

# WHITETAIL BOWMEN ARCHERY CLUB

WEBSITE: [WHITETAILBOWMEN.COM](http://WHITETAILBOWMEN.COM)

FACEBOOK: [WHITETAIL BOWMEN ARCHERY CLUB](https://www.facebook.com/WHITETAILBOWMENARCHERYCLUB)



## 2019 BOARD MEMBERS

President: Kurt Smith

380-1211

Vice President: Bill Zirbel

377-3606

Secretary: Steve Rudebusch

715-5572

Treasurer: Chad Weber

380-0578

Aubrey O'Connell (Targets and  
Publicity) 290-1971

Jim Zirbel (Grounds and  
Maintenance) 377-3271

Chris Beusch (Concessions)  
290-1798

Tom Fritz (Clubhouse and  
Bathrooms) 290-5314

Jim O'Connell (Tournaments  
and Trophies) 290-1972

## Upcoming Events

Youth League Registration

January 5<sup>th</sup> from 8:00 am to 12:00 pm

League either starts on Tuesday

January 8<sup>th</sup> or Thursday January 10<sup>th</sup>

depending on which day you are  
shooting.

Coed League: January 9<sup>th</sup>.

Women's League: January 6<sup>th</sup>

## December 2018

### Letter from the President

Happy Holidays to all our members. This coming January will be my second year as president of the club. When they say time flies when you're having fun, we must be having a blast because the year has flown by. 2018 has been a fantastic year for the club. With all the new members coming into the club and all the new equipment we've been able to purchase for improvements everything has gone to plan. We've also seen an increase in members volunteering to help with shoots and leagues. That's the thing that makes our club thrive, all the members that graciously step up to the plate and give their time and energy to the club. Whether it's bringing in goodies for the youth banquet, helping put the bridges in and taking them out in the fall, setting up indoor and outdoor 3D shoots, or anything else you've helped with, we appreciate everything you do. So, let's keep the arrows flying for 2019 and make it the best year ever for the Whitetail Bowmen Archery Club.

Kurt Smith



## Bow Press Purchased for the Indoor Range

At the December meeting the board of directors unanimously voted to purchase a bow press for the indoor range. The bow press will be operated by trained members of the club who are approved by the board of directors. It will be used for making minor repairs to bows during indoor leagues such as replacing peep sights and restringing bows. If any member wants an operator to work on a personally owned bow, they must sign a waiver which states the operator of the bow press and the club is not responsible for damages to their equipment.

## New Target Screens and Bales Arrive at the Indoor Range.

The new screens for the Spyder Web targets have arrived. The plan is to use the old screens during the youth league and then put the new ones on for the coed and women's league. This should save some wear and tear on the new screens. The new bales have been placed on the moveable carts. If you are shooting a low poundage bow, you may want to place a piece of cardboard behind your paper target. Due to the new bales being hard, the cardboard will help keep your arrows stuck in the bale. Cardboard squares will be placed by the target trash can for your convenience. Big thanks to Jim O'Connell and Dana Ringgenberg for getting them to the range.

## Date Set for Indoor Youth League Registration

### Congratulations to Fall Women's League Robin Hoods.



**Kathy Zirbel**



**Melissa Shultz**

### GPO Banquet

**The annual Great Plains Outdoorsman Banquet will be held on February 7<sup>th</sup>. The GPO has donated thousands of dollars to our club over the years. Let's get out there and support them this year. For more information go to their facebook page.**

### Whitetail Bowmen Archery Club Youth Archery League

Boys and Girls 6-18  
Bows & arrows provided if needed  
10 Week Archery League

Where: Indoor Range 321 N. Main St. Aberdeen

When: Registration Sat. Jan. 5<sup>th</sup> 2019

From 8:00 – 12:00

League starts the following week

10 yard league shoots at 6:00 pm

Either Tuesday or Thursday

20 yard league shoots at 7:30 pm

Either Tuesday or Thursday



Cost: \$40/shooter + Membership

Youth Membership \$25

[www.whitetailbowmen.com](http://www.whitetailbowmen.com)

Feel Free to email us at: [whitetailbowmenarchery@gmail.com](mailto:whitetailbowmenarchery@gmail.com)

## Lane Sponsorships still available at indoor range.



We still have Sponsorship spots available and now is the perfect time with leagues starting in January. If your company is interested in advertising with the club let Dana Ringgenberg, James O'Connell or Mark Lemmon know and they can get you the contract form and more details. If you have some ideas for people for us to talk to let us know. Thanks for Your Help!!

## Whitetail Bowmen Monthly Meetings.

The next monthly meeting of the Whitetail Bowmen Archery Club will be held at the indoor range on Monday January 14th at 7:30 pm. All members are encouraged to attend. If you have any questions or concerns please contact one of the board members prior to the meeting so we can get you on the agenda.

## Club underwrites prizes for GPO Banquet.

Next year the club will be underwriting \$600.00 toward prizes at the annual Great Plains Outdoorsmen Banquet. The prizes will be archery related which will include a ground blind and a 3D archery target. We will not purchase a table for next year due to the club having problems selling all the seats in the past.

## Archery Tip of the month.

### BASICS OF GOOD FORM

“The saying that archery is 90 percent mental and 10 percent physical is true only for those that have good shooting form. “For the average bowhunter, however, the physical part plays a much larger role since shooting form can be improved upon.”

Here are some fundamental basics that make up good shooting form:

**Stance:** All highly successful archers use a comfortable, solid stance. To achieve a good stance, position your feet shoulder width apart, with your body weight equally distributed between the balls and midsection of your feet.

