

The Cub Run Archers Newsletter

Winter 2022-2023



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

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<https://cubrunarchers.org/index.html>

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

**Next Monthly Meetings:
Sunday, Jan 8, Feb 12, Mar 5 11:00am**

Notes From November and December Meetings

FITA Shoot—The FITA shoot on November 12-13 was extremely successful. The timer will remain in place as it is used by JOAD and other groups.

New Member--Mike Elliott was recognized as a new member.

Next Monthly Meeting—The next meeting will be Sunday, January 8, at 11:00 am.

Director of Youth and Public Relations—Hillary LaMay was welcomed as the new Director of Youth and Public Relations.

USA Shoot--There will be a USA Archery 3D shoot next year, and Hillary LaMay will be the POC for the shoot. The new targets donated by USA Archery will be used for the USA shoot.

Indoor range—Indoor range targets are on order, and enough are on order to fulfill current needs.

Scheduled Shoots—There will be three VBA 3D shoots in 2023, and a club fun shoot a week before one of the VBA shoots.

Deer Management—The Fairfax County Deer Management program tested 275 deer, and there were zero with CWD.

The Eagle Scout Project has the requirements for the platform, but the requirements will go to the IWLA Chapter Board.

A question was asked about the platform requiring a safety inspection, and the answer was that the answer will be researched.

Dave Dobbins announced that the VBA is organizing an indoor league this winter, and the next VBA meeting is in January.

Notes

Jim Kerrigan mentioned the possibility of hosting a 2-day event with paper targets. Also, Jim mentioned that the Rinehart 3D target that was on the practice range didn't hold up well, a volunteer is working on staining the front of the red shed, the plan for the Eagle Scouts to build elevated platforms is still proceeding, and the IWLA chapter has plans to expand the indoor range.

Marv Hicks thanked all who have helped with the indoor range. Marv also mentioned that testing will continue on lighting on the indoor range, and he recommended that the club by-laws be brought up to date.

Olivia LaMay announced the schedule for JOAD activities.

Hillary and Olivia LaMay announced that the club had received a grant from USA Archery for \$5,633 to purchase 3D targets. The grant was awarded as a result of a request that Hillary had worked many

Our CRA member Susan Snider represented the USA well by placing 4th out of 17 international shooters at the Santiago 2022 Pan American Championships in Chile for Barebow Women.

First class for the 12-week Winter JOAD program will be 12 Feb, the week after the FITA Indoor tournament

- Sun 1-3pm Competitive JOAD Class
- Sun 3-5pm JOAD Class
- Wed 7-9pm JOAD open practice
- Thu 7-9pm Adult Class

Special thanks to CRA for adding a line to ensure the Collegiate and JOAD members had an opportunity to attend the FITA shoot

CUB RUN 1st. ANNUAL CHILI COOK OFF

DATE: January 8, 2023

TIME: Immediately following monthly meeting

We have 4 participants anxious to see if their chili is the best and we are looking for one more brave soul to enter their favorite recipe. Please contact Linda Riemer at lriemer@cox.net if you want to enter your favorite chili.

There could be a prize involved for the winner!!

So, come out for the meeting, stay to vote on your favorite chili, have some to eat and see who the best chili cook is at Cub Run.



STATE OF THE VBA 2023

JANUARY 1, 2023



As my second term as VBA President draws to a close. I would like to take this opportunity to go over the accomplishments and challenges facing the VBA.

1. Accomplishments!

We successfully made it through COVID and took the organization from running in the red financially to running in the black. We had to make difficult decisions regarding FLIGHT, Officer reimbursements, in-person meetings etc. It has worked - we finished the year as a strong organization! We are the second largest hunting group in the state behind the Bear hunters. We successfully lobbied the House of Delegates and State Senate on not putting the Air bow/Gun in Archery season! As well as getting Sunday hunting passed on public and private land. We have opened a dialogue with the DWR with our concerns and opposition to the Three Day Bear season the week before Archery Season and the Proposed Expanded Chase/ Training Season in September. We are once again very vocal and advocating for the Bowhunters in the state of VA. Also, we have a seat on the DWR Black Bear council.

2. Challenges facing the VBA!

The challenges we currently have facing us are the Club's unwillingness to work together to better the sport of tournament archery in the state. We have had Clubs holding shoots over State Shoots and not have any regrets in doing so! The Clubs no longer care about the other local clubs and helping everyone succeed! This association was formed with the principle to help every archery club and Bowhunter to be successful and to make sure we weren't disenfranchised in Richmond. Youth involvement: we are not getting youth involved in to bow hunting and target shooting. New Officers: we have had no one express interest in any office! If we do not find a slate of officers, the Association will either fold or run under a new format instead of Roberts Rules of Order. Maybe it's time we go to a Strictly Bowhunting organization like the IBO and others.

