



# BRITISH COLUMBIA *ARCHER*

THE MAGAZINE OF THE BRITISH COLUMBIA ARCHERY ASSOCIATION

**WINTER 2011**



# BCAA BOARD OF DIRECTORS

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Vacant - please send applications to Ken Cameron

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### **BC ARCHER EDITOR**

Joanne Georgelin archereditor@gmail.com Maple Ridge, BC tel: 604-716-7142

#### **BCAA Mission Statement**

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

#### **Vision Statement**

We are committed to maintaining and supporting a family oriented archery organization. We strive to reach as large an archery population as possible in BC. We are also committed to attaining the highest level in our involvement in multi-sport games. Our mandate is to fulfil the policies and procedures as laid out in our Regulations Manual.



Another busy Fall has come and gone and we are now in the grips of winter and on the south coast this usually means rain; but not this year.

September began with the Senior Games in Campbell River which were well attended. I would like to thank Eric Walker and his crew for doing an excellent job of handling the

more 'mature' archers. We shot in two separate lines and while waiting for the first line (which were drawing their bows getting ready to shoot) I heard "arrow.... arrow..... ARROW!" from the far end of the line. An observant Judge had spotted one of the archers at full draw with no arrow in his bow. It is easy to forget things with the amount of fun we had on the line combined with our progression in age. Good thing we had such vigilant judges to keep us on track.

Archery is an inclusive sport which has participants of all ages and physical abilities. The BC Archery Association is working on their strategic plan for future development of the sport and we follow Archery Canada's Shoot for Life Program which encompasses all stages of shooting. Archery is truly a life-long sport.

The growth in our sport seems to be at the Senior Games level as the number of archers participating increases each year. One of the areas we need to develop is the involvement of youth in the sport. BC Archery has the programs in place to learn how to become an effect coach, and these coaches are the people to develop our young archers. If you are interested in becoming a coach, please contact our technical director, Ron Ostermeirer or coaching chair, Ed Ford. Their contact information is on the BC Archery web site,( [www.archeryassociation.bc.ca](http://www.archeryassociation.bc.ca) ).

Yours in promoting archery,

Ken Cameron

## Where to find it...

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### Editors Note:

**Upcoming deadline for submissions in the Spring Archer is March 20.** This covers the months of April, May and June 2011.

Joanne Georgelin  
Archer Editor



# **BC Provincial Indoor Championships**

## **BC Provincial Indoor Championships**

**April 22 to 24, 2011  
Vanderhoof**

### **Nechako Valley Archers**

**Registration Deadline: April 18, 2011**

(Post-marked April 11 if by snail mail)

**Practice: Friday, 5:00pm to 8:00pm**

**Inspection: Saturday 8:00am (Line 1) 11:00am (Line 2)**

**Start: Saturday 8:30am (Line 1) 11:30pm (Line 2)**

#### **Format**

FITA 1200: two 300 rounds each day (Possible 3 line)

<b>Registration Fees</b>	<b>Registration Contact</b>
Adult: \$47 Junior, Cadet, Cub: \$37 Pre-cub, Peewee: \$32 Family: \$121(Immediate family of 3; \$12 for each additional person)	Mary Ann Mose Box 2680 Vanderhoof, BC, VOJ 3A0 Phone: 250-567-9510 Fax: 250-567-9489 <a href="mailto:ma29mose@uniserve.com">ma29mose@uniserve.com</a>

*Butts are Donacona – carbon arrows will be hard to pull!*

#### **Nechako Valley Secondary School**

From Hwy 16, turn North onto Burrard Ave.; right at the next intersection onto Stuart St. East; left at the next intersection onto Bute Ave. School is on right hand side; park in parking lot and use main school gym entrance (facing Bute Ave.).

**BCAA Annual General Meeting will be held in the shooting range  
on Friday, April 22 at 8:00pm**

A no-host group dinner will be held at the Log House Restaurant on Saturday at 6:30pm.

*For information contact:*

Mary Ann Mose

Phone: 250-567-9510

[ma29mose@uniserve.com](mailto:ma29mose@uniserve.com)

# BC Provincial Indoor Championships

## BC Provincial Indoor Championships Registration Form

**Eligibility Criteria:** An athlete who is a resident of BC must be a member of the BCAA in order to compete in a BCAA event; an athlete who is not a resident of BC must be a member of another archery association and must register in a Guest category (BCAA Rules of Shooting Sec. 1; Federation of Canadian Archers Rulebook Sec.2.2.10.2 & 2.2.10.3).

