

# BOWMEN NEWS

April 2011  
Volume 1, Issue 3



Fort Collins Archery Association  
[www.ftcollinsarchery.com](http://www.ftcollinsarchery.com) [newslettereditor@ftcollinsarchery.com](mailto:newslettereditor@ftcollinsarchery.com)

## The President's Corner

By Michel Majors

The growth that FCAA has experienced in the last year is a result of the visibility that the club now has since Parks & Recreation requires a use-pass for the archery range. Membership is well on the way to doubling! As I write this, the membership is at 317, and growing weekly. What I have heard from many of the new members is that they were previously unaware of the club and our activities. Most had not inquired into how the range was maintained, nor had they sought to shoot in the FCAA 3D league—assuredly the most common reason for “casual” members to join. Our sport continues to thrive in the region, but our membership is growing much more rapidly than the shooter base. Back in 2009 when we made our case with the city, we suggested that club membership was maybe 5% of the shooters actively using the range. Well, now we might represent 10% of those using the range. By any measure, this is still a small part of the total user population; but it's better.

Hopefully with the increased membership, participation in the upcoming Membership Shoot will be up too. Even if you don't renew your membership this month, come out for a fun time shooting 3D's with the family, for the Annual Meeting, and for a delicious lunch provided by the club.

This would be an excellent time to introduce your friend or neighbor to FCAA and to shooting 3D's. The Annual Meeting provides you an opportunity to become more involved with the club, as Officers and Directors will be nominated and approved. If you want to get involved, this is the meeting for you.

### INSIDE THIS ISSUE

The President's Corner	1
History of Archery	2
FCAA Calendar of events	3
Core Balance - 4 items	4
Arrow Penetration - By Mark Buckley	4

The 2011 FCAA Calendar comprises 21 events! Following the Membership Shoot is 16 weeks of Wednesday night 3D leagues, organized into 4 sessions of 4 weeks each. League shooting begins May 4. Then on June 17-19 is the FCAA Jamboree at Jack's Gulch. This is a GREAT outing, and one many of us look forward to every year. It's my personal favorite, so talk to me if you have any doubts about going. Following in July is the 6<sup>th</sup> Annual Archery Day. Then after leagues and most of hunting season, this year we will host a Turkey Shoot on November 19. This new event will be held the Saturday before Thanksgiving, providing the last organized shoot for the 2011.

Very soon you will see range improvements for the field course. Jim Hatley, Range Director, will be leading the redesign of field course targets, including the FITA course with Pacific Bow Butts. The longer life of the PBB's coupled with the fact that we don't have to water the bales, will radically reduce the range maintenance requirements.

That being said, it will be a lot of work to transition to the new bales. Please watch for dates and sign-up when this work is scheduled. Again—the overall maintenance requirement will be greatly reduced, but we do need your help when we make the change. We will post the work dates prominently, so you can't miss it.

## President's Corner Cont'd

*Even if you don't renew your membership this month, come out for a fun time...*

You recently received the minutes from the April Board Meeting. We will continue to send those to you electronically so you know what is happening with the club. I also encourage you to join us the first Tuesday of each month, January-August, November and December, especially if you have a particular interest in some aspect of FCAA. Your opinion is always welcomed by me or any director. Let us know what you're thinking! On behalf of the entire board, let me wish you a fun-filled archery season. Let the shooting begin!

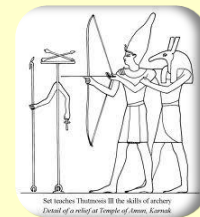
Michel  
"Longshot"



## History of Archery

By USA Archery

Archery is often described as "the sport of man since time began." When modern-day archers employ the bow and arrow for fun and recreation, they are practicing a skill almost as old as human existence itself. From prehistoric man to the Egyptians, Crusaders, Mongols, Native Americans, Huns, etc. archery has played a major part in the history of man and civilizations. Inevitably, the a bow and arrow made their way into the myths and legends of many civilizations: Among the legendary (and historical) archer heroes are Odysseus, the Amazons, Genghis Khan, Tamerlane, Sultan Saladin, Robin Hood and our own Hiawatha, to name a few. Archer still very much appeals to man's basic instincts. It gives him a chance to relive the exploits of his warrior ancestors, who conquer enemies and sustained life with little else than their bow and arrows. As Geronimo once said, "The spirit of the bow dwells in the heart of all young men (and women).



