecting athletes for the Fred Usher Memorial Cup
- Observe the archers as they are shooting and record your observations to be shared with their coaches or the archers, at a later time.
- Deal with equipment repair issues if the need arises.
- Help out the other BC members that are at the shoot, time permitting.
- Be well versed in the new shooting rules.

You will be expected to prepare a budget for all expected coaching costs to be submitted by June 1/01. The items should include but not be limited to the following:

- Accommodation, airfare, van rental (there should be up to 8 team members) and mileage costs, etc.

The executive members of the BCAA will do the selection. Please submit a short resume of your involvement in the sport to better help us with the selection by April 15/01. The coach selected will be notified by May 1/01.

Thank you for your attention and this will be a worthwhile experience for the Team Leader selected this year. If you have any questions contact Paul Mackwood, Provincial Coaching Chair by email at mackmill@telus.net or phone at (604) 220-5646.

Further details on individual positions available on the BCAA website

The BCAA would like to announce that the position of
Provincial Coaching Chair has been filled by **Paul Mackwood**

Paul's new responsibilities will include:

- a) Organizing all coaching clinics
- b) Keeping active coaches informed on the latest developments in coaching
- c) Soliciting opinions, ideas and articles from the membership for inclusion in the BC Archer
- d) Maintaining records of coaches qualifications
- e) Publishing lists of BC coaches for the AGM
- f) Developing programs to encourage athletes to be able to work with specific coaches
- g) Reporting to NCCP with upgrades to coaches qualifications; and
- h) Liaising with the National Coaching Chair

For questions pertaining to Provincial Coaching Chair business, you can contact Paul at his email address: mackmill@telus.net



As of January 1 2005, a copy of all scorecards for registered events needs to go to the FCA office.

**8th World Indoor Target Archery Championships
Aalborg, Denmark March 23rd - 27th 2005**

Congratulations to the BC shooters who have qualified to attend the World Indoor Championships

Greg Durward, Compound
Thomas Scully, Compound
Greg Maund, Compound
Mike Hornsberger, Recurve

Qualifying scores can be found on the FCA Website at <http://www.fca.ca/ex/2005/05racetoAalborg.htm>

The Race to Aalborg

**Team Selection for the
2005 FCA Canadian
Archery Championships
Saint John, New Brunswick**

Team Selection Criteria for the Target/FITA Field events will be available in the March-April issue of the BC Archer.

Contact Tracy Klat, Team Selection Chair by email tklat@islandnet.com to declare your intention in writing by May 1, 2005.



2005 CANADA CUP
**INTERNATIONAL ARCHERY
TOURNAMENT**

Victoria Bowmen
will host the 2005 Canada Cup
May 14 & 15
Victoria, British Columbia



Junior Olympian Report

Mary Ostermeier
JOP Chairperson
#90 - 1145 Inlet Street
Coquitlam, B.C. V3B 6E8

Telephone 604 - 944-3202
Fax 604 - 945-8351
Email: maryo@justthatsimple.com

| | | |
|--------------------------|---------------------------------|---|
| Troy Tahara | Burke Mtn Archers | Troy earned his Oly/260 by shooting a 269/263 |
| Keane Blight | Silvertip Archers | Keane received his Oly/285 with scores of 291/290. He also shot a 294 twice for his Oly/290. At the Northern Winter Games he qualified for his Oly/295. Well done Keane, only one more to go. |
| Michael Chapman | Silvertip Archers | Michael shot a 266/271 to earn his Oly/265 |
| Bobby Smith | Silvertip Archers | Bobby earned his Oly/250 with scores of 254/258 |
| Mike Grobowsky | Richmond Rod & Gun | Michael earned his Olympian Outdoor by scoring a 1317 in a FITA tournament. Mike also shot a 296/299 for his Oly/295. Good shooting. |
| Jonathan Kwok | Richmond Rod & Gun | Jonathan shot a 271/273 to receive his Oly260/265/270 |
| Corey Vigier | Maple Ridge Archery Club | Corey received his Oly/270 with scores of 271 and 275. |
| Adam Perdue | Quesnel Archers | Adam earned his Olympian badge and pin with scores of 249/253. He shoots Junior/cmp. |
| Kayla Raimondo | Powell River Archers | Kayla shot a 251 and 255 to earn her Olympian badge & pin as well as her Oly/250. |
| Ian Fleetwood | Silvertip Archers | Ian shot a 285/286 for his Oly/285. He shot a 292/292 at the Spruce Capital tournament for his Oly/290. Good shooting Ian. |
| Mack Miners | Silvertip Archers | Mack received his Olympian badge and pin with scores of 240/251. He shoots Cadet/cmp. |
| Jonathan Schaefer | Quesnel Archers | Jonathan has shot a 289 and 290 to earn his Oly/285 |
| Melissa Soper | Royal City Archers | Melissa just received her Oly/265 by shooting a 266/267. She also earned her Oly/270 and 275 with scores of 275/277. |
| Nathan Wright | Victoria Bowmen | Nathan shot a 250/250 and with that he earned his Oly/250. |
| Jace Bowden | Silvertip Archers | Jace earned his Oly/275 during the Northern Winter Games Trials |
| Graeme Mueller | Silvertip Archers | Graeme shot a 240/247 to earn his first Olympian badge and pin. He shoots cub/cmp. |
| Kris Maier | Silvertip Archers | Kris shot a double 285 and received his Oly/285. |
| Michael Morris | Silvertip Archers | Michael has been shooting some good scores during the JOP and the Spruce Capital Tournament. He earned his Oly/270/275 and 280. |
| Matthew Ollech | Silvertip Archers | Matthew received his Oly/250 with scores of 260/260 at the Spruce Capital Tournament. |
| Jon Doiron | Fraser Valley Archers | Jon has a new bow and must really like it. He went from Oly/265 to Oly/280 with scores of 271/274/284 and 284. Well done Jon. |
| Jason Edwards | Burke Mountain Archers | Jason shot a 275/270/279/276 to earn his Oly/270 and 275. |

Congratulations to all of you who have reached new Olympian levels. Keep up the good work. I am looking forward to a large JOP Indoor Championships in both locations. The Mail Match is also going well and each month we have new kids reach the 40cm target so they can be part of the tournament as well. The next tournament for the JOP is the Regionals so please keep practicing and keep sending in the achievements so all kids shoot in the correct level category for this tournament. It is really discouraging for some kids who shoot at the right level to lose to someone who shoots a score that belongs in a few levels higher.