Exactly how you place your feet in relation to the target is subjective. My advice is this — find a place with a safe backstop, close your eyes and then draw your bow. Move your feet around until you find the most comfortable position for your feet. Now open your eyes and note the direction of the bow’s aim and the position of your feet. Take an arrow and lay it on the ground, with the tip pointing at the aiming spot and the fletch-end of the arrow parallel with the tip of your right shoe (for a right-handed shooter). This is your new stance.

**Bow Grip:** There are many ways to hold a bow grip, but only one specific spot on your hand will prevent torque. Randy Ulmer identifies this one spot as where the radius bone meets the palm—the precise location where the hand won’t change positions when pressure is applied to it. This spot is located at the base of the thumb, right near the “lifeline.” (See photo for example).

To achieve such a grip, place your hand in the grip by rotating your thumb slightly so it’s angled outward. Rotating the hand slightly also increases the clearance between the bowstring and your forearm, lessening the chance of contact with a bulky jacket sleeve.

From here, simply relax your fingers so they hang limply along the handle or tuck in two or three of your fingers into your palm, allowing your index, and one other finger perhaps, to loosely wrap around the riser of the bow. Using a bow sling is very important, since it removes all fear of dropping the bow.

**Bow Arm:** Most archers utilize the wrong muscles to shoot with, most notably the deltoid muscle, which is what you use as soon as you begin to raise the bow-arm shoulder. This is a mistake since it creates tension and a wobbly sight picture.

A low, locked bow-arm shoulder ensures less muscle use, creating more of a bone-to-bone contact, which also steadies your aim. To familiarize yourself with this posture, simply extend your arm and hold your hand out (as if you are holding a bow and preparing to shoot). If your elbow is locked, bend it so it just unlocks — no more. Note the position of your shoulder; it should be low and relaxed. Now press down on the top of the bow-hand shoulder where it meets your arm. Use your release hand to do this. You’ll notice it won’t move — it’s locked. This is the way you should hold your bow to shoot.

**Draw Length:** Proper draw length is critical. The best way to identify proper draw length is to observe the shooter from the side and also from the rear. From the side, the draw-arm elbow should be even or slightly above the arrow. Facing the back of the shooter’s head, the elbow should be in line with the arrow, not to the left or right.

**Shot Anchor:** Brace your release hand somewhere along the jawbone. This is the best place since it allows great repeatability while keeping your hand forward enough to allow good use of your back muscles. Don’t press hard against the side of your face, just firmly enough to

keep things consistent. Pressing hard into the face causes left and right shots, since it's easy to vary hand pressure, shot to shot.

Also, use a three-point anchor for consistency. Most experts use the "web" of their draw hand wrapped or braced against the jawbone, bowstring to tip of nose, and sight pin in middle of peep or pin guard. (Some hunters also use a kisser button for a four-point system).

**Follow-Through:** A good follow-through is simple; it means your bow-arm stays up until impact of arrow in the target and your release hand brushes against the side of your face and lands in the same spot behind your head.

## AIMING TIPS

Once your sight reaches the target, *DO NOT* aim! Simply acquire the target with your sight pin and send the message to your subconscious to start tightening those back muscles. Once this is done, now you can consciously aim at the target, allowing the rest to just happen, all at the mercy of the subconscious.

Accuracy is all about aiming. This means burning a visual hole exactly where you want the arrow to hit. The finer the aim, the better the results. From here, trust that the trigger will break smoothly based on hours of shot training, particularly on a close-range target. At this point, don't think about the release, or your release hand, or your finger on the trigger—ever—but only the aiming process. If you do mentally drift away for a split second, think about the pressure in your back muscles, and do your best to increase this pressure, almost to the point where you feel a burn.

## PULLING THE TRIGGER

**Back tension:** When using back tension to trigger the shot, use only your draw-side rhomboid muscles to pivot your shoulder. These large, powerful muscles are located closest to your spine. This allows for "pulling" rather than a "pushing and pulling" motion, which is what you get when you use both sides of the rhomboids. This ensures consistency since pushing the bow arm out can cause irregular release pressure and left and right hits.

**Come down on target:** Most experts believe drawing with your sights just above the target and then lowering the sight pin into the bull's eye is best since it requires less use of your arm muscles. This keeps you more relaxed and steadier on target.

**Hook the trigger:** When using a wrist-strap release, shorten the stem or strap on the release so that your finger has a deep grip on the trigger. This will allow you to form a "hook" using your finger. Note: the trigger should cross somewhere between the first and second knuckle. This makes trigger feel less sensitive and allows you to fire the trigger using your back, facilitating a surprise release.

## DON'T HOLD TOO LONG

All shooting pros agree that a delayed, subconscious shot is good, but you don't want to over-hold either, which can cause problems.

"When shooting, exhale as you draw the bow, take a full breath as you pre-load into the cam's wall at anchor, and then get the trigger pre-loaded." "From there, try to shoot within 7 to 8 seconds. If not, let down.

"Five to 7 seconds is a good goal for executing the shot once you hold your breath, because your visual acuity will start to decrease rapidly after 7 seconds. More training and better fitness will allow you a slightly longer window."

Your aiming ability is degraded after 6 to 8 seconds. Therefore, you should try to shoot in about 5 seconds from the time you get steady and on target. Any hold beyond 8 seconds you should either let down or starts the aiming process all over again with a new breath of air.

Everyone will have a slightly different shot window, so experiment using this advice.

## Correction on October/November Newsletter.

The start dates for the Youth League were listed incorrectly on the last newsletter. The starting dates should be Tuesday, January 8<sup>th</sup> or Thursday January 10<sup>th</sup>. You can sign your child up for either Tuesdays or Thursdays. 10 yard shooters start at 6:00 pm and 20 yards shooters start at 7:30 pm.