3. New Ideas / Solutions

First, getting the kids and new archers into the sport. I am currently working on a youth and apprentice hunt to be sponsored by the VBA.

Second, I would like to see the VBA establish a fund for any VBA member that wants to become a certified archery instructor. The VBA will foot the bill in return the new Coach/Instructor will hold a youth Day locally to their location at least once a year for three years. We have the equipment to loan for such things. We also have some new sponsors: Reedy's Archery Shop in Amherst has given us two additional scholarships for \$500 each! But we need people that are going to college to apply for it. We also need to get new blood

Arlington-Fairfax Chapter, Inc., IWLA

Archery 101 Classes



The Archery 101 classes will take place in the indoor archery range. This one-day class is designed for anyone who has never shot archery before or has very little knowledge of the sport and would like to see what our sport is all about. The minimum age for children is 9 years old.

The class will cover the different types of archery equipment, archery safety, purchasing of equipment, and live shooting. All equipment needed (bows and arrows) is available through the Chapter. All you need to do is register and show up.

Fee schedule:

\$20 for adults

\$10 for ages 9 through 17 (Must be accompanied by a parent or guardian)

\$30 max for family

Sunday	January 22, 2023	1 p.m. – 3:30 p.m.
Sunday	February 19, 2023	1 p.m. – 3:30 p.m.
Sunday	March 19, 2023	1 p.m. – 3:30 p.m.
Sunday	April 23, 2023	1 p.m. – 3:30 p.m.
Sunday	May 21, 2023	1 p.m. – 3:30 p.m.
Sunday	June 18, 2023	1 p.m. – 3:30 p.m.

Class fees will be collected before the start of each class beginning at 12:45 p.m.

To register for the class e-mail Dick Riemer at rriemer@cox.net or call him at 703-543-8585.

Arlington-Fairfax Chapter, Inc., IWLA Archery 201 Classes



Classes: 5-week sessions (Mondays)

Session Start: January 30, 2023

Youth: (Ages 9 – 12) 6 p.m. to 7 p.m.

Adult: (Ages 13 and up) 7:30 p.m. to 8:30 p.m.

Class fee: \$80

Contact: Mark Gauntner for registration at
gaunt2011@gmail.com.

VBA Winter League

As discussed at the September meeting, VBA is holding a Winter Indoor League. Please pass this info to all your Club members.

Here's how it works:

- . Interested shooters should email Jim Little at JIMLITTLEJR53@GMAIL.COM so he can add them to the roster, and he will send the rules and a score card. He will also post scores each week for all to see.

- . No cost - open to all VBA members

- . New members to VBA can commit to 2023 membership to their Home Club, and their membership will be confirmed March 1, 2023

- . League will run from December 5 to February 20 (12 weeks)

- . League week runs Monday thru Sunday

- . The week of February 27 through March 5 will be a make-up week.

- . No timer required

- . Score must be signed off on by shooter and one witness

- . Scores need to be sent weekly (by Tuesday) to Jim Little (JLITTLEJR53@GMAIL.COM) who will track scores

- . If you miss a week, let Jim know when you will make it up and send in scores - you can shoot two rounds in a week to make up for a missed week

- . All VBA shoot styles are allowed (must shoot the same style the whole time)

- . There will be one overall winner. A "90% handicap" will be applied to all shooters to normalize scores across different shooting styles.

Here's how that works: A perfect round is 300. Three random scores will be drawn for each shooter, and each of those scores subtracted from 300. 90% of the largest difference will be added back to your high score. Here's an example: Random score chosen is 250. Subtracting these gives $300 - 250 = 50$. 90% of that = 45. If your top score for the 12 weeks is 265, the handicap system will add back 45 to your score, so $265 + 45 = 310$. Your final score will be 310.

- . You can count scores from your Club League Shoots towards the VBA League. Scores must be reported to Jim Little to count.