Mary Ostermeier

JOP Profiles



Name: Graeme Mueller
Bow: Browning Micro Midas
Stabilizer: X-Ring
Arrows: Jazz 1716
String: Fast Flight
Club: Silvertip Archers in Prince George

Birth Date: July 20, 1992
Weight: 36 lbs
Sight: Sight Master
Length: 27"
Coach: Glen Johnson/Sonja Whyman

Years in Archery: 3
Length: 24"
Release: Cobra
Fletching: Vanes—3"
Arrowrest: Flip rest

Training 2 hours a week. Graeme does stretching and some mental training. He practices 2 hours a week.



Name: Mack Miners
Bow: Golden Eagle
Stabilizer: Center
Arrows: Easton 1516
String: Fast Flight
Club: Silvertip Archers in Prince George

Birth Date: May 10, 1989
Weight: 42 lbs
Sight: Cobra
Length: 29"
Coach: Bruno Sabatino

Years in Archery: 4
Length: 28"
Release: yes
Fletching: Plastic—2"
Arrowrest: yes

Training once a week. Mack does no stretching but does weight training. He swims and bikes and practices twice a week.

Vegas World Archery Festival 2006 Promotion for Junior Archers

During the year 2005, Boorman Archery will run a promotion for a Junior Archer (Male or female under the age of 18 years as of December 31st 2005) to win a free trip to Las Vegas to compete in the Vegas World Archery Festival.

Airfare, accommodations, and your entry fee to compete in the 2006 NFAA Vegas World Indoor Tournament will all be paid for you. Now, how do you qualify?

To qualify:

You must compete in a minimum of five 900 rounds

- * Distances are 55m, 45m, 35m on a 120 cm face
- * 90 arrows per round

You may shoot as many 900 rounds as you wish, but you may only submit your five highest scores.

Any style of shooting, compound, recurve, longbow, etc.

Must be witnessed and signed by an official judge, certified by the BCAA, FCA, NFAA.

All scores to be sent to Boorman Archery for recording

Timeline for scoring is from January 01/05 until September 30/05

Registration fee is \$25.00 for the full nine months

Must be a resident of British Columbia

For registration forms contact Ron at:
ron@boormanarchery.com or call 604-524-1674



YOU AND THE RULES

with Ron Ostermeier

Marking and Scoring your arrows

An arrow will be **scored according to the position of the shaft in the target face**. If the shaft of an arrow touches two colours, or touches any dividing lines between two scoring zones, that arrow will score the higher value of the two zones involved.

That is right from the rule book, we all know this right? It is a simple concept yet from time to time things happen such as an arrow hanging from the target face, an arrow hits the target and bounces out or the arrow goes right through the target, now what do you do?

When a **rebound** occurs:

With athletes shooting one at a time on each target butt, the athlete concerned will, after shooting his or her end of three or six arrows, remain on the shooting line with a flag raised above the head as a signal to the Judges.

With more than one athlete shooting at a time on each target butt, all athletes on that target butt will, when a rebound occurs, stop shooting but remain on the shooting line with a flag held above one of their heads.

When all athletes on the shooting line for that end have finished shooting their arrows or the time limit has expired, whichever is appropriate, the Director of Shooting will interrupt the shooting. The athlete with the rebound arrow will go to the target butt together with a Judge, who will decide the point of impact, take down the value and mark the hole. The Judge will later participate in scoring that end. The rebound arrow is to be left behind the target butt until that complete end has been scored. When the field is clear, the Director of Shooting will give the signal for those athletes on the target butt where the rebound occurred to continue shooting.

These athletes will complete their end of three or six arrows to be shot, before general shooting or scoring is resumed. No other athlete is to occupy the shooting line.

Now that is a simple thing to do if you have followed the rule **7.6.2.4 All arrow holes in the scoring zone will be suitably marked every time the arrows are scored and drawn from the target face**. So the judge has simply to go forward with the archers in question and find an unmarked hole on the face in the case of a pass through or bounce out. But it has happened to me as a judge that I find more than one unmarked hole, so we must follow the rule **7.6.2.7 An arrow found on the ground in the shooting lane or behind the target butt, which has been claimed as a bouncer or pass through, must, in the**

opinion of the Judge(s), have first hit the target butt. If more than one unmarked hole is located in the scoring zone of the target face after a bouncer or pass through has occurred, the value of the lowest scoring hole will be given to the athlete.

If you discover that your arrow has disappeared into the butt and you can not see it in the face then the next rule covers this. **7.6.2.5 Arrows embedded in the butt and not showing on the face can only be scored by a Judge**. So you are not to push back the arrow and see where it comes out the judge has to first look over the situation and try to determine where the arrow struck the target face before you touch the other arrows.

You can look up the rules at <http://www.e-bizinus.com/fca/rules/> if you have the access to a computer.

There are other rules that cover the many “what ifs” so I suggest that you look them up to complete this subject as space is limited. I would like to thank Cliff Allen for his suggestion for a topic for this article. Are there others out there that have a question about the rules? If so, please send them to me and I will do my best to answer them. Like what rule requires you to not spot your last arrow shot? There is one but it is not too obvious.

Every club should have at least one judge and a coach so look at your resources and consider what you would do if the person or person(s) who have done your judging or coaching is no longer in the picture. How will you run your events?

If you are interested in taking a course to teach you the rules and how to apply them please contact me and I can arrange a clinic. Also note that the new Coaching Chair for BC is Paul Mackwood and he can set up the coaching clinics to meet your needs.

