



DSA Newsletter

CONGRATULATIONS DSA ARCHERS!!!!

2019 State JOAD Indoor

Spencer Yee CJM 1st Place, Spencer is continuing his amazing skills
 Adi Teiwani RCM 3rd Place, Adi had his best tournament scores
 Katherine Krebs RCW 4th Place, Kaytie shot her best tournament scores
 Kim Hicks CJW 4th Place, Kim shot her best JOAD State Indoor
 Grace Reed CJW 5th Place, Grace shot strong in a tough division
 Lilly Graham CKW 5th Place, Lilly shot her best single personal round
 Ryan Bachman CJM 6th Place, Ryan finished strong for a good tournament

*Tyler Bachman earned his
Bronze adult compound
indoor pin*

2019 Southwest Sectional

Kim Hicks Freestyle Adult Female, 6th place
 Stephanie Lord Freestyle Senior Female, 2nd place
 John McCurry Freestyle Senior Male, 8th place
 Spencer Yee Freestyle Pro Male, 2nd place

*Spencer broke the state records for
Compound Junior Male at the JOAD
State Indoor and the State Indoor*

2019 Arizona State Indoor

Spencer Yee CJM 1st Place, Spencer is on a tear right now. All set to take Indoor Nats and Vegas!
 Kyle Hull CCoIM 1st Place, Kyle shot some of his best scores ever to take 1st place!
 Kim Hicks CJM 2nd Place, Kim came home 2nd shooting her best State Indoor scores to date!
 Devin Lillegaard CCoIM 2nd Place, Devin shot strong all weekend barely missing beating his teammate!
 Lilly Graham CKW 3rd Place, Lilly is becoming a force to be reckoned with, her best scores ever!
 Stephanie Lord C50W 4th Place, Stephanie shot great, just missing the podium.
 Ryan Bachman CJM 4th Place, Ryan has his best arrow average ever at a state championship!
 Grace Reed CJW 5th Place, Grace shot strong in a tough division.
 Dustin Gillespie CSM 8th Place, Dustin shot awesome in a division that the entire group could win in another state!
 Tyler Bachman CSM 14th Place, Like Dustin, Tyler is in a very tough division. He shot strong and earned his Bronze Olympian Pin!



Congratulations Avery!



WELCOME NEW MEMBER

Stephanie Lord



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

"THERE'S A DIFFERENCE BETWEEN INTEREST AND COMMITMENT.

WHEN YOU'RE INTERESTED IN DOING SOMETHING, YOU DO IT ONLY WHEN IT'S CONVENIENT.

WHEN YOU'RE COMMITTED TO SOMETHING, YOU ACCEPT NO EXCUSES; ONLY RESULTS."

- KENNETH BLANCHARD



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

Email: recurvejohn1@gmail.com

Upcoming Dates:

Indoor Nationals (NM, CV, CA)	2/1 - 2/3
Open Practice (\$5) (5pm-9pm)	2/4
Competitive Practice (7pm-9pm)	2/6
Vegas Shoot 2019	2/7 - 2/10
Beg/Int Class Session 1, Week 4 (6:30-7:30pm)	2/8
Team Practice (7:30-9pm)	2/8
Open Practice (\$5) (5pm-9pm)	2/11
Competitive Practice (7pm-9pm)	2/13
Indoor Nationals (VA)	2/15 - 2/17
Beg/Int Class Session 1, Week 5 (6:30-7:30pm)	2/15
Team Practice (7:30-9pm)	2/15
Open Practice (\$5) (5pm-9pm)	2/18
Competitive Practice (7pm-9pm)	2/20
Indoor Nationals (MA, PA, GA, Sac CA)	2/22 - 2/24
Beg/Int Class Session 1, Week 6 (6:30-7:30pm)	2/22
Team Practice (7:30-9pm)	2/22
ABFAA State Indoor (Pete Shipley Center Tucson)	2/23
Open Practice (\$5) (5pm-9pm)	2/25
Competitive Practice (7pm-9pm)	2/27
Team Practice (7:30-9pm)	3/1

Lesson Schedule for February:

Wednesday Nights – Competitive Team

6th Open Practice
13th 1 arrow shoot offs
20th 1 minute ends
27th Pin Shoot

Friday Nights – Team

8th Ping Pong Balls
15th King of the Hill
22nd Pin Shoot

Monday Open Shoot Dates - Feb 4th, 11th, 18th & 25th (\$5 range fee)

* Though our coaches will work vary 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



2019 USA Archery Arizona Points Season

<https://form.jotform.com/83424764385162>

Brief Guidelines:

- All members of USA Archery Arizona are eligible if they are members of a USA Archery Arizona recognized club in good standing.
- OPT IN ONLY – \$20 opt in fee per archer must be paid by February 15.
- Division must have 3 archers opt in to compete in order to qualify.
- Archer must shoot in the same division all year and cannot earn points in multiple divisions.
- Points are awarded based on finishing position in the tournament. Tournaments with elimination rounds use elimination round for finishing position.
- Archer's lowest tournament result will be dropped from final score.
- 1st-3rd place will receive awards at the end of the year banquet.
- 1st place finisher will receive up to \$150 reimbursement for 1 nationally based tournament that they register and compete in during 2020.