**"In general, the industry has done a poor job educating hunters in the critical areas that determine which bow setup is right for them."**

(See Article Below)

## FCAA – Calendar of Events – 2011

Date	Sponsor/Event	Details
April 23	FCAA Membership Fun Shoot	\$35 for 12-month family membership and City Range Pass, includes 3D fun shoot, lunch and annual meeting. Reg.8:30-9:45, Shotgun start 10:00. 3D course closes at 2:00. <a href="http://www.ftcollinsarchery.com/events/events.htm#Wed3D">http://www.ftcollinsarchery.com/events/events.htm#Wed3D</a>
May 4	FCAA Wednesday 3D Hunting League	\$5/ 15 targets w/ payback, Reg 5:15-6:15, 6:20 briefing, 6:30 shotgun start <a href="http://www.ftcollinsarchery.com/events/events.htm#Wed3D">http://www.ftcollinsarchery.com/events/events.htm#Wed3D</a>
May 11	FCAA Wednesday 3D Hunting League	\$5/ 15 targets w/ payback, Reg 5:15-6:15, 6:20 briefing, 6:30 shotgun start <a href="http://www.ftcollinsarchery.com/events/events.htm#Wed3D">http://www.ftcollinsarchery.com/events/events.htm#Wed3D</a>
May 18	FCAA Wednesday 3D Hunting League	\$5/ 15 targets w/ payback, Reg 5:15-6:15, 6:20 briefing, 6:30 shotgun start <a href="http://www.ftcollinsarchery.com/events/events.htm#Wed3D">http://www.ftcollinsarchery.com/events/events.htm#Wed3D</a>
May 25	FCAA Wednesday 3D Hunting League	\$5/ 15 targets w/ payback, Reg 5:15-6:15, 6:20 briefing, 6:30 shotgun start <a href="http://www.ftcollinsarchery.com/events/events.htm#Wed3D">http://www.ftcollinsarchery.com/events/events.htm#Wed3D</a>
June 1	FCAA Wednesday 3D Hunting League	\$5/ 15 targets w/ payback, Reg 5:15-6:15, 6:20 briefing, 6:30 shotgun start <a href="http://www.ftcollinsarchery.com/events/events.htm#Wed3D">http://www.ftcollinsarchery.com/events/events.htm#Wed3D</a>
June 8	FCAA Wednesday 3D Hunting League	\$5/ 15 targets w/ payback, Reg 5:15-6:15, 6:20 briefing, 6:30 shotgun start <a href="http://www.ftcollinsarchery.com/events/events.htm#Wed3D">http://www.ftcollinsarchery.com/events/events.htm#Wed3D</a>
June 15	FCAA Wednesday 3D Hunting League	\$5/ 15 targets w/ payback, Reg 5:15-6:15, 6:20 briefing, 6:30 shotgun start <a href="http://www.ftcollinsarchery.com/events/events.htm#Wed3D">http://www.ftcollinsarchery.com/events/events.htm#Wed3D</a>
June 17-19	FCAA Jamboree	Fun shoot! No fees, no scores, no payback. Membership shoot – join at the event (\$35 per family). Camping Friday & Sat. included! Club sponsored dinner Sat night. 970-481-3903 <a href="http://www.ftcollinsarchery.com/events/events.htm#FunShoot">http://www.ftcollinsarchery.com/events/events.htm#FunShoot</a>
June 22	FCAA Wednesday 3D Hunting League	\$5/ 15 targets w/ payback, Reg 5:15-6:15, 6:20 briefing, 6:30 shotgun start <a href="http://www.ftcollinsarchery.com/events/events.htm#Wed3D">http://www.ftcollinsarchery.com/events/events.htm#Wed3D</a>
June 29	FCAA Wednesday 3D Hunting League	\$5/ 15 targets w/ payback, Reg 5:15-6:15, 6:20 briefing, 6:30 shotgun start <a href="http://www.ftcollinsarchery.com/events/events.htm#Wed3D">http://www.ftcollinsarchery.com/events/events.htm#Wed3D</a>
July 6	FCAA Wednesday 3D Hunting League	\$5/ 15 targets w/ payback, Reg 5:15-6:15, 6:20 briefing, 6:30 shotgun start <a href="http://www.ftcollinsarchery.com/events/events.htm#Wed3D">http://www.ftcollinsarchery.com/events/events.htm#Wed3D</a>
July 9	6 <sup>th</sup> Annual FCAA Archery Day	Learn to shoot a bow and arrow!! Free and open to the public. 8:00-2:00 Instruction provided. Equipment provided – or bring your own. Adults and children of all ages welcome. (970) 231-8348 <a href="http://www.ftcollinsarchery.com/events/events.htm#ArcheryDay">http://www.ftcollinsarchery.com/events/events.htm#ArcheryDay</a>
July 13	FCAA Wednesday 3D Hunting League	\$5/ 15 targets w/ payback, Reg 5:15-6:15, 6:20 briefing, 6:30 shotgun start <a href="http://www.ftcollinsarchery.com/events/events.htm#Wed3D">http://www.ftcollinsarchery.com/events/events.htm#Wed3D</a>
July 20	FCAA Wednesday 3D Hunting League	\$5/ 15 targets w/ payback, Reg 5:15-6:15, 6:20 briefing, 6:30 shotgun start <a href="http://www.ftcollinsarchery.com/events/events.htm#Wed3D">http://www.ftcollinsarchery.com/events/events.htm#Wed3D</a>
July 27	FCAA Wednesday 3D Hunting League	\$5/ 15 targets w/ payback, Reg 5:15-6:15, 6:20 briefing, 6:30 shotgun start <a href="http://www.ftcollinsarchery.com/events/events.htm#Wed3D">http://www.ftcollinsarchery.com/events/events.htm#Wed3D</a>
August 3	FCAA Wednesday 3D Hunting League	\$5/ 15 targets w/ payback, Reg 5:15-6:15, 6:20 briefing, 6:30 shotgun start <a href="http://www.ftcollinsarchery.com/events/events.htm#Wed3D">http://www.ftcollinsarchery.com/events/events.htm#Wed3D</a>
August 10	FCAA Wednesday 3D Hunting League	\$5/ 15 targets w/ payback, Reg 5:15-6:15, 6:20 briefing, 6:30 shotgun start <a href="http://www.ftcollinsarchery.com/events/events.htm#Wed3D">http://www.ftcollinsarchery.com/events/events.htm#Wed3D</a>
August 17	FCAA Wednesday 3D Hunting League	\$5/ 15 targets w/ payback, Reg 5:15-6:15, 6:20 briefing, 6:30 shotgun start <a href="http://www.ftcollinsarchery.com/events/events.htm#Wed3D">http://www.ftcollinsarchery.com/events/events.htm#Wed3D</a>
Nov 19	FCAA Turkey Shoot	\$10/ 18 targets – Payback is top 3 shooters will go home with a turkey for the holiday (more details to follow)

