



WELCOME TO THE 2009-10 CSULB ARCHERY CLUB

To all returning Club and Team members, thank you for the past year, and to the people just joining us, welcome to the **Long Beach State Archery Club**, the longest continuous college archery program in the country.

Where We've Been

This past year saw the largest team in several years, at Long Beach State and we were fortunate to have competitive, dedicated, and enthusiastic team members. Your coaches were very pleased with the enthusiasm and rapid development of your archery skills as well as the continued improvement of the skills of the returning members. Everyone posted and then bettered personal bests all year long.

Your performances gave LBSAC a solid First Overall at West Region and 11 of the 32 medals. That same dedication and enthusiasm earned us 6th overall – out of 41 schools – at USIAC. And speaking of USIAC – what an experience! The biggest event at CSULB in many years and really went off without a hitch. Kudos to Chad and the whole team for all the hard work.

With all this hard work you all put in, the respect for our “name” and team has changed. This change is for the better, not only for the people on campus, but for clubs across the nation. We were asked to be part of the conference that CAP had in Vegas this last February. We had two representatives at the conference in Berkeley in June. Chris Krause, in his last year of eligibility, took one of the All-American spots. Then, too, Coach Mike was voted Coach of the Year for the West Region. And Coach and Past President Chad is very active in the College Archery Program.

What's Ahead

Of course we want to retain our Region's First Overall and we would like to see LBSAC move up a notch or two at USIAC (this year it is at Texas A&M). These goals will require the team to collectively develop more skill.

Coaching this year will continue to be done by Mike and Chad. They will both work with the whole team, as well as with individuals and divisions. Your individual skills and abilities will be developed and brought together to build the best team ever.

This will be one of the first years that we have had so many returning team members though we have lost two of our top-placing compound men's team. With more returning members there is less of need to work on the basics, allowing us to move to more advanced training. Having done so well last year, we now want the team to reach for the next level. Our goal is to make our team more competitive in the West and in the nation. To advance toward achieving that goal, we will be focusing on Training.

Training will be in several areas, to the best of your coaches' abilities:

1. Instructor Training – Level 1 and possibly Level 2 NA Instructor Certification for the primary purpose of instructing new club members;
2. Strength Training – Development of the muscles used in the shot process as well as core muscles for developing general physical conditioning;
3. Warm Up and Stretching Training – Developing warm-up and stretching routines for the purpose of preparing the muscles for the work they are to do and to reduce the potential of injuries;

4. Nutrition – Not training so much, as providing information for an energy balance for life as well as competition;
5. Practice – Including blank bale, specific distance, team, and head-to-head competition, using shot trainers, static straps and stretch bands as well as your archery equipment.

Handouts outlining each of the training areas will be posted on the Club's website for downloading and printing. Some will be available during practice as well.

How Does One Make the Team?

For new club members, you probably have questions as to how to become a member of the Team. Of course, we need commitment. You must show up to practices regularly, be able to attend tournaments (three of which are out of town), carry a full academic load with an average GPA of 2.0, and, of course, be at an adequate skill level. As to skill, there will be a tryout day or two, usually around the end of October or mid-November, where you will have to shoot a 300 round at 18 meters or we will use the "spot" scores, described below. Based on your score and effort put forth, you will be ranked. This ranking will be used to fill the available spots that the club board puts forth (e.g., If the board gives four spots for each division in the team then we place the top four into these spots.). There are four divisions, men's and women's recurve and men's and women's compound. A "full" team is 12 individuals – three in each division.

Team Practice

If you have aspirations to be a team member, you will need to be able to schedule an appropriate amount of time to put into practice. Your coaches would like to see three days of formal practice a week.

Skill development takes practice – lots of practice - quality practice. As last year, our practice days will be Tuesday, Thursday and Fridays from 1 to 5 p.m. Your coaches' goal is for you to shoot a minimum of 90 arrows per practice day – The session should be broken into three parts – blank bale for form and execution; sight set off,, for mere groups; and spots for score. Each part would be 30 arrows, in proper rhythm and keeping score on the spot shoot. A 90 arrow practice in this format requires 1-1/2 to 2 hours. Why 90 arrows? The purpose of shooting more arrows than is required for a tournament is to develop the stamina necessary to keep you going strong through to the end of the tournament.

Then, each Friday, the "spot" shoot will be a competition – each shooting for score – fifteen 3-arrow ends (total 45) at 18 meters in the fall and 50 meters in the spring. This will be handicapped, so those making the most improvement will fair better than those who shoot the same all the time – awards will be given out at the end of each semester.

We will focus on the BEST technique as set forth in the Total Archery Book Series. Both of your coaches have the latest edition: Total Archery – Inside the Archer and we will be utilizing the techniques described in the book. (If you are interested in acquiring your own, they are available from AstraArchery.com for \$65 plus shipping).

In closing, we want to give our whole support to Chad as he becomes more and more involved in the College Archery Program.

GO BEACH