

The Cub Run Archers Newsletter

August 2019



The Cub Run Archers club is a member of the Arlington-Fairfax Chapter of the Izaak Walton League of America.

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Upcoming Meeting

Next Monthly Meeting: September 8, 2019, 11:00am.

Notes from last meeting

President : Next meeting Sept. 8th. Please get on the list by contacting Bob Walla if you want to attend the crab feast which will be held after the October meeting.

Membership Concerns: An arrow was found embedded in the air rifle range. We are not looking to punish anyone but we need to practice safe drawing. If you see someone sky drawing say something. Oct. 19th will be a deer skinning and butchering class. Contact Mark Gauntner. Marvin is seeking a \$50 donation for chairs. Approved.

Range Officers Report: 3 blocks will be purchased in the next few months. 2 more Rhinehart Walls will be added as well.

Tournament Director/Vice President: The Buckbuster shoot will be on the 25th. The Hunters for the Hungry benefit shoot will be at NORVA on the 24th.

AFC Archery Director: August 24th Indoor Tournament. RO training after the September meeting.

VBA Representative: Sept. will be VBA Shoot scheduling. We need to decide on our shoot dates. Bakari Dale has asked us to host a State Indoor shoot.

New Business: Elections. Dan Roberts nominated for Indoor Director.

Officers elected: President Bob Walla, Vice President Dave Burke, Secretary Bob D'Imperio, Treasurer Jim Kerrigan, Range Captain Fred Ansick, Indoor Director Dan Roberts, 3D Director Ryan Johnson, Youth/PR Director Keith Werner, Social Director Terri Perry.

New baseline of CRA account balance will be \$6500 by year end. We will take bids to have a fence built on trail to Station 15. There will be an Eagle Scout project to clean up the flag pole area.

VBA State Closed



**The Massanutten
Archery Club is
proud to host the**



2019 VBA STATE CLOSED

FIELD, HUNTER, ANIMAL ROUND(S)

Saturday, AUGUST 31ST 2019 & Sunday, SEPTEMBER 1ST 2019

*****FOOD AND DRINKS WILL BE AVAILABLE FOR PURCHASE*****

This is a 2 day shoot and you must shoot both days to qualify for awards.

Must be a VBA Member to compete for awards, guest class open to Non VBA Members.

American Heritage Girls Fall Camporee

Dear Bob and Cub Run Archers,

The Sportsmen's Alliance Foundation has been asked to help the American Heritage Girls with their Fall Camporee at the Fredericksburg Agriculture Fairgrounds (2400 Airport Ave, Fredericksburg, VA 22401) on October 19, 2019. AHG are looking for SAF to run the archery range for them. We will be using Genesis compound bows and shooting at foam archery targets at about 10 yards. Ages will range from 9 to 17 years old. Girls will rotate in groups of about 40 every hour.

We are looking for volunteers from the local archery community to provide instruction on safety and skill for the day. Day will run from 8 AM to 5PM with a break for lunch. AHG will be providing food and drink for all those helping for the day. It won't be Alaska King Crab or Kansas City Prime Rib but you will be fed.

If you are willing to help please contact Frank at fprice@sportsmensalliance.org or call/text [614-266-7305](tel:614-266-7305). I hope you and your club members will take on this for the girls. Thank you for your consideration.

Regards,

FP

Frank Price

Sportsmen's Alliance

[614-888-4868](tel:614-888-4868)

www.sportsmensalliance.org

Youth & Apprentice Hunting Days#

Youth & Apprentice Deer Hunting Days

It is vital now more than ever for Virginia hunters to mentor and help people of all ages learn and develop as hunters. Youth and Apprentice Hunting Days are great opportunities for these experiences by allowing only newer and younger hunters to get outdoors and hunt with an experienced hunting mentor on select days throughout Virginia.#

Both resident and nonresident Youth hunters (15 and under) and Apprentice License holders can hunt on these days but must be accompanied and directly supervised at all times by a mentor over 18 who has a valid Virginia hunting license or is exempt from purchasing a license.#

- Statewide [September 28 and 29, 2019](#)

Youth and Apprentice Bear Hunting Days#

It is vital now more than ever for Virginia hunters to mentor and help people of all ages learn and develop as hunters. Youth and Apprentice Hunting Days are great opportunities for these experiences by allowing only newer and younger hunters to get outdoors and hunt with an experienced hunting mentor on select days throughout Virginia.#