Call for Judges for 2005

Judges, we need you to submit your names for the BC Indoors, BC Outdoors, JOP Indoors (for both locations) and JOP Outdoors (for both locations). For the JOP Championships we like to use local judges, but for the BC Championships we try to bring in some judges from other areas as well as local judges so check your calendars and let me know if you will be available to help out.

Yours in Archery,

Ron Ostermeier

Technical Vice President and Judging Chair

Email: rono@justthatsimple.com

BC Athlete Assistance Program 2005

Athletes applying for BC Athlete Assistance Program (BCAAP) funding must meet all of the eligibility criteria requirements in order to be considered for BCAAP funding. The criteria have been established by the BCAAP and the BC Archery Association Athlete Development Coordinator and can be found on pages 18 and 19 of this issue of the BC Archer.

Form of Assistance: Cash grants

Eligibility: Restricted to athletes.

How to Apply: Complete an application form and submit to the Athlete Assistance Chair by:

March 31, 2005 deadline

BCAA Travel/Project Assistance 2005

This is a budget item for which BCAA funds are allocated on an annual basis depending on available monies. Projects must be justified in terms of direct or indirect benefits to athletes and each request is considered on its own merit. Application forms can be found on the BCAA website at <http://www.archeryassociation.bc.ca>

Form of Assistance: Cash grants usually up to \$500.

Eligibility: Any BCAA member may apply. Not restricted to athletes.

How to Apply: Complete an application form and submit to the President for projects/travel between April 1, 2005 and March 31, 2006 by:

March 15, 2005 deadline

For more information on the BC Athlete Assistance Program or the BCAA Travel/Project Assistance Program please contact:

Jason Pierrero, Athlete Assistance Chair

#201 - 3890 Carrigan Ct.

Burnaby, BC V3N 4J1

Telephone: (604) 420-4154

Email: jasonproy@yahoo.ca

2005 Provincial Championships Calendar

JOP Indoor Championships (North)

March 12: Silvertip Archers, Prince George
FITA 1

Contact - Carolyn Kelly shaael@shaw.ca

JOP Indoor Championships (South)

March 13: Fraser Valley Archers, Abbotsford
FITA 1

Contact - Billie Graham graham1137@shaw.ca

BC Indoor Championships

March 26 and 27: Fraser Valley Archers, Abbotsford
FITA 1

Contact - Billie Graham graham1137@shaw.ca

3D Provincial Championships

July 2-4: Nechako Valley Archers, Vanderhoof

Contact - Mary Ann Mose mamose29@uniserve.com

JOP Outdoor Championships (North)

June 26: Silvertip Archers, Prince George
Canadian 900

Contact - Carolyn Kelly shaael@shaw.ca

JOP Outdoor Championships (South)

June 26: Victoria Bowmen, Victoria
Canadian 900

Contact - Cliff Allan 391-0141

BC Outdoor Target Championships

August 19-21: Cowichan Bowmen, Duncan
Cdn 1200 & FITA Field

Contact - Eric Walker earch@shaw.ca

BC Seniors Games

August 24-27: Cowichan Bowmen, Duncan
Cdn 900, FITA Field, Marked 3D

Contact - Eric Walker earch@shaw.ca

2005 3D Canadian Nationals – July 30 – August 1 – New Brunswick

BC 3D Team Selection Criteria

Competitors:

Must be a paid up member of the BCAA, or have membership paid at the same time as their declaration of intention.

Must declare his/her intentions to be available for the team in writing by **March 15, 2005**. Please note that the 3D Nationals for 2005 are being held in Saint John, New Brunswick on July 30th through August 1st. Current members may email their intentions to tedkennedy@shaw.ca. Intentions may be mailed and must be postmarked by **March 15th, 2004** and sent to **Ted Kennedy 10351 167A Street, Surrey, BC V4N 5H2**.

Must declare the class in which the archer is going to shoot in. Classes will be as found in the FCA rules, as these will be the rules and classes shot at the Provincials, and the Nationals. Classes may be found at the FCA website, at www.fca.ca/construles.html in chapter eleven.

Must submit 3 score cards from 3 different 3D shoots, witnessed and dated (by the official running the event), in the declared class, plus shoot the BC Provincial 3D Championships at Nechako Valley Archers, Vanderhoof, on July 2nd and 3rd, 2005. Placement in the BC Provincial 3D Championships will be used to select the team.

The Team shall be the top 8 archers in 8 different classes. All Adult classes of the competition will be considered. However; a handicapping system, provided to the BCAA board by a committee, will be used to select the top 8 classes out of the 17 possible adult classes represented. The handicapping system is found in Scoring Table A.

All team members must sign an athlete code of conduct. Team members will receive the following from the BCAA: Team Shirt, Team hat, funding support paid at the 3D Nationals (\$400-\$600), and a team leader/coach at the 3D Nationals.

SCORING TABLE A

| CLASS | % | SCORE / 800 |
|---|-----|-------------|
| MCBH (Masters Class, ages 60 and over, M&F) | 85% | 680 |
| MSR (Male Seniors, ages 50 and over) | 80% | 640 |
| FSR (Female Seniors, ages 50 and over) | 70% | 560 |
| MSTR (Male Seniors Traditional, ages 50 and over) | 65% | 520 |
| FSTR (Female Seniors Traditional, ages 50 and over) | 65% | 520 |
| MBF (Male Bowhunter Fingers) | 75% | 600 |
| MCU (Male Compound Unaided) | 70% | 560 |
| MBR (Male Bowhunter Release) | 85% | 680 |
| FBR (Female Bowhunter Release) | 70% | 560 |
| MBO (Male Bowhunter Open) | 85% | 680 |
| FBO (Female Bowhunter Open) | 70% | 560 |
| TRD (Traditional Longbow, M&F) | 65% | 520 |
| FTRD (Female Traditional) | 60% | 480 |
| RU (Recurve Un-Aided) | 65% | 520 |
| HC (Hunter Class) | 80% | 640 |
| FHC (Female Hunter Class) | 75% | 600 |
| HF (Male Hunter Fingers) | 75% | 600 |

VP Bowhunting Report November 26, 2004

It is time for an update on activities pertaining to Bowhunting and 3D. I have heard from Gary that we have had several requests for the successful bowhunter pins. The engraving costs were a little higher than budgeted but the extra cost is proving worthwhile; the pins look great.

