



DSA Newsletter

Upcoming Dates:

2020 Arizona State Indoor Tournament

Desert Sky should be proud of the below archers

Madison Barsells 1st Place Recurve Cub Women, her best 40cm target face tournaments scores.

Allen Alihodzic 1st Place Compound Cub Men, his best 4 distance tournament score.

Shaylee Smith 1st Place Compound Cub Women, her best 4 distance tournament score.

Reese Veidmark 1st Place Barebow Junior Women, great scores for her 1st barebow tournament

Charles Corridori 1st Place Barebow M50 Men, 1st tournament back after coming out of retirement.

London Holley 2nd Place Barebow Cadet Women, best tournament scores.

Stephanie Lord 2nd Place Compound M50 Women, 2nd best tournament scores.

Grace Reed 2nd Place Compound Junior Women, best State Indoor scores.

Spencer Yee 2nd Place Compound Junior Men, best State Indoor scores.

Kim Hicks 2nd Place Compound Women, best State Indoor scores.

Kristine Krebs 2nd Place Recurve M50 Women, her 1st tournament and her best scores shot.

Shaylee Smith 3rd Place Recurve Cub Women, shooting recurve pulling double duty shot her best recurve scores

Heather Cuchiara 3rd Place Compound Women, shot a strong tournament in a tough division

Isabella Tercero 3rd Place Compound Cub Women, shot her best tournaments scores.

Glen Beckham 3rd Place Barebow M60 Men, shot his highest tournament scores.

Noelle Crowder 4th Place Barebow Cub Women, shot her best 40cm scores ever.

Arvid Veidmark 4th Place Barebow M50 Men, pulling double duty shooting barebow shooting great.

Reese Veidmark 4th Place Compound Junior Women, shot her best State Indoor.

Kiel Amundsen 4th Place in Compound Cadet Men, shot his 2nd best tournament score.

Paul Miller 5th Place Barebow M60 Men, shooting great in a rare tournament appearance.

Gundry Fureday 5th Place Recurve Cadet Men, shot his personal best scores ever.

Katie Krebs 5th Place Recurve Cadet Women, shot her best tournament scores.

Nicole Lord 5th Place Compound Junior Women, shot her best tournament scores.

Lilly Graham 6th Place Compound Cadet Women, shot her best tournament scores.

Ryan Bachman 7th Place Compound Junior Men, shot his best tournament scores ever.

Adi Tejwani 8th Place Recurve Cadet Men, shot his 2nd best tournament scores.

Arvid Veidmark 8th Place Compound M50 Men, shot his best State Indoor scores.

Tyler Bachman 9th Place Compound Men, shot his second best State Indoor scores.

Colin Abelman 10th Place Recurve Cadet Men, shot his second best State Indoor scores.

Ben Avery Clinic	2/1
Competitive Practice (7:00pm-9:00pm)	2/5
THE VEGAS SHOOT	2/7 - 2/9
Competitive Practice (7:00pm-9:00pm)	2/12
Beg/Int Classes Class 5 (6:30pm-7:30pm)	2/14
Team Practice (7:30pm-9:30pm)	2/14
Competitive Practice (7:00pm-9:00pm)	2/19
Beg/Int Classes Class 6 (6:30pm-7:30pm)	2/21
Team Practice (7:30pm-9:30pm)	2/21
Competitive Practice (7:00pm-9:00pm)	2/26
Team Practice (7:30pm-9:30pm)	2/28
ABFAA State Indoor	2/29



Kiel Amundsen	2/14
Joel Marler	2/19
Kayla Mullen	2/22



Don't forget if you haven't already renewed your Membership, it is due by the end of February!!!

<https://form.jotform.com/62125382156149>

WAY TO GO DSA!!!

Lesson Schedule:

Wednesday Nights – Competitive Team

- 2-5 Vegas Prep
- 2-12 Vegas Wrap Up
- 2-19 Sight Adjusting, why is it important
- 2-26 Pin Shoot

Friday Nights – Team

- 2-7 No Class
- 2-14 Freeshoot
- 2-21 301 Game
- 2-28 Pin Shoot

Saturday

2/1 8AM Ben Avery Clinic with *DSA Open Shooting from 9:45 to Noon*

* 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)

**BASF Clinic (February 1st)
VOLUNTEER and then shoot!!!!**

DSA CLASSES: February 14th, 21st



REMINDER:

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

- if we can't get volunteers, events will cancel = Fees go up!

what's happening

Feb 6-9, 2020
Vegas Shoot Las Vegas, NV

Feb 14-16, 2020
USA Archery Indoor Nationals
Ohio

Feb 21-23, 2020
USA Archery Indoor Nationals
Massachusetts, Pennsylvania, Georgia

Feb 28,29-Mar 1, 2020
USA Archery Indoor Nationals
Utah, Virginia, Michigan

2/29/2020
ABFAA State Indoor PSE Tucson

2020 Arizona JOAD Indoor State Championship

On Saturday...January 4th

Reese Veidmark shot in her first barebow tournament earning 1st in Barebow Junior Women

Madison Barsell shot her best tournament scores earning a 2nd in Recurve Cub Women

London Holly also shot her best tournament scores earning 3rd in Barebow Cadet Women

Noelle Crowder is making great strides change up her form and still finishing strong in 4th place Barebow Cub Women

Sonja won Barebow Cub Women in her first tournament ever! She shot amazingly strong!

Colin Abelman brought home a 6th in Recurve Cadet Men

Katie Krebs aging into one of the toughest and largest divisions showing she can compete in the older age group shooting her best tournament scores and best ever scores on a 40cm target face. Finishing 7th in a tight group of 11 Recurve Cadet Women.

On Sunday...January 5th

Shaylee Smith shot her second best tournament score took 1st in Compound Cub Women

Allen Alihodzic shot his personal best taking 2nd in Compound Cadet Men

Reese Veidmark pulling double duty brought home 2nd in Compound Junior Women shooting her personal best tournament scores

Ryan Bachman stood 3rd on the podium shooting his best tournament scores in Compound Junior Men

Isabella Tercero shot her best state championship scores taking 3rd in Compound Cub Women

Cooper VerSteeg shot he personal best taking 5th in Compound Bowman Men

Kiel Amundsen shot his best JOAD Indoor scores in the unbelievably competitive Compound Cadet Men taking 6th

Kaitlin Kreidler tried to shoot through the pain in her still healing wrist. Stepping down after a valiant effort taking 7th in Compound Cub Women

Lilly Graham recovered to mid pack after finding a broken blade rest. She took 9th in Compound Cadet Women

Desert Sky Archers is awesome!!!

WHY ATHLETES GET FRUSTRATED WITH THEMSELVES & THE MENTAL MISTAKE THEY'RE MAKING

You make a mistake and that triggers your frustration! You get angry and upset with yourself and that just sends your performance spiraling down the tubes! You get emotional and then lose control!

What's the REAL problem here?

Athletes who struggle with frustration when they perform do so for one KEY reason: They go into their performances with expectations! They bring their goals with them! They have certain standards that they think they SHOULD be maintaining and they're not! Hence, the self-directed anger and frustration.

When you get upset with yourself for a mistake or for performing below the level you think you should, you will tighten yourself up physically, distract yourself from the moment by moment flow of the action, and perform way below your potential.

Instead, keep your focus ON WHAT YOU'RE DOING! Concentrate on the game, match or race, one moment at a time. LEAVE YOUR GOALS AND EXPECTATIONS AT HOME!

And know that if you are getting frustrated with your performance, then that's a sure sign that you have made the mental mistake of bringing your goals/expectations into your performance!