

CONEJO QUIVER



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Monthly Newsletter

September 2013

From the Prez

To all CVA member's

CVA's year is coming to a close end and elections coming up; I would like to reflect on where we have been over the last year. There have been a lot physical changes to the range and several adjustments in the way we run the organization.



Last fall the JOAD range was upgraded to create a level 18 meter shooting line. This totally shifted the dynamics of our Saturday morning JOAD sessions taking off some crowding on the 5 meter line.

We also graded the roads and laid down crushed asphalt, put up several target covers and cleaned up areas around the bins. The club has grown about 23% over last year (247 vs. 200 memberships). The expansion is great in that we are sharing the sport that we enjoy, but with it comes more individual opinions in how we operate as an organization. These differing viewpoints can lead to new directions for the club that the original founders could not have imagined. We should expect the club to develop as an organization and meet more diverse needs of its members.

The key to this growth will be to make sure there is a need and there are individuals willing to do the hard work to make any new programs we start successful. In the past there have been a lot of individuals who want to the club to do one thing or another, but when they are pressed to organize the event they back down fast. We must keep in mind that this is a club of volunteers and without these self-sacrificing members we would not have much of a club. As we grow there will be more policies, much like the new coaching policy, put in place in order to regulate the activities of club members. This is in no way intended to restrict members from promoting archery, but to supply a framework where we can balance the needs of the club, follow our mission statement, and still meet the desires of the members.

Elections coming up this month, I would like to thank all the current board members, JOAD coaches, and all the other volunteers over this last year who have helped the club have a successful year.

Clark

Hi Everyone,

The year is coming to a close very fast. Remember everyone, that ballots have been sent out so please vote and send them back ASAP, or you can bring them to this months Club Meeting. Also we are still very busy at our Saturday JOAD sessions and we are planning the annual Halloween JOAD Bash. It is set for Saturday November 2nd. and



Coach Mike and his crew are planning another of the famous BBQs. We also have a very large Private Party that Coach Bonnie has been putting together and that will be held on Sunday September 29th. I also want to take a moment to Congratulate our newly promoted Level 3 Coaches, Bonnie Marshal, Rose Hoberg and Ryan Vartio. Great job to all of you, your new found skills and knowledge will be put to good use!!

Not much else to report, see you all around the range!

Coach Dave

Membership Corner

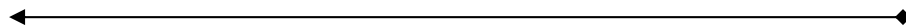
Hi All,

It's been another busy month for membership as our club continues to grow with amazing and committed members getting involved every week. New members sworn in this past month include: Jack and Jackie Finnegan, Joseph Cavalieri, and Steve Mahoney. Welcome to the club!

A letter was sent out to the coaches up at JOAD for proper protocols in processing memberships. We are trying to **promote** membership at the Saturday Open Sessions but **not process** memberships at that time. Everyone is asked to have all prospective members get an application and attend the next General Meeting so that all paperwork and monies can be processed at one time.

This gets new members to: attend meetings, gets them down to the field range if they have never seen it, processes all paperwork and money, have their safety seminar and then get their key all at the same time. They get introduced at the club meeting and we all attach a face with a name. They meet other members and can connect with other archers who can then guide them through the field range. After their safety seminar they also have a chat with me for a few minutes about their archery goals, goals they may have for the club and what they can do for the club as a volunteer. This has become an important part of the membership process. Having a face to face with them creates a more active volunteer who is willing to be a part of something bigger than just them. Remember most of the people coming through the Public Sessions have no idea about what the field range is, or what it has to offer. These processes will help to change that.

Dan and I have found that this is working out very well and the process is very smooth and professional. I would ask that all members introducing the club to someone use these protocols.



Anniversaries this month include:

John Downey and family - 15 years

Nathan Bordofsky and family – 11 years

Hoberg Family – 8 years

Grace Getzen and family, Ryan Vartio – 7 years

Travis Siros – 4 years

1 year: Robert Gardner and family, Allesandra Henze and family, Gary and Susan King, Senji Itow and family, Daniel Gonzales, Stephanie Hullar, Glenn Nearing, Amanda Wilson and family.