- . Prize for the overall winner is a VBA belt buckle

- . The overall coordinator is our Field Vice President Jim Little, so please get with him for any questions or clarifications:

JLITTLEJR53@GMAIL.COM or 703-975-1475

Archery Tips for Accuracy: 12 Killer Tips to Improve Your Shots

Archery is a great sport, with lots of different things to focus on. Some archers may be obsessed with their arrows and fletching, while others tune their bow paying attention to even the most minute detail. What do they both have in common? **They want more accuracy.**

If you look at everything any archer does in the sport, it all comes down to getting more accurate. Getting your shots in tighter groups, and being able to do so consistently. If you're looking to improve your shooting and get more accurate – use the following archery tips for accuracy and you'll see your overall shots improve in no time.

Relax That Bow Grip Hand

There's one thing I see all the time that's so completely underestimated by ninety percent or more of new archers. They're focusing hard on the target, buying the newest and best gear and and trying every brand of arrow possible. Yet their shots are still off.

They don't relax their grip on the bow! Your non-dominant hand has a **huge influence on the accuracy of your shots**. Remember this simple, little rule:

Your bow hand should have as little contact with your bow as is possible. It should be as if your bow is just barely, gently resting on the top of your bow hand. Start to become more aware of how tightly you're gripping your bow the next few times you shoot, you'll start to see your accuracy improve greatly over time if you keep this in mind.

And while we're at it, regardless of what kind of bow you shoot, you'll need [an armguard](#). You can thank me later.

Relax and Breathe

When we become nervous, anxious or even just overly think about things, we as humans naturally do one thing – **we hold our breath**. The next time you feel yourself getting tense or nervous try to take note of your body, more than likely you're holding your breath.

This happens all the time: An archer's focusing on the target intently, making sure his form and stance is just right and keeping his draw held as he's been taught. He lets the arrow go, and the show is off it's mark. He didn't breathe, the whole time he's focusing on all of those different things, he's so in his own head that **he forgets to breathe**.

Have you ever seen those movies where a sniper takes a deep breath in, let's it go, and then takes the shot? That's exactly why.

I'm not saying that you have to take a deep breath before every shot, just be sure that you're not holding your breath and are at least breathing normally. Most archers, especially newer archers should really [read this](#) – it'll help get you in the right mindset when it comes to shooting.

Practice at the Right Distance

A lot of new, inexperienced archers will ask a fellow archer what distance they should be practicing shots at. There are a few standard answers that keep getting passed around, whether they're right or not.

Many archers are to to practice shots at five yards. And that's what they do. The real answer is to shoot the distance that you're currently capable of shooting **accurately**.

Don't feel like a dork if you can only hit the target from shorter distances, not only is that perfectly fine for now, but it **will improve over time**.

Start at three to five yards, even if you're really only shooting good at these distances – keep practicing for now. A weight lifter doesn't start lifting 300 pound barbells, and neither should you. Remember this second simple, little rule:

The further you move away from the target, the more your mistakes are magnified. Start by shooting where you're comfortable, and then when you're very accurate at that distance – move the target back one yard. Rinse and repeat over time and **your shots will be getting consistently more accurate**, and at further distances too.

Be Aware of Your Posture

Yeah, you've heard it before: Posture is important to improving your shot. But a lot of archers down play this important fact.

Archery Tips (Continued)

Your posture is hugely important as it **directly affects your aim**. If you really want to improve your accuracy, start focusing on your posture now.

We probably all know how we're supposed to be standing and the posture that we should have – **but are you actually doing it?**

Get your bow and get in front of a mirror large enough to be able to see your entire draw. But, don't look in the mirror yet. Draw your bow as you normally would – **don't look at yourself while doing this!** Once you have your bow drawn, look at your draw in the mirror. Is your posture 100% correct?

Do this a few more times, not looking while drawing the bow. Then look to see your posture. Are you noticing a mistake or an area that you need to work on improving?

Wait for it...

Some archers, especially newer ones will release their shot and then immediately look to see where it lands. They can't wait to see their shot, which ironically negatively affects their shot.

After you've released a shot, **don't move until your shot has landed!** An easy habit to teach yourself is this:

Every time you release a shot, don't move until you hear the arrow hit the target.

This simple trick will increase your accuracy if you make it a habit. Especially if you're new to archery, trust me, **do this every shot.**

The 10 Second Rule

Many archers, even intermediate archers have a bad habit. They release their shots too quickly. They simply become impatient and don't aim long enough.

Just slowing down and letting yourself have enough time to really focus on the target, breathe, and then release the shot is sometimes one of the hardest things for newer archers to do.

Once you're lined up, focus on the target and **aim your shot for at least ten seconds**, then release the shot. Do this every time and you'll see your accuracy increase several times over.

