

# SMOKE SIGNAL

Official Newsletter of Skookum Archers Club and Range

February, 2006



## Annual Banquet

The 2006 Annual Banquet and Installation of Officers was held January 14th. The 35 members who attended were treated to a feast by a professional chef. Most households attending also won some door prize. Board members attending took the oath of office (photo from L to R: Don Morrison, Communications; Pat Fernandez, Grounds; Dennis Jenkins, President; Andy Ludwig, Hunting).

Club Champion plaques from last summers Picnic and Club Championships were presented to Dennis Jenkins, Jeremy Ryser, Don Morrison, and Kristina Jenkins.



Bowhunting awards were/will be presented to Daniel Hoas, Andy Ludwig, Kurt Allen, Shawn Johnston, Chris Ray, Pat Fernandez, John Mitchell, and Paul Mitchell.

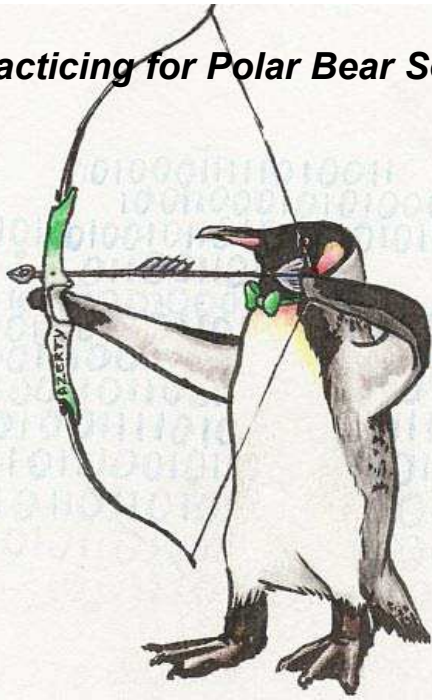
A highlight of the evening was to hear about some of the Club history from life member George Meyers (photo left) who was presented a special Skookum Stein and recently received his 35 year WSAA pin.

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

**Practicing for Polar Bear Season**

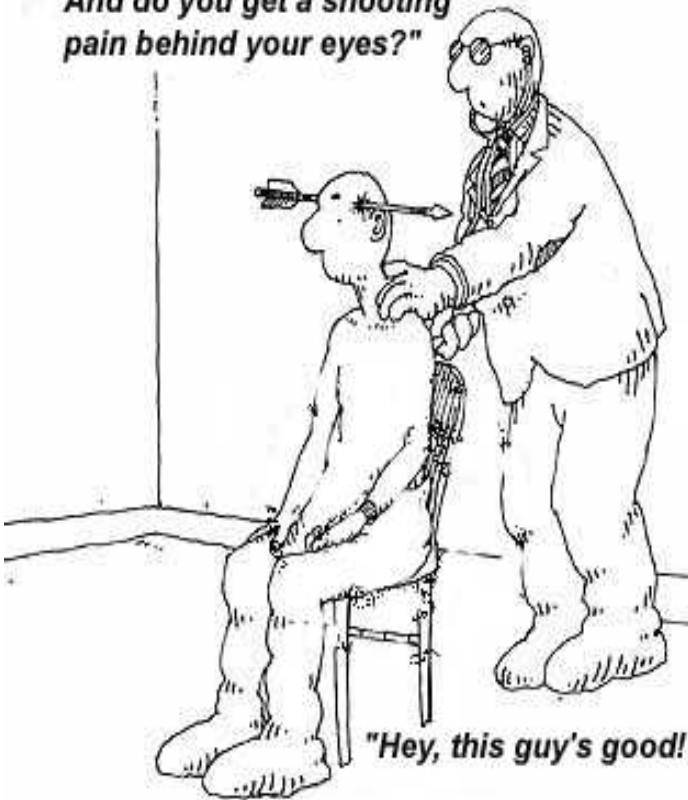


**Word Find: Tournament Terms**

B L A Y M K P E D T U Z T N L R M B M K  
 E N I L R S E I A O N L V Z L A H O D E  
 W Z P P J F U W P O W G J G K D M H A T  
 R E T N U H J C N H X L N F O B L I R Y  
 R E M I T S E K C S L R I T A F F M N V  
 D O T J S C D E S J B T A N I K I G Y A  
 T H G I L F M A P F A R F E U P H R L W  
 D M C T M E T Q L G G B L F I T Z B S D  
 E C A F E U L B J E A D W W N V Z G A K  
 M D L Y T W L U T N G X I E G N F O F N  
 B T S T P Y D T Z Q U V M E E X N E A L  
 D N E T F O P S I I N A A R X T G U R I  
 R J G W N W X V J C N M S O X D S O I M  
 O V D D T L H X X R O Z B Q U S P D A C  
 U X T A S I Y K U Y P L G J A O A N H S  
 N I Y J B V Z O P H S Z O C N Y X G Q D  
 D P S G P Q T N H I C H T R Y M O T E S  
 K R G D L V E D H A P B E P H E O K K V  
 F F O T O O H S M V D Q O R Z K S G I H  
 O C V B S S Y H S X F A C E I B B G C S

