



Archery Association of New Brunswick Newsletter

March 2006

President's Message



First of all I would like to throw out a great big thank you to Phil Parlee and Wil Reinhart, my co-chairs, and their teams to a job well done in bringing together probably our most challenging feat

so far, the huge success of The Canadian Archery Championships. Also to the clubs around our province who came on board to support such an endeavor, and all of you who worked behind the scenes, again thank you for all the hard work and support to a job well done. This speaks well for our province to be able to take on such a task and complete it with much success.

Next, I would like to address the concerning news that keeps coming up about our youth and adults being unfit and overweight. Obesity, diabetes and other related problems is on the rise due mostly to inactivity and improper eating habits. So my message for this term is let's challenge ourselves in making the proper decisions and get active and eat healthy. We are blessed with a sport that we can enjoy for a life time, not too many sports that you can compete well into retirement and still enjoy the companionship at each tournament that we attend. Did you know that adults who were physically inactive as children become inactive as adults. Inactive adults tend to produce inactive children and the reverse is also true. Encouraging children to enjoy moving and promoting confidence in movement skills at an early age helps to ensure later participation in physical activity and this is the key to being healthy for a lifetime. Now that Canada had its best performance at the recent Olympic Winter games, lets start the ball rolling (and arrows flying) for our next generation to be able to participate and enjoy what we have just witnessed . If any of the clubs need any information on nutrition or any workout plans for their archers, please don't hesitate to drop us a line , we would gladly pass this information on.

And remember: "As Long As You're Trying As Hard As You Can ... You Can Never Really Fail".
Take care and shoot straight,
Bob McIntyre

Notice of Annual General Meeting

Sussex Middle School
April 22, 2006, 3:00 PM
(after the Provincial FITA tournament)
Agenda

1. Welcome and Call to Order
2. Determination of quorum and voting rights
3. Approval of Agenda
4. Approval of minutes of April 16, 2005
5. Business Arising from the Minutes
6. Executive Committee Reports
 - i) President's Report
 - ii) Executive Director's Report
 - iii) Federation of Canadian Archers (FCA) Director's Report
 - iv) Treasurer's Report – Financial Statements as of year end March 31, 2006
 - a) FITA Fund & 3D Fund Report
7. General Committee Reports
 - i) Membership Report
 - ii) Equipment Inventory Report
 - iii) Coach Coordinator Report
 - iv) Judges Report
 - v) High Performance Report
 - vi) 3D Report
 - vii) Bowhunters of New Brunswick Report
 - viii) Team NB Report
8. Election of Officers
 - i) Secretary
 - ii) Vice-President
9. Other Business
 - i) Club Updates
10. Date for Next AGM
11. Adjournment

Editor's Note:

This newsletter is issued in both official languages. All comments or articles can be mailed to:
The Editors (Trudy & Trina)
P.O. Box 1395
Moncton, NB, E1C 8T6

Contact Information:

Robert McIntyre, President: 506-674-2358
Charles Nickerson,
Executive Director: 506-454-5866
Website: www.archerynb.ca

From the Executive Director

My involvement with the Archers Association of New Brunswick dates back more than 23 years, a long love affair in one of many sports in which I have been involved as a competitor, coach and administrator. During this period there have been times in which it has been very difficult to find volunteers willing to serve in the many volunteer positions of the association.

In the past few years this situation has changed drastically in archery as quality volunteers have come forward and have done (and are still doing) an excellent job of contributing their time and talent to the advancement of the sport of archery in New Brunswick. Without these volunteers our association would not be nearly as effective as it is today.

We are currently in a transition period with a number of changes in the Executive, Board and other volunteer positions and appointments, new club directors, as well as new judges and coaches continually coming on board with new ideas and skills to offer.

The year 2005 was a big one for the Association with a very successful National Championship being held in Saint John, an increase in membership, many new coaches trained at the club level, and a number of people completing the club judge course. We are now beginning to see positive results from the Canbow program, with a number of archers who have been, and still are involved in the program trying out for the 2007 Canada Winter Games team, which is well on its way in preparation for Whitehorse, next year.

