

SMOKE SIGNAL

Official Newsletter of Skookum Archers Club and Range

April, 2005

Wet 'N Wild 3-D Report

This year's Wet 'N Wild was just that - wet and wild. We had a good turnout at the biggest and most involved tournament we will sponsor this year - the annual Wet 'N Wild 3-D. 60 shooters shot both days for award. Nearly 200 archers in total, with most shooting only Saturday or Sunday for fun and/or door prizes. The tournament featured 40 creative and challenging 3-D targets - courtesy the tournament mind of Jeremy Ryser - and used the entire walk through course, including part of the old "C" Course.

Special thanks to Dennis Jenkins, Club President for all his work on this event. Thanks also to Jeremy Ryser, Dan Croft, Glen Don Morrison, John Finsterbush, and the others who helped make this a big success. In addition to awards, a number of door prizes were given away as part of the awards ceremony.

Shoot winners included:

Trad M

Melvin Daniel 137 1st

Sr BB Male

Fredrick Ramiskey 1st

BareBow Male

Jaysen Wright 172 1st

FS-M

Bucom Aldridge 371 1st

Mike Boyle 364 2nd

James Vanblaricom 356 3rd

YA-BHFS M

Arrow Swinsiuski 217 1st

BH-FS-F

Shirley Emery 348 1st

Y-BHFS-M

Justiu Merrick 351st

Steffiu Reeves 190 2nd

Sr FS-M

Keu Villines 352 1st

Pro Fs M

Deutou Brunk 331 1st

BHFS Sr

Chris Thorson 256 1st

BH-FSL-M

Jim Coward 312 1st

Y-BB-M

Mark Daniel 125 1st

PW-BHFS-F

Kira Emery 220 1st

BBHFS-M Championship

Tom Knopf 378 1st

Curt Mathew 370 2nd

Kevin Carlson 367 3rd

BHFS 1st Flight

James Petker 324 1st

AL Thompson 317 2nd

Brad Johnson 314 3rd



BHFS 2nd flight

Robert Westby 258 1st

Phil Hays 254 2nd

Cub Trad F

Beth Daniel 102 1st

Y-Trad-M

Randy Cappa 306 1st

Justin Cappa 268 2nd

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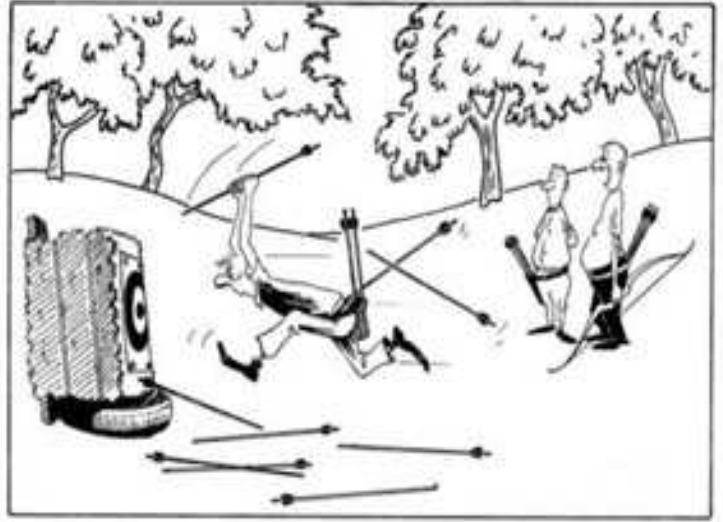
Great Northwest Archery (253) 841-0991

Your full-service pro shop and indoor range at the
Skookum Archers Club and Range

Word Find: WA Small & Big Game

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WORDS TO FIND: BLACKBEAR, BOBCAT, COUGAR; COTTONTAIL (Rabbit), CROW, ELK, FOX; GOAT Mountain), GROUSE (Forest), LYNX; MOOSE, MULE (Deer), RACCOON, TURKEY (Wild); SHEEP (Big Horn), SNOWSHOE (Hare) WHITETAIL (Deer)



Ever see a guy get 6 bounce outs in a row before?

How Fast Can a Bear Run?

A bowhunter was hunting bears in New Mexico one time with a guide who had a habit of making fun of the hunters. One day they treed a bear in some really thick brush and by the time the bear came down, he was almost right on top of the bowhunters. After one of the bowhunters bagged the bear, the guide turned to the youngest bowhunter in the party and said:

“Son, what would you have done if that bear had come down too close to shoot?”

The boy said it didn’t matter how close he came down, he was going to shoot him. But the guide insisted, “Sure, but what if he had been just too close to shoot?”

Well, the hunters knew the guide was trying to get the boy to say something stupid, but he told him anyway, “I would have run.”

