



Target Tattler

Target Tattler?

Last month, the Chicago Park District Archery Association, CPDAA, published the first edition of the Target Tattler since April 2004. In order for our club to continue to grow, it is important to maintain an open line of communication amongst the members. The Target Tattler is the club's means of communicating all club events, news, projects, membership information and fun facts about archery to members. It is our goal to publish a new version of the Target Tattler each month.

As you recall, the first edition of the Target Tattler summarized the Summer Ending Club Meeting. In the upcoming editions, additional information will be provided about each topic discussed. We encourage all members to notify Warren Levin of any questions or concerns that may be discussed at future club meetings.

In this edition, you will find Lincoln Park Archery Club's 2009-2010 Indoor Tournament Schedule as well as the Fall/Winter Clinic Schedule. We encourage all members to take part in these events and support your club. While the Indoor Tournaments are shot at the close range of only 20 yards, it provides near-perfect practice for our hunting members as well as a manageable distance for beginners and casual shooters alike. Meanwhile, the Clinics are events that often turn into family fun or casual outings by many. Additional information about all tournaments and clinics are included in the following pages. We hope to see you there!

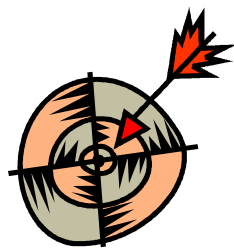
Additionally, we are introducing new sections such as the Member's Garage Sale and Coaching Tips. The Member's Garage Sale is a place where you can advertise various items that you are trying to get off your hands. Steve Ruis, author of Coaching Tips, provides tips and advice to archers of all experience levels. Be sure to check the Coaching Tips section in every edition.

2009-2010 Fall/Winter Clinic Schedule

Do you know someone who might be interested in learning about the sport of archery?

After several years' absence, Lincoln Park Archery Club is pleased to once again offer Indoor Archery Clinics at Pulaski Park. There are five (5) clinics, as scheduled below, that provide children and adults the opportunity to learn about the sport and art of archery. In these clinics, participants will learn about equipment required as well as basic archery skills. These events are great social events and make even better family activities. These clinics are FREE and open to the public. Archery equipment will be provided by LPAC.

Pulaski Park is located at 1419 W Blackhawk at the intersection of Blackhawk and Noble streets.



Saturday, December 19; time 11am to 1pm
Saturday, January 16; time 11am to 1pm
Saturday, February 13; time 11am to 1pm
Saturday, March 6; time 11am to 1pm
Saturday, April 17; time 11am to 1pm

All Dates are Tentative on Park District approval.

Special points of interest:

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- *Coaching Tips, Page 3*
- *Member's Garage Sale, Page 4*

2009-2010 Indoor Tournament Schedule

The Indoor Schedule is official. We have done our best to coordinate our shoots with other area archery clubs. These tournaments will be open to all who are interested.

A \$10.00 donation per archer is appreciated prior to the first official shot for score.

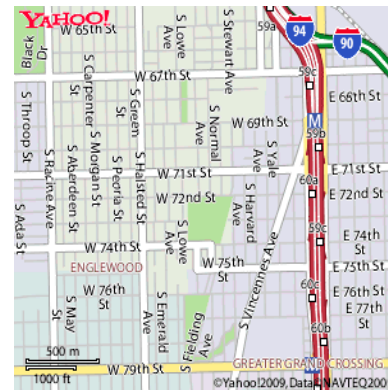
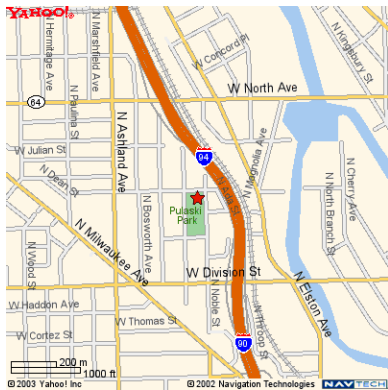
Doors will open at 9:00am. Open practice begins at 9:30am. The first official shot for score will take place at 10:00am. Schedules are subject to change. We will attempt to communicate all schedule changes in advance via email and Target Tattler.



- Sunday, November 8, 300Rd at Hamilton Park (CAC)
- Sunday, November 29, 600 Rd at Hamilton Park (CAC)
- Saturday, December 19, 600 Rd at Pulaski Park (LPAC)
- Saturday, January 9, 300 Rd at Chicago Bowhunters (CBH)
- Sunday, January 17, 600 Rd at Hamilton Park (CAC)
- Saturday, February 6, 300 Rd at Pulaski Park (LPAC)
- Sunday, February 28, 600 Rd at Hamilton Park (CAC)
- Saturday, March 27, 300 Rd at Pulaski Park (LPAC)
- Saturday, April 10, 300 Rd Championship at Pulaski Park (LPAC)

Pulaski Park is located at 1419 W. Blackhawk at Noble (East of Ashland/ West of I-90/I-94).