Watch Your Footing

Another largely overlooked practice in archery is how your feet are planted. This is another thing that people say, **but fewer of them do**. People tend to get so hyper-focused on their aim, their draw, their gear – everything but their feet. The fact is, the wider apart your feet are, the stronger they'll be while you're shooting. Your feet should be at least shoulder length apart. A little trick that helps prevent overlooking your stance is this:

Every time you get set up for a shot, **plant your feet first**, then focus on your draw, your posture and all the other things that tend to cause us to overlook our footing.

Feel for the Release

One of the things that lowers people's accuracy when shooting is that they only focus on the visual aspects of their shot. Of course it's important to focus on the shot, but it's important to train the body to accurately shoot, and **that's where muscle memory comes in**.

There's a way you can add a little routine to the last few minutes of each practice that will help you train your muscles for consistently accurate shots. Get real close to the target – I'm talking no further away than five yards. Aim at the center of the target.

Now, close your eyes. No, really, I'm being serious.

Let the arrow go with your eyes closed, paying close attention to how it feels to let the arrow go. Doing this with only a few arrows at the end of each practice helps you to focus more on how the body should move and feel when aiming and shooting. This exercise helps to train your muscle memory to make shooting correct shots a habit.

Warning: This should only ever be practiced with no one else around and when observing all the archery safety rules. Remember, safety is priority number one in archery.

Shoot the Proper Draw Length for You

There's something I see lots of archers doing wrong, whether they're new archers or experienced archers. If you're not **shooting your correct draw length** your accuracy is going to plummet.

Lots of archers have an archery shop set their bows up for them or do it themselves. It goes without saying that **not 100% of those bows are set up correctly.**

Archery Tips (Continued)

Here's how to figure out your draw length so you can shoot accordingly. Stand up straight with your arms straight out on both sides (so you look like a letter T). Twist your palms so that they're facing forward, the same direction that you're looking.

Now have someone measure you from the tip of your right middle finger to the tip of your left middle finger. Jot down this number. Then, divide that number by 2.5. Now you've got your calculated draw length.

This works for recurve and compound bows alike.

Now try shooting at this draw length and **compare it to your accuracy from how you were shooting before.**

Shoot Only the Same Arrows, Every Time

It drives me crazy when I see an archer complain about their accuracy, and over their shoulder is a quiver full of mismatched arrows. Half a dozen of these, another half a dozen of those, and a few random ones too.

I get it, [arrows](#) aren't cheap, **especially the really good ones.** But there's absolutely no point trying to improve your accuracy or even keeping track of it at all if you're going to shoot all different mismatched arrows.

If you really want to get more accurate, practice with only the **best arrows that you can afford.** Even if that's only six arrows at a time, don't mix in other brands, sizes or styles. Stick with only those six or more of the **exact same arrow.**

Only Shoot a Draw Weight That You Can Support

A lot of guys make it a point of bragging about how heavy of a draw weight they can shoot. Ever notice that most of those guys aren't winning any competitions or tournaments?

One of the foundations of being a good archer is to always **have the proper form.** Some people can shoot a fifty pound bow accurately, while other may out shoot them several times over with a twenty-five pound bow.

Besides, just because you're physically able to pull a sixty pound bow back, **doesn't mean that you can actually shoot the thing accurately.** Forget the macho bragging game, and find the perfect draw weight for you.

When it comes to the bragging game, you can still win by being able to actually shoot ten times better than that guy anyway.

Start Numbering Your Arrows

This may sound a little bit OCD, but I assure you there's a solid reason for it. Get a magic marker and number six to a dozen arrows consecutively. And yes, you have to do this with your good arrows, if you do this with your old scrap arrows you're not going to be accurate anyway, **as you learned a few paragraphs ago.**

Shoot them at a comfortable distance as you normally would. Now get a notebook, and note which numbers were the best shots and which ones were the worst. Repeat this process every time you practice shooting, being sure to **note the results in your notebook.**

You should do this for **at least your next ten shooting practices.** It doesn't matter if you practice everyday or once a week.

If you notice any arrows that are consistently off their marks, you might want to throw them in the scrap arrow bin. Even the best brands of arrows can have a few lemons that get through to the store. There are also many arrows that can be negatively affected by heat, moisture, or in transit to the store. It may be painful to throw out an arrow or two, but this could make all the difference **if you really want to up your overall accuracy.** This is a little trick that a lot of the top tournament competitors wish that I hadn't just told you.

