



TARGET TATTLER

Chicago Park District Archery Association

Volume 4

December 2009

Hunting Expeditions By Paul Sanpedro

This picture is my first deer taken with a bow. It's a four point buck with a relatively huge body size. It has been three years since I started bow hunting. The first two years have been full of disappointing and exciting memories that I would remember forever. I learned a lot from my mistakes and I have been always trying to do the right thing when I am out in the woods. I know I still have a lot to learn.

This buck was crossing the trail about 50 yards from my tree stand. He was following the three does and a buck I saw about 15 minutes earlier. He was too far from me that I decided to blow the estrus bleat call. I did it once. He turned back and made a turn toward the trail leading to where I was. Of course, I was already excited the moment I saw him. When he turned coming to me, I became so very excited that I was so scared to move. He kept coming, and now I was thinking how I would draw my bow without driving him away. I noticed a tree that he was going to pass by. The moment I could not see his head because of the tree trunk, I knew he couldn't see me either. So, I drew my bow and made the shot at 22 yards when his body was in view.



It was one of the most exciting and satisfying hunting experiences I've ever had. I know I will be out there in the woods again to admire and experience being close with this beautiful creature.

Range Etiquette

Safety is always top priority! Therefore, it is extremely important to follow these Range Rules, communicate with your fellow archers and exercise common sense.

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!



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Upcoming Events

- Saturday, January 9: CBH v. CPDAA 300 Rd @ CBH
- Saturday, January 16; FREE Clinic @ LPAC (Pulaski Park)
- Sunday, January 17: 600 Rd @ CAC

Club Locations

Chicago Archery Club (Indoors)
513 W 72nd St at Normal Ave
(Hamilton Park)

Chicago Bowhunters
320 Charlestown Drive
Bolingbrook, IL 60440

Lincoln Park Archery (Indoors)
1419 W. Blackhawk at Noble
(Pulaski Park)

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.



7 Habits of Highly Effective Archers

Always practice as if you were in a tournament. Perfect practice makes perfect. If you get sloppy when you practice, you will shoot sloppy at the tournament. If you can't learn to concentrate during practice, you won't be able to concentrate at the tournament.

Forget past mistakes. One of the most important strategies of champions is the ability to forget their mistakes. The more you think and visualize the good shots, the more likely it will happen again. When you shoot a bad shot, get over it and move on quickly. Visualize the next shot. Feel free to feel good when you make a nice shot. Make mental notes about the shot.

Maintain positive self-talk and imagery. To be a champion you must use your inner mind to guide you. Think positive thoughts and imagine what a good shot would look like. Think positive thoughts. Focus on making the perfect shot. Learn to concentrate and focus quickly.

Practice being mentally tough and focus on the match. Many top shooters learned to develop a mental program to occupy their mind. Don't over analyze each shot. Rely on muscle memory and concentration. Develop a mental program consisting of a series of conscious thoughts to follow throughout the shot. Discipline is key. Stay focused. Don't think about winning or losing. Stop your mind from drifting away.

Enjoy the pressure of competition. To have fun and succeed, you will have to love the pressure of competition. Anxiety, nerves and pressure are all normal and positive feelings. Just focus and take your best shot.

Shoot your average. You can't expect to do much better than your average practice session. You must learn to be consistent. Don't try to shoot better or stranger than normal. Your arrow will go in different places. Don't try to shoot better when you are behind and relax when you are ahead. Just shoot your same old shots in the same old style. Take it one shot at a time, like the way you had always practiced and good shots will come.

Be prepared for anything. To be successful, you must be prepared for anything that could happen. Make sure you are prepared mentally and physically. Anticipate and prepare for equipment failures, changing weather conditions, etc.



Resource: <http://www.archerynetworkforums.com/>

Basic Scoring for a 300 Round

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.

In a 300 Round, an archer has the choice of using either a 5-spot target (top) or a NFAA blue and white target (bottom). To prevent damage to arrows, many experienced compound shooters prefer the 5-spot target. Even so, the NFAA blue and white target is available to all archers.

A 300 Round consists of 12 ends of 5 arrows apiece with a total of 60 arrows shot by the end.

For those archers using the 5-spot target, scoring is done using the 5, 4 format from the 5-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 NFAA blue and white target, scoring is done using the 5, 4, 3, 2, 1 format from the 5-ring out scoring each ring as indicated.

For most sanctioned tournaments, there are often two scorekeepers. One will call out the scores for each arrow while the target captain makes the final decision for borderline shots. Both scorekeepers are selected prior to the first shot. Each archer is ultimately responsible for seeing that his/her arrows are scored correctly.





Shoot Results

600 Round at Chicago Archery Club

We had an outstanding turnout for the 600 Round shoot at Chicago Archery Club on November 29. Every target was occupied as 15 shooters took the line at the opening whistle. In addition to our frequent attendees, we welcomed the company of Fran DiCarlo, Rich Toblesky, Robin Kuntz, and Bill Latoria.

Recurve Shooters:

FITA Men
 Tom Havel 529

FITA Women
 Fran DiCarlo 509

Compound Shooters:

Free-Style Pro Men
 Bill Munson 598

Free-Style Unlimited Men
 Tom Daniel 583
 Jim Power 567
 Paul Schuerings 566
 Jim Hoffman 563
 Troy Pringle 554
 Bill Latoria 529
 Peter Taylor 520
 Rich Toblesky 514
 Wayne Hockett 396, DNF

Free-Style Unlimited Women
 Robin Kuntz 497

Senior Free-Style Unlimited Men
 Warren Levin 554
 Reginald Thompson 497



Shooting line, Nov 29 @ CAC



Marlon Bohlak and Steve Ruis
 at December 19 shoot at
 Pulaski Park

**You DO NOT have need a paid
 Pulaski Park Archery Range Pass
 to participate in a scheduled
 shoot. All LPAC, CAC and CBH
 archers are welcome to
 participate. A \$10 donation to the
 club is appreciated.**

600 Round at Lincoln Park Archery

This was the 2009 opening shoot at Pulaski Park for Lincoln Park Archery Club. This event was highlighted by a new personal high score, 554, for Troy Pringle and a remarkable 599 by Bill Munson. Thank you to all who attended.

Recurve Shooters:

Senior Male Barebow
 Clyde Thompson 476
 Steve Ruis 318

Barebow
 Marlon Bohlak 331

Compound Shooters:

Free-Style Pro Men
 Bill Munson 599

Free-Style Unlimited Men
 Jim Powers 564
 Troy Pringle 554

Senior Free-Style Unlimited Men
 Warren Levin 551
 Reginald Thompson 434

Following the December 19th shoot, Lincoln Park Archery Club held it's first free clinic of the season. This event was sponsored by Pulaski Park and was open only to area residents. The clinic was a very successful event as roughly 50 children and adults attended to learn about the sport of archery.



The next FREE clinic is scheduled for Saturday, January 16, 2010. It will be open to the public. All clinics begin at 11am and last until 1pm.

Member's Garage Sale

Items Advertised:

2

Items Sold:

2

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.

Easton Arrow Cutter

Mounted & Ready to go

Includes:
2 extra blades
& Shims

Price: \$49.00

Additional pictures & information
available upon request

Contact Eric Matrejek
ematrejek@ameritech.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.

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"
Draw 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



For additional information regarding these Hoyt and PSE bows, please contact Jim Powers by email: jimbow@sbcglobal.net.

www.lincolnparkarcheryclub.org

Happy
Holidays