

May 2012

Calendar

**LEAGUES**

**Paper Leagues**

Sundays, 4:00 pm

**3D Leagues**

Tuesdays  
(ending May 22nd)  
& Thursdays  
7:00 pm

**JOAD**

Saturday @ 10:00 am

**UPCOMING EVENTS**

**May 19th**  
**Archery help at**  
**BSA Camporee**  
**&**  
**Base Archery Shoot**

**June 23rd**  
**Super Day**  
**10:00 am—5:00 pm**

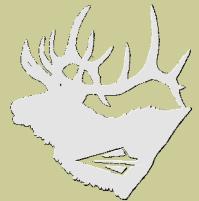
**June 30th**  
**Fun Shoot**  
**Membership**  
**Recruitment**

**August 4-5th**  
**Bowhunters Weekend**

**August 8-11, 2012**  
**Wyoming Senior**  
**Olympics**

# Cheyenne Field Archers

## Newsletter



[www.cheyennefieldarchers.com](http://www.cheyennefieldarchers.com)

### A word from your President



Field Archers,

It's hard to believe it's already May, September will be here before you know it. Remember to get your tags applied for before the end of this month. I know some of you have received good news already, as of today, I know of one lucky moose hunter this fall. There was no such good news for me, someday I will draw that coveted moose/sheep/goat tag.

I want to personally thank all of the folks that came out and helped/supported our Access Yes shoots. We set a new club record with a grand total of \$1745.00. I'm humbled to be a part of this great club and am continually impressed with the things you guys accomplish.

Summer is fast approaching and I know most folks are busy during this time. In saying so, there will no longer be a Tuesday night league after May 22<sup>nd</sup>. If we get a lot of requests to start it up again and someone is willing to take on the responsibility of running the league, we will consider starting it back up sooner than we normally do. If you are interested, see or call me.

There are lots of outdoor shoots in the area and I encourage everyone to get out and try these. They are a good way to get ready for hunting season and more importantly, they are a lot of fun.

As always, if there are issues/suggestions about the club, please feel free to call me anytime.

Take care,

Dan

# Thank You

For Everyone who donated prizes for AccessYes to make this a great success. When you're in these establishments or see these people, give them a big thank you.

City of Cheyenne Parks & Recreation

Bob Graham

Guadalajara

Al Tharp Family

Perkins Restaurant

Amy Perkins

Luxury Diner

Neal & Stephanie Perkins

Jackson's

Bob & Mary Jo Day

Texas Roadhouse

Jeremy Cooke

Red Lobster

Dan Conrad

Bullseye Archery

Chad Whaley

Jax Sporting Goods

Jim Mallon

Wyoming Game & Fish

Sonny Cross

-Jeff Olbrecht

Jim Seekins

-Jim Dason

-Jason Sherwood

**Cheyenne Field Archers Board Meeting  
Meeting Minutes  
May 7, 2012**

**Opening:**

The regular board meeting of the Cheyenne Field Archers was called to order at 7: 10 pm on May 7th, 2012 at the Cheyenne Field Archers Office.

**Present:**

Board members present: Dan Conrad, Chad Whaley, Jim Mallon, Monica Mallon, Mike Lancaster, and Mary Tharp. Alternate board members present: Jim Frauendienst and Bob Day. Others present Neal and Stephanie Perkins and John Wilson.

**A. Approval of Minutes & Treasurer's Report**

Minutes presented, no changes.

**B. Old Business**

**Accepting Debit cards for memberships**-We will not be doing this at this time, due to the cost and lack of member to manage it.

**Orientation**-Mandatory orientation for new members will be the first Monday of each month at 6:30pm.

**Fun Shoot (June 30<sup>th</sup>)**- This was be a membership drive, anyone who signed up would shoot for free. Otherwise, it will cost \$10.00 to shoot, members and non-members alike.

**Tuesday Night Leagues**-Last night will be May 22<sup>nd</sup>.

**Base Shoot May 19<sup>th</sup>**- contact Dan Conrad to get names on a list at the gate.

**Parks & Recreation Outdoor Adventures Program** –two days, July 12<sup>th</sup> & 13<sup>th</sup>, 8:00 am – 3:00 pm. Bob & Mary Jo Day, Mat Rusk, Mary & Al Tharp, Monica & Jim Mallon and Dan Conrad said they will participate in this program. We may have to bring the kids into the range if the weather turns bad.

**Super Day**- June 23rd. This is a Parks & Recreation Event. We have a conflict with the State Shoot that will be happening the same day, so we need experienced shooters to volunteer to help kids to be able to shoot and take up archery. Our children are the future of the club. Please let us know if you can sign up for two hours anywhere from 10:00 am—5:00 pm. We will need at least 4 volunteers for each two hour time slot. We will check with Bruce Gettman/Mike Flaim to see if the older JOAD kids would want to help.

**BHW Food Vendor**-Mary Tharp sent e-mail to Jairells asking that we be tentatively scheduled until we get through the permitting process. Mike Hoover is working on the food permit process.

**BHW Sponsorships**-We will offer different ranges. Bronze – Donations up to \$50.00; Silver-\$51.00-250.00-We will put company's own supplied banner on our wall; Gold \$251.00+-We will give a family membership good through December 2013. Neal Perkins recommended that we put together a package with pictures of targets & BHW pictures, etc. Mary Tharp will put together a package. The Ron Gregory family has contributed toward BHW.