This year shows a full slate of tournaments of various kinds, in all parts of the province, with participation numbers on the increase. Many clubs have also tapped into the GO NB program, which is designed to introduce new members to the sport of archery (and other sports) at a very reasonable cost. General inquiries and application forms for this program are available to clubs through Lori Johnstone, Program Coordinator, GO NB, at 453-3732 or Lori.Johnstone@gnb.ca.

A special thanks to all of our volunteers and continued success to our competitive shooters, may 2006 be your best year ever.

*Charles Nickerson,
Executive Director, AANB*

CANBOW

It could be said that youth is the life blood of any organization—get the children involved and the parents won't be far behind. There are very few sports or any other activity in which every family member, parents included, can participate at the same time, in the same club setting and on equal footing. Archery is one of them.

Club leaders are always looking for new ways to recruit new members to join their club. Well, behind every child there are parents or a guardian. Get the child involved in your club and chances are sister, brother, father or mother or the whole family will eventually become involved as well, either as a club member or supporter.

When my youngest son Chris was given a fiberglass bow on his eleventh birthday, his first question was, "how good can I become?" My answer was, "as good as you want to be." Three years later, at the age of 14, and again at 15 and 17 he won the National Championship in his age and equipment category, and placed second in the visitor category at the 1986 U.S. Nationals. Due to his involvement, we as parents became more deeply involved in archery. That was twenty four years ago. Chris is still involved and enjoying the sport with the Campbell River archery club in British Columbia. His 11 year old son Cody, who is a member of CANBOW participated in his first tournament last month. The tradition goes on.

All this to say how important it is to get youngsters involved in sport at an early age and they will enjoy it for the rest of their lives. In the sport of archery we are fortunate to have a program such as CANBOW, our National Youth Awards program to offer our youth. It is an excellent program designed for youth from eight to twenty one years of age, covering the basic physical, technical, tactical and practical aspects of archery, and participants are allowed to progress through the awards program at their own pace.

There are currently six clubs offering the CANBOW program in New Brunswick, and we are hoping to add more clubs this year. We currently run two CANBOW tournaments per year, with more planned. The first, which is the Christmas tournament/clinic is held on the second weekend of December, the second, which is the CANBOW championship takes place on April 30.

Start-up kits are available to all registered clubs at a cost of \$80.00, and a CANBOW presentation is available to your club on request. Just give me a call at 425-2800 or 454-5866 for further information.

Charles Nickerson, CANBOW Coordinator

The Procrastinating Archer

The procrastinating archer just finished his first primitive bow a few short weeks ago; one that he had started three years earlier. And now he is going to the camp and he will have a chance tomorrow to try out his primitive bow. Now, here's the story. About three years ago a friend of mine and I went into his woodlot and cut some ash which is a nice light colored wood. I took the wood home and split them into staves. After the appropriate length of time, allowing them to dry out – and that is what the book said, I said to myself, "Today would be a nice day to try to build a bow". So chop, chop, chop, saw, saw, saw, scrape, scrape, scrape, I chopped and sawed on this staff and the wood chips flew and the sawdust fell in a shower to the workshop floor. Working a good sweat up and after a couple of hours, I stepped back to admire my work to see what I have accomplished. I exclaimed, "Gee whiz, I made smaller stick". It just didn't look right for a bow, maybe for a cane. Giving up easily, I said, "What a bummer" and went and had a beer. I sat on the steps mulling things over; well anyways I gave my arms a good workout. I should have known better, I have a hard time to butter toast. Two years flew by quickly. I was at an archery practice when my friend came in with a primitive bow. "Oh, where did you get that?" "Well, I made it. Would you like to give it a try?" "Sure", I said. He passed me the bow and three arrows, I drew back and shot at the yellow 18 meters away, and the arrow landed in the yellow and the next two landed close by. "Gee, that's good shooting!" "Thanks for the compliment, but honestly I was aiming for the target on the right, not on the left." He quickly answered, "I would never have admitted to that." Attending a Christmas shoot, I run into my friend again and this time he had three or four of his beautiful self bows he coaxed out of some staves. I was really impressed with the beauty and simplicity of his primitive bows. I said aloud, "Gee, I wish I could do that. I tried once a few years ago. I should have gone to NS and taken the primitive bow building class". He said, "That's what I did. I attended that class. I will be glad to show you how to build a bow". I answered, "Okay, thanks". He answered, "I am pretty busy, but how about some time in February?" Not wanting to bother my friend knowing that he has a very stressful job, I didn't call him to set a time. Time passed by and one day in February the phone rang and the first words I heard was, "Do you still want to build that bow?" "Sure", I answered without hesitation. After a few trips to his workshop and under his tutelage and watchful eye I had my

