



X-RING

The Newsletter of
The Barbados Archery Association

Volume 1-2008

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January 2008

FROM THE PRESIDENT



Welcome to the first of the new issues of our Newsletter “X-RING”. First a blessed and prosperous New Year to all our archery family. We have a very busy year ahead of us and I hope that it will be a very good year for all. This is an Olympic year and it looks like we have one last chance in France to have an archer at these Games. We also have a number of tournaments in the region which will help us to properly evaluate our level of shooting and maybe win some medals. One welcoming sight is the increase in the number of Recurve and Compound shooters with their own equipment and this will provide great excitement and competition among the archers. I wish you all good shooting, exciting scores and great form and stamina to maintain that standard. Last year we had some records broken and you will find them

in our next issue. Also coming in the newsletter are articles on Coaching, WADA and the Know Your Rules. We wish to receive articles on Nutrition and Sports medicine for publication. Edwin Browne has now added to his portfolio that of Public Relations Officer and Assistant Editor to the newsletter. Again Best Wishes as we work together for the good of Archery.

ANNUAL MEMBERS MEETING

For reasons beyond our control we have been unable to hold the Annual Members Meeting at the required time. With our new Constitution we need at least forty-five day (45) notice to properly convene this meeting. It is due to be held in March 2008 so listen out for the date. It will be held at the BOA headquarters at Wildey, St. Michael.

WADA

The World Anti-Doping Agency (WADA) continues to look at the issue with drug use in sports. As archers we are affiliated to F.I.T.A and are bound by the rules and conventions of this association. We must be very careful in the use of over the counter and

prescription drugs which we are taking. There are out of season drug testing and many of the archery tournament we attend will have drug testing. WADA has updated its website with the list of banned drugs for 2008. Remember to check with Dr. Lorde who is a member of WADA before taking any drugs. You are solely responsible for the things you take and WADA is quite strict on their punishment. We do not want our sport of Archery to bring disgrace to our Island by one of our athletes testing positive for a banned drug. The address to look up is www.wada-ama.org/rtecontent/document/2008_list_En.pdf and www.wada-ama.org/explanatory_notes/2008_En.pdf.

TRAINING PLAN

This is an Olympic year with the games being held in China during the Summer of 2008. There are a number of other events in the COPARCO region which we will be looking to attend. See list below for your choice. Remember that you need a passport valid for at least six months in some instances and in some cases a Visa to enter some of these countries. Along with that you need to have and practice with a good training plan. An archer cannot perform at his/her highest level continuously and so must plan to peak at the tournament of choice. There will be smaller tournaments which can be used as a build up to the big one where you hope to perform at your optimum. Andre Korlaar, an Elite Archery Coach with the Netherlands has suggested a four point training plan which has produced very good results. On the FITA website www.archery.org a comprehensive training plan can also be found which can help to develop our archers. The four point plan is given here and really sets out broadly

what should be done in the particular periods.

Period 1 - Preparation 1

Activities included:

- Building up physical form
- Little Shooting
- Testing of new equipment
- Changing of shooting technique

Period 2 – Preparation 2

Activities included:

- * Spend equal time in physical exercise and shooting
- * Stick to your equipment
- Work on your personal shooting technique

Period 3 – Performance

Activities included:

- Shoot many tournaments;
- Maintain your physical form

Period 4 – Low Activity

- Enjoy your Holidays;
- Do some physical exercise but not too much;
- It is not a problem if you cannot shoot for several weeks.

In each of these periods of the programme the activities can be detailed. It must be an individual plan which has to incorporate your work schedule, studies, travel, family and personal needs. We must plan if we wish to succeed. Use minor tournaments to build up for the major tournament where you want to peak. We need to shoot almost every day with a minimum of 200 arrows a day to start with. If you want to succeed start training seriously from early. We are now in **Period 1** of the plan.

Tournaments for 2008

Below are a list of the tournaments in our region where we can go and participate in our sport of archery. There will be in some cases qualifying scores for funding purposes and World Ranking Standards. Our three month internal programme will be soon out and will have a special day for probationers' practice.

MARCH

3-9Mexico. WRE
20-24....Martinique .. Challenge
[MICA INDOORS & NATIONALS](#)

APRIL

1-5Archery World Cup.
Dominican. Republic.
9-13 ...Arizona Cup, Arizona .U.S.A
30 – 7 May...Guatemala.... WRE

MAY

9 -12 ...[Barbados Nationals & Open](#)
29 – June 1Southern Games .T&T

JUNE

3 – 8Puerto Rico....WRE
23-29 Archery World Cup Stage 4
....France (**Final Qualifier for Olympics**)

JULY

6 – 11.....Pan American
Championships- Venezuela ..WRE

AUGUST

9 – 16 Olympic Archery Event,.Beijing
China

OCTOBER

11 – 19 ...10th Junior World
Championships...New Delhi, India

NOVEMBER

10 -16....Ecuador....WRE

(WRE... **World Ranking Event**)

To end this first newsletter of the year here are some quotes from a mental management book obtainable at Amazon .com. Read it slowly and digest it as it captures where you should be totally when you are doing whatever task you are engaged in.

Quotes from his book " With Winning in Mind : The Mental Management System", available on [Amazon.com](#)

WHEREVER YOU ARE.....BE ALL THERE

The most important reason for being in school.....is to get good grades!

Not to shoot good scores,
not to have a good time,
but to get good grades....
....when you are in the classroom!

The most important reason for being in school.....is to shoot good scores!

Not to get good grades,
not to have a good time,
but to shoot good scores....
....when you are on the range!

The most important reason for being in school.....is to have a good time

Not to get good grades,
not to shoot good scores,
but to have a good time....
....when you are NOT in the classroom
....and NOT on the range!

"WHEREVER YOU ARE.....BE ALL THERE"

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OPENING HOURS AT THE RANGE
Tuesday & Thursday - 4.30p.m - 6.00 pm

Wednesday 4.30 pm – 6.00 pm
(Probationers Training)

Saturday 3. 00 pm – 6.00pm

Sunday 9.00 am - 1.00 pm

HELP US KEEP THE RANGE TIDY