what's happening

**JOAD State Indoor Championship
January 5-6, 2019**

<http://www.cornerarchery.com/az-joad-indoor/>

**Southwest Indoor Regional
January 12, 2019**

<https://form.jotform.com/83300129186149>

**USAA Indoor Nationals Tournament
January 11-13, 2019**

<https://www.teamusa.org/usa-archery/tournament/national-tournaments/indoor-nationals>
(UTAH AND FLORIDA)

**Recurve/Barebow State Indoor Championship
January 19-20, 2019**

<https://form.jotform.com/82025972437157>

**Compound State Indoor Championship
January 19-20, 2019**

<https://form.jotform.com/82026347837158>

The Vegas Shoot - Feb 8-10, 2019

<https://www.thevegasshoot.com/>

The Importance of Accountable Sports Parents

BY TRUESPORT | JAN. 23, 2019, 5:40 P.M. (ET)

Youth sports parents play many different roles: former (or current) athlete, coach, fan, motivator, role model, critic, and maybe most importantly, influencer.

Studies have shown that family members may influence an athlete's involvement and achievement in sport even more than coaches. Parents also are the first and most critical determiners in whether or not children reap the social benefits of playing sports.

This is why it is so crucial that sports parents are aware and accountable for their actions, and how those influence their young athletes.

Accounting for Your Attitude

Parental encouragement is significantly related to a child's attraction to and competence in playing sports. Parents who provide positive encouragement instill a greater sense of enjoyment, ability, and motivation in their child.

Research done by Windee M. Weiss, Ph.D. of the University of Northern Iowa emphasizes the importance of parents staying accountable for and modeling good behavior, and helping their children interpret their sport experiences. Parents are critical in helping their child develop coping strategies to deal not only with competition, but also with losing. Children's perceptions of their parents' interest in their playing sport also predict their lasting involvement in sport.

Studies done by the University of Minnesota's Diane Wiese-Bjornstal found that the way girls perceive their parents' assessment of their abilities predict their likelihood of playing and staying in sport. That is, if their parents do not have confidence in their abilities, neither will they.

And dads, are you listening? Studies have found that fathers hold more influence – both positive and negative – over their daughter's sport competence and values than mothers do. However, mothers are more likely to first enroll their daughters in sport and then continue encouragement by providing transportation, uniforms, moral support, and snacks.

Being Responsible for Their Readiness

There is some good news to report from yet another study on the topic. Researchers from Yale University, the University of Texas at Austin, and the University of Michigan suggest that children participate in organized activities, such as sport, because they want to, not because their parents make them.

But parents still need to consider whether a child is mentally, emotionally, socially, and physically mature enough to participate in sport. Readiness for a sport is just as important as readiness for school. And, like schooling, younger children need more positive direction at first, until they begin to develop and master the sport.

Pros and Cons for Parents

Parents also benefit from their child's participation in sport. Research from Wiersma and Fifer found that their positive experiences include watching their child learn new skills and having the opportunity to interact with other parents.

On the negative side, parents who lose accountability for their lofty expectations and put too many demands on their young athletes before, during, and after competition can create stress that can destroy their child's enjoyment of sport. Research by Bois et al., Power and Woolger, and Van Yperen has shown that negative parental support and pressure can result in competitive anxiety, interpersonal difficulties among teammates, and even quitting. Conversely, lower parental pressure has been found to be associated with children enjoying their sport more.

An overemphasis on extrinsic goals (winning, trophies, status) by parents can negate focusing on intrinsic goals, through which the child gains enjoyment from playing, mastering skills, and improving their game. Coaches also report that children's sport performance is affected by the presence of parents. Additionally, parents lacking self-awareness and accountability for their actions are most likely to create conflict for coaches during the critical time that their child is improving mastery and transferring their trust in authority from the parent to the coach.

LaVoi and Stellino research found that the children of parents who create anxiety about failing and emphasize winning are more likely to engage in poor sport behaviors than children whose parents encourage enjoyment and self-mastery. Another study from Guivernau and Duda showed how athletes' perceptions of their parents' approval regarding cheating and aggression shape their own views about appropriate sport behavior. When youth athletes feel that their parents are supportive, positive, and emphasize mastery and enjoyment, they are more likely to display concern for opponents and grace in losing. They also are less likely to trash talk or whine and complain about the coach or their playing time.

Accountability from parents for their actions and attitudes effects much more than just their athletes' level of effort on the field. It also impacts their mindset, mood, and motivation to continue on playing sports at all, as well as their trust in their coach and authority in general.

Creating accountable youth athletes and young adults starts at home, with parents taking responsibility for their actions first before demanding that their athletes do the same.

Tournament Photos