Just a reminder that the renewals for the new club year will be going out next month. Remember to remit your dues quickly and save the club money so that multiple renewals don't have to be sent. Also very important if you have had a family membership with kids under 18 who have now come of age to be Senior members (over 18) they are required to have their own membership now! Yes it is time to let go Mom and Dad's!

To everyone who has stepped up to help with the National Charity League event on Sunday September 29th. I will be sending out an email to update you on times and where I have you assigned. Your help is so appreciated and I am excited to see our club have a chance to expose our sport to so many new people at one time. It will be a challenge but together we will have a successful event. More to come. That's it for this month!

Bonnie

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“Little things mean a Lot”

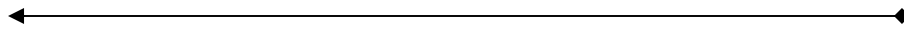
By Curtis Hermann

Over the years, no matter the sport, we all learn that it's the little things that add up to making a difference, in the right combination, they truly help one to “Up their Game!” This penchant of going to the “little things” seems to happen in archery around the second year. I'm not sure just why - it is just an observation – but it seems to hold true for many archers.

I think in the beginning that the thought process is that any one little thing “doesn't matter that much” and that may be true, but added to a couple of other little adjustments and you soon begin to see a measurable change in your shooting abilities.

Most new archers start out with a bow set up by the local pro-shop and right away find they are grouping in the size of a pie plate out to forty yards, then we begin to learn how to make small adjustments in our set up and now we grouping a couple of inches tighter and adding twenty points to our average. Can we say that a “light goes on” or a “reality check” has occurred. It is at this point that one realizes that others may not actually be a more talented archer but that they may just have equipment that has been tuned a little tighter. So we begin to search for more information on tuning and start paying more attention to our form. Our next goal is to reduce our group to the size of a soft ball, then a baseball, then a Ping-Pong ball,

Most archers in the beginning focus on the bow, finding the best sight, the best stabilizer, the best arrow rest etc., and eventually when there is little more that can be done with the bow they either buy a more expensive bow or turn to the arrow. Buying a new bow can be an expensive process and the gains are not always that great, you see a bow has but one purpose and that is to transfer energy from the limbs to the arrow and to propel it down range. If your limb timing is balanced



(cams in sync – limbs in tiller) and your release smooth - then the objective has been met. Adding refined sights, rests and stabilizers only force you to provide better form and that is where much of your gains come from. It is a learning process, but we have now got to the point where our” focus is on the arrow” and now many “little things” can make a real difference.

For thousands of years man has attempted to improve the bow, progress has been made, yet good archers have always known that most any bow will do the job, accuracy comes from the arrow and the talent of the archer.

An arrows job is even simpler than that of the bow, an arrow is just a means of delivering a “point” to the intended destination. Changing the “point” changes what the end result will be. A target point results in a score on a target, a broadhead brings down man or beast, a blunt can provide a “shock value,” and a fishing head, bird head or whistle can be used for their intended purpose. What makes the arrow more important to accuracy is the fact that it must deal with distance, gravity, elevation and wind and to be successful at overcoming these obstacle’s it must be exact in straightness, spine and weight.

An arrow shaft is divided by the front (point end) the center (where it bends and spine or stiffness is measured) and the rear (where the fletching and nock are mounted). To be accurate the front end of the arrow must be heavier than the rear end by 13% to 23% forward of center (foc). 13%(foc) has been the standard for target archery for many years but the thinking has changed in the last decade to more (foc), particularly for the hunting archer, the bigger the game the more (foc), which means elephant/cape buffalo equal 23% (foc) and elk/moose etc, equal about 20%(foc) and medium game to target archery run about 15%/20%(foc). Because I am both competitive and hunt large game, I have settled on 18% forward as a nice balance of weight forward of center for accuracy, flat arc over distance, good penetration and a stable arrow, your choice should vary by shaft choice and need, if you intend to try for the Olympics than 15% is probably a good choice, if you intend to hunt elephant then more (foc) will be required.