Hamilton Park is located at 513 W 72nd St at Normal



Chicago Bowhunters Events



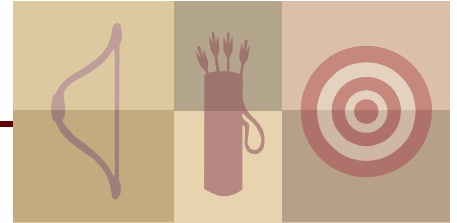
Chicago Bowhunters JOAD program will be hosting an indoor 450 Round "Fun Shoot" on Saturday, November 7, 2009. This event is open to all Adult and Youth Competitors. Participation is limited to a total of 40 archers, therefore **pre-registration is required**. Full details of this event and pre-registration may be done at www.chicagobowhunters.com. There is a tournament fee of \$15.00. To commemorate Veteran's Day Weekend, all veterans of the Armed Forces will shoot FREE.

ChicagoBowhunters is hosting its 3rd Annual CPDAA v. CBH Shoot on Saturday, January 9, 2010, from 7:30am - 1:00pm. This is a FREE shoot and will be a friendly competition between the members of these two clubs. The sole purpose is to enjoy the camaraderie of our fellow archers. CBH has won this event for the first two years. Chicago Bowhunters won the 2009 event by only 5 points. Chicago Park District Archery Association needs full participation to win this year's Bragging Rights. Come on out and have some fun with us! For more information: www.chicagobowhunters.com.

*Chicago Bowhunters is located
at 320 Charleston Drive in
Bolingbrook*

On January 16, 2010, Chicago Bowhunters will be hosting the 2010 Illinois JOAD Indoor State Championship from 9:00am to 2:30pm. The Tournament Fee is \$20.00. **Pre-registration is required**. To reserve your spot on the shooting line, please pre-register at www.chicagobowhunters.com. This event will be a 600 Round, followed by an Elimination Round in which all shooters will be seeded and will compete separately. Medals will be awarded at the conclusion of the event.

Coaching Tips



Talk To The Target, Please!

By Steve Ruis

A coach's first goal is to get an archer to a level of proficiency that the feedback they are getting from the target is indicative of what they are doing. At that point, an archer needs to learn, in essence, how to have a conversation with the target. This may sound a little weird, but there is an ongoing dialogue between a competitive archer and his target. Here is how it goes.

Let's say you are working your way through a field round and you are shooting quite well, but for some reason, your arrows start hitting just below the five-ring, where they were grouped nicely on the center before. The question you have to answer now is: "Is it me or is it my equipment?"

To break this down, a number of things have to happen. First you need to evaluate whether you have been making good shots. This comes in two parts: the first being your ability to feel whether your shots have been solid or not which comes from paying attention to each shot. Most accomplished archers can "replay" their most recent shot in their minds to see if anything felt incorrect. The second part is you need to keep track of your most common form and execution flaws (hopefully a short list) and then you go down that list from most probable cause to the least. Did I drop my bow arm on that shot? Was my wrist too high? Everyone has their own lists for missing high, low, left, and right.

If you can identify a form mistake, you need to concentrate a bit more on doing that thing correctly, but just a little bit and see if that fixes the problem. If you focus too hard on one form element, others will go awry on you and now you have another problem.

If you have eliminated yourself as the cause, the next thing to check is your equipment. Again, you need to keep checklists of equipment causes of missing high, low, left, and right. You also need to check your bow to make sure nothing has loosened and moved around. For low misses, the cause could be your string has stretched or your rest has moved down, or your nocking point has moved up, etc. All of these things you need to be prepared to check.

For a single miss, if you can't figure out what happened you have to focus on making your next shot a good shot to see if you just had an inexplicable miss or you are grouping in the wrong place. This can be costly during a competition.

Talking to the target out loud can get you a reputation, but talking to your target in the privacy of your own mind can make you a better archer.

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

Range Etiquette

As we transition into the Indoor Shooting Season, now is a great time to review some Safety Rules to follow while at the range.

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.

1. Make sure the line and range are clear before shooting.
2. Be careful when pulling your arrows. Make sure no one is standing behind as you are pulling. You could put an eye out!
3. Do NOT shoot straight up or at another person. Should this occur, you will be asked to leave the range.
4. All archers must shoot from the same line. Majority rules.
5. When others are at the range, shoot at a distance where you can consistently hit the target. Other shooters should not be inconvenienced while you look for arrows.
6. Communicate with your fellow archers. Be courteous to one another. Ask relevant questions, etc. to insure that safety and enjoyment of the sport can be shared by all.
7. Have Fun!

Members 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.

*Redhead Carbon Fury "4560" Arrows
Quantity: 12
Length: 28"
Price: \$20.00 obo*

These arrows are fully assembled and have not been used. Still in Redhead box.

*Contact: Troy Pringle
Email: typhoons@comcast.net*

*Fred Bear Archery Grizzly Recurve Bow
Length: 56"
Draw Weight: 45 pounds
Draw Length: 28"
Price: \$50.00 obo*

This Bear Grizzly was used during the summer and start of the fall season of 2007 only. It is in beautiful, like-new condition. Bow sack and arm guard included.

*Contact: Troy Pringle
Email: typhoons@comcast.net*

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.

HAPPY HALLOWEEN



Just a reminder that LPAC President, Warren Levin, will be contacting you about Membership Renewal and Clubhouse Key Exchanges. More information will be provided by Warren over the next few weeks.