Both resident and nonresident Youth hunters (15 and under) and Apprentice License holders can hunt on these days but must be accompanied and directly supervised at all times by a mentor over 18 who has a valid Virginia hunting license or is exempt from purchasing a license.#

- Statewide [October 12 and 13, 2019](#)

Youth and Apprentice Turkey Hunting Days#

It is vital now more than ever for Virginia hunters to mentor and help people of all ages learn and develop as hunters. Youth and Apprentice Hunting Days are great opportunities for these experiences by allowing only newer and younger hunters to get outdoors and hunt with an experienced hunting mentor on select days throughout Virginia.#

Both resident and nonresident Youth hunters (15 and under) and Apprentice License holders can hunt on these days but must be accompanied and directly supervised at all times by a mentor over 18 who has a valid Virginia hunting license or is exempt from purchasing a license.#

- Statewide [October 12 and 13, 2019](#) [April 4 and 5, 2020](#)

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Bob and Nick

Lightning strikes twice at 7 Springs...
Results are in at OPA and Cub Run's
own [Robert D'Imperio](#) is again 3rd place in
Sr Men's Open!!!

Like father, like son...
Nick [D'Imperio](#) finished 3rd in his division
at [Organization of Professional Archery](#)

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Bear Aware

To keep bears wild, what YOU do really matters. It starts with being Bear Aware.

Black bears capture human admiration and interest like few other wildlife species. Virginia is home to a healthy population of black bears – one of our biggest conservation success stories. Black bears are found almost everywhere throughout the Commonwealth, so it is common for people to live, work and play in bear country. It is incredibly important for people to learn the facts about black bears and to know what they can do to prevent conflicts. In this way, we can make sure we keep bears wild and coexist in this beautiful state for generations to come.

Jump to: [At Home](#) | [At Camp](#) | [In Nature](#)

At Home

Bears are attracted to food sources in residential areas. But with some simple steps, you can reduce the chances of bears making repeated visits to your neighborhood or property.

- Secure your garbage in bear resistant trash cans or store it in a secure building.#
- Keep your grill clean.#
- Remove bird feeders if a bear is in the area.#
- Don't put meat scraps in your compost pile.#
- Don't leave pet food outdoors.#

Make sure your neighbors are following the same recommendations.#

After a few failed attempts to find food around homes, bears will usually leave the area in search of natural wild foods. If necessary, VDGIF can help you identify additional attractants that you may have on your property.

At Camp

Your chance of encountering a bear while camping can be drastically reduced by following a few tips:

- Keep your camp clean.

Store the clothes you wore when preparing food away from camp.

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If you hear a bear or other animal outside your tent, make sure it is aware of you by using a firm, monotone voice. If the bear enters the tent, fight back and yell.

Bear Aware (Continued)

In Nature

In almost all cases, a black bear will detect you and leave the area before being noticed. However, if you do encounter a bear, here are some suggestions:

- Do not run. Running could prompt the bear to chase. If in a group, stay together and make sure that your dog stays leashed.#
- If the bear hasn't seen you, calmly leave the area, while making a bit of noise so the bear will not be surprised by you.#
- If the bear has seen you, back away slowly while facing the bear. Speaking softly may also let the bear know you mean no harm.#

In the unlikely event that a black bear attacks you, fight back. Black bears have been driven away with rocks, sticks and even bare hands.#

If you have any additional questions, contact the Wildlife Conflict Helpline at (855) 571-9003.

[Learn more about bears in Virginia »](#)



Virginia Big Game Contest

This year marks the 80th anniversary of the Virginia Big Game Contest. The first Big Game Contest was held on September 23, 1940 in Hampton, Virginia and was open to any deer legally harvested in Virginia prior to 1940, making this one of the oldest State Big Game Contest still in existence in the nation. On September 7–8, 2019, the Virginia Peninsula Sportsman's Association will hold the Virginia Big Game Contest at the Southampton County Fairgrounds. The contest is open to any legally bagged deer, bear, or turkey harvested during the 2018–19 hunting season from the entire Commonwealth of Virginia. For more information about the show or how to enter your deer or turkey visit the "more information" link.

- Southampton County Fairgrounds#
[25374 New Market Rd, Courtland, VA, Courtland, VA](#)

Top 10 Secrets of Shooting Better in Archery by Colin Wee



Good archers know when to coach, know when to train, and know when to shoot:

Once we were playing our game, an Archery Olympic coach came to us for coaching. A senior archer once said that “when you are shooting, you should not be coached”. Actually, during the course of shooting, one has to focus on his target. People would come to you and tease you in different ways but you need to turn deaf ear to them. Your prime motive should be your form and archery. Have you noticed that when Koreans practice archery, they do not even talk with others? Have you seen them while marching in the grounds? They know that when you are experienced, you just need to be target oriented.