Most modern arrow shafting is held to straightness tolerances of .0015 to .007 across the length of the shaft and whether or not the material is carbon or aluminum or a combination of these two materials - you will pay for the amount of straightness you desire. I choose shafts with a straightness of .002 or .003 and find paying for more straightness does not improve my traditional score, if I were going to Vegas or the World Games I would probably spend more and get a straighter shaft. Many of my traditional friends are happy with .006 - .007 straightness but I do not find that up to tournament standards, for short range hunting they are ok.

Regardless of which shaft you purchase you need to understand that these shafts are made by wrapping a stainless steel mandrel with fibers and the not so straight portions of the shaft are at the ends, so one of the "little things" you can do to make your arrow more accurate is to trim the ends to get rid of the less than perfect sections.

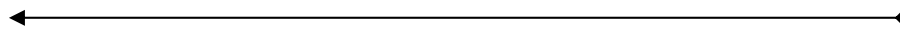
One other thing about straightness, a little bit of a bend at the point end is far less damaging to accuracy than an equal amount of bend at the nock end of the arrow. So lay your new shaft on a carpenter's level, raise it to eye level and rotate the shaft while pointing the side of the level at blue sky, as the shaft rotates you will see daylight between the shaft and the level at any point where the shaft is not straight. Usually this bend will be near the ends, so pay particular attention to the end you intend to place the nock and trim accordingly.

One last thing we need to discuss about shafts and that is spine or stiffness (Static Spine). Spine is measured by placing the shaft on posts that are 26" apart and then placing a 2 pound weight in the center and measuring the bend in 100's of an inch, for instance a 400 carbon arrow will read .400 on the spine tester and will work nicely from most 45 to 65 pound bows, a .340 arrow will work nicely in a 55 to 75 pound bow. This is referred to as Static Spine



The most accuracy robbing arrow is one where the nock fit on the bowstring is too tight. This seems to be the one item that most archers have trouble getting their head around but it is true, nock fit is critical. The nock should just fit on the string tight enough for it to hold its own weight, if you just tap the string then it should fall off. If it won't hold its own weight then it is too loose and will come off the string too soon and will increase flexing downrange decreasing accuracy, if it is too tight then it will not leave the string until after it has passed brace height robbing the arrow of energy and diminishing arrow speed (by as much as 5 feet per second) and hitting low on long range targets. Tight nocks increase nock fatigue and wear on the serving and nothing is more annoying than having to replace a center serving on a string especially during a tournament. There are solutions (another little thing that counts) to this problem, use a smaller diameter center serving (.100-.108 usually works well) or try alternative nocks until one size or brand fits just right, lastly (one we traditionalist have done for years) is to use a finger nail file and file away the inside of the nock slot until a perfect fit is attained. This one is long I know, hope you found it useful, til' next month,

Curtis



August Shoot

We had a nice turn-out again this month with 20 folks making the round. Back at the top again this month with the top scratch (533) and handicapped score (555) was none other than Club President Clark Pentico. Norman Rice was one point back with a 554 (500 scratch) and Steve Price was one point back from that with a 553 (490 scratch).

The end of the club year is rapidly approaching, with just the September shoot to go. Then John will be checking his scores list to see who has been “good” this year. Trophies have already been ordered and preparations are in the works for the Club Awards Ceremony and Banquet in October. Make sure to pencil in the date (October 27) on you social calendars.

Another date you won’t want to miss is our October Fun in Sun Zombie Romp. It will be a mixed novelty and 3D target again this year. See you on the range, and put them pointy-ends in the target.