The big indoor 3D shoot in Abbotsford will get the ball rolling for the 2005 3D archery season. The 3D team selection process for 2005 will follow a similar format to last year's newly implemented Selection Criteria. We will make sure Zone Directors and Board members have copies available. I will be out speaking to the archers at the 3D shoots as I did last year.

The IBEP resources we have been waiting over six months for from the U.S. have finally arrived! I will be coordinating instructors and seminars in the near future. I will post upcoming seminars in The BC Archer and possibly on the website.

I have been asked to become one of the founding directors of the newly forming "United Bowhunters of BC"; I have accepted this position and will be keeping you informed of upcoming information. At this time the UBBCA is looking to establish memberships. The stronger the membership the more credibility the organization will have in negotiating bowhunting opportunities with the government. We have been asked how we can assist the UBBCA. If you have questions about "The United Bowhunters of BC" or would like to become a member, please contact me. If you are a bowhunter I believe you should support and endorse this niche organization.

Respectfully submitted,

Ted Kennedy
VP Bowhunting

CONGRATULATIONS BOWHUNTERS

The following BCAA Members were successful this past season and received Successful Bowhunter Pins

| | | |
|---------------------|---------------|-------------------------------------|
| MARK CHRISTOFFERSON | Prince George | Elk |
| DALE PRITCHARD | Prince George | Mule Deer |
| JACK LUCKE | Grand Forks | Whitetail Deer |
| JOEL TAHARA | Coquitlam | Whitetail Deer |
| FRANCO LONGO | Coquitlam | Blacktail Deer |
| TED KENNEDY | Surrey | Mule Deer and Whitetail Deer |
| WAYNE MEYERS | Abbotsford | Elk, Blacktail Deer & Black Bear |

Attention Bowhunters

To receive the Successful Bowhunter Pin you must be a BCAA member and submit an application form. A pin for the different Big Game Animals is available to all and a pin for Small Game for Junior Bowhunters only. The BCAA also is once again offering The IBEP Program. IBEP stands for International Bowhunters Education Program. This course goes over everything from proper arrow placement, the safe way to enter a tree stand and much more.

For more information contact Ted Kennedy-Bowhunting VP, Ron Ostermeier-Technical VP or your local Zone Representative.

Garry Hornsberger

Application For Successful Bowhunter Pin

Name _____

Address _____

Ph # _____

BCAA.# _____

Game animal taken _____

Type of Bow _____

Arrow _____ Broadhead _____

Release _____

Comments _____

Send to Garry Hornsberger, 174-100 Laval St. Coquitlam
B.C. V3K 6N2 Email: gmhorns@shaw.ca Ph.# 604-
525-0674



TECH-TALK

with Charles Land

Back Tension . . . “It has no place in archery”

Well, here we go again . . . don't you just love a little controversy?

You set your foot position, nock your arrow, hook up and set your bow hand. Now close your eyes and run your positive mental imagery program. While gently shifting your weight, you raise your bow arm slowly and draw to anchor. At this point, if you have committed to the shot, this is where you engage your back tension . . . **STOP.**

Have you never questioned why we refer to certain releases as *back tension releases*, or why we refer to a step in your shot making process as *while maintaining back tension, you pull through the shot*?

We have all been trained to implement and maintain back tension through to the conclusion of our shot making process. I don't have a problem with the process, just the word *tension*.

Tension (n.): rigidity, tightness, stiffness, tautness. These are all words that should not form a part of your shot making process.

There are several words that cause archers a great deal of difficulty. Among others, one word is adrenaline, another is tension. I vigorously train all of my athletes to, during their respective set up and position attainment processes, find a repeatable position to where there is a maximum absence of all conflict between bone-on-bone alignments and undo stress which is caused by the unnecessary inclusion of muscle.

If the word *tension* is so hazardous to an archer's positive level of performance, then why are we always using it? All we are doing is reinforcing the positive mental imprinting of a terminology that is an invalid mental imprint. As far as I am concerned, archers with tension at full draw are either triggering their release or waving to the crowd as they loose the string with their fingers.

If I might be so bold as to suggest an alternative terminology, I might propose the use of the terms ***Scapular Motion*** or that of ***Scapular Retraction***. I choose to use this terminology because it better describes the actual motion or process that takes place while pulling through the shot. It is the motion or movement of the scapula that correctly controls when the release will loose. It is at the time that you have come to anchor and committed to the shot that you engage your scapular motion. For a right-handed shooter, the left scapula will remain motionless and the right scapula will be retracted toward the left one. Do not squeeze your back muscles together. This action will only result in you improperly elevating your left shoulder, bringing your right (release) elbow out of proper alignment, closing up your body position, and thus creating a greater potential for shooting a left arrow. If done correctly, you won't feel any tension at all . . . just a smooth, subconscious, transitional movement to the point of loose.

I know that it is only semantics, and that the word tension is just a descriptor, but in analyzing the process, it is important to understand and to be able to relate to others, the correct terminology for the motions or processes that are taking place.

Have fun in this New Year . . . introduce a friend to archery.

