



# TARGET TATTLER

Chicago Park District Archery Association



November 2009

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## Upcoming Events

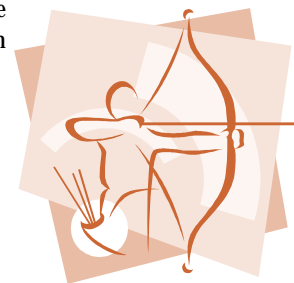
- Sunday, November 29: 600 Rd @ CAC
- Saturday, December 19: 600 Rd @ LPAC
- Saturday, January 9: CBH v. CPDAA: 300 Rd @ CBH
- Saturday, January 16: FREE Clinic

## Lincoln Park Archery Club Free Clinics By Bill Munson

The Lincoln Park Archery Club Belmont range is open to all LAPC members. Bring your own gear, sign up & pay for memberships and observe club and range safety etiquette. The range is all yours. There are club members of all ages and interests, ranging from hobbyists to amateur to professional shooters.

However, what about the people who are interested or just curious about the sport/art of archery – club members who shoot at the LPAC ranges are often peppered by passersby with some or all of the familiar questions below:

- How do I get started in archery?
- Where can I shoot and practice and learn?
- Where can I go to rent equipment?
- How does it all work??
- What if I am not ready to buy my own stuff?
- What kind of gear do I need?
- Everything at Bass Pro Shop is camouflage.....what if I am not a camouflage type of person?
- Where can I shoot? ...my back yard is only 7 feet long/I live in an apartment...etc.
- Etc. etc. etc...



It is a little known secret that LPAC also offers free archery clinics to area residents. In these free clinics, LPAC serves to spread the word about archery, and to promote education and safe shooting techniques; with the intention of answering the above questions and more.

LPAC offers clinic participants the equipment designed for beginners. The clinic equipment is suitable for all shapes and sizes, including children ages 8 and up.

Instruction is provided by club members, who will teach potential archers the fundamentals of shooting. These include safety, shooting etiquette, shooting technique, and equipment selection. All styles of shooting are taught from traditional recurve to modern compounds. In addition to archery instruction, the clinics offer the community environment of the city dwellers who all share this space enjoy.

As clinics are often well attended, (and gear is limited) participants take turns shooting and sharing clinic bows. Clinic instructors spend time with each archer – by the end of the clinic, most attendees have learned basic shooting techniques and are shooting independently and are ready for more archery. As a result, the Advanced Fee Clinics, which are held only at the outdoor range, fill up quickly. Additional information about Advanced Fee Clinics is forthcoming.

If shooting once a month is not enough, after a season of attending the clinics, you'll be armed with all of the knowledge you need gear up and start shooting on your own.

The free archery clinics are held least once a month at its outdoor range on the Chicago lakefront through the summer months, and at its indoor range at Pulaski Park, 1419 W. Blackhawk. Schedules are posted at the clubhouse, sent via the Target Tattler and available online at the LPAC website – [www.Lincolnparkarcheryclub.org](http://www.Lincolnparkarcheryclub.org).

So how to sign up for a LPAC free clinic? For the free clinics, no sign up is necessary. Just show up between 11:00a and 1:00p and you be all set to shoot archery!

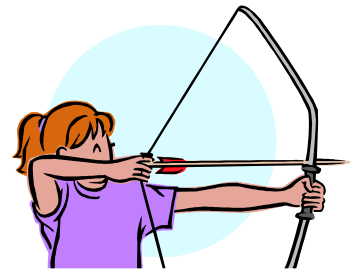
## Coaching Tips By Steve Ruis

### Teaching Archery to “Newbies”

Many of us are in the position of starting out new archers. It is a long standing tradition in archery for archers to help “newbies” get started. Here are some tips if you end up in this role.

#### *Archery Safety*

Archery is safe for a singular reason . . . we teach safe habits. Many of the things that archers do to remain safe are done subconsciously because, well, we have always done them that way. Some examples are always shooting from the same shooting line, making sure no one is behind you when pulling arrows, and asking if the range is clear (Clear? Clear!) before walking down to retrieve shot arrows. New archers know none of these things, so they have to be taught. They have to be taught in the first lesson and reinforced every time thereafter in order to create habits.



#### *Overbowing is Lethal to Archery Form*

We had a young man show up at one of our clinics with a 70# compound he got off of eBay. At his second clinic he had a 55# compound, and at his third a 24# recurve. He could pull the 70# bow (barely) but not with proper form. If they don't pull the bow with proper form, all the wrong muscles get used and end up tense instead of relaxed. Initially it won't make much difference but later, if they stay in the game, they will have to relearn how to draw a bow to get repeatable accuracy. (He had same problem with the 55# bow.) Many people think that because of the letoff, if they can muscle their bow back far enough, then they can relax. This is not so; you will not see any top archer doing this for the reason stated.



***“Archery is safe  
for a singular  
reason...we teach  
safe habits.”***

Give your newbies a chance and start them with a very light drawing bow. I start all of mine on a 10# recurve (then move up to 15#, then 20# over a couple of lessons) in this way, they get to learn how to draw a bow without having to generate a large draw force when not knowing how to do that.

*Finally* If you end up working with a lot of beginners it is worth your while to learn more about coaching. Get a beginning coach certification. It only takes 1-2 days, typically over a weekend and will really help you when you work with those newbies! If you don't know how to get started, send me an email (steve@archeryfocus.com) and I will help you.