JBD

NAME	HSCORE	SCRATCH	DIVISION	STYLE
Clark Pentico	555	533	A	FS
Norman Rice	554	500	GA	FS
Steve Price	553	490	GA	FS
Keith Murphy	547	513	A	BHFS
Randy Estrella	546	488	A	FS
Jim Niehoff	546	455	GA	BHFS
Didier Beauvoiz	533	242	A	TRAD
Tom Swindell	524	253	GA	TRAD
Chuck Thurber	516	402	GA	FS
Rob Lind	504	184	GA	TRAD
Garry Magness	493	276	A	LB
Curtis Hermann	489	281	GA	TRAD
Doritina Pentico	485	485	YA	BHFS
John Brix	480	238	GA	TRAD
Steven Mahoney	461	461	A	BHFS
Randy Knox	436	436	A	BHFS
Terry Gieslewski	436	436	A	BHFS
Stan Ogle	434	434	A	BHFS
Kris Ogle	405	405	A	BHFS
Joe Cavaleri	190	190	A	TRAD



CONEJO VALLEY ARCHERS ANNUAL FUN IN THE SUN SHOOT



**SUNDAY OCTOBER 13, 2013
30 TARGET MARKED YARDAGE 3-D
(Traditional Stakes – None over 50 yards)**

**Senior, Adult, Young Adult,
Youth, Cub**
FS, FSL, BHFS, BHFSL, BH, BB
FITA Recurve - LB (Longbow)
RB (Recurve) – SB (Selfbow)

Class 1-A Zombie License
Issued at range

2 ARROWS
Marked Yardage
10 – 8 – 5 SCORING
Mulligans, 2 available \$1 each



REGISTRATION **7:30am Shoot** **starts After Regis-** **tration**

Adults	\$20
Family*	\$30
Couples	\$25
Seniors (60+)	\$15
Young Adults (15 - 17)	\$15
Youths (12 – 14)	\$10
Cubs (under 12)	\$ 5
(*Includes Husband, Wife, and Dependent children under 18)	



Don't forget to put your style of shooting on your scorecard.

Styles are as follows:

Freestyle Unlimited (FS) - Allows for the use of virtually all types and styles of equipment and aids, including mechanical releases, movable sights, scopes, long stabilizers, etc.

Freestyle Limited (FSL) – Same as Freestyle unlimited above, except that mechanical releases are **not** allowed.

Barebow (BB) – No sighting devices or mechanical releases allowed. String walking (or multiple anchor points) **is** allowed.

Bowhunter Freestyle (BF) – Must use fixed pin sights with no more than **5** pins that **cannot** be adjusted during a tournament. Length of stabilizer limited to 12” max. Mechanical releases are permitted.

Bowhunter Freestyle Limited (BHFSL) – Same as Bowhunter Freestyle Unlimited above, except that mechanical releases are not permitted. Fingers **may** be protected by gloved or finger tabs.

Bowhunter (BH) – No sights or mechanical releases. Length of stabilizer limited to 12” long. Must use a single anchor point and string walking **is not** allowed.

Traditional Styles: (please start one on your score card)

Longbow (LB) – No sights, stabilizers, or mechanical releases allowed. Single anchor point only.

Recurve (RB) – No sights, stabilizers, or mechanical releases allowed. Single anchor point only.

Selfbow (SB) - No sights, stabilizers, or mechanical releases allowed, Single anchor point only.

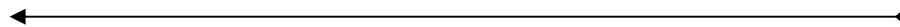
Your CVA Officers

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Vice President	Dave Dragan	(805) 218-5912
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Treasurer	Dan Dix	(805) 376-3568
Board Members	John Brix Keith Murphy Kurt Hoberg Chuck Thurber Robert Luttrell Bonnie Marshall	(805) 523-2428 (805) 558-9312 (805) 552-9934 (805) 497-4587 (805) 490-8601
Range Captains	Keith Murphy	(805) 558-9312
Editor	Robert Luttrell	(805) 490-8601
CVA Answering Service		(805) 530-1339

Reminder

Saturday October 5th
Is Range Beatification Day
Please come out and give us a hand

Election results are this Sunday
at our club meeting , if you
haven't mailed in your ballots
Please bring them and they will
be counted



Conejo Valley Archers
P.O. Box 3982
Thousand Oaks, CA 91359

*Remember with the
time change next club
meeting will start at
11:00 AM*

Reminder: Range Beautification Days
are the 1st Saturday of even months