Charles Land
Master Coach

AL'S CALENDAR OF EVENTS

| | | | | |
|--------|--------|--|-----------------------|--|
| Jan 08 | Jan 09 | Indoor 3D | Sagittarius | Dale (604) 853-7084 |
| Jan 16 | Jan 16 | Indoor 3D Pentecostal Bible Camp | Nanoose, BC | Bob O'Brien (250) 753-0521 |
| Jan 23 | Jan 23 | Burnaby Flat Field 3D | Burnaby | Muriel (604) 521-6819 |
| Jan 23 | Jan 23 | * 3D Safari Shoot | Cowichan, BC | Bill Sampson (250) 733-2218 bowtec@shaw.ca |
| Jan 23 | Jan 25 | Archer's Paradise 3D \$6000 cash in prizes | Moose Jaw, SK | http://www.archersparadise.com |
| Jan 30 | Jan 30 | Squamish 3D | Squamish | Mike (604) 892-2064 |
| Feb 05 | Feb 05 | FITA I (Copanarco MICA) | Victoria, BC | Tracy Klat tklat@Islandnet.com |
| Feb 06 | Feb 06 | Mission 3D | Mission | Mark (604) 820-7078 |
| Feb 13 | Feb 13 | Burnaby Flat Field 3D | Burnaby | Muriel (604) 521-6819 |
| Feb 13 | Feb 13 | Zone 6 JOP Championships | Cowichan, BC | Brad Luckhurst - (250) 701-0068 bwluckhurst@shaw.ca |
| Feb 19 | Feb 20 | Canadian Indoor 3D Champs | Medicine Hat, AB | ABC Archery abc@monarch.net www.spitz3d.com |
| Feb 20 | Feb 20 | Harry Tutton Memorial 3D | Qualicum Dorman Road | Terry Fulcher (250) 248-0521 |
| Feb 20 | Feb 20 | * Indoor 900 Round | Fraser Valley Archers | James (604)853-0517 hyaline@telus.net |
| Feb 24 | Feb 27 | The Vegas Shoot | Las Vegas, NV | http://www.nfaa-archery.org/tournaments/vegas/schedule.cfm |
| Mar 05 | Mar 06 | Canadian Indoor Championships (Regional) | Various | G. Durward http://www.e-bizinus.com/emailgreg.htm |
| Mar 05 | Mar 05 | FITA I 10 AM Start (FCA Indoor | Victoria, BC | Tracy Klat tklat@Islandnet.com |
| Mar 05 | Mar 05 | FITA I 6 PM Start (FCA Indoor | Richmond, BC | Mike Davison at (604) 448 8740 After 3 PM |
| Mar 06 | Mar 06 | FITA I (FCA Indoor Regional) | Cowichan, BC | Eric Walker (250) 246-5400 earch@shaw.ca |
| Mar 06 | Mar 06 | Mission 3D | Mission | Mark (604) 820-7078 |
| Mar 12 | Mar 12 | BCAA JOP Indoor Championships | Prince George, BC | Carolyn Kelly (250) 964-9468 |
| Mar 13 | Mar 13 | BCAA JOP Indoor Championships | Abbotsford, BC | Billie (604) 852-1137 graham1137@shaw.ca |
| Mar 13 | Mar 13 | Ridgedale 3D | Ridgedale | Lorne (604) 530-6156 |
| Mar 19 | Mar 20 | Custer Flat Field Birch Bay Road | Lyden, Wa | Rob (360) 371-8693 |
| Mar 20 | Mar 20 | Burnaby Flat Field 3D | Burnaby | Muriel (604) 521-6819 |
| Mar 23 | Mar 27 | World Indoor Championships | Aalborg, DEN | www.archeryindoor2005.com |
| Mar 26 | Mar 27 | * BC Indoor Championships | Fraser Valley Archers | Billie (604)852-1137 graham1137@shaw.ca |
| Mar 26 | Mar 27 | * 2005 Indoor 3D | Quesnel | Dan Janzen (250) 249-5954 |
| Apr 02 | Apr 03 | Custer 3D Lake Terrel Rd | Lyden, Wa | Rob (360) 371-8693 |
| Apr 02 | Apr 03 | FITA Star | Burnaby | Muriel (604) 521-6819 |
| Apr 03 | Apr 03 | 900 with FITA | Burnaby | Muriel (604) 521-6819 |
| Apr 09 | Apr 10 | ASAA Benefit Star | Phoenix, AZ USA | http://www.azarchery.com/azcup2004/azcup2004.htm |
| Apr 10 | Apr 10 | Sagittarius Chad Davis 3D | Sagittarius | Dale (604) 853-7084 |
| Apr 13 | Apr 16 | Arizona Cup 2005 (tent) | Phoenix, AZ USA | http://www.azarchery.com/azcup2004/azcup2004.htm |
| Apr 17 | Apr 17 | Ridgedale 3D | Ridgedale | Lorne (604) 530-6156 |
| Apr 24 | Apr 24 | Burnaby Flat Field 3D | Burnaby | Muriel (604) 521-6819 |
| Apr 30 | May 01 | FITA Star Victoria Bowmen | Victoria, BC | Tracy Klat tklat@Islandnet.com |
| May 01 | May 01 | Semiahmoo 3D | Semiahmoo | John (604) 533-1979 |
| May 01 | May 01 | Mountain Festival 900 | Maple Ridge | Hans (604) 465-8452 hansdonna@shaw.ca |
| May 07 | May 08 | Terrace Whiskey-Jack Archers 3D | Terrace, BC | lsandhals@monarch.net 250-638-1535 |
| May 07 | May 08 | FITA Star | Maple Ridge | Hans (604) 465-8452 hansdonna@shaw.ca |
| May 07 | May 08 | * 3D | Quesnel | Dan Janzen (250) 249-5954 |
| May 13 | May 15 | Canada Cup FITA Stars & Dbl Match | Victoria, BC | Tracy Klat tklat@Islandnet.com |
| May 14 | May 15 | Custer 3D Lake Terrel Rd | Lyden, Wa | Rob (360) 371-8693 |
| May 14 | May 15 | Lake Windermere Rod & Gun 3rd Annual 3D | Invermere B.C | Contact Norman (250) 342 9033 |
| May 28 | May 29 | FITA Star | Burnaby | Muriel (604) 521-6819 |
| May 29 | May 29 | 900 with FITA | Burnaby | Muriel (604) 521-6819 |
| May 29 | May 29 | Queen Victoria 900 and 3D | Victoria, BC | Tracy Klat tklat@Islandnet.com |
| May 29 | May 29 | Squamish 3D | Squamish | Mike (604) 892-2064 |

See Al's website for current updates: Al's Calendar of Events <http://www.archeryguy.com>

Send updates/new events to: al@archeryguy.com (250) 474-4909 Fax 474-4970

Courses Available

IBEP Course

March 19-20, 2005
Burke Mountain Archers
Port Coquitlam and District Hunting and Fishing Club
Registration: Contact Ted Kennedy
Email: tedkennedy@shaw.ca

NCCP Level III Theory Coaches Course

Dates: January 22 & 23 and February 5 & 6, 2005

Time: 8:30am - 5:00pm

Location: Marshall Road of University College of the Fraser Valley

Contact:

For more information please call Linda Palm
(604) 557 4021

lpalm@pacificsport.com

SportMap Primer

This one-day sport seminar helps rising athletes map the road to success! Athletes, coaches, and parents will learn from sport experts about mental preparation, nutrition and planning for success. For athletes aged 13+

Registration deadline is February 7.