That’s just what the guide was waiting to hear. He immediately launched into his litany of how a bowhunter couldn’t possibly outrun a bear, that a bear can outrun a horse for a short distance.

Then the boy explained to the guide: “I don’t have to outrun the bear, I just have to outrun you.”



Skookum Spring Safari

Sat/Sun April 30, May 1

(combination of paper & 3-D targets)



Awards • Camping space at Range • 7 Motels in area • Concessions
• Marked distances • 2 arrows per target • NFAA Rules

(Form own group Sat., Competition in class Sun.)

SAT. – Reg. 8am-12pm, Shoot 8am-5pm

SUN. – Reg. by 8:00am, Shotgun start 9:00am

FEES: ADULTS YOUTH CUBS

Both days \$15.00 \$10.00 \$5.00

One day \$ 9.00 \$ 6.00 \$3.00

Pee Wee's Shoot Free! (\$43.00 family max.)



For more info. (253) 988-6032
www.skookumarchers.com



Skookum Archery Range
11209 Shaw Road East
Puyallup, WA

Do You Know

Your Modern Archery History?

- 1934-Year of the first Bow hunting season in the United States, held in the state of Wisconsin.
- 1937-First use of bow-sights in archery competition.
- 1938-Ben Pearson publishes his first catalog, selling only his arrows
- 1939-Ben Pearson pioneers machine produced bows, making them more affordable for the average person
- 1939-James Easton experiments with making arrow shafts out of aluminum, rather than wood.
- 1942-Hoyt Archery co. founded by Earl Hoyt, Jr.
- 1946-Easton produces it's first trademarked aluminum arrows, the "24 SRT-X".
- 1951-Max Hamilton introduces "Plastiflech" vanes to replace feathers.
- 1953-Bear Archery develops and sells recurve bows.
- 1956-Hoyt Archery develops the first "Pistol grip" bow handle.
- 1958-Easton develops the "XX75" aluminum arrow shaft
- 1961-Hoyt Archery introduces the "Torque stabilizer".
- 1966-Easton develops the "X7" aluminum arrow shaft.
- 1969-Holless Wilber Allen is granted a patent on his invention called a Compound Bow which he designed 3 years earlier. Original wheels were triangular in shape.
- 1970-Compound bows and release aids make their national debut in U.S. national archery competition.
- 1972-Archery again becomes an olympic sport.
- 1974-Freddie Troncoso invents the first dual-prong arrow rest.
- 1982-Cam wheels on compound bows first appear. Previous wheels were perfectly round.
- 1983-Easton develops the first carbon arrow shaft.
- 1992-The Olympic torch, in Barcelona, Spain is ignited using a flaming arrow shot by Antonio Rebollo of Spain.
- 1995-The Compound Bow is included in the World Target Archery Championship competition for the first time.

Archery Fitness

Stretching Exercises

The following exercises are for stretching and warming up the muscles before shooting and for stretching and cooling down the muscles after shooting. These exercises will help prevent damage to muscles, tendons and joints and also increase flexibility. When performing these exercises, do not hold your breath at any stage, as it may cause dizziness. As you do each exercise the muscles will require more oxygen, so your breathing and heart rate will increase.

To loosen upper arm and chest muscle

Interlock the fingers with palms out. Extend arms above head, keeping fingers locked. Stretch upwards and hold for 10 seconds. To loosen back muscles. Cross arms in front of chest and place hands around shoulders. Slowly stretch hands towards middle of back as far as possible. Hold for 10 seconds. To loosen chest, top of shoulder and lower arm muscles. Bend one arm over head and down back, bend other arm around and up back. Grasp finger tips and hold for 10 seconds, then reverse arm positions and hold for 10 seconds. Keep backbone vertical during this exercise. To loosen shoulders and back muscles. Lock fingers together, extend arms and twist slowly as far as possible to the right and hold for 10 seconds. Then twist slowly to the left and hold for 10 seconds. Do not twist suddenly as it may damage backbone joints.

To loosen neck and upper shoulder muscles

From a normal standing position with arms at sides, raise up both shoulders towards neck as high as possible, then move shoulders forward, then move shoulders back. Do this for about 10 seconds. To loosen back and shoulder muscles.

Use a length of spear gun rubber or rubber tubing, grasp each end, raise arms to shoulder height and extend arms, keeping elbows straight, outwards and backwards by squeezing shoulder blades together. Hold for 10 seconds and repeat about 6 times. To loosen shoulder muscles.

Use a length of spear gun rubber or rubber tubing, grasp each end, raise one arm above head and the other arm level with shoulder. Pull down with arm and hold for 10 seconds. Repeat about 6 times. Swap arm positions and repeat exercise. To loosen chest and shoulder muscles.