**WORDS TO FIND:** ANIMAL, FIELD, HUNTER, BLUEFACE, MULTICOLOR, VEGAS, FITA, SAFARI, TARGET, END, FLIGHT, JUDGE, LINE, ROUND, SHOOT, SHOOTOFF, TIMER, TOURNAMENT

**"And do you get a shooting pain behind your eyes?"**



**"Hey, this guy's good!"**

***You're just jealous because the voices only talk to me.***

Active members needing work hours are invited to help set up, take down, or assist with range preparation for the upcoming 3-D Saturday February 25th. We will be setting up Friday mid-afternoon and taking down Saturday afternoon. Contact Pres. Dennis Jenkins or Tournament Director Jeremy Ryser for more information.

## Annual Dirty Thirty Report



We moved the annual Dirty Thirty 3-D tournament up to January 7-8 this year as there were a half-dozen other shoots on the same weekend we had originally proposed the shoot to the WSAA calendar. There was some question about how the turnout would be with having our Dirty 30 be the first WSAA sanctioned shoot of the year. We hoped being the first and only shoot would result in a strong showing. We were not disappointed.

130 shooters participated in the event, with 70 two day shooters. The club made approximately \$2,200. Special thanks to Shawn Mack, Andy Ludwig, Glenn Graham, Marty Mullins, John Finsterbusch, Pat Fernandez, Don Morrison, Vicki Morgan, Great Northwest Archery for help setting up and door prices, and to anyone we missed, for helping make this a great shoot.

## Tom Dorigatti's Practice Tips

### **Alternate Blank Bale and Target Shooting Another**

great technique that really helps is to shoot two shots at a blank bale, then one shot at the target, trying to duplicate on the third shot the feeling you get when you don't aim at a target. If you don't make a strong shot, then you shoot another two shots on the blank bale and then try again to duplicate that feeling when aiming at a target. Once you can shoot two blank bales and one into the target, then you can graduate to one blank bale and one in the target. Next step is to shoot two into the target and one blank bale and so on. You can still score this as well, but of course, the length of your practice sessions will change. However, you are teaching yourself a couple of things: first, you are teaching yourself to duplicate the strong shots that you normally get when not aiming at a target; secondly, you are also building your stamina. I have found over the years that most shooters do not have the stamina needed for a tournament. Normally a shooter will shoot two practice ends and a full round and then hang it up and go home. If they continue the session, they don't score. It has been my experience in both indoors and outdoors that if I practice for at least double the number of shots that I would shoot in a tournament that I tend to shoot much stronger shots during the tournament action. I also have less of that "pit in the bottom of my stomach" nervousness, and I never fatigue halfway through the round as most shooters tend to do.

### **Shoot Against Better Shooters for "Something"**

Find someone who shoots better than you and shoot against them for a soda, or a quarter, or a dollar, ... something. Try to put the pressure on yourself to compete with the best. Most good shooters will do this and many will "spot you a few" points as well as a handicap. This not only helps you to get used to competition pressure, but it helps them too, since they can't let up either. You will find that you will operate and shoot better in the long haul. Always try to shoot on the line and next to the better shooters whenever you can, practice or not. What better way to get used to "pressure?"

### **Outdoor Practice Routines**

For outdoor practicing, I have noticed over the years that most shooters will start on the first target of whichever half of the field range they decide to shoot. Most will shoot at the same time of day, in the same order, round after round. They prefer to try to "get their scores up" by practicing the same thing over and over and over again. There are dangers in this.

Let me list a few of them:

A. You will soon memorize the target sequence. This is extremely dangerous to your concentration level, and in my opinion leads to you "pre-setting" your site for the next target out of habit. This can result in you losing that edge in a tournament on a strange course and missetting your site out of habit. For example, if the 55 yarder on your course is followed by the 35-fan, there is a probability that you will come off a 55 yarder in a tournament, and without thinking, set your site for 35 yards. I have seen this happen to shooters.

B. You will get lackadaisical about your shooting and just go through the motions. You know how the target shoots and you know that you can "make up for" the misses because you have some short ones coming up.

