



DSA Newsletter



ARCHER REMINDER:

January 1 begins the AGE UP Division Ranking

Year of birth - NOT BIRTHDAY

- Master 50 born years 60-69
- Master 60 born years 50-59
- Master 70 born years 40-49
- Senior born years 70-98
- Junior born years 99-01
- Cadet born years 02-04
- Cub born years 05-06
- Bowman born years -07

WELCOME NEW MEMBER

Ethan Donahey
 Jessica Sawaya



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



Zach Allen 1/1
 Teagan Severns 1/1

MEMBERSHIP RENEWAL

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

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



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

Email:
recurvejohn1@gmail.com

Make the Commitment
 Stop Abuse in Sport



Don't forget to take the SafeSport course.

<https://usarchery.sport80.com/login>

SafeSport is a required course for any club employee, volunteer, instructor, coach, judge, administrator or member who is formally appointed to a position of authority over, or will have direct contact with athletes within a USA Archery Club event or activity.

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!!!

Upcoming Dates:

Open Practice (\$5) (5pm-9pm)	12/31
Competitive Practice (7pm-9pm)	1/2
Team Practice (7:30-9pm)	1/4
JOAD State Indoor	1/5 - 1/6
Open Practice (\$5) (5pm-9pm)	1/7
Competitive Practice (7pm-9pm)	1/9
Beg/Int Class Session 1, Week 1 (6:30-7:30pm)	1/11
Team Practice (7:30-9pm)	1/11
ABFAA Sectional	1/12
Indoor Nationals (Florida & Utah)	1/12 - 1/13
Open Practice (\$5) (5pm-9pm)	1/14
Competitive Practice (7pm-9pm)	1/16
Beg/Int Class Session 1, Week 2 (6:30-7:30pm)	1/18
Team Practice (7:30-9pm)	1/18
AZ State Indoor (Recurve & Barebow)	1/19 - 1/20
Competitive Practice (7pm-9pm)	1/23
Beg/Int Class Session 1, Week 3 (6:30-7:30pm)	1/25
Team Practice (7:30-9pm)	1/25
AZ State Indoor (Compound)	1/26 - 1/27
Competitive Practice (7pm-9pm)	1/30

Lesson Schedule for January:

Wednesday Nights – Competitive Team

1-2 overall form check, prep for JOAD Indoor
1-9 1 minutes ends
1-16 breathing exercises
1-23 Prep for State Indoor
1-30 Pin Shoot

Friday Nights – Team

1-4 final prep for JOAD Indoor
1-11 Open shooting
1-18 breathing exercises
1-25 Prep for state indoor
2-1 None

Monday Open Shoot Dates - Dec 31st, Jan 7th & Jan 14th (\$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/>

New Year's Resolutions for Youth Athletes

With every new year comes the opportunity to set new goals. For athletes, a new year is a fresh opportunity to focus on getting better both on and off the field. We wanted to highlight a few resolutions that we think can help all young athletes, regardless of the sport they play.

Below are our top resolutions we want everyone—athletes, coaches and parents alike—to focus on in the new year:

- **Be Mindful**

Mindfulness is nothing new—[top athletes all over the world use it](#). But what exactly is it? Mindfulness is how we perceive external situations and how the messages we tell ourselves have implications on our performance and ability to reach our potential. In order to be more mindful try meditation, visualization and deep breathing.

- **Eat Right**

Food is the fuel that makes your body run. In order to be in the best shape possible, [good nutrition is key](#). And remember, good fueling habits are an everyday thing—not something to only pay attention to on game day.

- **Drink Plenty of Water**

In addition to eating well, it's important to drink plenty of water. For a healthy life, hydration is key. Some sports drinks contain added sugar, so pure water can't be beat when you work up a thirst on the court or field.

- **Set Realistic Goals**

Sometimes setting goals can be intimidating, but it's important to remember that Rome wasn't built in a day. If you're looking to improve your jump shot, shave time off your mile or master your backhand swing, start with baby steps. Continue working on your skills for an extra 15 minutes after practice ends, or watch game film to see where you can improve. You can even sign up for [one-on-one coaching](#). Making little changes and sticking to them will help you reach your goals.

- **Channel the Right Mindset**

At the end of the day, sports are supposed to be fun. They should act as a stress reliever, rather than causing stress and anxiety. Channel the mentality of a little leaguer: Sports are an opportunity to have fun, play with your friends and be kind to one another.

- **Be Inspired**

As we look ahead to the new year, we'll leave you with [a few of our favorite quotes](#) from incredible athletes and role models. These words of wisdom may give you that extra push you need to start working towards your goals.

- "I can accept failure, everyone fails at something. But I cannot accept not trying." - Michael Jordan
- "It's not whether you get knocked down, it's whether you get up." - Vince Lombardi
- "Adversity causes some to break; others to break records." - William Ward
- "Set your goals high, and don't stop until you get there." - Bo Jackson



BE STUBBORN
ABOUT YOUR
GOALS, AND
FLEXIBLE ABOUT
YOUR METHODS.