

WHITETAIL BOWMEN ARCHERY CLUB

WEBSITE: WHITETAILBOWMEN.COM

FACEBOOK: WHITETAIL BOWMEN ARCHERY CLUB

2018 BOARD MEMBERS

President: Kurt Smith
380-1211

Vice President:

Secretary: Steve Rudebusch
715-5572

Treasurer: Chad Weber
380-0578

Marie Rudebusch (Targets and
Publicity) 715-5573

Jim Zirbel
(Grounds/Maintenance
377-3271

Chris Beusch (Concessions)
290-1798

Tom Fritz (Clubhouse and
Bathrooms) 290-5314

Mark Lemmon (Tournaments
and Trophies) 824-0782



February 2018

LETTER FROM THE PRESIDENT

Hello fellow archers. The weather may be cold but things are heating up at the indoor range. All the leagues are at full draw and having a great time. The members and board are continuing to make improvements at the indoor range. We've ordered a new front door and locking system that will be more reliable and also looking to replace the north door that's rusty and broken. Things are looking up as we strive to make our indoor range a place we can all be proud of.

Kurt Smith

You make mistakes because you're focusing on your target and not on your actions.

Work on your form, the bull's-eyes will come!

Open Shooting at the indoor range

Remember there is open shooting at the indoor range 24-7 except during these times.

Monday: JOAD 6:00 pm to 9:00 pm

Tuesday: Youth League 5:00 pm to 9:00 pm

Wednesday: Coed League 7:30 to 8:30 pm

Thursday: Youth League 5:00 pm to 9:00 pm

Sunday: Women's League 1:00 pm to 2:00 pm.

So blow the dust off your bow, grab some arrows, and head down to the range to shoot a few rounds.

Email us at: whitetailbowmenarchery@gmail.com

Upcoming Events

3D Fun Shoot: March 17th, 18th

Outdoor Range Cleanup: April 21st

JOAD
CHRIS BEUSCH COACH



Junior Olympic Archery Development (JOAD) is a program of USA Archery that teaches archery to young people, provides great opportunities for awarding achievement, and helps archers to enjoy the sport recreationally or progress to the excitement of competition! JOAD offers both recurve and compound archers the opportunity to learn range safety and proper shooting technique in an environment that also fosters focus, increased self-confidence, and team building skills. JOAD is open to any youth archer aged 8 to 20 and is designed to grow with the youth archer. Introductory JOAD classes teach the fundamentals of proper shooting form; as the young archer develops, they will learn more advanced techniques. Our program is run by Chris Beusch, who along with being a youth archery coach puts in many hours for the JOAD program. Our program is currently at capacity but if you would like more information, please give Chris a call. (605-290-1798)

WOMEN'S WINTER LEAGUE
BY LISA KOPECKY



Ladies League: This year our ladies league welcomes 7 new shooters to our group (total 15). We encourage all experience levels including those who are brand new to Archery. Individuals can shoot a single spot or a 5 spot. All scores are Scratch (no handicap) & no competition except for personal goal setting. Mark your calendars now for **Ladies Night Out**. It's for all the ladies who are shooting league on Sundays. Date is March 2nd at 6:30. Check our facebook page for updates!

COED AND YOUTH ARCHERY LEAGUE
BY AUBREY O'CONNELL



Coed League: We have 22 shooters (new & old) in this year's COED league. Teams were picked by drawing a name out of a hat. Each week teams are shooting against other teams in a round robin fashion to add to the excitement. This has been a great way to meet new people! Scores are handicapped to even the shooting field.

Youth League: We have 92 shooters that have joined our youth league this season. The kids and coaches are having a great time.

Still Time to Join!

There is still plenty of room for you to join a league. If you are interested, just come to the league you are interested in and they will get you signed up. We do supplies bows and arrows for the youth league shooters if they need them. It's a good way to see if your child enjoys shooting before you buy archery equipment.

Robin Hoods



Maggie Breidenbach



Lawson Kopecky



Garrett Schultz



Aaron Walberg Jr.



Russell Walberg

Frozen Foote Shoot a Success!

72 archers on Saturday and 79 on Sunday came to the indoor range on Feb. 17th and 18th to try their skill at shooting 36 different 3-D targets. The targets ranged from Deer, antelope, Dall sheep, and a variety of other critters. The kids had a great time shooting all of their targets! Congratulations to Aaron Walberg for winning the floating ping pong ball shoot on Saturday and to Cassie Schultz winner on Sunday.

Our next indoor fun shoot will be held on March 17th, and 18th. Make sure to put in on your calendar now so you don't miss the fun.

Archery Tip of the Month Overcoming Target Panic (last four steps) Continued from January Newsletter

Step 5: Move back to five yards and aim only.

