



DSA Newsletter



Check out our new website!
<https://www.desertskyarchers.com>

Upcoming Dates:

Beg/Int Session 5 Class 5 (6:30-7:30pm)	11/2
Team Practice (7:30-9pm)	11/2
Copper Classic Tournament	11/3
Open Practice (\$5) (5pm-9pm)	11/5
Competitive Practice (7pm-9pm)	11/7
Beg/Int Session 5 Class 6 (6:30-7:30pm)	11/9
Team Practice (7:30-9pm)	11/9
Ben Avery Clinic (8:00-9:30am)	11/10
Open Practice (\$5) (5pm-9pm)	11/12
Competitive Practice (7pm-9pm)	11/14
Team Practice (7:30-9pm)	11/16
Iron Archer Tournament	11/17 - 11/18
Open Practice (\$5) (5pm-9pm)	11/19
Classic 600 Tournament	11/24
Open Practice (\$5) (5pm-9pm)	11/26
Competitive Practice (7pm-9pm)	11/28
Team Practice (7:30-9pm)	11/30

WELCOME NEW MEMBERS

Devin Lilligaard
Kyle Hull
Nicholas Whitely

Welcome
To the Team!

**HAPPY
BIRTHDAY!**

Raley Morgan 11/3
Ethan Warner 11/18
Katherine Krebs 11/21

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

Do you ever notice how
you get people's attention
when you say you are an
archer? Why not invite
them to share in the
fun....



Beginner/Intermediate Archery Class

**Next class session begins
January 11, 2019**

<https://form.jotform.com/82245914937162>

Registration is open! Invite a friend!!!

1 day Free Clinic for Ben Avery Archery Outreach

November 10, 2018

<https://form.jotform.com/70497409484164>

Registration is open. Invite a friend!!!!

Sharing is caring



Be thankful
FOR WHAT YOU ARE NOW,
— AND —
KEEP FIGHTING
FOR WHAT YOU WANT TO BE.

Lesson Schedule for November:

Wednesday Nights – Competitive Team

11-7-18 Video Review of Archers
11-14-18 Iron Archer Prep and go over video
11-21-18 No Class
11-28-18 Pin Shoot

Friday Nights – Team

11-2-18 Free Shoot
11-9-18 Video Review of Archers
11-16-18 Go over Video
11-23-18 No Class
11-30-18 Pin Shoot

Saturday

11-10 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



2015 Podium X 40 (Teal color)
40 to 50 lb limbs
28.5" DL
With a set of new custom strings
\$800.00

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 or (602) 725-1618

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

FOR SALE

what's happening

Copper Classic Tournament
November 3, 2018

<https://www.3garchery.org/cc-registration>

Iron Archer Tournament
November 17 & 18, 2018

http://www.azjoad.com/2018/2018_iron_archer.htm

- This is an intermediate to high level tournament
- Please read the rules before you register
 - Figure Yellow Pin and Higher
 - Able to shoot 270+ on a 300 round

Classic 600 Tournament
November 24, 2018

http://www.abfaa.info/pb/wp_d569d5eb/wp_d569d5eb.html

YOUR INNER ATHLETE:

HOW AN ATTITUDE OF GRATITUDE CAN HELP PERFORMANCE

By [Dr. Haley Perlus](#) on November 12, 2015, categorized in [Endurance](#), [Strength + Conditioning](#)
<https://myvega.com/blogs/content/how-an-attitude-of-gratitude-can-help-performance>

When you take 20 athletes of equal ability and give ten of them mental training, the ten with mental training will outperform the others every time. Whether you're an athlete in competition, a health enthusiast, or new to sport and fitness, Sport Psychologist Dr. Haley Perlus shares how professional athletes mentally train to maximize results—and how you can apply these insights to your life. Read on to empower yourself to take control of your mind, overcome fear and doubt, and realize your true potential.

The truth is it doesn't matter how educated you are about the *dos* and *don'ts* of food and fitness if you don't have the mindset to follow through on your intentions. Mental toughness, specifically an attitude of gratitude, is an important part of high performance.

The best way to explain what it means to have an attitude of gratitude is to focus on the Gratitude Five: Love, Labor, Learn, Laughter, and Let Go.

Love.