first primitive bow. He put in as much sweat as I did and more. A big "Thank You" to him.

A few weeks passed and last night I put on the finishing touches – the leather handle - it didn't take away from the clean lines of the bow. Taking a few shots at the feedbag stuffed with plastic, the draw weight (all of 47 pounds) felt good. I was really looking forward to tomorrow's walk about in the woods. The next morning standing on a wood road holding my primitive bow out at arms length, admiring its lines, and the way the sunlight shone added to the beauty of the wooden bow. I stepped off into a path with my new bow and started up the trail; after a little ways I spied a real trophy – with five points sticking up like a crown. I drew back, anchored, and letting the arrow fly, it flew true to the mark. There was an explosion of rotten wood; the stump was minus one of its points. You don't get one like that every day. Moving up the trail another shot - a piece of birch bark flapping back and forth in the wind. Taking aim, anchor, let fly – darn, missed. I nocked another arrow, trying again this arrow strikes the side of the tree with a splintering sound. Pieces of wood and feather flew through the air helter skelter. Slowly walking over and picking up my good arrow and looking at the splintered pieces of arrow to see if there was anything to salvage. The bark flicking back and forth in the wind, it was like it was shaking with fright. I'll get you next time – I'll be back! The warmth of the sun shone on my back making me feel good. It was spring, I headed down the path and it was still early. I had five arrows left and a lot more stumps to shoot before lunch.

Archery Forum

Are you looking for the latest information on tournaments? Or are you looking for equipment advice? Or are you looking for a way to keep in contact with fellow archers? Then check out the Atlantic Archery Forum. It's a great way to find out what's happening in the New Brunswick archery scene. <http://sports.groups.yahoo.com/group/atlanticarchery/>

Judging

As the new Provincial Judge Coordinator taking over from Paul Hicks who has retired from this position after many years, I would like to outline some of the things I would like to attempt this year. We have a lot of new Club Judges and I feel it would be appropriate to have a training session sometime before the 2006/2007 archery season starts. We will probably have this in conjunction with one of the Canada Games training sessions in Fredericton so we can have actual arrows and archers to deal with. We would be going over some of the nuances and interpretations of some of the rules. I hope to get all Judges, club, provincial and national in New Brunswick a copy of the 2006 Rule book as soon as it becomes available (April 2006). I will be developing a mailing list , hopefully electronic, so I can be in touch with all judges and keep them up to date on new and proposed rule changes and interpretations of current rules. I look forward to this new role and working with all Judges in NB to make archery enjoyable for all.

Philip Parlee , Provincial Judge Coordinator

Coaching

Coaching in Canada is in a period of transition. Currently we are in the process of changing to the new National Coaching Certification Program's CBET (competency-based education and training) system.

The first step in this new Coaching stream is called Instruction Beginner. This course is for any Archers Association of NB affiliated club member who is interested in becoming a coach and to start coaching at their local club. For those interested in coaching, it would be helpful to contact your local club's coach and begin a mentorship with them, so that you will gain some valuable coaching experience to get started.

The process consists of:

One (1) weekend of classroom training after which they will have 12 months to finish the following tasks at their home clubs:

Evaluation by the athletes they are coaching

Evaluation by the club administration

Three (3) mail in assignments

Online evaluation portion of Making Ethical Decisions

Currently the National Associations are working on having the next level; Instruction Intermediate module in place this spring. For the current coaches we are waiting for word on when they are going to be brought into the new system and to find out what their equivalent level will be in the new coaching stream.