### Competitor Information

<b>Name</b>			<b>BCAA #</b>	
<b>Address</b>			<b>City</b>	
<b>Province</b>			<b>Postal Code</b>	
<b>e-mail</b>			<b>Phone</b>	( )
<b>Club</b>				
<b>Circle</b>	Female	Male	<b>Date of Birth</b> (yy/mm/dd)	

### Age Class & Equipment Division (check)

Refer to BCAA Rules of Shooting (BCAA) and Federation of Canadian Archers Rulebook (FCA).

<input type="checkbox"/> <b>Senior</b>	<input type="checkbox"/> <b>Junior</b> (18-20 yrs)	<input type="checkbox"/> <b>Cub</b> (13-14 yrs)	<input type="checkbox"/> <b>Pre-cub</b> (10-12 yrs)
<input type="checkbox"/> <b>Master 50</b>	<input type="checkbox"/> <b>Cadet</b> (15-17 yrs)		<input type="checkbox"/> <b>Peewee</b> (9 yrs & under)
<input type="checkbox"/> <b>Master 60</b>			
<input type="checkbox"/> <b>Master 70</b>			
<input type="checkbox"/> Compound	<input type="checkbox"/> Compound	<input type="checkbox"/> Compound	<input type="checkbox"/> Compound
<input type="checkbox"/> Recurve	<input type="checkbox"/> Recurve	<input type="checkbox"/> Recurve	<input type="checkbox"/> Recurve
<input type="checkbox"/> Barebow	<input type="checkbox"/> Barebow	<input type="checkbox"/> Barebow	<input type="checkbox"/> Barebow
<input type="checkbox"/> BH Unlimited	<input type="checkbox"/> AWAD (open)	<input type="checkbox"/> AWAD (open)	<input type="checkbox"/> AWAD (open)
<input type="checkbox"/> BH Limited			
<input type="checkbox"/> BH Unsighted			
<input type="checkbox"/> Longbow			
<input type="checkbox"/> AWAD (open)			
<input type="checkbox"/> <b>Select</b>	<input type="checkbox"/> <b>Select</b>	Compound	All
<input type="checkbox"/> Single Face	<input type="checkbox"/> Single Face	40cm target	60cm target
<input type="checkbox"/> Vertical Triple	<input type="checkbox"/> Vertical Triple	All others	
<input type="checkbox"/> 40cm target	<input type="checkbox"/> 40cm target	60cm target	

### Registration Fee (check)

<input type="checkbox"/> Adult, Master	\$47	Make Registration cheque/money order payable to <b>"BC Archery Association"</b>
<input type="checkbox"/> Junior, Cadet, Cub	\$37	
<input type="checkbox"/> Pre-cub, Peewee	\$32	
<input type="checkbox"/> Family of 3	\$121	Send Registration form(s) & cheque/money order to Host Club Registration Contact
<input type="checkbox"/> Extra Family ea	\$12	
		Names of other family registrants:

### No-Host Dinner

Please indicate how many people would like to attend the dinner	
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# **BCAA Board Election for 2011**

The following executive positions are up for election at the:

**BC Archery Association  
AGM  
in Vanderhoof  
Friday, April 22nd at 8:00pm**

**Treasurer  
Secretary  
Administrative VP  
Technical VP**

All the above positions are for a two year term.

In each year, no later than the date of the annual general meeting, a chairperson of the nominating committee shall be appointed by the president. The chairperson of the nominating committee shall form such a committee to canvas the membership for nominations to the vacant positions of the executive committee. All directors and committee chair people are ex officio members of the nomination committee.

All members wishing to stand for election shall obtain the written nomination of another member of the Society and shall submit such nomination to the chairperson of the nominating committee at the AGM with their written acceptance stating their willingness to stand for election and to fulfill the duties and Responsibility of the position, if elected.

The chairperson of the nominating committee shall appoint two (2) scrutinizers to receive and

tabulate all ballots in complete confidence and secrecy. One of the scrutinizers shall be made chief scrutinizer.

A scrutinizer can be any member of the Society, but cannot be a candidate for election to the board of directors. The candidate receiving the most votes for each position shall be declared elected by the chair person. In the event of an equality of votes for the candidates for any position, the successful candidate shall be determined by lot conducted by the secretary. Choosing by "lot" shall be carried out by placing the name of each candidate having an equality of votes on identical pieces of paper, placing them in a box and one name being drawn by a person chosen by the secretary.





# Coaching News

Well , here we are, indoors, dry, warm and excited to start the new season .Just a reminder to keep track of your coaching hours in your coaches' log book, year end fast approaches meaning you send me how many hours you coached , even if its been only one.

As you all know , as the coach, we must ensure our athletes equipment meets the rules for the class/ division that our archers are in, so, just a reminder to go to the website and double check for any changes to equipment or gear.