Use a length of spear gun rubber or rubber tubing, grasp each end behind back, hold arms at shoulder level, then swing arms forwards to stretch rubber. hold for 10 seconds. Repeat about 6 times.

To loosen shooting muscles

Use a length of spear gun rubber or rubber tubing tied in a loop, imitate the shooting draw. Hold for 10 seconds. Repeat about 6 times. Repeat exercise with opposite hands to balance muscle development.

Strength

Strength in Archery is not only the muscle power required to draw a bow, but also to maintain balance and stay steady as you aim. How strong you currently are dictates what poundage of bow you can use. A bow that is too strong for you will only do possible damage to your muscles and joints. A light draw weight bow will generally be used for beginners to learn basic skills without the need for strength. As skills are developed, then a stronger draw weight bow may be used and so strengthening of muscles will be required. Some of the above stretching exercises can also be used to strengthen muscles.

The training weight for a person to start with is usually established by finding the maximum load that can be lifted 10 times in repetition. (Usually about 75% of maximum strength). With all exercises, it is best to start with only a few repetitions of each exercise for the first two weeks, then progressively increase the number of repetitions over a period of about 4 weeks, until 8 to 10 repetitions can be achieved. Allow a recovery period between each exercise to avoid fatigue.

Most importantly, if a particular exercise is causing pain in the muscles or joints, then reduce the weight and/or the number of repetitions. "No Pain, No Gain" is wrong. When the body feels pain, it is a message to ease off and slow down before you do damage to muscle fibres and tendons.

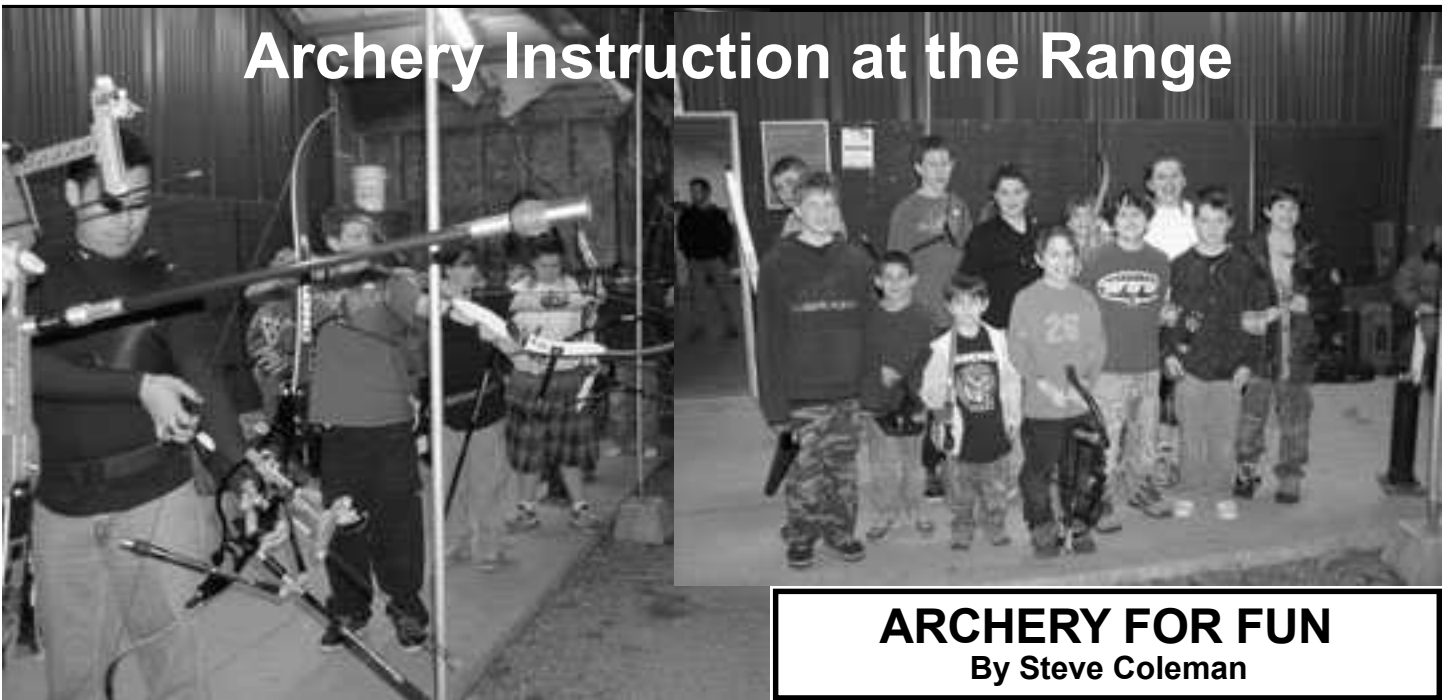
Specific Movement.