Current level one (1) coaches may want to take the

(Continued on page 5)

Clubs

Archer d'Edmundston
Bathurst Archery Club
Bowhunters of New Brunswick
Broken Arrow Archery (Dalhousie)
Capital City Archers (Fredericton)
Chipman Fish & Game Archery Club
Club tir à l'arc St-Louis-de-Kent
CTC Gagetown Archery Club
Hawkeye Archery Club (Nackawic)
KV Archers and Bowhunters
Miramichi Archery Club
Moncton Archers & Bowhunters Club
On Target Archery Club (Grand Falls)
Petitcodiac Sportman's Club (Archery)
River Valley Archery Club (Saint John)
Sussex Golden Archers
Waterville Archery Club
Woodstock Archery Club
Wulastukw Archery

Steve Kovack, Tel: 506-739-8627
Bernie LeBlanc, Tel: 506-783-4809
Randy McCoy, Tel: 506-832-5015
John Grenier, Tel: 506-684-4638
Charles Nickerson, Tel: 506-454-5866
Terry Ward, Tel: 506-339-6579
Noel Hebert, Tel: 506-876-2856
Ron Coombs
Roger Martel, Tel: 506-575-8598
George Morrow, Tel: 506-647-8138
Bill Haining, Tel: 506-622-3130
Maurice Levesque, Tel: 506-855-6169
Jacques Sirois Tel: 506-553-6264
William Silverthorn, Tel: 506-756-2891
Bob McIntrye, Tel: 506-647-5766
Pierre Turnbull, Tel: 506-433-2370
Tom Meade
Stephen McKinley, Tel: 506-328-2794
Jack Mason, Tel: 506-472-7545

(Continued from page 4)

online evaluation portion of Making Ethical Decisions if they wish to advance into the new coaching stream. You can access the free online evaluation at: <http://nccpeval.coach.ca/>

A successful Instruction Beginner Course was held in Miramichi this past January. I would like to congratulate the seven (7) new coaches and to thank them for volunteering their time to coach at their clubs. Also I would like to thank the Learning Facilitators who gave of their time to participate in this workshop. For more coaching information you may email me at shaining@rogers.com or phone (506) 622-3130
Bill Haining, Coach Coordinator

Competing in the Maritimes

Most of you know that I'm a "newbie" to New Brunswick, and never in my life have I ever expected to be living in an area where I can shoot non-stop all year long. Indoors, Outdoors, 3D, Field, you name it, it's all out there for anyone that wants to compete or just get out and have some fun. It's like a dream come true!

What I love most about competing are the adventures we all have and the stories to be told, such as shooting in fog so thick you had to pray that you were shooting in the right direction! Or attending a competition in June where it was so cold I was forced to wear my, ever so stylish, toque and mitts, and then all the clothes I had with me and it was still bitterly cold! It reminded me, a little, of my June wedding in Newfoundland, when it snowed..... These are just the tip of the ice berg of the stories we all have and love to share and I would love to share a few more but, unfortunately, this newsletter just is not long enough to accommodate this task, so these tales are going to have to be reserved for future competitions and gatherings.

If I'm going to talk about competitions then I have to talk about the fantastic volunteers we have here in the Maritimes. How would we exist if these wonderful people were not around to help out and put on the competitions we all love to shoot in? Along with our fantastic volunteers we have such a wealth of talent in the Maritimes which is growing very quickly. At the source of this wealth of talent, we have great teachers who are always there to help out those that are still learning (but aren't we all still learning). Hats off to all of you for a job well done!

Happy shooting to you all and I can't wait to see you all at the next competition for a few stories, some advice and, of course, to shoot a few arrows.

Trina Snooks, archer

Meet Paul Hicks

It has sometimes been said that who you know often determines what you do. Paul's son, Jason was in archery, in fact he was in Charles Nickerson's class. One day, Charles asked if any of the parents would like to give archery a try and Paul stepped up. That was 25 years ago. He enjoyed shooting just for fun with his son.