Archery can be fun:

Archery is a kind of fun. If you do not make mistakes, how would you be able to learn? Positivism coupled with precision is the most important part of archery. If you do not enjoy while shooting, you can never emerge as a top form player. If your shots are missing, do not take them to your mind. Forget them and begin with new shots.

Achieve balance for proper follow through:

My Dad had always told me that push your arm directly towards your target. He was perhaps meant to say that bow arm should counter the pulling arm. He was right. Unless you do not maintain good balance of your both arms, you cannot hit your target perfectly. Remember, this technique is achieved through constant practice. Hence, never try to adopt it very fast.

Work on strong mental visualization:

Bill Wee is famous for mental visualization. Experts hold the opinion that if an athlete does not improve his mental visualization, he would never be able to achieve world class archery standards. Hence, it is necessary to improve your mental visualization.

10 tips (continued)

Know when to call it a day:

If you have muscles problems or you are hungry, you should stop shooting right away. Your bow is the performance machine. However, you should practice when you are in good form. Take an example of Japanese Kyuodo practitioner. He happened to shoot 2 arms in the whole day. Why? Just because of muscles stretching.

Shoot and die. Don't shoot ... also die. 😊

This is a famous slogan of martial arts. When you are shooting, it must be in your mind that archery is a matter of death or life. You have to display your composed gait while releasing the bowstring. Yes, there would be some ambiguous feelings but you have to focus on your targets.

Number Four: Focus on your own archery:

Archery is all about preparation. You have to prepare yourself rather than wasting your time in assessing others. Irresponsibility will lead you to nowhere. Archery demands you commitment and practice. Hence, you should always focus on your own archery.

Bring your archery training to your competition and your competition into your training:

Your practice should be composed for battling against other players in the competitions. However, you should prepare yourself for all kinds of environments. You take training not for competing against other players rather competing against certain mindsets. This behavior should be adopted during the course of training. If you take a competitor in your mind, you would never be able to compete with other shooters. Hence, always compete for certain mindsets.

Decide to win:

When you release the bowstring, it must be in your chain of thoughts that you are shooting for winning. Try to make your mind always for number 1 position. Never think that you are going to take second or third position. This perception would grossly affect your performance. Someone has rightly said that “winners never quite and quitters never win”.

There is no big secret to archery. There is no killer app:

Archery is an amalgamation of good coaching, good training, good mindset, good conditions and good equipments. Try to make relations with other archers and ask them questions pertaining to this game. They will give you different answers. Why? Because the technique worked for someone, is not necessarily meant to work for you. Hence, take suggestions from [Bill Wee](#) in this regard.

VBA Shoot Schedule

Saturday, September 07, 2019 08:00am - 12:00pm	<u>Walton Park Bowhunters "Webb Babcock Memorial" 3-D Shoot</u>	<u>Walton Park Bowhunters</u>
Saturday, September 07, 2019 08:00am - 05:00pm	<u>Bowhunters of Rockingham "Bowhunters Jamboree" 3-D Trophy Two Day Shoot</u>	<u>Bowhunters of Rockingham</u>
Sunday, September 08, 2019 09:00am - 12:00pm	<u>Manahoac Bowmen "Bowhunters Tune Up" Shoot</u>	<u>Manahoac Bowmen</u>
Saturday, September 14, 2019 - Sunday, September 15, 2019 08:00am - 05:00pm	<u>Sherwood Archers "Sherwood Jamboree" 3-D Two Day Shoot</u>	<u>Sherwood Archers</u>
Saturday, September 21, 2019 10:00am	<u>Buggs Island Fish & Wildlife Club Shoot</u>	<u>Buggs Island Fish & Wildlife Club</u>
Saturday, September 21, 2019 - Sunday, September 22, 2019 10:00am - 01:00pm	<u>Dixie Bowmen "TRAD Only" 3-D Trophy Two Day Shoot</u>	<u>Dixie Bowmen</u>
Saturday, September 28, 2019 - Sunday, September 29, 2019 09:00am - 11:00pm	<u>Staunton River Archery Club "5th Annual Joe McManus Memorial" Two Day Shoot</u>	<u>Staunton River Archery Club</u>
Sunday, September 29, 2019 08:00am - 11:00pm	<u>Kingsboro Bowmen "September Showdown Annual" 3-D Trophy Shoot</u>	<u>Kingsboro Bowmen</u>
Sunday, September 29, 2019 08:00am - 01:00pm	<u>Prince William Archers "Robert Day" 3- D Shoot</u>	<u>Prince William Archers</u>

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Announcements

Coming October 19:

VA DGIF Deer Skinning class

IWLA Archery Field House - 9:00 AM to noon

IWLA outdoor range, Deer Skinning station – noon to 3:00 PM

The instructor is Mark Gauntner.