C. You will tend to shrug off some targets because you know the "easy ones" are coming up. This is bad because in a tournament on a strange course, you will subconsciously set yourself up for this. To shoot in the 540 level or higher, you can't afford to have a couple of bad targets and try to "make up" the difference. At this level, you must score 20s on every target up through the 45 targets and snap a couple of 20s on the longer ones too. You won't "make up" if you miss on anything under 45 yards. Remember this for later.

D. You aren't pressuring yourself at all. This is home, and you'll get comfortable with that, because you know when the 80 is coming and when the bunny is coming, too. Not good.

So, here are some real fun things to do to make your field practice much more worthwhile. You can do these all at once, or you can just pick one for a particular practice session and use a different one the next time:

1. **Never start on the same target for any two sessions in a row.** Always vary which target you start on. You never know which target you will start on in a tournament away from home (unless it is some local shoot), so why would you ever want to always start on a 35 fan every time? The first thing that will happen at a major shoot is that you will have to start scoring on a 50 or 65, or heaven help, the 80 yarder and you are forced right out of your comfort zone on the first scoring target. If you don't think this upsets you psychologically, think again.

**2. Never shoot top target the entire time or bottom target all the time.** It is too easy to get into a rut if you always practice by starting on the top or always on the bottom target. I have even alternated bottom and top target as I go through a practice round just to keep me concentrating and making sure that I tell myself which target I'm supposed to shoot. If you tell yourself every time, you then form a habit of telling yourself which target you are supposed to shoot every time and it may well save you from the score killer of shooting the wrong target! The same goes on the fan targets; you should vary the way you shoot them, and keep yourself honest. You won't always necessarily shoot left to right or right to left on a fan target in a tournament, so don't practice it that way either.

**3. Always start scoring without any "practice arrows."** Learn to be ready to go from scratch and without practice. I didn't say to not draw the bow back several times, did I? I always draw the bow back, hold, and let down two times on the first target for score anyways. It settles me down and stretches the muscles in as well as helping me rid myself of some butterflies. Start your practice sessions with a draw back/let down system and remove yourself from depending upon practice targets to bail you out. I hear the excuse so often, "I need a few shots to get loosened up and then I'm fine." Well, if you practice needing a few shots to "loosen up" then you establish a habit of needing to loosen up before you can score well. I am of the opinion that a person needs to learn to make the first shot count, regardless.

**4. Shoot all 4 arrows from the farthest stake.** Don't do this every time, but it is a good technique to put a bit more pressure on you on those walkups, especially during hunter rounds. This technique helped me enormously when I was at the top of my game. It is time consuming, and sometimes can be frustrating, but it sure does teach you to "make the first shot count." I didn't do it for every practice session, but it sure kept things interesting by me trying to score decently from the farthest stake.

**5. Shoot the normal sequence until you miss.** This technique is extremely valuable to "Type A" personalities, like me. The game I played is simple: I would pick a target to start on as mentioned above. I got no practice arrows, but did the stretch out and let down I mentioned. Then, I would shoot normally and score normally until I missed. The rule was, however, that when I missed, I would have to put the bow down, walk to the target, pull all my arrows and then walk back to the stake I missed from.

I would have to shoot six in a row from that distance into the Bull's eye. If I missed, I would have to go get the arrows again. If I shot six in a row, then I moved to the next stake or target and continued on until I missed again. Each miss resulted in my having to shoot six in a row into the bull before I could move on. Some days, I didn't get many full targets shot, and some days when I elected to use this technique I would get lots of targets shot. The best part about this is that I taught myself to shoot to try to make every shot count and every shot into the Bull's eye. A person gets tired of shooting only one or two and having to go get the arrows and try again! I think that this technique actually helped me the most of anything I tried to improve my game. I quickly learned to try to make every shot count, and my misses became smaller and smaller and my x-counts came up drastically.

**6. Set a goal for 25% X-ring hits.** This is a good starting goal to try to improve your psyche and build some confidence. If you can shoot 25% X-rings right away, then move the goal to average 35% or 40% Xs for the round. Then go for 50% Xs. I found that, if I was concentrating on the above, and my x-ring count was solid, so were my scores. It doesn't take a rocket scientist to figure out why. I have outlined several varying practice regimens and games you can play to help you increase your comfort level and improve your scoring potential. There are several more that I have used in the past, and those mentioned above may not work for everyone. However, these and others have helped many shooters that I have worked with and shot with over the years. If a person plays little games and offers themselves small challenges first, then these can be built upon and make your practice sessions rewarding and beneficial. Like an old cliché goes, "Practice doesn't make perfect, perfect practice makes perfect."

I like to relate this to my profession, teaching, and to teaching experience—there are teachers who have 30 years experience; unfortunately, some of them only have one year's experience, repeated 30 times.