Also, be aware there are certain drugs we cannot take under the banned list, check that out as well. It would really be a sad day if your athlete shot a record and found out it would not stand because of a cold medication they took that was on the list.

Now is a great time to sit down with your athletes and work out which events they are going to, their goals for this season, and lay the ground work for the future.Your Seasonal Plans. It doesn't have to be excessive in detail, just a framework to start, somewhere to begin and a goal to get to.

If help is needed, email me . As a reminder, warmups before shooting are important, warmup bands are available , email me for prices and availability,

With you in archery,  
Ed Ford,coach chair.

The BCAA board has approved a policy for the clubs that are what we call all in; so if you join your local club and they require that you become a member of the BCAA we will give your club free clinic(s). It works like this when you club reaches 25 members we will provide a learning facilitator to run a coaching, judging, IBEP, or equipment clinic if your club exceeds 100 members you will be entitled to a second clinic to fill the needs of your club. Every club requires certified Coaches and Judges to run successful. The coaching and judging clinics take a weekend to start and the cost of these clinics is normally \$90 for each member; for most clinics we need to have between 6 to 12 members attend. Now for you that take the Instructional Intermediate training we are still going to ask for a \$20 fee to be paid to your club; and when you complete the required paperwork the club will give it back to you, a little incentive to do the home work. For those that are looking for clinics outside the club please contact me.

Ron Ostermeier



# BCAA Membership Application

## BCAA Membership Application

Please print

**JUNIOR 18 & Under \$40; ADULT \$45**  
**2 People in household \$75; Family\$95**  
**( 1 or 2 adults with children under 19)**  
**CLUBS \$80**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

Postal Code \_\_\_\_\_ Ph.( \_ \_ ) \_\_\_\_\_ - \_\_\_\_\_

e-mail \_\_\_\_\_

Name	Age	B.date Mm/dd/yy	Gender M/F
.....Member Above.....			

*Donations for athlete travel to world championships.*

If you wish to make a donation, the following applies: Donations should be by cheque made out to the FCA. An official tax receipt will be issued by the FCA.

Total fees enclosed: \$ \_\_\_\_\_  
 Payable to **BC ARCHERY ASSOCIATION**

Club \_\_\_\_\_

Name of BCAA Club Judges (required for club membership only):  
 \_\_\_\_\_

Please circle any types of archery you participate in:

Bow Hunting    Field    Target    3-D

Equipment: Traditional    Recurve    Barebow

Compound C    rossbow

Are you a new member?    Y / N

**The Archer is in electronic format. If you can't access it that way please contact:**

[bcaavpad@hotmail.com](mailto:bcaavpad@hotmail.com)

Phil Smith, Admin VP    250-996-7131

Mail to: Mary Ostermeier RR2, S41, C110  
 Oliver, BC V0H 1T0

Optional information to be used for our government reporting and funding:

Are you First Nations:

Do you have a Physical Handicap:

We have developed programs for the following:

- Athletic Assistance (direct aid to athletes)
- BC Winter Games
- Northern Winter Games
- Bowhunting Championships
- IBEP (bowhunter education program)
- Canada Winter Games
- Western Canada Games
- Volunteer recognition program
- Coach clinics:
- CBET Competency based programs.
- Junior Olympian Program
- Team Manager's Manual (for the nationals)
- Club marketing package
- Judging clinics/shooting rules book
- Risk Management
- Team Selection Policy
- Tournament Package
- Women's equity program

As well, we send a championship team to the annual national target and 3D championships, and to the Canada Games. We are also a Core Sport in the BC Winter Games and the Northern Winter Games.

Club Membership – benefits

- BCAA newsletter
- Marketing information
- Eligibility to host clinics in coaching, judging, IBEP, equipment and shooting clinics
- Eligibility to host provincial and national championships – junior events, BC Bowhunting Championships, BC Indoor Championships, BC Outdoor Championships.
- \$ 5,000,000 public liability insurance program
- tournament packages and technical support

Your membership includes \$5 million liability insurance and membership in the FCA with a cost of \$14. The BC Archer is now in electronic format and comes out 4 times per year.

# Junior Olympian Report

## **PoCo Archers:**

### **Schuyler Watson**

Schuyler shot a 264 twice to earn his Oly/250 and 260. Well done.

## **Eagle Eye Archers**

### **Jonathan Lundman**

Jonathan earned his first Olympian badge and pin with scores of 244/242. He is cad/bb.

## **Alexander Proskiw**

Alexander scored a 285 and 286 to receive his Oly/285.

## **Cranbrook Archers**

### **Krista Pitney**

Krista shot a 248 and 270 for her Olympian badge and pin. She is cub/cmp.

