



To The Point

Stories in this Newsletter

September 2019



BC Outdoor Championships



Coaches Week Sept 21-29



2020 Indoors & 3D Championships



TOP Clinic

Did you know...

...resting is an important part of training? It allows your body and mind to fully recover.

A rest period is a combination of complete rest with low intensity exercise (active recovery). When we exercise and/or compete, our muscle fibres can be damaged. Active recovery strategies improve the circulatory system to remove those cellular by-products. Try going for a walk after training/competing on the range or gentle yoga.

During your rest period between Outdoors and Indoors, include some full rest days but also incorporate some light cardio exercise and then depending on your seasonal goals, add in your strength and core building strategies.

Use your break wisely. Plan your goals and return refreshed!

BC Outdoor Championships and AGM—results

Congratulations to the 57 athletes that came to Prince George to participate in the BC Outdoors! [55 medals were awarded](#) to the competitors & [29 records](#) were set / broken.

The fun-mixed-team event was a hit again this year! Based on participant feedback, we are looking into modifying the event so that teams are more equally matched, and to reduce the amount of time it takes to complete the event so that athletes aren't so tired. Thank you to Silvertip Archers for providing the awesome prizes for the winners—etched-glass mugs—and for hosting the event again this year.

BC Archery is still looking for a club to host the BC Outdoors for 2020. If your club has what it takes, and is interested in having the province come to you, please submit your [bid](#) ASAP.

Elections were held at the AGM. Most positions were filled by the returning incumbent. BC Archery would like to welcome Stu Murray to the Board as the new VP-Technical. Stu is a certified Provincial Judge in all disciplines and brings a vast amount of experience from his “day job” that will help the association build and update policies that will benefit our members. Rick Scammell remains with the association as Judge Chair and looks forward to improving our current program. For more information on what happened at the AGM, please refer to the [draft minutes](#).

Coaches Week is almost over!!!

September 21-29, 2019 is National Coaches Week, a time to celebrate the tremendous positive impact coaches have on athletes and communities across Canada. This week is an opportunity to recognize coaches for the integral role they play by simply saying #ThanksCoach.

Did you enter the [contest to win \\$1000](#)?

Have you taken advantage of [free online PD courses](#)? Or signed up for a [reduced cost MED course](#)?

What are you waiting for? (did you see the word “free”?)

2020 Championships

Open up your calendars and enter these dates:

BC Indoor Championships—to be hosted by Cariboo Archers in Williams Lake, April 10-12, 2020 (Easter weekend)

BC 3D Championships—to be hosted by Cranbrook Archery Club, June 6-7, 2020

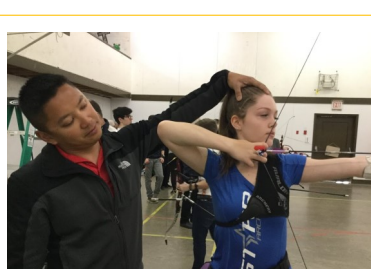
Details will be posted to the website in the new year.

BC Archery is still looking for a club to host the BC Outdoors for 2020. If your club has what it takes, and is interested in having the province come to you, please submit your [bid](#) ASAP.

TOP ID Camp coming to Abbotsford

Hey all youth recurve athletes! Are you looking to take your competition to the next level? Sign up for the AC Top ID Camp. Open to Recurve athletes and coaches of recurve athletes. October 26 & 27 in Abbotsford.

Space is limited. Find the [details](#) on the [Calendar](#) page of our website.



Targeted Athlete Program

The new [Targeted Athlete Criteria](#) for the [CSI/Pacific Sport Targeted Athlete Program](#) has been released. The criteria are based on the current year of activities. The program is open to both recurve and compound equipment categories.

Please submit your applications before the deadline of Nov 15th! Notifications to athletes and their coaches will be sent out by the year end.

Attn Club Boards / Administrators: new requirements for Clubs

As clubs plan to renew their affiliation with BC Archery, club boards/administrators should become familiar with the new requirements to be accepted as a BC Archery affiliated club. All the details can be found on our website on the [Club Resources](#) page.

Clubs must have at least 2 Safety Officers and/or certified Judges that are willing to sign off on an acknowledgement of responsibility. If a Club wishes to host the BC Archery JOP program, there must be a coach with a minimum certification of Instructor of Beginner Archers that oversees the program (MUST have MED). Clubs must ensure that anyone working with and/or instructing/coaching youth or vulnerable adults have a current, clear Criminal Record Check on file. Clubs are encouraged to adopt and implement BC Archery policies.

Please ensure that you have completed and included all required documents and that your named SOs/Judges/Coaches have submitted their 2020 renewals. Failure to ensure all requirements are complete will delay the processing of your Club application.

BC Winter Games 2020

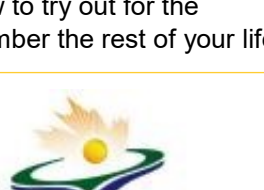
The BC Winter Games are less than 5 months away. Coaches for each Zone have been selected and notified, and should be organizing Zone Trials to be held no later than December 8th. Info about each Trials date/venue will be posted as they are confirmed.

Clubs: as you start shooting indoors again, encourage your eligible athletes to compete at the Trials.

If you are an athlete born in 2003-2005 and shoot Recurve, Barebow or Compound, watch the newsletters and website for more information on how to try out for the Games. Check with your coach. It's an experience you'll remember the rest of your life.

55+ Games, Kelowna

Another year is in the books, with 57 competitors—a new record attendance for archery. The Games provided friendly competition, fun events, and good weather.



[Results](#) [Photos](#) [Games Website](#)

Next year's Games are in Richmond and we are looking for a volunteer from the area to be the Sport Chair and help with some organization and attend the local meetings. If you can help, please contact [Rick](#).

ISPARC upcoming events

ISPARC is offering the following events which may be of interest to our members:

Aboriginal Coaching Modules—Northeast Region—October 4th
Topics include The Holistic Model of Coaching, Improving coach's understanding of and ability to apply Indigenous culture to coaching, and Racism in Sport. Open to coaches, community leaders and those working directly with Indigenous youth.
[More information and link to registration.](#)

Archery Competition Camp—Fraser Region—November 2 & 3
High-level development camp for athletes wanting to improve their skills to compete at NAIG or BCWG. Open to Indigenous youth aged 12-17.
[More information and link to registration.](#)