***If you're at a tournament and not allowed to practice beforehand, always draw your bow back several times to get loose. You can't get loose with only 2 practice ends.***

## Practice At Long Range

Confidence is just as important to archery accuracy as shot mechanics. The quickest way to increase confidence is to push yourself beyond your comfort zone. It's been told that Pete Marovich used to dribble a basketball out the door of a car as his father drove up and down the neighborhood streets. After such extreme drills, normal game situations seemed like a piece of cake.

We can do the same thing in archery. For example, if you want to be a great shot at 30 yards, do most of your practicing at 40 and 50 yards. After only a week or two, the 30 yarder will seem like a chip shot. Long range practice is an acid test for shooting form. You'll learn to focus tighter and hold your form better. And your confidence in the field will soar.

## Darrington Safari Shoot July 26-28

Club member John Finsterbusch is helping Darrington put on a Marked 3-D shoot (like Redding). This shoot will be 110 targets and last 3 days (Wednesday – Friday July 26-28) never shooting the same target twice. Those days were chosen so there would be no conflict with KBH Archers' Rendezvous and Cedar River Bowmen's Bownanza which are important shoots for those clubs. Darrington will need many of us to help and support this "national" shoot. Mark your calendars now for what will be a great archery event.

**It's official. Darrington Archers will be hosting the 2007 NFAA Outdoor National Field Championships.**

### SUCCESS:

At age 4 success is ..... not peeing in your pants.  
At age 12 success is . . . having friends.  
At age 16 success is . . . having a drivers license.  
At age 35 success is . . . having money.  
At age 50 success is .....having money.  
At age 70 success is . . . having a drivers license.  
At age 75 success is . . . having friends.  
At age 80 success is . . . not peeing in your pants.

## Western Washington Sportsmens Show Booth



This was the 4th consecutive year the Club has sponsored the Archery Booth at the Western Washington Sportsmen's Show at the Fairgrounds. Again this year more than 2,000 kids and adults tried try their hand at shooting a bow January 25-29.

We setup 3 FITA targets and 6 3-D animals including a Rhinehart velocoraptor and a Stegasaurus dinosaur loaned to us by the O'Loughlin trade show. The Raptor was a big hit with the kids.

Special thanks to Club Secretary **Shawn Johnston** who took off work and put in 50+ hours to coordinate and supervise this event. Shawn had several helpers to teach the kids (and adults). Thanks to President Dennis Jenkins, VP Marty Mullins, Grounds Director Pat Fernandez, Communications Director Don Morrison, Hunting Director Andy Ludwig, and to Marcos De La Iglesia, Burke Johnston, Caleb Johnston, Scott Rupel, Bob Johnston, Cindy Warfel, Wendy Truitt, Bill and Josh Raby, Gary Phillips, Cooper Ewing, Kristina Miles, John Finsterbusch, and Bob Suggs family who either served as volunteer instructors or helped setup/take down.

The Club had two (2) raffles going to raise Club funds. One was for a new Matthews bow that will be raffled off at the March Wet 'N Wild 3-D. The the other raffle shoot was for a \$100 gift certificate to Great Northwest Archery. Folks got 3 arrows for a dollar, and took aim at the standing bear 3-D. Any hit merited one raffle ticket; a hit in the kill ring was worth 2 tickets, and a hit in the X-Ring was worth 3 tickets. We made a few hundred dollars doing this raffle. The proceeds will be used to replenish the arrows and other supplies needed to run our archery education program.



*Gary Phillips show a young aspiring archer (daughter of the Puyallup Herald Editor) how to shoot at the recent Western Washington Sportsmens Show Booth. Archers from 3 years old to 93 tried their hand at archery.*

***A picture is worth a thousand words, but it uses up three thousand times the memory.***

## **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. Get your supplies for the late season hunt.*

**(253) 841-0991**

## **BOARD OF DIRECTORS**

### **PRESIDENT**

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Vacant

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### **RANGE**

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### **ACTIVITIES**

Vacant - Volunteer Today!

**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



**Skookum Archers Club  
and Range  
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info@skookumarchers.com**

**Don Morrison, Editor**

**3-D Saturday February  
25th. Foul Weather  
Field February 26th.**

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!

- February 1st, Blue Face Mail-in Begins
- Monthly Membership and Board Meeting, Club House, Thursday February 9th, 6:30pm
- February 11-12, Frozen Slug 3-D, Whidbey Bowmen
- February 18th, IBO 20 Yard Indoor, Olympic Archery
- March 4 & 5, WSAA Blueface Championship, Silver Arrow

## CALENDAR