The muscle groups used in archery where strength is required are:

- > the upper back and shoulder muscles to draw the bow,
- > the upper and lower shoulder muscles to control the draw arm,
- > the arm muscles to extend the bow arm,
- > the finger muscles to hold the bowstring.

To strengthen these muscles, the exercise used should closely imitate the movement of shooting a bow. Remember, when strengthening specific muscles, include both right and left hand sides to maintain a balance of muscle strength. Other muscle groups often over-looked in archery are the upper and lower leg muscles to control balance, and the lower back and waist muscles to control a steady stance.

Archery Instruction at the Range



ARCHERY FOR FUN By Steve Coleman

A few months ago I started an archery night for kids through the generosity and assistance of Skookum Archers and Great Northwest Fishing and Archery. We started out with kids around the age of nine years old, but some dads and moms and have also flung an arrow or two! We average 15 to 18 shooters every Thursday night. We meet from 6:00 p.m. to 9:00 p.m. at the Skookum Archers' clubhouse. There is a \$5 fee per person, and equipment is available at no charge. Depending on the weather, we either shoot indoors at Great Northwest or outside on Skookum's range. We offer help to any shooter at any level. It is a very casual night, we help one another, and above all we are safe and have fun. It does not matter if you have never shot a bow before or if you have years of experience, my assistant instructors (Darlene Langa and Bill Raby) and I will be more than happy to help you enjoy the sport of archery.

**Congratulations to Club members who placed at the
March 4-6 WSAA Blue Face Championships:**

ADULT MALE FS

1st Jim Miller (New 1 & 2 day record)

ADULT MALE BHFS

2nd Curt Reid (Lost 1 place tie by 1st round X-count)

ADULT MALE TRAD.

1st Dan Croft
2nd Pete Miles

ADULT MALE FSL-R

1st Timm Hines

ADULT FEMALE FSL-R

1st Kristina Miles

SENIOR MALE FSL

1st Don Morrison

YOUTH MALE FSL-R

1st Joshua Raby (New 1 and 2-day record)

CUB FEMALE FSL

1st Jennaya Day

BOARD OF DIRECTORS

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Are Split Limbs better? The differences between split limbs and solid limbs are only a few ounces of reduced weight and the split limb is a slightly quieter. Solid limbs are just as accurate and usually cost less.

Great Northwest Archery

Your Full Service Pro Shop at the Skookum Range

We feature an indoor shooting range, a full-service pro shop dealing Hoyt, Parker bows and PSE bows, and an extensive line of archery products and services. We also sell WA hunting and fishing licenses. Open daily.

(253) 841-0991

The monthly member and Board of Directors meetings are held the second Thursday of the month. The member meeting is at 6:30pm, followed by the Board meeting, in the Club House.

SMOKE SIGNAL



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and Range
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Don Morrison, Editor

Mark Your Calendars!

April 30th and May 1st

Spring Safari

Notice to Active Members: There is a "To Do" list posted on the Club House outside bulletin board. In addition to your target assignment, those seeking work hours to reduce dues can perform any of the tasks listed on the "To Do" list. For other work that needs to be done, contact the Range Master, or Pat Fernandez, Grounds Director.

Target Assignments: Active Members are responsible for maintaining a target area. Life Members, Associate and Junior Members are not required to maintain a target area. IF YOU DON'T KNOW YOUR TARGET ASSIGNMENT, CONTACT THE CLUB VICE-PRESIDENT. Your target assignment is generally printed on your Smoke Signal mailing label. You are responsible for replacing the Target Face when needed, picking-up trash in your shooting lane, and reporting maintenance that needs to be done to the Grounds Chair, and reporting any range work (target shed, shooting bales or shooting stakes) that needs to be done to the Range Chair. Replacement targets can be acquired by contacting the Pro-Shop. Please do not replace targets until they need it; typically this means that the center scoring area is shot out. Also, we can all pitch in on replacing the target faces on the flat range. Thanks for working together!

- April 2-3, Swamp Monster Traditional Rendezvous, Cedar River Bowmen
- April 9-10, IBO State Shoot, Cedar River Bowmen
- April 14th, Monthly Member Meeting 6:30pm followed by Board Meeting
- April 16-17, WSAA Target Championship, East County
- April 23-24, Spgng Fling 3-D, KBH
- April 30 & May 1st, Skookum Spring Safari

CALENDAR