Paul is also an avid hunter. Years ago, a friend of his got him interested in hunting with a bow and he has hunted ever since with a bow. He got 2 of his first three deer with a bow.

Archery was creeping in everywhere. Being in the archery community he got to meet and make many new friends. One of these people was Andy who was an international judge and was Provincial Judge chair for NB. Paul thought rather than being competitive in archery, he could get more involved by becoming a judge. No doubt that was music to Andy's ears. Paul took all the courses, became a provincial judge then a national judge and later took over Andy's position as Provincial Judge chair for NB. For the longest time, Paul was the only national judge in NB until last year when Fred Liddle came on board as a national judge. Paul has volunteered countless hours for archery. He was the technical representative for archery in the Canada Winter Games in Bathurst in 2003.

Paul has recently retired from national judging and has passed over the Provincial Judge chair to Phil Parlee. Paul tells me that he will continue to help out as a judge whenever he can. Besides archery, Paul plans on spending more time on improving his golf game and will continue to hunt with a bow. Archery Association of New Brunswick has nominated Paul Hicks for "National Judge of the Year".

Happy Retirement, Paul !!!!

2006 Tournament Schedule

<u>Date</u>	<u>Type</u>	<u>Hosting Club</u>	<u>Contact</u>	
Mar 19/06	FITA indoor	Moncton Archers	Maurice Levesque	855-6169
Mar 26/06 Mar 26 /06	FITA 3D Indoor	Fredericton Bathurst Archery	Charles Nickerson Bernie LeBlanc	454-5866 783-4809
Apr 2/06 Apr 2/06	3D Indoor Atl Reg. Indoors FITA	Woodstock Archery Greenwood, Nova Scotia	Dave McKinley	328-4694
Apr 9/06	2D Indoor	Hawkeye Archery	Roger Martel	575-8598
Apr 22/06	Prov. FITA & AGM	Sussex	Pierre Turnbull	433-2370
Apr 23/06	Prov. 3D Indoor	Sussex	Pierre Turnbull	433-2370
Apr 30/06	Spring Canbow FITA 1	Fredericton	Charles Nickerson	454-5866
May 6/06	3D Indoor	Woodstock Archery	Dave McKinley	328-4694
May 14/06	BONB supper/silent			
May 21/06	3D Outdoor	Moncton Archers	Maurice Levesque	855-6169
May 28/06	3D Outdoor	River Valley	Will Reinhart	849-2016
June 03/06	3D Outdoor (Sheldon's)	Woodstock Archery	Dave McKinley	328-4694
June 04/06	FITA 1440	Sussex	Pierre Turnbull	433-2370
June 11/06	3D outdoors	Petitcodiac Club	Wil Silverthorn	756-2891
June 17/06	FITA 1440	Sussex	Pierre Turnbull	433-2370
June 25/06	3D outdoor	Field Course, Moncton	Maurice Levesque	855-6169
July 08/06	3D Outdoor (Rec Centre)	Woodstock Archery	Dave McKinley	328-4694
July 8-9/06	Prov. FITA 1440 x2	Sussex	Pierre Turnbull	433-2370
July 16/06	3D outdoors (Provincials)	Petitcodiac Club	Wil Silverthorn	756-2891
July 22-23/06	Atl. Regional Outdoor FITA 1440x2	Sussex	Pierre Turnbull	433-2370
Aug 3-7/06	3D Nationals	Alberta		
Aug 12/06	3D Outdoor (Rec Centre)	Woodstock Archery	Dave McKinley	328-4694
Aug 12-20/06	FITA nationals	Sherbrooke, PQ		
Aug 20/06	3D outdoors	Petitcodiac Club	Wil Silverthorn	756-2891
Aug 27/06	BONB 3D	River Valley	Will Reinhart	849-2016
Sept. 3/06	3D Outdoor	Field Course, Moncton	Maurice Levesque	855-6169
Sept 10/06	3D Family Day Shoot	Woodstock Archery	Dave McKinley	328-4694

NOTE: For archers who are planning to apply for funding to go to the Nationals, it is your responsibility to keep your signed score cards and submit your application within the required deadline date.

