



'The Bowmen News'

The Newsletter of the Fort Collins Archery Association

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www.ftcollinsarchery.com

June, 2009

If you would like to receive this news letter electronically please send a message to newslettereditor@ftcollinsarchery.com

Upcoming events

FCAA 3D Leagues (Every Wednesday)	Cont'd
FCAA Jamboree	June 19th-21st
Archery Day	July 11th
FCAA work day	June 27 th & Aug 1 st

President: 481-3903	Michel Magers michel@teamconsulting.biz	
Vice President: 231-8348	Matt Dworak matt@thecegroup.com	
Secretary: 667-9423	Stacey Litchfield s_litch@hotmail.com	
Treasurer: 223-4649	Rod Albers ralbers@fcgov.com	
Range Directors:	Terry Chamberlain	Mike Cummins
	Jim Hatley	Willis Slunaker
League Directors: 226-4678	Troy Tafoya troty@pds-co.com	Ken Yoder
	Steve Wixson	Jay Baird
Membership Director: 686-9968	Marci Riddle meriddle@frii.com	
Newsletter Editor: 215-8913	Frank Buck Newslettereditor@ftcollinsarchery.com	
Web Master:	Stacey Litchfield s_litch@hotmail.com	
Youth Archery Director: 226-6279	Toby Trujillo ettrjt@comcast.net	

2008 FCAA Board of Directors

Tip of the Month:

'Blind bale' shooting; it gets rid of Target Panic.

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The Fitness Challenge

Are you getting ready for the season?

In the last newsletter I wrote about a few exercises that should be considered and touched on the muscle groups. This time, let's discuss the components of the shot.

As with most sports there are physical and mental requirements placed on archers during and after the shot. There is a scientific term that describes these two requirements. It's called 'Biomechanics'. Here's the definition: 'Biomechanics' (def: Hay 1985; "The science that examines the internal and external forces acting on the human body and the effect produced by these factors"). To understand this further, here's a quick science lesson for you, and I'll only be brief.

There are Three Laws of Physics that apply to the sport of Archery. Those three laws are the *Law of Inertia (#1)*, the *Law of Acceleration (#2)* and the *Law of Reaction (#3)*.

All three are important components inter-twined with each other. Without one of them, the other two will become more difficult and nearly impossible to maintain or fulfill.

The *Law of Acceleration (#2)* begins after you have acquired a balanced stance and begin the drawing of your bow. It is the stage of 'setting up'. I'll come back to this. The *Law of Acceleration* stops at the moment you hold for the shot and get to your anchor. This is also the point where you should be transferring the energy of the draw to the muscles in the back in order to support the hold. Did you catch that? I'll come back to this too. (Ref: Side Note :)

First let me explain 'setting up'. *Setting up* is getting a firm stance with your feet in the correct position to take the shot. The placement of your feet is

extremely important (later on that). Without having a 'good' stance; your ability to keep steady for the shot is diminished greatly. Set up also includes your grip on the bow and your release hand. Now there is one more item which most overlook. It is your mindset. You can't expect to shoot with near precision when you're thinking of the activities of the past hours of your day. As a hunter, when I know the date of my hunt is getting closer, that's all I think about. It is the 'thrill of the hunt'. Let's move on.

Side note: Many shooters have their bow arm bent. Ideally this is not a good position. Why? Because your muscles are trying to compensate for the pressure or tension and your shoulder is not in the correct position to perform the 'hold'. Result fatigue. "A tensed muscle is a weak muscle." Ok, Moving on.

For the *Law of Inertia (#1)* this actually starts or is applied, at the moment you begin your holding. Now at this point you've come through your setup and are at the holding stage to start your aiming. It is also where the shoulder blades or Scapulae move towards each other allowing the chest to open up. That's called 'expansion'.

For the *Law of Reaction (#3)* this starts from the moment of you begin your stance, through your release and ends when you complete your follow through. (ref: "Total Archery" – Kisik Lee & Robert deBondt)

If this and other topics are of interest to you, let me know. I hope you enjoy the sport of Archery.

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Best Practices

As the new editor I'd like to offer an opportunity for all the readers to contact me to submit some content and express any new ideas or interests and your best practices.

Muscle Memory...

Muscle memory is a common term for neuromuscular facilitation, which is the process of the neuromuscular system memorizing motor skills.

How does one achieve this muscle memory with in archery?

Practice, practice, practice.

Oh alright, that was the short answer.

Now, how do you do this? The best way to describe or give an example is by a story. Just awhile ago I went through a fire arms class. Our Sheriff, Jim Alderden allowed his employees, if desirable, to take an 18 hour class to learn proper fire arm handling and its methodologies. One section we covered was 'muscle memory'. In the event to get the message across, a great opportunity was presented to us. As we were doing our first stage learning of form, a rattle snake appeared and became very intimidating to some. One of our instructors, a feat I could never find myself doing, cornered the snake and properly took care of it. While doing so, he explained why you should remove the head from the body. He stated 'Any time after you kill a rattle snake you must make sure you cut the head off. Even though you have killed the snake, the body will go thru reactions or responses and it has the potential to strike'. Now that said, here was his lesson object of 'muscle memory'. Please keep in mind the head was removed and it was skinned.

It was a hot day and so when the instructors gave us break, the one who killed the snake called us over to where it was and started his lesson object. The body of the snake was lying lifeless across this 2x6 board. While another instructor poured cool water on the thought to be lifeless body of the snake, the body of this snake seemingly came alive again. This snake's body started to curl and twist as if getting ready to strike. If I didn't see this, I'm not sure if I would have believed it if it were told to me. So the moral of the story is this, you need to know the proper steps of the shot and practice them. Build good muscle memory and you will shoot with accuracy. Develop poor form, and the frustration is endless.

Next newsletter – August.

Articles:

Getting ready for the hunt

Broadheads tuning

Survival in the wild

- **Incentive:** *If you have been assisting with the FCAA work-days, you get your name put in to be drawn for a chance to win gift cards to Arrow Dynamics*

FCAA Membership Application

Date: _____ Name: _____

Address: _____

City: _____ State: _____

Phone: _____

E-Mail: _____

Spouse: _____ Children: _____ Age: _____

_____ Age: _____

Newsletter by email (yes or no)? _____ Age: _____

_____ Age: _____

Dues: Single Year: \$20.00
Three Year: \$50.00

Make checks payable to: Fort Collins Archery Association

Mail to: Fort Collins Archery Association
P.O. Box 270493
Fort Collins, CO 80527-0493

FCAA Use Only

- Card Issued
- Payment Received
- Mailing List Updated



The Fort Collins Archery Association

- We are a group of people united by an interest in archery.
- Our membership includes both active bowhunters 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.

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**Fort Collins Archery Association
P.O. Box 270493
Fort Collins, CO 80527-0493**