



Mt. MADONNA BOWMEN NEWSLETTER

Winter 2007

Presidents Message

The last three months have been slow on the archery range. We returned the Bug Shoot targets to be repaired and ready for the shoot in July. Club shoots have taken place at Predator Archery's indoor range. Several members are getting ready for the big tournament in Las Vegas. The club purchased twenty new hay target bales for the range. Insurance for the range was renewed and we will renew the archery range permit with Santa Clara County Parks in this month. Rich Sandkuhle

Range Maintenance

Not much work was done on the range last fall. We will probably need to do some grooming of the trails after the December storms. Several archery range shooting lane issues have been identified and will be addressed by summer. Improvements include installation of several back stops to protect archers from stray arrows near shooting lanes, several new bow racks and hay bale replacement on the practice butts and on several targets...

Club Shoots

We had a couple of indoor club shoots at Predatory Archery in November and December. Attendance was low. Indoor shoots are good practice for all archers. I find indoor shoots allow me to really focus on mechanics of shooting a bow which help in becoming a better archer. Weather permitting we should be able to have monthly club shoots at the range for most of 2007.

Bug Shoot

We are already planning for the 2007 Bug Shoot on July 21st. Bug targets have been repaired and will be delivered in March. Target repair is ahead of schedule from previous years. Curtis has started advertising for the 2007 Bug Shoot by getting shoot dates in the CBH/SSA (California Bowhunters Association) news letter. Plans are being developed to identify all Bug Shoot activities. The planning includes identifying key issues that need to be completed so that this year's shoot is better than last year. One area of focus is improved food service at satellite locations on the range. Members are providing excellent suggestions on how to improve this shoot in 2007. Suggestions for areas of improvement are always welcome.

Regional shoot for 2007

Mission Trails Bowhunters Association has scheduled the following regional shoots for 2007:

Type of shoot	Date	Location
Unmarked 3-D:	March 11 th	Mt. Madonna.
Field and Hunter Round:	October 14	Kings Mountain
900 round: September 2, 2007 at Black Mountain		
Indoor Regional 450 Vegas round:	December 8 ^t or 9 th	Predator Archery Santa Cruz, JCA Archery Salinas, or Palo Alto.

I encourage all archers to support regional shoots. This activity provides a great opportunity to visit other ranges in our region and shoot different types of archery events. The 900 round at Black Mountain is a new regional event this year.

Tips from the Master

This time of year most people start feeling the pains of cabin fever. For some of us the indoor leagues help keep our skills honed. Others however are about to embark on that journey called "long time since I shot my bow". If you have not shot a bow in several months then hopefully these tips will keep you from getting frustrated the first few times out.

Your muscles have not been used for quite some time and they are going to need to be strengthening and retaught. The best way to do this is to start slowly. Try shooting less quantity of arrows per session than you usually do. It will take a few sessions to work up to the volume of arrows you usually shoot. This will keep soreness and frustration from appearing.

We must remember that much of our shooting proficiency is built around muscle memory. The first few sessions can be frustrating because the mind expects our shot to be steady and consistent but the body does not cooperate. Archers need to take more time shooting at a blank bale at short range. This will help your body to relearn the shot sequence that already exists in your head.

Another good tip is to examine your equipment. Some of the items you want to check are rusted bolts and components (usually the last time we shot this time of year it was raining), string and cable condition (also check cable slide for any rough surface) and make sure quiver, bow, and case are free from insects, webs, or bugs.

For those of us that have shot for many years it is not difficult to relearn the shooting sequence. We do want to "take it easy" the first couple of time and keep from getting frustrated. My best tip of all if you have not shot in several months is not to gamble right off the bat.

Michael J. Pierce

NFAA master coach Level IV

"REMEMBER, IT'S ONLY A GAME"

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