## **Graeme Black**

Graeme earned his Oly/280 by shooting a 283 and 289.

## **SOSA**

### **Colton Soetaert**

Colton shot a 56/259, 268/273 to earn his Oly/250 and 260.

Mary Ostermeier

JOP Indoors will be hosted by the Maple Ridge Archery Club on Sunday, April 10th, 2011 at the Maple Ridge Leisure Centre Gymnasium.

Watch the BCAA website for registration information coming soon!



# You And The Rules



**Ron Ostermeier**  
3208  
Technical Vice President  
Judging Chair  
RR2, Site 41, Comp 110  
Oliver, British Columbia V0H 1T0

Telephone: 250-498-3205 Fax: 250-498-

E-mail: rono@justthatsimple.com

Targets for indoor competition your choice? or is it decided by the club putting on the event? My choice you say, well for a part that is true; we are going to talk about the 40cm targets. You have a choice to use a single spot target or a three spot one, the type of 3 spot target that is supplied by the host club can be the triangle 3 spot or the vertical spot.

Let's look at the rules;

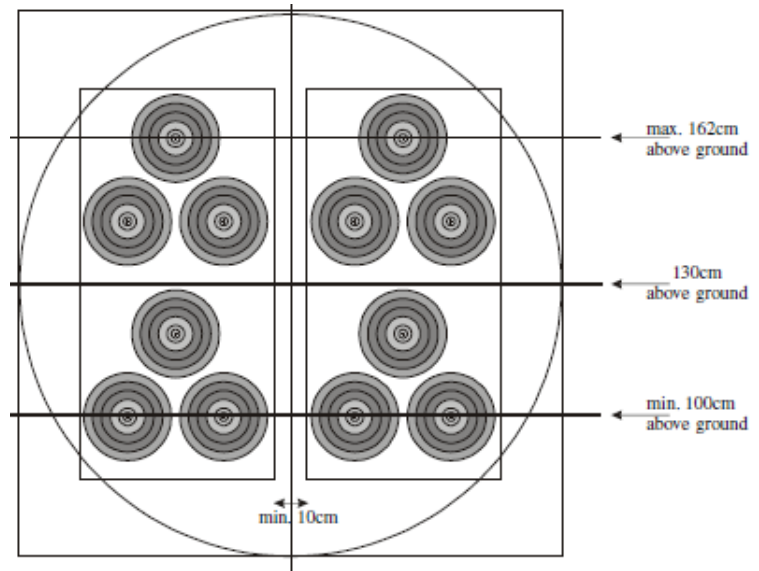
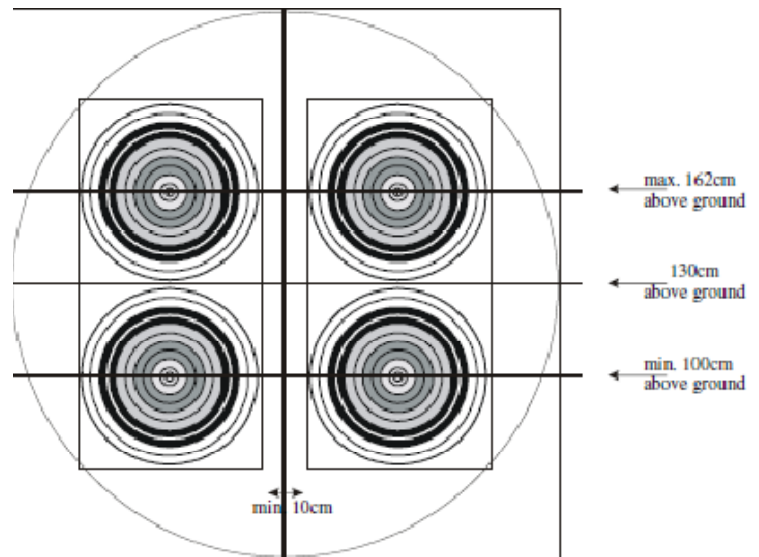
**4.5.2.3 The 18m Round consists of 60 arrows on the 40 cm target face or 40 cm triple faces for all classes**

**4.5.2.6 Vertical triple faces will be mandatory for the World Archery Indoor Championships**

## 8.2.2.1 Rounds and Faces

For the Indoor Match Round, the triple 40 cm faces will be used. In the Elimination and Finals Round the faces will be set in pairs on each target butt. Vertical triple faces will be mandatory for the Indoor Target World Championship. **The use of single or triple faces in all other competitions is the choice of the organizers who can allow the athletes in the same class and division to shoot on a different type of face.**

So what are the advantages of this different set-up well with the single face you do get the 10 to 1 rings and with the three spot targets your lowest value is a 6. I can see that there can be an easy mix of triangle three spot and single spot targets on the same butt now that this set up is used.