For optimal performance, one of the greatest shifts in perceptions is moving from an attitude of *what do I have to do* to *what do I get to do*. Although you may have begun your nutrition and fitness program for extrinsic motives such as qualifying for a race, when you pay attention to the strength, enthusiasm, courage, and confidence you experience, you can develop a deep love for your healthy behaviors and, even more important, a profound love for yourself.

One way to shift your perception about food and fitness is to replace old damaging thoughts with new, empowering, and loving thoughts that can help keep you in an attitude of gratitude and enhance your performance. For example, replace *My body was not meant for yoga* with *Yoga challenges my mind and body to experience amazing things!* And replace *I hate spinach but I have to eat it* to *Eating spinach makes me feel good!*

Labor.

Any worthwhile performance goal requires you to fight for it. Top performers understand that to experience ultimate pleasure, they often endure some discomfort. What helps them to cope with the pain is acknowledging it exists, accepting that it's part of the process, and being grateful for it because it is a sign they are on the right path to personal excellence.

A good friend once told me that, in every training session, he experiences a moment of struggle. It's in this moment when he says to himself, "why am I putting myself through this?" He then reminds himself of his performance goals and immediately shifts his perception to one of gratitude for the struggle. It's the struggle of that last pull up, mile run, or five more second hold, that can make your goals a reality.

Learn.

Many of my clients explain to me that learning about fitness and nutrition is overwhelming and confusing. They want someone who will tell them what to eat and how to train. How about you? Would it be easier for someone just gave you a set menu each day, told you how to move to exert the most calories, and sent you on your way? Although I understand the desire, I also know that, without a clear understanding of why you eat and train a certain way, the behavior of simply following someone else's instructions will not help you to get results that last.

Every day, you can visit the [Vega Learning Center](#) for new information about plant-based nutrition, fitness and more. I recommend setting a goal to sift through the content and pick one tip to experiment with. Focusing on one tip to implement can help eliminate feeling overwhelmed and make room to truly appreciate what you just learned and how it can help you to improve your performance.

Laughter.

I know that your health and performance is serious stuff. That said, when you do make a mistake, appreciating the experience and using laughter to move through it can help you to bounce back quickly. Humor is a main ingredient for health, happiness, and resilience. The next time you find yourself feeling awkward in a new yoga pose, tripping on your trail run, or burning a new recipe in the oven, do your best to be grateful for what that experience has taught you. Laugh at yourself to make the moment less intense. Then, you'll be able to not just move forward quickly, but also with a fun story to share with others.

Let Go.

Professional athletes are obsessed with their performance, but most are equally grateful for the time off the field. Your performance goals are important – as they should be. When it's time to eat and train, exert maximum effort towards your goals. Then, leave your nutrition and training "on the field" and carry out the rest of your day with equal enthusiasm, dedication, and gratitude.

The Gratitude Five provide a great overview of what it means to have an attitude of gratitude that can help your performance. Experiment with one today and observe how it can influence your thoughts, emotions, behaviors, and ultimately help your ability to achieve optimal results!

The 4 Most Important Sports Nutrition Rules for Athletes

<https://www.stack.com/a/the-4-most-important-sports-nutrition-rules-for-athletes>

A lesson in elementary school that really resonated with me was when we were given a large jar and 10 or so rocks of various sizes to fit inside it. At first glance, you'd think there was no way you could get the larger rocks to fit with the smaller ones. But, if you started with the big ones and let the small ones fit around them, you could make it work.

The same goes for sports nutrition.

Athletes need to understand that the big rocks need to go in the jar first, and let the pebbles settle around them. This metaphor can help athletes juggle their busy schedules of practices, games, lifting, school and a social life.

This metaphor will also help nail down any sports nutrition plan. Unless you're a pro athlete, nutrition plans don't need to be highly complex and intricate to yield quality results. Instead, if an athlete can get the "big rocks" to fit into the jar, the rest will fall into place.

Here are the 4 rocks for an athlete's nutrition plan:

1. Accountability

Most athletes are highly motivated and committed to their sports and athletic lifestyle. It's in their DNA. But that doesn't mean nutrition should take a back seat. The first thing athletes need to ask themselves is if they're ready to commit to fine-tuning their nutrition plan. Most athletes are confident in their abilities on the field, but it's imperative for them to be confident in changing their lifestyle to a healthy one. That comes with consistency.

Another way athletes can know they're ready to carry out a healthy meal plan is committing to a schedule that prioritizes meal prep. Creating an integrated system that works for each individual athlete is essential. Such a system allows the athlete to plan ahead, stay accountable with meal prep rituals and achieve success long term.

