



## Sylvan Archers Newsletter: Happy New Year!

VOLUME 2 ISSUE 1

JANUARY 2014

Next board meeting is Feb. 13, 2014 at 7 PM at Wellon's in Sherwood.

### Calling all sportsman show volunteers....

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It is that time of year again and we will be doing our annual booth at the sportsman's show.

This year it runs from February 5th - 9th, 2014. Set up will be February 3rd at 1:00 PM at the Expo Center off Force Avenue Building C.

The Sportsman Show shooting booth is set up to provide an experience for young folks and adults to

experience the fun of archery. It takes a large staff of individuals to make this happen. The shifts are 4 hours long and volunteers will get in free. Before or after your shift you can see the show. This first event of the year raises money to fund upcoming events for the remainder of the year. Your participation is greatly needed and appreciated. Please contact Al Hanschar at [ahanschar@cs.com](mailto:ahanschar@cs.com) or phone 503 657-7224. In

addition, there will be a sign up sheet at Archers Afield, Tigard OR and at Broken Arrow, Milwaukie OR

Thank you

Al Hanschar VP, Indoor Activities

**We also want to wish a speedy recovery to our President Dave Osler. He does so much for our club and has over the years. Make sure you wish him well and the 3D team can use your help this summer with the Broadhead league so don't forget to volunteer!**

Check the website for membership information and events updates.

[www.sylvanarchers.org](http://www.sylvanarchers.org)

Email:

[kymbishop@comcast.net](mailto:kymbishop@comcast.net)  
for contributions to the newsletter

## For the Traditional shooter: Target Panic



OK, this isn't just a traditional phenomenon, of course, but it's one that's been on my mind a lot. Or rather, it's been messing with my mind a lot.

It started developing in the outdoor season, when people starting noticing my bow often wasn't coming to a full stop and I wasn't getting set before releasing.

But it got worse when I started training intensively for the indoor season. In October, I was scoring in the 250s in practice in an NFAA round. By December, I expected to be in the 260s, but instead I kept sliding, all the way down to the 210s. The more I trained, the worse it got. I would either release without holding on my focal point or I would hold and release, but the tip of my arrow wasn't where I wanted it to be. Weird.

Just relax, some people said. Let your body do its thing. But when I relaxed, the thing my body wanted to do was drive-bys and snap shooting. It happened whether I was calm and happy in practice or whether I had tournament nerves and a red face.

I started to understand why a lot of people who love archery give up after two years, which seems to be when target panic starts to happen to a lot of serious archers. Some sources say 90 percent of elite archers have experienced target panic -- and some of them are afraid to even talk about it. When I started telling people I had it, a surprising number of the longtime shooters around me said they had it too, and they talked in kind of a hushed voice.

After doing a bunch of reading about target panic (which not really a good name for it because it doesn't necessarily feel like panic at all), this is the theory that resonates with me:

It's kind of like a repetitive stress syndrome of the neurons. A short circuit. When you raise your bow and look at the target, that becomes the stimulus that sets your neurons to firing. Your brain takes a short cut and skips the aiming step. In some sports, this is a fast reflex that helps you. But in archery, it kills you.

It happens to kids, too. If you know someone who shoots too fast, and you try to tell them not to over and over, understand that they can be trying hard to slow down but they can't make themselves do it.

But there are drills that help you break the pattern and recover from it. It starts with letdown drills at 10 yards and, for me, one of the best drills is tracing a small figure eight with the point of the arrow around my focal point. I can see the drills working for me, but I know I need to commit more time to them because the effect wears off if I keep shooting and scoring at 20 yards without doing enough drills. It's hard to make yourself shoot at 10 yards with the cubbies when the state tournament is only six weeks away, but I know that's the path.

I found this article by a psychology professor and instinctive archer to be really helpful:

[www.n-sights.net/iai/target\\_panic.html](http://www.n-sights.net/iai/target_panic.html)

For help with the mental game in general -- and the mental game is huge -- I also recommend the book "Understanding Winning Archery" by Al Henderson.

If you love archery but are in a valley of despair, stick with it. You can come out the other side a better archer.

Laurie Robinson, Director of Field tournaments

## Just for youth.....with Brandon Tenner

*<We have a lot of things going on for youth at sylvan archers. We will be doing the free lessons for members again this summer as well as we have an ongoing youth program called ASAP/JOAD. See the flyer for what we are doing with that program.>*

*We are continuing to work with a group of youth that will be going to the Vegas Shoot in February.*

*We will have more updated news at that time.*

For Sale..... Anyone have any items for sale please let us know and we will post in the next newsletter....

RFP's For club projects needed:

We also want to support our club members and their businesses. So, we are going to keep a list of members we can contact for any RFP's that go out for any club maintenance work that we need to hire someone for. If you are or work for a licensed and bonded company in the categories listed below, send me an email with your information and we will keep it on file for upcoming projects we bid on.

1. Electrician
2. Plumber
3. Bldg. Contractor
4. Roofing contractor
5. Certified Logger

As of January of 2013, the work hours due reduction was approved by the board members if you worked a minimum of 10 hours to receive 25%, 20 hours worked to receive 50% and 40 hours to receive 100% off next years dues. You can earn hours to discount your membership dues by contacting any board member for work parties they may have scheduled for 2014 or see the website for work party postings. A club is only as good as it's members and volunteers.