Steve Ruis is a USA Archery Level 4 Coach, NFAA Master Coach and LPAC Member since 2007

## 2009-2010 Clinic Schedule

There has been a change in the 2009-2010 Clinic Schedule. The clinic previously scheduled for December 19 has been cancelled. Any further changes to the Clinic Schedule, as determined by the Chicago Park District, will be communicated to all members.

Here are the remaining Clinic dates:

Saturday, January 16

Saturday, February 13

Saturday, March 6

Saturday, April 17

All Clinics are open to the public.



### A MESSAGE FROM THE PRESIDENT

For members who joined LPAC prior to August 30, your 2010 Membership Dues need to be sent to Warren Levin.

The locks at the Outdoor Facility have been changed. New keys will be issued by Warren Levin upon receipt of membership dues.

## November Shoot Results

### Fall Fun Shoot at Chicago Bowhunters

### 300 Rd at Chicago Archery Club

**Recurve Shooters:**

**Bowman Barebow Female**

Caroline Lee 396

**Cadet Male**

Andrew Querol 338

**Junior Male**

Peter Gensler 333

**Senior**

Tom Havel 518

**Master 50+ Male**

Gabe Querol 527

Tom Havel 507

Doug Harwick 468

**Compound Shooters:**

**Bowman Male**

Danny O'Halloran 500

Daniel Petro 322

**Senior Male**

Bill Munson 579

Jim Hoffman 559

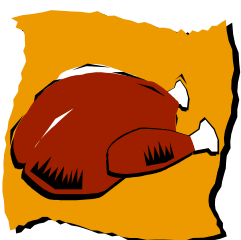
Grzegorz Brudz 549

Jim Power 542

Chris Petro 510

**Master 50+ Male**

Warren Levin 537



**Recurve Shooters:**

**FITA Men**

Tom Havel 275

**Compound Shooters:**

**Free-Style Pro Men**

Bill Munson 300

**Free-Style Unlimited Men**

Jim Power 283

Peter Taylor 269

**Senior Free-Style Unlimited Men**

Warren Levin 293

Reginald Thompson

266

James Mills 232

***Help Support Your Club!***

Purchase a  
Lincoln Park Archery Club  
t-shirt...

**Only \$20.00!!**

Available in S, M, L, XL, and XXL

Contact LPAC President, Warren  
Levin, to purchase.

## Basic Scoring for a 600 Round

When shooting a 600 Round, an archer may use either a 3-spot target (top) or a standard 10-ring target (40cm as pictured at bottom). Most experienced compound shooter prefer the 3-spot target while many recurve shooters chose the standard 40-cm target.

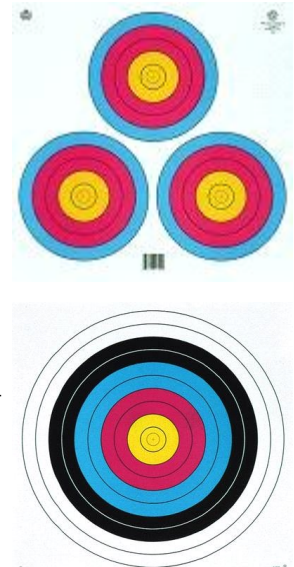
A 600 Round consists of 20 ends of 3 arrows apiece. In the end, there will be a total of 60 arrows shot.

For those archers using the 3-spot target, scoring is done using the 10, 9, 8, 7, 6 format from the 10-ring out. Everything outside the blue ring counted as a miss. Hits on a wrong target will also be scored as a miss.

When using the standard 40-cm target, scoring is done using the 10, 9, 8, 7, 6, 5, 4, 3, 2, 1 format from the 10-ring out scoring each ring as indicated.

During tournaments, scorekeepers are selected prior to the first shot. However, each archer is ultimately responsible for seeing that his/her arrows are scored correctly.

Next month, we will cover Basic Scoring for a 300 Round.





CHICAGO PARK DISTRICT ARCHERY  
ASSOCIATION

[www.lincolnparkarcheryclub.org](http://www.lincolnparkarcheryclub.org)

## Member Garage Sale

The Members Garage Sale section is available to all members who are looking to buy or sell various items and will not be limited to archery merchandise. If you are looking to unload a bow, some arrows, an old car, furniture, etc., then this section is a great tool to communicate that opportunity to other club members. This section is for members only and may not be used for business purposes. Please email all details: item description, dimensions, colors, price, and contact information to Warren Levin. All sale items will be published in the following edition of the Target Tattler.

*Items Advertised:*

2

*Items Sold:*

2

*For additional information regarding these Hoyt and PSE bows, please contact Jim Powers by email: [jimbow@sbcglobal.net](mailto:jimbow@sbcglobal.net).*

*Larger pictures of items are available upon request.*

### *PSE Deerhunter Compound Bow*

*Draw Length: 27"  
Draw Weight: 30 to 55 lb.  
PSE fixed pin sight  
Stabilizer*

*Includes:  
Moose Brand soft case  
1/2 dozen Whitetail Carbon arrows  
Trigger release*

*Price: \$180.00 OBO*



### *Hoyt Ultra Tec 2000 Compound Bow*

*Draw Length: 24.5" to 28"  
Drew Weight: 40 to 60 lb.  
Newer Zebra strings  
Cobra fixed pin sight  
Stabilizer*

*Includes:  
Plano hard case  
1/2 dozen Easton Aluminum Camo arrows  
Trigger release*

*Price: \$375.00 OBO*



**If you would like to publish an article or advertise an item in the Member's Garage Sale, please contact Troy Pringle by email, with a Subject Line: Target Tattler, at [typhoons@comcast.net](mailto:typhoons@comcast.net).**