Date:

2/12/2005

Time:

9:30AM

Location:

Prince George Civic Centre

Contact:

For more information please call Tuppy Hoehn
250-614-7843

BC Archer Deadlines for Next Issues



Mar-Apr issue February 15, 2005

May-June issue April 15, 2005

Contact Information:

Editor: Sheri Luckhurst (250) 701-0068 sluckhurst@shaw.ca

President: Susan Lemke (604) 607-1116 arcslem@axionet.com

Judging Clinic

March 19-20, 2005
Cowichan Bowmen, Duncan
Registration cost: \$60.00
Contact: Eric Walker (250) 246-5400
Email: earch@shaw.ca

Introduction to Competition - Part B course

This National Coaching Certification Program (NCCP) course is taking the place of the former Level 2 Theory. Coaches will learn to design a basic sport program, teaching and learning, and basic mental skills. Friday, March 11. 6:30 pm to 10:00 pm. Saturday, March 12. 9:00 am to 6:00 pm.

EVENT COST:

Registration Fee - \$80.00

Date: 3/11/2005 and 3/12/05

Time: 6:30PM

Location: College of New Caledonia
Room 2-502

Contact:

For more information please call Tuppy Hoehn
250-614-7843

Making Ethical Decisions - NCCP Coaching Module

This is one of the new modules included in the Intro to Competition - Part A course, but is being offered independently for coaches who gained their certification through the former "Level 1 Theory", where this module was not included. Coaches will learn to analyze a situation that has moral implications, determine whether the situation has legal or ethical implications, identify the ethical issues in the situation, and apply a response that is consistent with the NCCP Code of Ethics.

EVENT COST:

Registration Fee - \$15.00

Date: 2/10/2005

Time: 6:30PM

Location: College of New Caledonia
Room 2-502

Contact:

For more information please call Tuppy Hoehn
250-614-7843

ZONE 6 REPORT - Vancouver Island- Central Coast

All clubs in Zone 6 are off to a busy year. Along with the Mail Match we are trying to get an Inter-club league going. Should be fun. I would like to take this opportunity to recognize some volunteers who have given of their time and efforts for the betterment of archery in Zone 6. They are **Cliff Allan** of Victoria Bowmen, **Greg Durward** of Saltspring, **Bob O'Brien** of Arrowsmith Archers and **Sheri Luckhurst** of Cowichan Bowmen. Every once in awhile we need to step back and recognize our volunteers. Archery would not be the great sport it is today without them. Thanks Volunteers.

Eric Walker

During the summer months, **Cliff Allan**, and **Sophie Roberts**, of the Victoria Bowmen Club introduced dozens of kids to archery through Selkirk Montessori School, and the Lighthouse Christian School. They also instruct at birthday parties and the regular club shooting times.

| SPRUCE CAPITAL TOURNAMENT - PRINCE GEORGE NOVEMBER 27-28, 2004 | | | | | | | | | | | | | |
|---|-----|-----|-----|-----|------|-------------------------------------|-----------------------------|-----|-----|-----|-----|------|---|
| <u>MALE PRECUB CLT 11&<</u> | | | | | | <u>MALE JUNIOR REC 16/17</u> | | | | | | | |
| BRENDEN MINNIE | 202 | 200 | 190 | 204 | 796 | 1 | AARON STEWART | 237 | 227 | 232 | 219 | 915 | 1 |
| BRUCE PLANER | 137 | 101 | 76 | 119 | 433 | 2 | TREVOR KERSEY | 194 | 231 | 211 | 231 | 867 | 2 |
| <u>MALE PRECUB CMP 11&<</u> | | | | | | <u>MALE JUNIOR CMP 16/17</u> | | | | | | | |
| ZACHARY MORRIS | 162 | 171 | 166 | 177 | 676 | 1 | JONATHON SCHAEFER | 281 | 277 | 272 | 273 | 1103 | 1 |
| BRYAN PLANER | 165 | 101 | 108 | 148 | 522 | 2 | NOLAN BARNES | 191 | 146 | 197 | 177 | 711 | 2 |
| <u>MALE CUB CMP - 12/13</u> | | | | | | <u>SR FEMALE LONGBOW</u> | | | | | | | |
| MICHAEL CHAPMAN | 267 | 269 | 271 | 270 | 1077 | 1 | SONJA WHYMAN | 204 | 178 | 178 | 130 | 690 | 1 |
| BRANDEN ALLEN | 202 | 175 | 202 | 226 | 805 | 2 | <u>SR FEMALE CMP</u> | | | | | | |
| TRAVIS CHRISTOFFERSON | 196 | 175 | 0 | 0 | 371 | | HOLLY AMBROSE | 234 | 238 | 246 | 256 | 974 | 1 |
| <u>FEMALE CADET BB - 14/15</u> | | | | | | <u>SR MEN LONGBOW</u> | | | | | | | |
| DENIKKA QUAIL | 147 | 140 | 148 | 157 | 592 | 1 | TAYLOR SAPERGIA | 227 | 210 | 226 | 214 | 877 | 1 |
| <u>FEMALE CADET CLT - 14/15</u> | | | | | | <u>SR MEN RECURVE</u> | | | | | | | |
| JACQUI HARVEY | 164 | 150 | 139 | 178 | 631 | 1 | COLIN WHYMAN | 172 | 170 | 174 | 192 | 708 | 2 |
| <u>MALE CADET REC - 14/15</u> | | | | | | <u>SR MEN CMP</u> | | | | | | | |
| NEIL WESTAWAY | 136 | 185 | 136 | 108 | 565 | 1 | DALE CHAPLOW | 287 | 296 | 295 | 299 | 1177 | 1 |
| <u>MALE CADET CLT - 14/15</u> | | | | | | <u>SR MEN LTD</u> | | | | | | | |
| MICHAEL NOLAN | 224 | 225 | 223 | 212 | 884 | 1 | IVAN ANCHIKOSKI | 283 | 282 | 285 | 282 | 1132 | 1 |
| <u>MALE CADET CMP - 14/15</u> | | | | | | <u>SR MEN UNL</u> | | | | | | | |
| IAN FLEETWOOD | 281 | 292 | 283 | 289 | 1145 | 1 | MARK CHRISTOFFERSON | 224 | 0 | 0 | 0 | 224 | |
| MICHAEL MORRIS | 278 | 273 | 276 | 283 | 1110 | 2 | | | | | | | |
| ERIC WEIBE | 245 | 270 | 262 | 261 | 1038 | 3 | | | | | | | |
| TRAVIS CAHOON | 264 | 258 | 261 | 254 | 1037 | | | | | | | | |
| JACE BOWDEN | 259 | 246 | 256 | 262 | 1023 | | | | | | | | |
| MATT OLLECH | 249 | 243 | 260 | 249 | 1001 | | | | | | | | |
| <u>FEMALE JUNIOR CMP 16/17</u> | | | | | | | | | | | | | |
| DARCY BROOKS | 239 | 227 | 227 | 250 | 943 | 1 | | | | | | | |
| <u>MALE JUNIOR BB - 16/17</u> | | | | | | | | | | | | | |
| STEPHEN NOLAN | 229 | 237 | 210 | 228 | 904 | 1 | | | | | | | |