I hope this has helped you to improve your accuracy, or at least maybe it pointed out a few things that you may have overlooked. If you really use the above tips and tricks and practice them over time, you'll see your accuracy improve dramatically. You might even surprise yourself.

Anything Can Happen during Virginia's January Turkey Season



Fresh turkey tracks in the snow could mean that a flock is nearby.

By Bruce Ingram

Photos by Bruce Ingram

During the 2021-22 turkey season, one of the most exhilarating hunts I experienced was the morning I worked four jakes at the same time, all of them with hens, on a Botetourt County creek bottom. The gobbling was intense, the hen talk was non-stop, and, maddeningly, I had to leave that all behind when it was time for me to go to Lord Botetourt where I teach high school English. My leaving probably didn't keep me from tagging a tom because all of my calling and setups had resulted in not even one Jake leaving his females.

You may be surprised to learn that that scintillating action took place on a mid-January Wednesday during Virginia's two-week winter turkey season. I learned that day that January jakes can act just as henned-up as spring longbeards. DWR biologist Mike Dye explains why the department initiated this season, which [runs January 14-28 in select counties](#).

"One reason for the January season was that we've had a steady decline in fall turkey hunting participation for the last 25 or so years," he said. "With no other big game seasons open, [except the late archery one], we thought that this time period would be a good time for hunters who don't normally go after fall turkeys to be able to explore the sport. Another reason for the season was that it gave fall turkey dog hunters more time to practice their sport. Often when the season begins in October, it's too warm for them to run their dogs."

Dye adds that another plus for the January season is that it's an excellent time to mentor adults or youth new to hunting. Several years ago, during the January season, I

took a father and a son hunting, both of whom were new hunters. The dad ended up harvesting a bird on my Botetourt land, which was a real thrill to all concerned. As my earlier anecdote indicated, just about any kind of turkey behavior can occur during the January season—and Dye agrees.

“In January, you’re starting to see a little bit of breakup of fall flocks,” he said. “Jakes may have broken away from their mother hen flocks, and their testosterone level is rising, which can lead to pre-breeding behavior like you witnessed. They aren’t ready to mate yet, just starting to begin the process of determining hierarchy and starting to begin displays and so forth.”



Dye says mature gobblers sometimes gobble on relatively warm January days, and I also have experienced that happening during the winter season. One January I was even able to call in and kill a gobbler that came to my calling along with two other longbeards. And the biologist added that mother hens with jenny and jakes, the traditional fall flock, can also be found in Virginia’s winter woods.

This past January, with only three days left in the season, I busted such a flock on a day when snow covered the ground and the air temperature never topped 20. I ended up calling in and killing a jenny—which, frankly, was the biggest thrill I had the entire hunting season, especially with the brutal conditions.

Range Information

Range field house # 703-631-4496 :

Please be advised. The designated range director will make changes to operating procedures. *IF* you do not see a change, then there has been no change.

Field Archery: Range field house # 703-631-449

Target Archery range: Range field house # 703-631-4498

Rifle/Pistol range: Range field house # 703-631-4496

Skeet & Trap Range: Range field house # 703-631-4497

Sills Air Range: Range field house # 703-631-4818

CHAPTER HOURS OF OPERATION:

8 a.m. – 9 p.m. for outdoor recreational use (including outdoor range operation)

8 a.m. – 12 midnight for indoor uses (including indoor range operation)

With extended hours reserved for staff and special scheduled events, such as camping activities, as needed.

See designated range Web pages for specific days and times of operation.

RANGE BADGE:

All Members are required to display your range badge when you access/use ALL Chapter ranges (archery, airgun, and firearm). Access will be denied if you do not have it displayed. If you have lost your range badge, please contact the [membership office](#) to purchase a replacement badge.

Upcoming Shoots

Upcoming Shoots

The VBA 2023 shoot schedule has not yet been published. It should be available shortly at:

<https://virginiabowhunters.com/>

The Back Page

CRA Newsletter

Cub Run Archers

Club Officers:

President:

Bob Walla

Vice President:

Mark Gauntner

Secretary:

Justice Percell

Treasurer:

Jim Kerrigan

Field Archery:

Dick Reimer

Range Captain:

Fred Ansick

Indoor Archery:

Marv Hicks

3-D Director:

Steve Bolinski

Youth Public

Relations:

Hillary LaMay

Social Director:

Linda Riemer

VBA

Representative:

Dave Dobbins



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<https://www.cubrunarchers.org>

Or our Facebook Page

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