Other configurations follow triple face rules

# You And The Rules

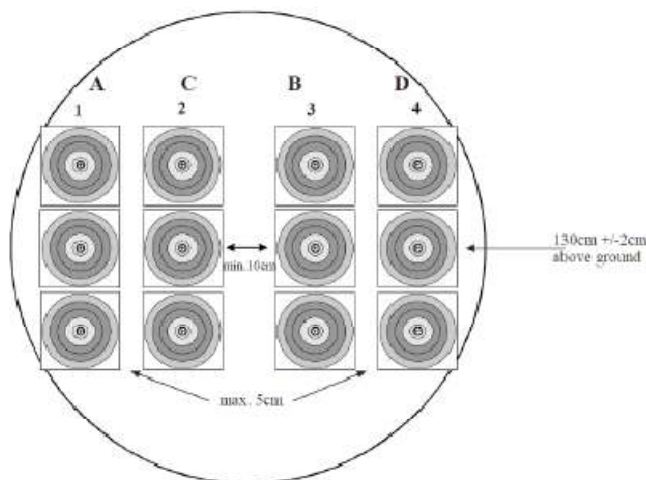
## 8.4.8 Target Face Choice

[FCA rule] Each athlete may shoot on a single face or a triple face target (either vertical or triangular, whichever is provided by the organizers). The athlete's choice must be communicated to the Organizers prior to the start of competition and may not be changed during the competition.

**8.5.1.3** When the 40 cm faces and the 40 cm triple faces are placed in two heights, athlete A will shoot at the top left face and athlete B at the top right face. Athlete C will shoot at the bottom left face and athlete D at the bottom right face.

**8.5.1.4** When two 40 cm vertical triple faces are used by two athletes, athlete A will shoot at the left column, athlete B will shoot at the right column. When four 40 cm vertical faces are used athlete A will shoot at the first column, athlete B at the third column, athlete C will shoot at the second column, athlete D at the fourth column.

Article 8.2.2.1.3.



So what is the advantage of the vertical three spot over the other targets, at the BC Indoors we shoot for two days and the during that time you will rotate from shooting the high target one day to the lower one the next or visa versa; but with the vertical you shoot the same height each day and the top target height is 152 cm, so if indoor you height is a factor you may want to shoot the vertical. But as stated the choice of the three spot targets is up to the organizers as they don't need to have both available

You can look up the rules at <http://fca.ca/en/judging-and-rules/rule-book.html>

## Elections are coming up for the position that I am currently filing as the Technical VP.

We are getting ready for another Annual General Meeting, this year it will be hosted by Nechako Valley Archers in Vanderhoof and my position is up for re-election. I would like to run again for this position as it has been challenging and fun, in the past I have been involved in the changes to the NCCP Coaching system and we are now delivering both the Instructional Beginners and Instructional Intermediate programs of coaching. I am a Master Learning Facilitator for Instructional Beginners (this replaces Level 1 Technical and Theory) and Instructional Intermediate (this is equivalent to the old Level two) and as such I can certify Provincial Learning Facilitators. I have taken the pilot course for Introduction to Competition this year and I am now serving as part of the coaching committee for Archery Canada (FCA). As the Technical VP I am striving to get more learning facilitators in both the coaching and judging programs to save everyone money and improve this great sport.

I am currently running the Judges program and we have an ongoing process of certifying others to deliver the needed training to become a Judge. For those who are new to archery I have been involved with this sport for more than 30 years and I am a certified level 2 coach (old system) and working through the new coaching program as the courses come online. Also I am serving as the Provincial Judge Chair. Most importantly I am still a shooter and enjoy all aspects of the sport. So I hope to see you this Easter on April 22, 2011 for the meeting at the BC Indoors on the Friday night; so after you practice stick around and get involved and cast your vote.

Thank you,  
Ron O



# Call for Bids

## Call for Bids to Host Archery Canada 2011 Team Trials

Archery Canada is accepting bids to host the 2011 Team Trials for the following international teams. Trials are considered a Canadian major event.

- 2011 Senior World Championships
- Pan American Games (recurve only team)
- Ogden World Cup
- Shanghai World Cup

The trials will be a 4 day event with the following schedule.

Day 1 – Official practice

Day 2 – Qualification round for all archers (Recurves FITA 1440, Compounds Double 50m round)

Day 3 – Set Play and match play simulation

Day 4 – Canadian Double Elimination round

Bids will only be accepted for the following dates.

