



# DSA Newsletter

June 2019

## BASF - NEW GATE CODE RULES:

- Starting in June, non coaches/board members can not get the code.
- We will have a volunteer at the gate to let members in to the facilities.
- We will tell our members they must be at the gate within 15 minutes of start time or they will need to call to be let in.

#602-295-1639

## WELCOME NEW MEMBERS

Isaac Veidmark  
Reese Veidmark



We are all very excited to have you on the team!

## Upcoming Dates:

<b>GATOR CUP</b>	<b>5/31 - 6/2</b>
BASF Clinic (8:00-9:30am)	6/1
NO PRACTICE	6/5
NO PRACTICE	6/7
Competitive Practice (7pm-9pm) <b>ALL DSA Archers Welcome</b>	6/12
Beg/Int Class Session 3, Week 5 (6:30-7:30pm)	6/14
Team Practice (7:30-9pm)	6/14
Competitive Practice (7pm-9pm) <b>ALL DSA Archers Welcome</b>	6/19
NO PRACTICE	6/21
<b>SoCal Showdown</b>	<b>6/21 - 6/23</b>
Competitive Practice (7pm-9pm) <b>ALL DSA Archers Welcome</b>	6/26
Beg/Int Class Session 3, Week 6 (6:30-7:30pm)	6/28
Team Practice (7:30-9pm)	6/28
<b>AAC - Special Get together</b> (start at 8:00am)	6/29

## Exercise Safely in Hot Weather

### Keep an Eye on the Weather

Exercise and warm weather increase your core body temperature. Your body cools itself by sweating, but cooling down is harder in humid weather because perspiration doesn't evaporate as quickly from your skin. Your heart rate rises as your body works hard to keep its cool.

### Dress Appropriately

When exercising in heat, what you wear matters. Light-colored, sweat-wicking clothing is best for hot weather; dark, heavy clothes can make you even hotter. Gear also traps heat and raises your body temperature. If you have to suit up, shorten your workout intensity and duration.

Wear UV-blocking sunglasses and don't forget the sunscreen. Choose water-resistant sunscreen with a minimum of SPF 30 or higher (the most effective products say "broad spectrum" or "UVA/UVB protection" on their labels), and apply it 30 minutes before going out. Continue to reapply the sunscreen according to the package directions. Sunburn decreases your body's ability to cool itself.

### Hydrate, Hydrate, Hydrate

When the weather heats up, make sure you drink enough fluids throughout the day to stay hydrated, and enjoy water-rich foods including crisp lettuce, watermelon, grapefruit, broccoli and tomatoes.

It's surprisingly easy to lose a few pounds of water weight through sweating. Weigh yourself before and after working out, and replace each pound of weight loss with 2 to 3 cups of water. Water is a good choice because it moves quickly through your digestive track and into your tissues. If you're sweating heavily or exercising for more than 60 minutes, sports drinks can help your body refuel and rehydrate more efficiently.

### Know the Warning Signs: Heat Exhaustion and Heat Stroke

Dehydration is a serious medical condition. Exercising in hot, humid weather can rapidly raise your body's core temperature, putting you at risk of heat exhaustion or heat stroke.

Heat exhaustion is a milder form of heat-related illness that can develop after several days of exposure to high temperatures, and inadequate or unbalanced replacement of fluids.

#### ◆ Signs of heat exhaustion include:

- Heavy sweating
- Muscle cramps
- Fatigue
- Weakness
- Dizziness
- Headache
- Nausea or vomiting
- Dark urine
- Cool, moist skin

#### ◆ The pulse rate may be slow and weak. If heat exhaustion is untreated, it may progress to heat stroke.

Heat stroke is the most serious heat-related illness. Body temperature may rise to 105°F or higher within 10 to 15 minutes. With heat stroke victims, look for the following symptoms:

- Dry, hot skin (no sweating)
- Rapid, weak pulse
- Confusion
- A body temperature of above 105°F
- Seizures
- Unconsciousness

If you see someone with any warning signs of heat stroke, call 911 immediately, then cool the victim however you can (for example, move him/her to a shady spot or an air-conditioned location, or wet his/her skin with a sponge or hose).