JOP INDOOR CHAMPIONSHIPS

Hosted By Silvertip Archers (North) - **MARCH 12, 2005**
and Fraser Valley Archers (South) - **MARCH 13, 2005**

PRE-REGISTRATION ONLY

ABSOLUTELY NO LATE REGISTRATIONS

REGISTRATIONS: By mail postmarked no later than March 9, 2005
By phone no later than the evening of March 10, 2005

FEE: Single - \$12.00, Family of two - \$20.00, Family of three - \$30.00, Family of four or more - \$40.00

PLACE: AG REC. BUILDING
Abbotsford Fairgrounds
32470 Haida Drive

TIME: Equipment inspection at 8:30am
First Arrow at 9:00 am sharp

SEND REGISTRATIONS TO:
Billie Graham
35344 Sandy Hill Cr.
Abbotsford, BC V3G 1H9
Ph: 604-852-1137 Fax: 604-852-0219
Email: billiegirl@shaw.ca

Make cheques payable to Fraser Valley Archers

PLACE: SILVERTIP ARCHERS INDOOR RANGE
955 1st Avenue (corner of 1st and Queensway)
Second Floor

TIME: Equipment inspection at 8:30am
First Arrow at 9:00 am

SEND REGISTRATIONS TO:
Carolyn Kelly
10597 Jensen Rd
Prince George, BC V2N 4Y8
Phone/Fax: 1-250-964-9468
Email: shael@shaw.ca

Make cheques payable to Silvertip Archers

Make sure to be on time to have your equipment checked before your line starts

WHITES SHOULD BE WORN BY ALL

OR CLEAN NEAT BLUE JEANS WITH A PLAIN WHITE T-SHIRT

WEAR YOUR JOP SASHES

PLEASE SUBMIT ONE REGISTRATION FORM PER ARCHER

Name: _____ M ___ F ___ Club: _____

BADGER(9<): _____ ROBIN(10/11): _____ CUB(12/13): _____ CADET(14/15): _____

JUNIOR(16/17): _____ INT(18-20): _____

****Age as of January 1, 2005****

BB: ___ RECURVE: ___ CBB: ___ CLT: ___ CMP: ___

JOP Level: _____ at time of registration (last badge received).

NOTE: Levels will be updated prior to the tournament.

TARGET SIZE

80 cm
Yeoman
Junior Bowman
Junior Archer

60cm
Bowman
Archer
Master Bowman

40 cm
Master Archer
Expert Bowman
Expert Archer
Champion Bowman
Champion Archer
Olympian to Olympian 300

Forms also available in printable format on the BCAA website

BCAA INDOOR CHAMPIONSHIPS 2005

Hosted by Fraser Valley Archers

MARCH 25-27, 2005

PRE - REGISTRATION ONLY

ABSOLUTELY NO LATE REGISTRATION

REGISTRATION: By mail postmarked no later than March 15, 2005
By phone no later than the evening of March 23, 2005

FEE: \$ 35.00 Seniors (18+) \$ 25.00 Juniors, Cadets & Cubs Family Rates Available

TIME: Friday, March 25th Registration and Practice – 3:00 – 8:00 pm
Saturday, March 26th 9:00 am - First line
Sunday, March 27th 9:00 am - First line

PLACE: **AGRIFAIR ARENA** **This Building has a Dirt Floor. Wear dark pants and warm boots/shoes.**
Abbotsford Fairgrounds
32470 Haida Drive

SEND REGISTRATIONS TO:

Billie Graham
35344 Sandy Hill Cr.
Abbotsford, BC V3G 1H9

Ph: 604-852-1137 Fax: 604-852-0219
Email: billiegirl@shaw.ca

Make cheques payable to Fraser Valley Archers

BCAA MEMBERSHIP REQUIRED

PLEASE SUBMIT ONE REGISTRATION FORM PER ARCHER

Name: _____ Phone: _____

Address: _____ City: _____

Postal Code: _____ Club: _____ BCAA #: _____

Shooting Classes, Age and Divisions: Male: _____ **Target:** Vertical 40cm _____
(Age class determined by age as of December 31 of the current year) Female: _____ Regular 40cm _____