May 20 – 23, 2011

May 27 – 30, 2011 This is the preferred date

The HPC will consider bids from clubs if the organising committee can demonstrate:

- The ability to run a tournament to the highest international standards
- That HPC team selection process for the 2011 team trials will be followed.

Host clubs may also invite archers who are not qualified and registered for the trials to participate in the FITA 1440 round or the double 50m round on Day 2 of the trials.

Host clubs wishing to submit bids should include the following information:

1. Proposed dates and venue
2. Process for arranging Hotel accommodation selection and pricing
3. Names and contact information for key organising committee members
4. Location and facilities for Doping Control Testing
5. Name of the Director of Shooting
6. Name of the person in charge of results

Bids must be received by the Archery Canada office no later than January 24<sup>th</sup>, 2011

Bids should be submitted to Scott Ogilvie, Archery Canada Executive Director at [information@FCA.ca](mailto:information@FCA.ca).

For more information on submitting a bid, please contact Joan McDonald [jmcdonald@attglobal.net](mailto:jmcdonald@attglobal.net) or Ed Wilson [edwil1440@hotmail.com](mailto:edwil1440@hotmail.com)

# Canada Winter Games Team

The BC Archery Association would like to announce the team for the Canada Winter Games in Halifax in February 2011. This team has a strong potential with a mix of experience and novice. Head Coach Susan Lemke is looking forward to working with a great group of youth and her support person Jason Pierrero. We would like to thank all those that worked to make this a successful process.

Congratulations to the finalists:

Mens Compound

Adam Pitney, Cranbrook

Tucker Tschettters, Cranbrook, Alternate

Ladies Compound

Sydney Watson, Quesnel

Kaitlyn Gagne, Cranbrook, Alternate

Mens Recurve

Bryan Hardy, Nelson

Trevor Boots, Squamish, Alternate

Ladies Recurve

Brenna Price, Maple Ridge

Kathleen Doerkson, PoCo, Alternate

Staff

Susan Lemke, Abbotsford

Jason Pierrero, Delta



# Lower Back Pain

## Low Back Pain during or after shooting?

The low back or lumbar spine has numerous pain sensitive structures that can get inflamed and irritated easily. Some common low back injuries include a facet sprain (joint sprain), herniated disc, bulging disc, sacroiliac joint sprain and strains of various muscles in the lower back and buttock region. When these structures are not taken care of on a regular basis, imbalances occur and hence they are more susceptible to injury. Below are my top 4 ways of preventing low back pain:

1. Warm up – This entails riding the bike, a brisk walk or going for a light jog before shooting. Warming up prepares your muscles for activity by increasing your body temperature and sending blood to the large muscle groups that are required to maintain steady posture required in archery.
2. Stretch – Stretching on a regular basis not only keeps your muscles limber it also nourishes your joints. The old adage ‘If you don’t use it, you lose it’ definitely applies to muscle flexibility and joint mobility. Stretching your hamstrings, gluteals, quadriceps and low back are naturally important but so are the muscles in your upper back, neck and shoulders because if there are restrictions higher up in the kinetic chain, the low back will have to compensate thus possibly leading to injury.
3. Train your core and low back musculature – The ‘core’ muscles consist of your obliques, transverses abdominus and rectus abdominus (6 pack muscles). It is not necessary to perform a large number of sit ups or crunches (this in fact might be causing your pain) but to build endurance in the core muscles.

4. Hydrate and Nourish – Water is very important for keeping the muscles and soft tissues healthy. Also avoiding foods like coffee and foods and drinks with high sugar content will help decrease the inflammatory process.

Remember that there are numerous causes of low back pain and therefore you should consult a healthcare professional to rule out any serious causes.

*Article written by Dr. Khaled Dossa, Kinesiologist and Chiropractor. [www.drdomsa.com](http://www.drdomsa.com).*

*You can reach him at [info@drdomsa.com](mailto:info@drdomsa.com) for questions about musculoskeletal issues.*