Use a very large target face. Pull the bow back and aim for 15 seconds, but DO NOT shoot. Let down. Rest 30 seconds and repeat. Focus on reducing the movement in your pin by relaxing. Experiment to determine what makes the bow's movement slow down. (You will want to try to copy this particular form when you begin to shoot again.)

Always have an arrow on the string for this phase, just in case the bow goes off. I want you to become very comfortable with your pin in the middle of the target. I want you to teach your subconscious that it is okay to have the pin in the center of the target, and also to break any automatic reflex you may have to fire the shot when the pin is in the middle. Once you can do this repeatedly, and with no anxiety, you may move on to Step Six.

Step 6: Shoot at five yards.

Keep your sight adjusted (way up or way down) so that your arrows will hit far from the target's center. I do not want you to see where your arrows are hitting as you shoot. (We do not want to introduce the pressure of grouping yet.)

Continue to shoot just one arrow, and then retrieve it. Walking back and forth to get that single arrow may seem like a waste of time. It is not. This process will help you slow down and analyze each shot. Focus on every aspect of the shot process and relax, relax, relax. Again, when you can summon the perfect "feel" repeatedly and on command, you are ready to move farther back.

When you are ready, move back to 10 yards and repeat Step Six. When you are comfortable there, move back to 15 yards, and then to 20. Continue using the same large target face. If you are still comfortable, move on to Step Seven.

Step 7: Shoot for score.

Move back up to five yards, and adjust your sight so that your arrow hits the center of the target. Continue to shoot just one arrow. Use the same large target face as in Step Six. You may begin to keep score now. Your pin should never leave the large 10 ring, so theoretically you should shoot a perfect score.

The point of this exercise is to introduce one more key anxiety-producing stressor: visible and quantifiable results of the shooting process. Once you are comfortable at five yards, you may move back to 10 yards, then 15, and then 20. When you are comfortable at 20 yards, you may introduce ever-smaller targets.

As in all the previous steps, you are trying to hold on to the same form, rhythm, relaxation, and feel you developed in Step One. As you move back and shoot at smaller and smaller targets, it will become more and more difficult to maintain “the feel.” The aiming process will become more difficult, more important, and more integral to the outcome of the shot. Try to focus on the shot process and “the feel.” Let the results (where the arrow hits) be of secondary importance. This is much more difficult than it sounds.

Step 8: Transition to your old release aid and draw weight.

Start with your eyes closed, and stand close to the target until you can get the same feeling with your old release aid as you did with the back-tension release aid. Keep the draw weight low for now.

Shoot this release aid as similarly as you can to the way you shot the hinge release. Do not shoot it by pulling the trigger with your index finger. Instead, lay your finger on the trigger deeply, and tighten your back muscles until it fires as a surprise.

Once comfortable with this release, you may gradually increase your draw weight. I would encourage you to continue to do most of your practicing and shooting with the hinge release. Use your trigger release only for hunting. This is what I do every season.

During each of these steps, you must be the judge of your progress. You must decide when you are ready to go to the next phase. Do not hurry the process. If you do, your anxiety will return. It is your job to recognize anxiety creeping back in, and it will — repeatedly!

If you feel it, you must move backward through the steps to the point where you can consistently shoot a perfectly relaxed shot. Then move forward through the steps again. Once you have been through all of the steps once, you will be able to go through them the next time much more quickly.

As I said before, I go all the way back to the first step before every serious practice session. If you are fully honest with yourself, you will have to move backward and forward through these steps many times.

By Randy Ulmer (Bowhunting Magazine)

Wild Game Recipe of the Month **Three Cheese Venison Burger Pasta**

Ingredients

- 1 pound ground venison
- 2 cloves garlic, minced
- 1/3 of a large onion, minced
- 2 tbsp. cooking oil
- 1 medium zucchini, cut in half lengthwise and sliced (about 1 cup)
- 3 cups of your favorite spaghetti sauce (or one 28 ounce jar)
- 6 cups of tube type or spiral pasta, cooked and drained
- 6 ounces shredded mozzarella cheese (about 1 1/2 cups)
- 1 cup ricotta cheese
- 1/4 cup grated Parmesan cheese

Preparation

1. Preheat oven to 400 degrees.
2. In a 12-inch skillet, sauté the onion in cooking oil on medium until tender. Add garlic to the pan and sauté for about 1 minute (but be careful not to burn the garlic). Add ground venison to the pan until browned, stirring often to break up the meat. Add the zucchini and cook until it's tender. Stir in the sauce.
3. Mix the venison mixture, pasta, 1/2 cup mozzarella cheese, ricotta cheese, and Parmesan cheese in a 3-quart shallow baking dish. Sprinkle with the remaining mozzarella cheese.
4. Bake for 20 minutes or until the mixture is hot and bubbling, and the cheese is melted.