

WHITETAIL BOWMEN ARCHERY CLUB

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

2018 BOARD MEMBERS

President: Kurt Smith
380-1211

Vice President: Jim O'Connell
290-1972

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



June 2018

LETTER FROM THE PRESIDENT

Hello members,

I hope everyone is having a great summer. Last month I wrote a little bit about change happening all around us. Well, we have a couple of proposed changes that I would like some input on from our members. First it has been proposed to move the Hunter Handicapped 3D shoot from September 8th, 9th to August 25th and 26th. The reason for this is due to the South Dakota Archery Season opening September 1st this year. It was felt the bow hunters would appreciate having the 3D shoot before the opener to practice up before the season started.

The second proposal is to keep the outdoor range closed for archery hunting until October 1st. Since the Hunter League goes until September 12th, it would be a safety issue to have hunters at the range the same time league is going on. Once league is over we need time to take the bridges out and winterize the club house and bathrooms. It was also mentioned that our members that like to target shoot at the outdoor range would have a little more time to enjoy some of the nice September weather. This change would still give the hunters three months to hunt at the range.

Let me or one of the board members know if you have an opinion one way or the other. We will make the decision at the next board meeting on July 9th. Have a great summer!!

Kurt Smith

Upcoming Events

NFAA State Field Tournament
August 11th, 12th.

Please close the gate!

The gate at the outdoor range has been discovered open with no one around a couple of times now. If you are the last one out make sure you secure the gate before you leave. Let's try to keep the outdoor range secure and safe for our members.

Tournament of Roses 3D shoot update.

The shoot was held on June 9th and 10th. Despite the heat, about 60 shooters came out to tackle the course and try their hand at shooting 32 targets. As always the food was wonderful and everyone enjoyed the day.



Some of our members checking their scores.

WTBC members scale Terry Peak for the Terry Peak Ultimate challenge 3D shoot.

On June 22-24th, over a dozen members from the Whitetail Bowmen Archery club participated in the Terry Peak Total Archery Challenge in the Black Hills. This event is a fun, family friendly opportunity to test your archery skills. Participants had to preselect 1, 2 or 3 days of shooting along with their nock times to allow all shooters a relaxed experience. The courses held over 100 3D archery targets & multiple courses for a variety of skill levels. Despite pre-determined yardage, shooters were encouraged to "scoot into a comfortable range".

What to expect on the courses:

Sitka Course (long shots) 60-100 yards

Mountain Ops Course (25-75) yards with steep angles

Prime Course (the toughest course) 40-100 yards

Locals Course 15-49 yard shots with minimal angles

Novelty shots with a chance to win multiple prizes including a truck

Kids Course with 12 targets from 5-20 yards

In addition to being an amazing venue, the Total Archery Challenge also provided vendors with the latest outdoor gear and good food at the lodge. Despite a rainy weekend our club members enjoyed their time experiencing Terry Peak.

Dana Ringgenberg: "I was impressed with the organization of this event, the challenge of the hike, the challenge of the shots both in distance and difficulty. The scenery is also great, a lot different than what we are used to in Aberdeen. I would recommend it to anyone looking to push themselves with a great archery adventure".

Cassie Shultz: "I enjoyed the variety of 3-D animals I could shoot at".

Shawn Shultz: "It's a great place to work on your mental game-you can't be a quitter. Lots of challenging shots of distance and angles".

Melissa Shultz: "It takes everything we do in Aberdeen and pushes it to the next level. Make sure you are prepared for all weather conditions!"

Aubrey O'Connell: "I love doing this shoot! Being up in the hills presents it's own unique challenges and it makes it a ton of fun. They set shots up at long distances, crazy angles, and sometimes seemingly impossible obstacles to get to the target. It challenges every archer but it is so fun and totally worth it".

Lon Kopecky: "Being a new archer, I felt this shoot was an amazing time to challenge myself. It was a great time!"

For more information about Total Archery Challenges across the country check out www.totalarcherychallenge.com article by Lisa Kopecky

Pictures of WTBC members at the Terry Peak Total Archery Challenge on page 3.

Lanes still available for Adopt a Lane Program

Want to help the club get ready for the State Field Tournament in August? Get a team together and adopt a lane, two or three 😊. You and your team will be responsible for the clean-up and any beautification of those lanes. We need the lanes wide enough for 2 shooters and need the canopy high enough for recurves to clear it. The cement blocks will need to be painted and yardages marked on them, paint will be supplied by the club. We will help you know which blocks are which colors. Then at the State Tournament we will have the shooters vote on the best lane and prizes will be awarded to the winning team and lane. So if interested contact [Mark Lemmon](#)! By Aubrey O'Connell

Whitetail Bowmen Monthly Meetings.

The next monthly meeting of the Whitetail Bowmen Archery Club will be held at the outdoor range on Monday July 9th 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.



JIM AND AUBREY
O'CONNELL



LON AND LISA
KOPECKY



GARRET, CASSIE, MELISSA
SHAWN SCHULTZ



Mike, Tina Buesch and Morgan Dana Riggenberg Shooting
Prouse

Sponsorship Signs at the Outdoor Range

First I want to say THANK YOU to all of the businesses that have become lane sponsors at Whitetail Bowmen! Your commitment to our organization means a lot to all of the members. Please check out a few of the lane sponsorship signs that have been going up around the outdoor range. If you have a business or know of a business that may be interested in sponsoring a lane please contact [Dana Ringgenberg](#), [James O'Connell](#) or [Mark Lemmon](#) for more information.