## FCAA Board of Directors

**President:**

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**Vice President:**

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215-8913

**Treasurer:**

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**Newsletter Editor:**

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215-8913

**Youth Archery Director:**

(Open Position)

**Web Master:**

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*This article was discovered from the 'www' in a search for Arrow dynamics and Arrow penetration. The article is in part from Mr. Buckley that I found regarding this topic. I will submit the rest in future newsletters.*

## Terminal Arrow Performance: Sorting through the Confusion (in part)



*By Mark Buckley*

Each year, thousands of hunters take to the woods with their chosen archery tackle, to pursue the elusive whitetail. The fall colors, warmer weather, and extended seasons all add to the allure of bowhunting. Modern compound bow technology has advanced to the point that just about any bow will provide consistent, accurate, and reliable performance. Beyond those considerations, however, there are some important choices that the hunter must make when purchasing a new bow. In general, the industry has done a poor job educating hunters in the critical areas that determine which bow setup is right for them. Hunting magazines provide little more than glossy ad print and subjective reviews concerning "look" and "feel". Manufacturers carry on about "dual-cams" vs. "single cams" (or newer hybrid cams), "kinetic energy", draw weight, and of course, the all important "speed" factor. This provides the hunter with little information to go on.



Often times, broadhead selection is based upon what a friend uses, or what "looks" good, when in reality – broadhead select might be the most important factor in archery. It is, of course, the broadhead that completes the transaction, so to speak.

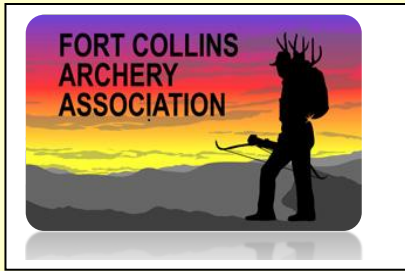
## Core Balance:

### Core Training Is One Of Four Things:

- 1.) *Muscles of the torso preventing flexion (rounding forward) of the spine*
- 2.) *Muscles of the torso preventing extension (arching back) of the spine*
- 3.) *Muscles of the torso preventing rotation of the spine*
- 4.) *Muscles of the torso preventing extension lateral (sideways) flexion*



The 300 Workout !



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*We're on the Web!*

*Visit us at:*

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

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### The Fort Collins Archery Association

- We are a group of people united by an interest in archery.
- Our membership includes both active bow-hunters and target archers who have never hunted.
- We maintain *for the public* the Fort Collins outdoor archery range on land owned by the City of Fort Collins Parks and Recreation Department.
- We work with local organizations and businesses to provide support for youth archery programs, sponsor benefit shoots and host competitions.

Fort Collins Archery Association  
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