2019 Summer Outdoor Tournament Results

Click on the link below to see the results.....

https://1drv.ms/x/s!AIEUi_uktMLOrHfIBBHojg16PMF6?e=3TfOLp

2019 Indoor Archery Tournament Results

Thanks and congratulations to all who attended the 2019 Winter STAR FITA Indoor Archery Tournament at the Arlington Fairfax Chapter of the IWLA. The final results can be found at

https://1drv.ms/x/s!AIEUi_uktMLOp2cu9ilqWX-FEO2r



CRA Newsletter

c/oRed Bourdage
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Haymarket, VA
20169

Send submissions to:
rjbourdage@
comcast.net

**Cub Run Archers
Club Officers:**

President:

Bob Walla

Vice President:

Dave Burke

Secretary:

Robert D'Imperio

Treasurer:

Jim Kerrigan

Field Archery:

Dick Reimer

Range Captain:

Fred Ansick

Indoor Archery:

Byron Kissane

3-D Director:

Ryan Johnson

**Youth Public
Relations:**

Jim Smith

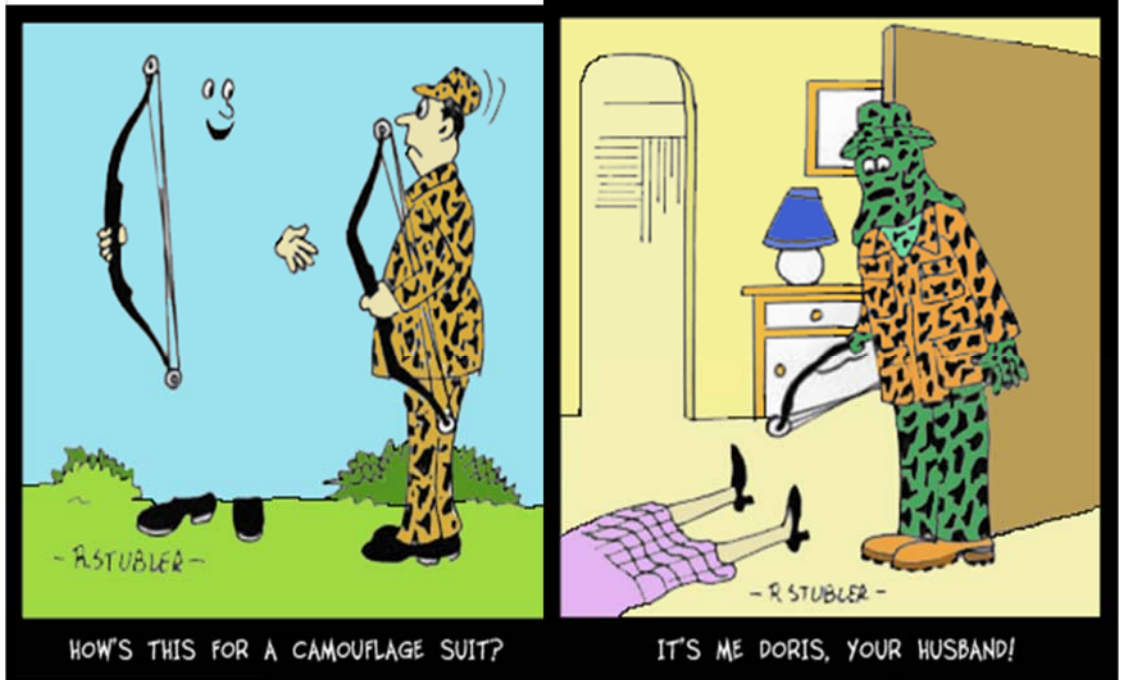
Social Director:

Terri Perry

VBA

Representative:

Red Bourdage



Please check the webpage

<https://www.cubrunarchers.org>

Or our Facebook Page

<https://www.facebook.com/cubrunarchers.org>

Won't you join us?