**D. New Business**

**State Shoot**-June 23<sup>rd</sup> at Cahill Park, registration at 7:00am. If you have any questions, contact Mike Hoover.

**Archery Range at Curt Gowdy**-Mary Tharp said that we need to have a meeting with Paul Gritten to find out what the status is for ordering the Arrolast butts so work can begin on the range. The Easton Grant for \$5000.00 was for the Arrolast butts, if we don't get them, the money will have to be returned. Bob Day said that since the check was made out to CFA, we had to deposit it and issue a check to the State to order the butts. CFA also had an agreement that Bob had to sign that the money would be used for the arrolast target butts as per the grant. Dan will get ahold of Paul to see what the status us and have a meeting so we can schedule the work that needs to be done.

Chad Whaley made a motion to adjourn the meeting, Jim Mallon seconded the motion. The meeting adjourned at 8:46 p.m.

**Minutes submitted by Mary Tharp**

## **Practice: What is it and what is the best practice method and how much should one practice?**

All are good questions and deserve an answer. First of all, practice is to do something repeatedly in order to learn or become proficient. In order to practice form in archery, one should pick something in their form that needs work, such as the bow arm. An example, might be that the archer is dropping their bow arm, so the thing to practice would be to execute the shot repeatedly without dropping the arm. In order to do this, the archer should shoot at a blank bale and keep the bow arm extended toward the target until they hear the arrow hit the target. In other words, keep aiming until you hear the arrow hit. The reason to pick one thing in your form to work on, is the human brain is not equipped to concentrate on aiming and intense form work at the same time.

The best method for form practice is the blank bale method. The bale can be 5 yds. or 20 yds., it doesn't matter as long as you are not trying to aim at a target. The idea is to learn to feel the shot and drill the form into the muscle memory so that when you are aiming at a target and you can give full consideration to the target.

I am often asked how much a person should practice and how often. Rule of thumb, if you want to become a good club shooter, practice about 3 days per week and about 60 arrows per session. If you want to compete on the state level about 4 to 5 days a week and about 100 arrows per session. If you want to compete on a national level, minimum 5 days per week and about 200 arrows per session. Remember when you start shooting over 30 arrows, it is a good idea to take a break about every 30 arrows for at least 5 minutes, over 100, at least 10 minutes for every 30 arrows. If you are shooting over 100 arrows, shoot the 100 and then take a break and go to lunch or do something else to get your mind off the bow for awhile. We start building bad habits when we get tired. Shooting at a target all the time does not mean that we are practicing to become a better archer, it just means we are shooting at a target. However, shooting the blank bale and practicing our form helps make us a better archer and we learn how to build the shot at the shooting line. In turn, the results at the target are better. When you are practicing, shoot about half of your arrows at the blank bale and then shoot at a target, and maybe finish up with the blank bale again. Sometimes if there are no tournaments in the near future, I will do 100 arrows at the blank bale only. Practice can be boring so we need to learn to play games with our self. For example, how many shots can you make in a row without dropping your arm?

Good shooting,

John Wilson



## **For Sale**

1978 Great Divide camp trailer.

Tandem, all self contained, everything worked the last time we had it out.

This is a Clean camper and sleeps 6. \$2000 OBO

call Bob for details or to see. 221-0950



**2012**  
**Club Officers**

**President**  
Dan Conrad

**Vice President**  
Mike Hoover

**Secretary**  
Mary Tharp

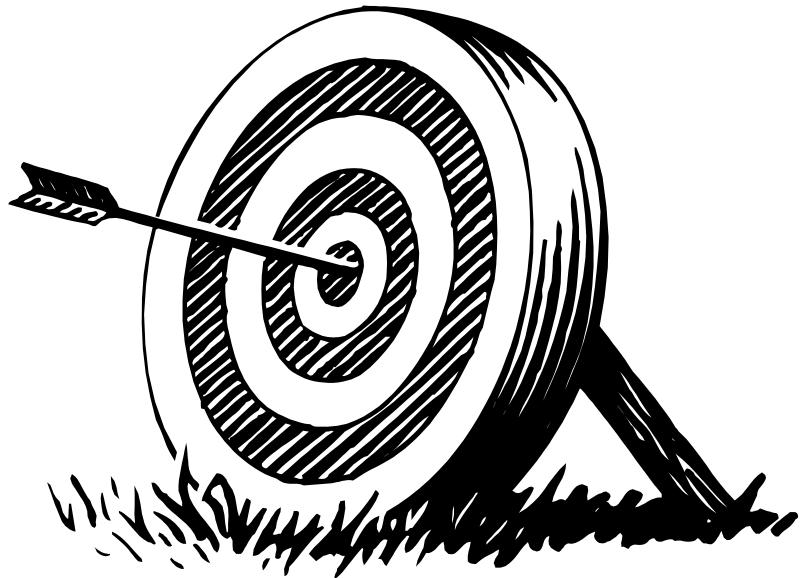
**Treasurer**  
Monica Mallon

**Board Members**

Jeremy Cooke  
Mike Lancaster  
Jim Mallon  
Chad Whaley

**Alternates**  
Bob Day  
Jim Frauendienst  
Al Tharp

**183 Members**



**Next Board meeting  
June 4th, 7:00 pm**

## **Cheyenne Field Archers**

P.O. Box 20790  
Cheyenne, WY 82003  
Phone: 307-638-9951

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We are on the web!

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[www.cheyennefieldarchers.com](http://www.cheyennefieldarchers.com)

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