But, within that system an athlete needs to understand there will be bumps in the road due to their busy lifestyle. Unless you're a professional athlete, chances are you don't have a private chef. Always remember, a consistent B effort is better than one week of A+ and 3 weeks of Ds.

2. Eat for your sport

The sport you play will dictate what your nutrition plan will look like. Different sports require different energy intakes and seasonal differences. Mid-season may require more recovery and anti-inflammatory foods, while the offseason will call for higher protein intake due to a larger volume of strength training. The main take-away should be "eat what you burn."

Unless you're trying to make weight or need to drop pounds for a sport-specific reason, failing to refuel your body properly will eventually lead to a decrease in athletic performance.

Athletes should always be looking at what they are eating before, during and after games.

Pre-game nutrition directly affects your performance on the field. If athletes don't properly fuel up 2-3 hours before game time, their blood sugar levels could be low, directly affecting coordination, endurance and overall focus.

Mid-game nutrition also varies depending on the sport, but it's also essential. For example, soccer players playing a 90-minute match burn tons of calories and deplete a high percentage of their muscle glucose throughout a game. At any point, they should be reaching for a drink high in electrolytes, sodium and fast-acting carbs to refuel their muscles and give them the endurance they need. Generally, this is where a sports drink comes into play.

Post-game nutrition could be the most important in terms of recovery and long-term success. The mindset of most athletes after a game is that they can eat anything. Wherever the bus takes them, a glutton for food comes out. But if they choose chicken nuggets and French fries over lean protein and smart carbs, they could be more inflamed and sore, and not reap the benefits of their workout or game. This rolls into the accountability portion of the big rocks. If the athlete knows the bus is headed to a fast food joint post-game, he or she should plan to bring high quality protein shake onto the bus.

3. Nail your macros down

It's no secret that athletes need more calories. Each day, the energy output of athletes is much higher than that of everyday people. During practices, games or an offseason workout, an athlete can burn anywhere from 800 to 1,500 calories, and if they are not replaced, the athlete's body will suffer. Without getting too complicated with macros, athletes should think about each meal and what it should contain.

Every meal should have 1-2 serving of lean protein, 1 serving of colorful vegetables or fruit, and 1-2 servings of a healthy fat.

Most meals should also include a slow-digesting, high-fiber carb such as brown rice, quinoa, oats or lentils. The slow-digesting carb should be eaten either in the morning or around game—to ensure that the carbs will replace any lost muscle glycogen.

Follow this meal plan, and the macros will be on point and aid in building muscle, endurance training and overall good health. This may seem like an impossible task for busy athletes always on the go. But even when you're on the road, you should still try to abide by these macro principals at each meal.

But sometimes that's just not realistic, and you need to swing into a convenience store for a quick pick-me-up before or after a game. When that happens . . .

4. Eat real food, not sport food

No matter where you are, you can get food with nutritional value. Even gas stations carry health bars that are high in smart carbs and protein—great options for the athlete on the go.

Athletes need better quality food than average people. Regardless of the food and no matter what the athlete is ingesting, it needs to hold nutritional value. If not, the body won't recover quickly and muscle synthesis could turn into degradation. As a general rule, stay away from self proclaimed "fitness foods" like energy drinks, "Paleo packs" and bars with chapter-long lists of ingredients.

Generally this stuff is a cornucopia of processed and often poor quality food, leading to subpar choices. Part of being an athlete means you have to understand the importance of nutrient rich foods and how they affect your performance. All athletes should treat their body as a temple where chemical-filled foods don't belong.

Good whole food alternatives almost as good as prepared meals but more convenient are everywhere. Choosing whole grain bread over white, a bag of trail mix over chips, or a bar with fewer than 10 ingredients and 10 g of sugar are all available at any quick stop or sandwich chain. Now more than ever, it's easy to make healthy choices, so if athletes can consciously make those choice, they'll be golden.

If an athlete can nail down these big rocks of nutrition, only then can they move on to a more complex, individualized plan. Athletes shouldn't have to do this alone either. Get teammates, coaches and parents involved and create an atmosphere where performance nutrition can thrive. Everyone commits hours of practice to better the team's chance at a W. Commit some of that time to nutrition, and it will put the team one step ahead of the competition.