# Al's Archery Calendar of Events

Date Start	Date End	Event or Round	Place	Contact
15-Jan-11	16-Jan-11	Indoor Shoot 3D Agri Fair Arena	Abbotsford	Dale 604 853-7094 Wayne 604 859-2085
23-Jan-11	23-Jan-11	Indoor 3D	Salmon Arm, BC	Merv 250 832-5177 Bruce bden@telus.net
29-Jan-11	30-Jan-11	Indoor Gold Pan 1200	Quesnel, BC	Dale Chapplow dalechapplow2@gmail.com <a href="http://www.quesnelriverarchers.com">http://www.quesnelriverarchers.com</a>
30-Jan-11	30-Jan-11	Safari Shoot	Cowichan Bowmen	Bryan Harper 250 746-8736 Richard Kennett 250 746-4923
30-Jan-11	30-Jan-11	Flat Field Ground Hog Paper Target	Abbotsford (Ridged)	Lorne 604 530-6156 Steve 604 664-0907 Jim 604-856-6434
06-Feb-11	06-Feb-11	Multi Sites Indoor Championship of t	Cowichan Bowmen	Rick Dudman 250-743-1531 rldudman@telus.net Rick Ellis 250-544-2230
06-Feb-11	06-Feb-11	Flat Field 3D	Burnaby Keningsto	Muriel 604 521-6819 Ron 604 524-1674
11-Feb-11	13-Feb-11	The Vegas Shoot	Las Vegas, NV	<a href="http://www.nfaa-archery.org/tournaments/">http://www.nfaa-archery.org/tournaments/</a>
13-Feb-11	13-Feb-11	Field Shoot	Cowichan Bowmen	Rick Dudman 250-743-1531 rldudman@telus.net Rick Ellis 250-544-2230
18-Feb-11	27-Feb-11	Archery in the 2011 Canada Games	Sackville High, Hall	Archery Canada Office 613-260-2113 <a href="mailto:information@fca.ca">information@fca.ca</a>
20-Feb-11	20-Feb-11	Harry Tutton Shoot	Parksville Quallicur	Miles Johnston 250 248-4702 twintrunks@shaw.ca
26-Feb-11	27-Feb-11	Indoor 3D	Quesnel, BC	George Walker 250 747-3656 gwalker@shaw.ca
27-Feb-11	27-Feb-11	Malahat 3D	Victoria F&G	Douglas.Bell@forces.gc.ca
27-Feb-11	27-Feb-11	3D	Penticton, BC	John j.j.howard@shaw.ca
05-Mar-11	06-Mar-11	Canadian Indoor Archery Champions	Various Clubs (Reg)	<a href="http://www.fca.ca">http://www.fca.ca</a>
06-Mar-11	06-Mar-11	Field Shoot	Cowichan Bowmen	Rick Dudman 250-743-1531 rldudman@telus.net Rick Ellis 250-544-2230
06-Mar-11	06-Mar-11	Flat Field 3D	Semiahmoo (Surrey)	Stan 604 534-0203 Dave 604 533-5884
13-Mar-11	13-Mar-11	Spring Bear Shoot	Abbotsford (Ridged)	Lorne 604 530-6156 Steve 604 664-0907 Jim 604-856-6434
19-Mar-11	20-Mar-11	* Fort St John Indoor Babcock Arena	Fort St John, BC	Contact Ruby Minnila [250] 785-9668 Andy Fochuck [250] 785-9808
19-Mar-11	20-Mar-11	Indoor Shoot 3D	100 Mile House, BC	Ted Swift 250 397-2632 bbhac@yahoo.ca <a href="http://www.bighornbowhuntersarchery.com">www.bighornbowhuntersarchery.com</a>
20-Mar-11	20-Mar-11	St Pat's Day Shoot	Nanaimo F&G	Larry McFarlane 250 753-3695 profat@telus.net
20-Mar-11	20-Mar-11	Flat Field 3D	Burnaby Keningsto	Muriel 604 521-6819 Ron 604 524-1674
26-Mar-11	27-Mar-11	Indoor 3D	Williams Lake	Lee Jackman 250 398-5691 sarah.jackman@hotmail.com
27-Mar-11	27-Mar-11	Field Shoot	Cowichan Bowmen	Rick Dudman 250-743-1531 rldudman@telus.net Rick Ellis 250-544-2230
02-Apr-11	03-Apr-11	3D	Courtenay F&G	Connie Sorenson shawn_con@shaw.ca
02-Apr-11	03-Apr-11	3D	Kamloops, BC	Brian 250 319-1201
06-Apr-11	10-Apr-11	22nd Arizona Cup	Pheonix, AZ	<a href="http://www.arizonacup.com">www.arizonacup.com</a>
09-Apr-11	10-Apr-11	Chad Davis Memorial 3D	Abbotsford	Dale 604 853-7094 Wayne 604 859-2085
09-Apr-11	09-Apr-11	900 and 3D	Kelowna, BC	Barry 250 868-1440
16-Apr-11	16-Apr-11	FITA	Burnaby Keningsto	Sonia skinnygoddess@hotmail.com