Feel Free to email us at:
whitetailbowmenarchery@gmail.com

ARCHERY TIP OF THE MONTH

Target Shooting Tips to Improve Your Aim

Mastering archery is a matter of focus, good instruction and technique. It's important to review the fundamentals periodically even if you have years of experience shooting. Whether you're just starting out or a veteran of the sport, here are some basic tips to elevate your performance.

Test Your Anchor Points

The anchor point is the point which the bow is pulled back to prior to firing. Consistency and precision here are both very important. If you're just getting your feet wet with archery, you'll want to experiment with your anchor points to find the position that works the most consistently for you. Common anchor points are to place the hand that pulls the string under the cheek bone on that side and to pull the string to the tip of your nose. Again, you'll want to experiment to find a position that you're both comfortable and also repeatedly accurate with. Learning the balance of your anchor point is the key to keeping your groupings tight and accurate. Consistency in bow positioning is just as important as consistency in locating your anchor point. Put some sort of identifying information on your bow so you know that it's yours when shooting in a group. Keep your hand in a consistent position when gripping the bow. It's important not only to hold the bow at the same point every time you fire, but to also have a moderate level of grip. Gripping too tightly changes the angle of your shot slightly, but gripping it too loosely will reduce power. Keep your grip firm yet relaxed. It should always feel comfortable and natural, not tight and tense.

Proper Posture

As in other sports, posture is important as it directly influences your aim. Proper stance will increase your accuracy and power and make it easier to locate your anchor points. When shooting, your feet should be perpendicular to the target and just a bit less than shoulder width apart. Always check your stance before raising the bow and finding your anchor point. It may seem simple, but proper stance alone is half the battle.

Prior To Shooting

Your stance is good, you're gripping your bow correctly and you consistently find your anchor points. Now you're ready to shoot and hit the target. Shots should never be rushed, however, even if you feel every other aspect of your form is perfect. Your brain needs time to process the complex physics involved in shooting. Focus on your target and concentrate for at least ten seconds before releasing the shot. It's important to train yourself to do this as it's easy to become nervous or impatient and release a shot hastily. Simply being patient and giving yourself enough time to concentrate and focus can actually be one of the most challenging obstacles for those new to archery. Commit to focusing on the target for at least ten seconds and you will see major improvements in your accuracy.

Follow Through

The old adage "keep your eye on the ball" can be adapted to apply to target shooting too. After firing it may be tempting to drop the bow and look elsewhere to relieve the tension of shooting. But you should stay in your stance. Keep the bow up and keep your focus on the target until the shot has landed. While it may seem pointless, this is a habit that will improve your aim and keep it steady over time. If you get in the habit of dropping the bow and breaking your stance immediately after shooting, you may start unconsciously dropping the bow a little too early. You can check yourself on this by having a friend or instructor watch you shoot, or bring a video camera and tape yourself. A camera can always impartially reveal flaws that a human eye might miss (or that a friend might not feel comfortable telling you about.)

Relax and Enjoy!

While it can be competitive, always remember that archery is a hobby that you engage in for fun, enjoyment and release of stress. Relaxing and not stressing out will not only enhance your enjoyment of the sport but it will actually improve your accuracy and power. If you teach your body to be relaxed and natural when shooting, you won't experience any of the subtle problems that come from tension. If you're just starting out with the sport, don't over train. If you're not planning on shooting competitively, there's no good reason to have a grueling training schedule like you're preparing for the summer Olympic Games. So keep it relaxed and enjoy and you'll find yourself a better shooter in the end!

Wild Game Recipe of the Month

How to Make Wild Game Stir Fry

A great stir-fry typically consists of three important components: protein, vegetables, and sauce. For a basic stir-fry, start with 1 pound of protein and 2 pounds of vegetables, and a basic stir-fry sauce (recipe below). Optionally, you can add in aromatics or herbs to change the flavor profile of your dish.

Ingredients

1 lb. pheasant, venison, elk or any other wild game cut into bite sized pieces
2 lbs. vegetables, cut into bite sized pieces
1 tbsp aromatics, such as garlic, ginger, or shallots (optional)
2 tbsp chopped fresh herbs, such as basil or cilantro (optional)
Basic Stir Fry Sauce (see below)

Directions

1. Set a large wok or frying pan over medium-high heat and allow it to get screaming hot. Swirl in 2 Tablespoons of oil (1 Tablespoon if using a non-stick pan).
2. Add your meat and cook until browned on each side. Remove the browned meat from the pan and set aside on a plate.
3. Transfer the densest vegetables (i.e., those that take the longest to cook, such as broccoli, carrots, or bell peppers) into the pan and cook for 1 minute.
4. Add in any quick cooking vegetables (onions, snap peas, etc.) and cook for another minute.
5. Add in any aromatics, if using. Cook for 30 seconds, moving them around the pan constantly to avoid burning.
6. Return the meat to the pan and pour in the sauce. Toss well to coat all of the meat and vegetables. Let cook for one minute until bubbling.
7. Turn the heat off and stir in any fresh herbs, if using.
8. Serve hot with a side of cooked rice or noodles.

Basic Stir Fry Sauce

1 cup broth
2 tbsp soy sauce
1 tbsp sugar
1 tbsp rice wine vinegar

Whisk ingredients together in a medium-bowl.

Note: To make a thick glaze (like for Sweet and Sour Chicken), whisk in 1 teaspoon corn starch and let sit for ten minutes before adding to the stir-fry.