



# To The Point

Stories in this Newsletter

October 2019



BC Winter Games Trials



Targeted Athlete Program



TOP Clinic



Coaching Clinics

## Did you know...

...nutrition is just as important in the off-season as it is during competition? As the weather gets colder we tend towards comfort foods, many of which are heavy and calorie-laden. Often we don't think about our diet and how it may ultimately affect our performance. It's ok to indulge in holiday food and beverage offerings, but be sure to not overdo it—it's not so easy to get your body back to a competition-ready state. To help you through your rest period, take advantage of the many resources out there pertaining to sport and nutrition. Consider watching webinars from the [Canadian Sport Institute Speaker Series](#) which cover nutrition and many other beneficial topics. Coaches, take advantage of the [NCCP course on Sport Nutrition](#) and earn 5 PD points. Remember that Hallowe'en treats are just that—a treat!

## BC Winter Games 2020—Trials info

The BC Winter Games is being held in Fort St John, February 20-23.



In order to be eligible to participate in the Games, athletes must be Cadet-age in 2020 (born in 2003, 2004, 2005), shoot in the Compound, Recurve or Barebow equipment categories, be a BC Archery member in good-standing (did you renew your membership yet?) and compete at a Trials event.

Trials dates (Nov24, Nov30, Dec1) have been set for 7 of our 8 Games Zones. If a competitor is unable to attend the Trials scheduled in their zone, they may attend in one of the other Zones. It is important to note that you may attend more than one Trials, but the only score that counts toward Team selection is the score for which you "declare" your intention at the beginning of the trial-event by submitting your Athlete Info form.

As per the Technical Package, all athletes must wear an arm-guard at the Trials and, if selected to the Team, at the Games.

Once all the Trials events have been held, scores and athlete info will be compiled and the Team will be selected. The Team will be announced prior to December 31st.

For all the info you need about the Games and the Trials, [visit our website](#).

## Targeted Athlete Program—deadline November 15

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 15<sup>th</sup>! 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** (use this [helpful checklist](#)). Failure to do so will delay the processing of your Club application.

## JOP News

Any clubs interested in hosting the JOP program must have at least one certified coach IN GOOD STANDING overseeing the program. Minimum acceptable certification is Instructor of Beginner Archers. Please see the [policy](#) for more details.

Olympian Report:

**Royal City Archers:**

Matthew Laljee Oly/250

**Semiahmoo Fish & Game Club:**

Paulene Narvaez Olympian

**Silvertip Archers:**

Liam Bennett Oly/280

**Sosa Archers:**

Nickolas Trakalo Oly/260

If your club is interested in hosting either the JOP Indoors or JOP Outdoors for your zone, please submit your [bid](#) for consideration by December 15th.

JOP Mail Match is starting with the October score.

If your club has a new JOP Coordinator, please [let us know](#) so that we can ensure you get all the info about events and certificates.

## TOP ID Camp 2019



A total of 14 athletes (11 BC, 2 YK, 1 AB) and 10 coaches attended the TOP camp in Abbotsford the last weekend of October. It was great to have the National program coaches Shawn Riggs and Joan McDonald working along side our B.C. coaches to develop athletes to feed into the Archery Canada Recurve Athlete Pathway. Great to see our next generation of high performance athletes on their way!

## Instructor of Beginner Archers coaching clinics

November seems to be the month for coaching clinics! There are 3 clinics being held in the next 6 weeks, and there is space for more attendees in all of them! This is a great way to ensure that your club's JOP program can continue, and also help out with adults at your regular club nights or for try-it events. Visit the [Coaching Clinic](#) page for more details and info on how to register.

Victoria Bowmen November 2 & 3	Kelowna Fish & Game November 23 & 24	Cariboo Archers December 14 & 15
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## BC Outdoors 2020

SOSA Archers in Oliver has stepped up to host the 2020 BC Outdoors. The 720-round and match-play event will be held on a school field in town, and the Field round and AGM will be held at the SOSA range.



Labour Day weekend, September 4-6, 2020

## ISPARC upcoming events

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

**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.](#)

**Archery for Beginner and Advanced athletes—November 7 & 8**

Quamichan Middle School. Open to Indigenous youth age 9+.

[More information and link to registration](#)

**Intro to Archery—November 14th. At Island Métis. Open to Indigenous youth age 9+.**

[More information and link to registration](#)