



To The Point

Stories in this Newsletter

May 2017



Canada Cup at MRAC



Provincial 3D Championships



55+ Games in Vernon



BCWG Mentoring Opportunity

Did you know...

...that you can become dehydrated while shooting archery, even though you don't work up a sweat? Long hours on the line, in the heat and even windy, cool weather could all lead to fluid loss. If shooting a 3D or a field-round, you are probably hiking through forested hills and will naturally become thirsty. But if you are shooting a target event, you may not have the automatic need to drink water. You may feel that you are not thirsty since you're not sweating or moving more than that leisurely walk to retrieve arrows. Dehydration can come quickly, and it's important to recognize the signs: reduced need to urinate, dizziness and/or headaches, muscle cramps, or feeling tired. Stay away from caffeinated— or energy-drinks. To avoid the high-sodium content of sport drinks, water it down: for every 4oz of Powerade or Gatorade, add 12oz of water. Add crystal light flavour crystals to your water bottle to mix things up. Pack snacks with high water content: cut-up watermelon, snap peas, celery and strawberries. If you want to shoot strong, you need to stay strong. A couple of ounces every couple of ends should keep you going.



Canada Cup results

The 2017 Canada Cup was hosted by Maple Ridge Archery Club on the May long weekend. This event set record attendance with 82 participants coming from as far east as Quebec and as far south as Washington.

Mother Nature cooperated all weekend to allow athletes to participate in this 3 day event which consisted of 720-rounds for qualifiers and elimination matches to determine the overall winners. Over \$1200 in door prizes were distributed, and 21 trophies awarded. BC Winners include:

- Jordan Adachi—Senior/Junior Compound Men, 1st place
- Spencer Schouwenburg—Sr/Jr Compound Men, 2nd place
- Kevin Evans—Cadet/Master Compound Men, 3rd place
- Emerie Watson—Cadet Compound Women, 2nd place
- Hugh MacDonald—Senior/Junior Recurve Men, 1st place
- Tim Shi—Senior/Junior Recurve Men, 3rd place
- Mariessa Pinto—Senior/Junior Recurve Women, 1st place
- Emma Hughes—Senior/Junior Recurve Women, 2nd place
- Elissa Foley—Cadet/Master Recurve Women, 1st place
- Tammy Moyer—Cadet/Master Recurve Women, 2nd place
- Kelly Murray—Cadet/Master Recurve Women, 3rd place



Congratulations to all the athletes who attended!

Provincial 3D Championships—June 24 & 25

Only a few more weeks to register for Provincial 3D Championships. Silvertip will no doubt host a challenging field. Don't miss out on the extraordinary event. Registration can be made online on the Silvertip website.



If you are planning to attend both the Provincial and National 3D Championships, consider signing up to be on TeamBC in order to receive some funding for attending Nationals. Team eligibility and criteria can be found on the 3D page of the BC Archery website.

Nationals will be held in Amos, QC. Registration forms are available now. Save up to \$20 by registering by June 15th. Watch their FB page for up-to-date info.

BC Performance Program—application deadline July 1st

On the topic of Nationals, if you are planning to attend the Target Nationals in Brossard, QC, you may also wish to consider applying to be part of the BC Performance Program. By joining this program you will then be eligible to be named to the BC Performance Team and receive funding for attending the Target Nationals. **Deadline** for program applications is **July 1st**.



Target & Field Nationals are August 7 to 13. Details can be found on their website. Registration deadline for Target/Field Nationals is July 1st.

JOP News



- Olympian Report:
- Cariboo Archers:** Ty Waterhouse Olympian
 - Royal City Archers:** Joey Sekulovich Oly/260-270
 - Salmon Arm Fish & Game:** Jordan Kennedy Olympian
 - Silvertip Archers:** Tianna Johnson Oly/270, Evan Mayhew Olympian, Johan Schretlen Olympian, Zack Wolowski Oly/250
 - Starr Archery:** Dalton Carr Olympian—Oly/265

JOP Outdoor Championships is in June. The venues are Burnaby Archers, Silvertip Archers and Cowichan Bowmen. Dates and information can be found on the event calendar. Sign up now before it's too late!

Vernon & Area 55+ BC Games (formerly known as BC

For those "mature" archers that would rather have fun closer to home, sign up for the 55+ Games, running September 13th-16th. The archery event will be hosted by Armstrong & District Fish & Game Association. If you've attended the BC Indoors you already know the passion that Don and his team have, so this event will undoubtedly be amazing.



REGISTRATION DEADLINE is June 15th for most zones.

For information about the Games including accommodation: <http://www.55plusgames.ca/>

How to register: <https://www.55plusbcgames.org/registration/>

For more information contact the Zone Rep in your Area at <https://www.55plusbcgames.org/zones/>

Coach Mentoring Opportunity at BC Winter Games, Kamloops

Are you a coach and want some experience at the BCWG in Kamloops Feb 22-25 2018? You can apply to be part of a coach mentorship program. The eligibility, expectations, and benefits are outlined in this document click here. Please apply by **June 12th** to (BCAA ExecDir). Include your current certification & NCCP number, full mailing address and contact phone number. Depending on your Zone, travel could be as early as Wed Feb 21 to head to the Games.

Volunteers needed

We are also looking for volunteers to help at the BCWG in Kamloops. If you live in the area and can spare some time during the event, Feb 21-25, 2018, please contact us to sign up as a volunteer.

AND...do you live in / near Fort St John?

If you do, then we want to hear from you too! We would like to invite you to join us at the Kamloops Games so that you can prepare for the Games in 2020. All expenses will be paid by the Games (using Games' transportation and staying in Games' accommodation) and you will have ample opportunity to learn what will be expected of your community with regard to the event. Please contact us expressing your interest in this opportunity.

BC Athletes in World Archery events

Congratulations go out to our BC athletes who have been named to the following World Archery events:

World Cup, Shanghai—May2017: Brian Maxwell, Burnaby, finished 57th

World Cup, Salt Lake City—June2017: Brendan von Richter, Port Moody

World Archery Youth Championships, Argentina—October 2017:

- Jordan Adachi, Cranbrook
- Emerie Watson, Quesnel

The recurve team for WAYC will be chosen in August.

The team selection for Senior World Archery Target Championships will be held in Montreal in August.

The team for the 3D World Championships has been announced in previous newsletters—and will be revisited closer to the event (October)

CWG 2019—Head Coach needed

BC Archery is currently soliciting interest from those who wish to be the Head Coach of Archery's TeamBC at the 2019 Canada Winter Games in Red Deer, AB. The Games run from February 15 through March 3, 2019, although you will only be required to attend the archery portion of the event (exact dates yet to be determined).



As required by the Games, the Head Coach must be certified at minimum Competition—Development / Level 3 (by the Fall of 2017).

Please send an email, by Sept 15th, to the Executive Director stating your interest, along with your full name, coaching number and certification level. Further information will be sent to interested individuals once a list of candidates has been compiled.



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