



DSA Newsletter

King of the Hill divisions

If a beginner wins 3 times they get bumped up OR at the coaches discretion

Beginners

Ian Arney
 Samantha Brown
 Megan Calahan
 Sonja Colattur
 Max Gillespie
 Katherine Krebs
 Rachel Morgan 9 Meters
 Yakut Umar
 Ethan Warner
 Ellie Westfall

Barebow

Samantha Allen
 Zach Allen
 Haylie Moffett
 Hadley Swier
 Michael Wallis
 Spencer Yee

Recurve

Steve Yee
 Joel Clegg
 Chloe Hendrickson
 Amy Krebs
 John McCurry
 Paul Miller
 Raley Morgan
 Troy Morgan
 Teagan Severns
 Adi Tejwani
 Alp Umar
 Jaci Vance
 Tyler Bachman
 Rick Bachman

Compound

Rick Bachman
 Tyler Bachman
 Ryan Bachman
 John Gentile
 Kyoko Gentile
 Dustin Gillespie
 Jeni Gillespie
 Lilly Graham
 Kim Hicks
 Kyle Hull
 Kaitlin Kriedler
 Devin Lilligaard
 Sam Lopez
 Grace Reed
 Avery Socia
 Jaeden Walford
 Nick Whitely
 Spencer Yee

WELCOME NEW MEMBER

Matt Hood



Please also welcome his parents: Chris & Jen

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

Upcoming Dates:

Open Practice (\$5) (5pm-9pm)	12/3
Competitive Practice (7pm-9pm)	12/5
Team Practice (7:30-9pm)	12/7
Corner Cup	12/8 - 12/9
Open Practice (\$5) (5pm-9pm)	12/10
Competitive Practice (7pm-9pm)	12/12
Team Practice (7:30-9pm)	12/14
Open Practice (\$5) (5pm-9pm)	12/17
Competitive Practice (7pm-9pm)	12/19
Team Practice (7:30-9pm)	12/21
Ben Avery Clinic	12/22
Open Practice (\$5) (5pm-9pm)	12/24
Team Practice (7:30-9pm)	12/28
Open Practice (\$5) (5pm-9pm)	12/31



Samantha Brown 12/12

Happy Holidays



Good, better, best. Never let it rest. 'Til your good is better and your better is best.

St. Jerome

Lesson Schedule for December:

Wednesday Nights – Competitive Team

12-5 1 Minute Ends
12-12 1 Arrow Shoot Off's Head to Head
12-19 Pin Shoot

Friday Nights – Team

12-7 Freeshoot
12-14 King of the Hill (first to 5)
12-21 Holiday get together - pot luck (club will get drinks and cup cakes)
12-28 Pin Shoot

Saturday

12-22 Ben Avery Archery Clinic

* 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



2013 Spyder 30 (Red Anodized color)
30 to 40 lb limbs RTX cams
25.5" DL
Hoyt NAP fall away rest
Purple soft case w/storage pockets
\$400.00

Contact : Tony Certo
[\(602\) 206-5688](tel:6022065688) or [\(602\) 725-1618](tel:6027251618)

Win Win RH Large Finger Tab \$45

Contact: Rick Bachman
de-sertskyarchers@gmail.com

8 Victory V Force arrows for sale.
Compound, 20-40 pounds.
\$25.
(Good entry level arrows)

Contact: de-sertskyarchers@gmail.com

Risers RH
Win Win AXT Blue, barely shot new condition
Hoyt Matrix Silver, very good condition

Limbs
PSE Xpress 42# Long
Win Win Synergy 42# Long

FOR MORE INFORMATION

Contact: devintimson@yahoo.com



what's happening

Corner Cup Tournament
December 8 & 9, 2018

<http://www.cornerarchery.com/2018-corner-cup/>
Registration closes 12/5/2018

JOAD State Indoor Championship
January 5-6, 2019

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

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>

12 tips for holiday eating

POSTED DECEMBER 24, 2012, 10:01 AM

Patrick J. Skerrett

Former Executive Editor, *Harvard Health*

It's easy to get swept up in the holiday season. This combination of religious and national celebrations can help keep the cold winter away. But the feasts and parties that mark it can tax the arteries and strain the waistline. By eating just 200 extra calories a day — a piece of pecan pie and a tumbler of eggnog here, a couple latkes and some butter cookies there — you could pack on two to three pounds over this five- to six-week period. That doesn't sound like much, except few people shed that extra weight in the following months and years.

You don't need to deprive yourself, eat only boring foods, or take your treats with a side order of guilt. Instead, by practicing a bit of defensive eating and cooking, you can come through the holidays without making "go on a diet" one of your New Year's resolutions.

1. Budget wisely. Don't eat everything at feasts and parties. Be choosy, and spend calories judiciously on the foods you love.

2. Take 10 before taking seconds. It takes a few minutes for your stomach's "I'm getting full" signal to get to your brain. After finishing your first helping, take a 10-minute break. Make conversation. Drink some water. Then recheck your appetite. You might realize you are full, or want only a small portion of seconds.

3. Distance helps the heart stay healthy. At a party, don't stand next to the food table. That makes it harder to mindlessly reach for food as you talk. If you know you are prone to recreational eating, pop a mint or a stick of gum so you won't keep reaching for the chips.

4. Don't go out with an empty tank. Before setting out for a party, eat something so you don't arrive famished. Excellent pre-party snacks combine complex carbohydrates with protein and unsaturated fat, like apple slices with peanut butter or a slice of turkey and cheese on whole-wheat pita bread.

5. Drink to your health. A glass of eggnog can set you back 500 calories; wine, beer, and mixed drinks range from 150 to 225 calories. If you drink alcohol, have a glass of water or juice-flavored seltzer in between drinks.

6. Avoid alcohol on an empty stomach. Alcohol increases your appetite and diminishes your ability to control what you eat.

7. Put on your dancing (or walking) shoes. Dancing is a great way to work off some holiday calories. If you are at a family gathering, suggest a walk before the feast or even between dinner and dessert.

8. Make room for veggies. At meals and parties, don't ignore fruits and vegetables. They make great snacks and even better side or main dishes — unless they're slathered with creamy sauces or butter.

9. Be buffet savvy. At a buffet, wander 'round the food table before putting anything on your plate. By checking out all of your options, you might be less inclined to pile on items one after another.

10. Don't shop hungry. Eat before you go shopping so the scent of Cinnabons or caramel corn doesn't tempt you to gobble treats you don't need.

11. Cook from (and for) the heart. To show family and friends that you *really* care about them, be creative with recipes that use less butter, cream, lard, vegetable shortening, and other ingredients rich in saturated fats and cholesterol. Prepare turkey or fish instead of red meat.

12. Pay attention to what really matters. Although food is an integral part of the holidays, put the focus on family and friends, laughter and cheer. If balance and moderation are your usual guides, it's okay to indulge or overeat once in a while.

<https://www.health.harvard.edu/blog/12-tips-for-holiday-eating-201212245718>

Taking Time Off From Your Workouts During the Holidays? How Fast You Lose Fitness and Tips to Minimize the Hit

The truth is it doesn't take long for the body to start losing strength, endurance and aerobic power and anaerobic capacity. In just days or weeks some of these qualities can start to decline. The adage "use it or lose it" has more scientific relevance than you may think. You work out hard and the body adapts by getting fitter, you stop and that hard work starts to deteriorate.

By Jill Brown, Contributor

Fitness OG, Maven, Transformation Specialist, Motivator, Educator, Online Coach & Entrepreneur. Fitness industry consultant & Co-creator of a suspension training product.