16-Apr-11	17-Apr-11	Spring Warm Up	Custer Wa USA	Joel 306 220-4258 huntingdreams@comcast.net
17-Apr-11	17-Apr-11	Multi Sites Indoor Championship of t	Port Coquitlam	Gary Hornsberger (604) 525-0674 gmhorns@shaw.ca
17-Apr-11	17-Apr-11	Roger Creek 3D Shoot	Port Alberni	Bud Hubert 250 723-6528 joywor2@shaw.ca
17-Apr-11	17-Apr-11	Flat Field 3D	Burnaby Keningsto	Muriel 604 521-6819 Ron 604 524-1674
24-Apr-11	24-Apr-11	3D Fun Shoot Juvenile Diabetes Fun	Abbotsford (Ridged)	Lorne 604 530-6156 Steve 604 664-0907 Jim 604-856-6434
30-Apr-11	01-May-11	Shoot for the Cure Free Camping	Semiahmoo (Surrey)	Stan 604 534-0203 Dave 604 533-5884
01-May-11	01-May-11	Malahat 3D	Victoria F&G	Douglas.Bell@forces.gc.ca
02-May-11	07-May-11	Archery World Cup Stage 1	Porec (CRO)	Archery Canada Office 613-260-2113 <a href="mailto:information@fca.ca">information@fca.ca</a> FITA <a href="http://www.arc">http://www.arc</a>
07-May-11	07-May-11	DbI 50 / 70M	Burnaby Keningsto	Sonia skinnygoddess@hotmail.com
07-May-11	08-May-11	Mud Boot 3D	Custer Wa USA	Joel 306 220-4258 huntingdreams@comcast.net
08-May-11	08-May-11	FITA / 900	Burnaby Keningsto	Sonia skinnygoddess@hotmail.com
14-May-11	14-May-11	3D	Grand Forks, BC	Don 250 447 2627 or Jack 250 442 8488
14-May-11	15-May-11	Cariboo Archers 3D	Williams Lake	Lee Jackman 250 398-5691
21-May-11	23-May-11	TBBC Traditional Only 3D	100 Mile House, BC	Rod Taylor 250 323-3232 hongkongcreek@shaw.ca
28-May-11	29-May-11	Outdoor 3D	Quesnel, BC	Wayne Schaefer 250 992-2196 catway@telus.net
28-May-11	29-May-11	Campbell River 3D	Campbell River F&G	Shane Renouf 250 287-5027 senouf@westernforest.com
28-May-11	29-May-11	Eagle Eye Archers Annual 3D	Prince Rupert, BC	Colin Bennett (250) 624-4637 colinent@citytel.net
29-May-11	29-May-11	Hunter Classic Hunter scoring	Abbotsford (Ridged)	Lorne 604 530-6156 Steve 604 664-0907 Jim 604-856-6434
04-Jun-11	04-Jun-11	Single (72 arrows) 50/70M	Burnaby Keningsto	Sonia skinnygoddess@hotmail.com
01-Jun-04	01-Jun-05	* Fort St John Outdoor	Fort St John, BC	Contact Ruby Minnila [250] 785-9668 Andy Fochuck [250] 785-9808
04-Jun-11	05-Jun-11	3D	Nelson, BC	Cherry 250 352-1775
04-Jun-11	05-Jun-11	Outdoor 3D	100 Mile House, BC	Ted Swift 250 397-2632 bbhac@yahoo.ca <a href="http://www.bighornbowhuntersarchery.com">www.bighornbowhuntersarchery.com</a>
04-Jun-11	05-Jun-11	Hell Hole 3D	Cowichan Bowmen	Bryan Harper 250 746-8736 Richard Kennett 250 746-4923
05-Jun-11	05-Jun-11	FITA / 900	Burnaby Keningsto	Sonia skinnygoddess@hotmail.com
06-Jun-11	11-Jun-11	Archery World Cup Stage 2	Antalya, TUR	Archery Canada Office 613-260-2113 <a href="mailto:information@fca.ca">information@fca.ca</a> FITA <a href="http://www.arc">http://www.arc</a>
11-Jun-11	12-Jun-11	Summer Classic 3D	Nanaimo F&G	Larry McFarlane 250 753-3695 profat@telus.net
12-Jun-11	12-Jun-11	3D	Grand Forks, BC	Don 250 447 2627 or Jack 250 442 8488
12-Jun-11	12-Jun-11	3D Fun Shoot Extreme Stake Option	Port Coquitlam	James 604 945-3868 Gary 604 525-0674
18-Jun-11	19-Jul-11	Father's Day 3D Highland Valley Arc	Logan Lake BC	Jim 250 523-9583
25-Jun-11	26-Jun-11	Summer Warm Up	Custer Wa USA	Joel 306 220-4258 huntingdreams@comcast.net

Visit [www.archeryguy.com](http://www.archeryguy.com) for updates and/or changes to this schedule.