<https://www.eatright.org/fitness/sports-and-performance/hydrate-right/exercise-safely-in-hot-weather>

★ **HAPPY BIRTHDAY!** ★

Jessica Sawaya 6/4

Jasper Markins-Cook 6/19

**FOR SALE**

1 Mathews Conquest 4  
Right Hand  
29" Draw Length  
2 sets of cams  
40-50 limbs. Black

Email:  
[recurvejohn1@gmail.com](mailto:recurvejohn1@gmail.com)

## Lesson Schedule for June:

### Wednesday Nights – Competitive Team

5<sup>th</sup> No Class  
12<sup>th</sup> Free Shoot  
19<sup>th</sup> Free Shoot  
26<sup>th</sup> Pin Shoot

### Friday Nights – Team

7<sup>th</sup> No Class  
14<sup>th</sup> Pin Shoot  
21<sup>st</sup> No Class  
28<sup>th</sup> King of the Hill

\* Though our coaches will work very hard to adhere to this schedule, the lessons are subject to change due to unforeseen circumstances.

## COACHES CORNER



### ATTENTION COACHES:

Beginning/Intermediate Class format

**(COACHES NEED TO ARRIVE AT 6PM)**

- Week 1 Safety, warm up, stance, grip, hook
- Week 2 week 1 review, Set, Set UP, Draw, Anchor
- Week 3 week 1&2 review aim, expand, release, follow through
- Week 4 Reinforcement on 1-3
- Week 5 Reinforcement on 1-4
- Week 6 Scoring



### VOLUNTEER OPPORTUNITIES:

- **Flyer Distribution**—local businesses that have bulletin boards (please see Rick for flyers)
- **DSA Beginning/Intermediate Classes**  
(June 14th & 28th)
- **Summer Sizzle** (August 3-4)



### REMINDER:

**DSA sponsored events generate revenue for our club and help keep our membership fees low.**

**- if we can't get volunteers, events get cancelled = Fees go up!**

## what's happening

### Desert Destroyers Pin Shoot

<https://www.teamusa.org/usa-archery/tournament/eventscalendar> log into your Sport 80 account search under tournaments

### SoCal Showdown (June 21-23)

<https://socalshowdown.org/>

### July Juggernaut (July 6-7)

<https://form.jotform.com/90474572777167>

### 2019 JOAD Outdoor Nats (July 10-14)

<https://www.teamusa.org/usa-archery/tournament/nationaltournaments/2019-joad-national-target-championships>

### Summer Sizzle (August 3-4)

<https://form.jotform.com/90475344041149>

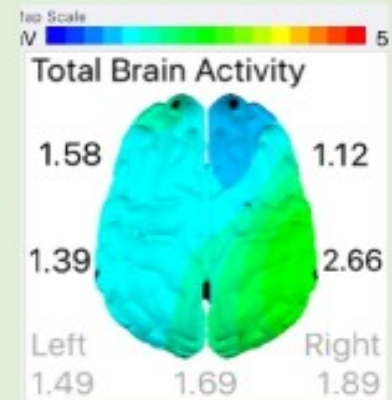
# Mental Performance Camp at AAC



## Arizona Archery Club presents:

**What:** A three day (3 hours/day) performance improvement\* camp customized for the youth archer. We review and build upon mental performance concepts:

- An orientation to the concept of achieving **BETTER THAN YOUR BEST**® performance
- Critical background information and experience with using a mental training program to improve your performance
- Brain training to teach you the skill of finding the “zone”
- Opportunities to adjust your mental program and test it in the presence of distraction and competition pressure.



**When:** June 4-6, 9:00 AM - Noon

**Where:** Arizona Archery Club, 1115 W Deer Valley Road, Phoenix, AZ



**Who:** Youth archers who

- Have consistent technical form
- are looking to continuously propel their performance forward
- are interested in Better Your Best® performance
- want to create a personalized mental training program

**Cost:** \$195 – Class size is limited so sign up soon!

**Register at:** <https://www.betteryourbest.net/product/elite-archery-camp-2/>

## Facilitators:



**Dr. Debbie Crews** is a Sports Psychology Consultant and Adjunct Faculty in the School of Biological and Health Systems Engineering at Arizona State University. She has spent 35+ years teaching, researching, and consulting in the sports of archery and golf. Her area of research is attention in sport, using psychophysiological measures of attention (i.e. brain and heart activity). Her business, Opti Brain, offers practical application of her years of research to help performers to **BETTER YOUR BEST**® performance.



**Judi Adams** is a two-time Olympic archer with extensive Fortune 500 corporate leadership experience who found common characteristics in sport and leadership. When leveraged, these success indicators accelerate skill development in any field. An accomplished speaker, Level 4 coach, SW RED Head Coach and certified training facilitator, Judi is leveraging her vast background to help performers **BETTER THEIR BEST**®.



**The power to increase your performance level is in you - it's in your brain!**

*\*This is a mental training program only. We leave form and equipment coaching to your technical coach. For more information, contact: Judi at 623-261-5335 or Debbie at 602-361-5355*