Pee-Wee (9 and under) _____ **Pre-Cub (10 - 12)** _____ **Cub (13 - 14)** _____
Olympic (recurve) _____ Compound _____ Wheelchair (any equip.) _____
Barebow (any type) _____

Cadet (15 - 16) _____ **Junior (17 - 18)** _____
Olympic (recurve) ^{10 pt} _____ Comp Ltd _____ Wheelchair (any equip.) _____
Barebow (any type) _____ Comp Unlimited _____

Senior (any age) _____ **Master (50+)** _____
Olympic (recurve) _____ Comp Ltd _____ Wheelchair (any equip.) _____
Barebow _____ Compound _____ Bowhunter Unl _____
Longbow _____ Bowhunter Unl _____ Bowhunter Ltd _____

Forms also available in printable format on the BCAA website

BC Athlete Assistance Program Eligibility Criteria 2005

Eligibility Requirements

An athlete applying for BC Athlete Assistance Program (BCAAP) funding must meet all of the eligibility criteria requirements described below in order to be considered for BCAAP funding. The criteria have been established by the BCAAP and the BC Archery Association Athlete Development Coordinator.

Performance:

The athlete is expected to be presently competing within Levels 1 (Provincial team member or elite club athlete competing in national competition) through 5 (National Senior Team Member). *Refer to Table 1 for further details.*

Citizenship:

Individual must be:

- A Canadian citizen or be of landed immigrant status, and
- A resident of BC for at least one year prior to his/her date of nomination

Training and Competition:

The athlete is expected to adhere to the minimum training and competitive standards as set out in TABLE 2, including regularly working with a coach who meets a minimum of the **NCCP Level 3** or **Level 4** Coaching standards depending on the athlete's level of performance.

Coaching:

To be eligible for BCAAP funding assistance, athletes must be regularly coached by an individual, who meets the Level 3 NCCP Coach criteria (Athlete levels 1 – 3) or Level 4 NCCP Coach criteria (Athlete levels 4-5).

NOTE: Athletes, who do not have a Level 3 coach in their community, may work with a NCCP Level 2 or 1 Coach, provided they also work with a NCCP Level 3 coach (as a minimum) within the Province of BC.

Commitment to the BC Archery Association (BCAA):

Any athlete receiving financial assistance from the BC AAP must be available for provincial team selection and if selected, commit to train and represent BC and the sport in the applicable competition.

Membership:

Athletes receiving financial assistance must be registered members of the BCAA and make themselves available to contribute to athlete and coaching development programs delivered by the BCAA.

Federally Carded Athletes:

Athletes in receipt of Sport Canada funding in a particular fiscal year are also eligible for funding to the maximum permitted under the BCAAP Guidelines.

Funding:

The maximum funding provided by the BCAAP is to be divided by the minimum award amount (as set by the BCAAP) and allocated to the corresponding number of athletes meeting the eligibility criteria. *For example, if The BC AAP provides \$3,000 and the minimum award amount is \$500, six athletes will be allocated \$500 each.*

If less than the maximum number of athletes meets the established criteria, the funds will be divided up equally among those athletes who have met the established criteria. *For example, if funding is available for six individuals (i.e. Total funding of \$3,000 divided equally into \$500 each); however, only four individuals meet the established criteria, then those four individuals may each be awarded the surplus funding (i.e. Total funding of \$3,000 divided equally into \$750 each).*

Table 1. Athlete Eligibility and Level of Performance

| | | |
|-----------------|---|---|
| Levels 5 | <ul style="list-style-type: none"> National Senior Team Member | Top 4 in the World (Team) Top 8 in the World (Individual) |
| Level 4 | <ul style="list-style-type: none"> National Senior Team Member | Competing toward recognized Multi-sport Games |
| Level 3 | <ul style="list-style-type: none"> National Development Team National Training Centre Pool National Junior Team | |
| Level 2 | <ul style="list-style-type: none"> Provincial Senior Team Member Canada Games Athlete | In year prior to and year of Canada Games (Winter and Summer) |
| Level 1 | <ul style="list-style-type: none"> Provincial Age-Group Team/Zone Selects Elite club athlete competing in national competition leading to a national Championship | Competing at a level leading to a B.C. / Regional and National Championship |

Table 2. Minimum Standards for Athlete Training and Competition

| Athlete Level | Minimum NCCP Coach Level | Hours (Training/Competition) | Number of Competitions |
|----------------------|---------------------------------|--|---|
| 5 | 4 | 25 hours per week with coach <i>(year round program)</i> | <ul style="list-style-type: none"> Appropriate number of national and international competitions each year |
| 4 | 4 | 20 hours per week with coach <i>(year round program)</i> | <ul style="list-style-type: none"> Appropriate number of national and international competitions each year |
| 3 | 3 | 15 hours per week with coach <i>(year round program)</i> | <ul style="list-style-type: none"> Appropriate number of national and international competitions each year |
| 2 | 3 | 12 hours per week with coach <i>(year round program)</i> | <ul style="list-style-type: none"> Appropriate number of national competitions each year May have international competition as deemed appropriate by the sport |
| 1 | 3 | 10 hours per week | <ul style="list-style-type: none"> Appropriate number of regional and national competitions each year May have international competition as deemed appropriate by the sport |

For more information on the BC Athlete Assistance Program or to request an application form, please contact:

Jason Pierrero, Athlete Assistance Chair
#201 - 3890 Carrigan Ct.
Burnaby, BC V3N 4J1

Telephone: (604) 420-4154
Email: jasonproy@yahoo.ca

[Application Deadline is March 31, 2005](#)

THE BC ARCHER

The Magazine of the
British Columbia Archery Association



BCAA Mission Statement
To promote and support the sport of
Archery in British Columbia and Canada.

BC Archer
c/o M. Ostermeier
#90-1145 Inlet Street
Coquitlam, BC V3B 6E8

