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August, 2019

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## ODFW Corner

Hi everyone,

Archery is a sport that requires a great deal of mental participation. Consider yourself a lucky archer if you never experience target or trigger panic. These are things that we try not to think about, because we live with the expectation that if we think about it – it will happen. I personally spent many years with trigger panic. What this means is that I have difficulty putting my pointer finger on the trigger and holding

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it there while I aim at the target. Instead, I would aim and then “punch” the trigger when I was ready to release the arrow. For me, this was the barrier that kept me on a plateau of my indoor scores. Some things that helped me were: blind baling (shooting at about 5 yards with my eyes closed), and in the end using a back tension release. Here’s a recent photo of me shooting now at the Northwest Mountain Challenge, showing that it is possible to still shoot after having trigger panic. I have to be aware as I will still punch the trigger if I don’t mentally walk through every step of my process.



It’s amazing how the mind works and how your mental process changes as soon as you are at full draw. Everything around you quiets down, and your entire focus is on

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the target and releasing the shot. When you do find someone with target panic, do not tell them to “just get over it.” It is a process that the archer has conditioned themselves into, and it is a habit that will take conditioning to break. Breaking this habit will only happen once the archer has set their mind to do so. Try to break these habits early on as possible, before the habit is too deeply wired in the brain.

What have instructors found that works with your archers who have target panic? I get asked about this a lot and am always looking for suggestions to give people. Send me a message about how you handle this and any techniques you use. I look forward to your feedback.

As always, if you have any questions or if there is anything I can help you with let me know.

Happy Shooting,

Stephanie Rustad

A handwritten signature in black ink that reads "Stephanie Rustad". The signature is written in a cursive, flowing style.

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## Upcoming Events and Classes

### NASP BAI Certification

August 15<sup>th</sup> 9 a.m. – 4 p.m. in Bend (21610 NE Butler Mkt. Rd. Bend, OR 97701).

Space available: 5 spots

August 20<sup>th</sup> 9 a.m. – 4 p.m. in Monmouth (29555 Camp Adair Rd. Monmouth, OR 97361)

- Please contact Stephanie if your school would like to host a certification class
  - Register at [www.naspbai.com](http://www.naspbai.com) and have the principal of your school send [Stephanie.m.rustad@state.or.us](mailto:Stephanie.m.rustad@state.or.us) an email giving your school permission to
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participate in the NASP program to receive the free equipment kit which is only available for a limited time

## **S3DA Basic Instructor Certification**

*For more information, reach out to your region's coordinator:*

Oregon State Coordinator: Stephanie Rustad, email:

[Stephanie.m.rustad@state.or.us](mailto:Stephanie.m.rustad@state.or.us)

Oregon West Region: Craig Tokuda, email: [ctokuda@comcast.net](mailto:ctokuda@comcast.net)

Oregon East/Central Region: Crystal Lohner, email: [iaff.reed@gmail.com](mailto:iaff.reed@gmail.com)

**Hunter Education** – Dates available at [www.myodfw.com](http://www.myodfw.com)

**Conventional Class:** This class gives a thorough introduction to the skills hunters need, covering topics like: firearms safety, hunter ethics, wildlife identification, hunt preparation and techniques, and outdoor survival. All youth students are required to participate in a live-fire exercise.

**Field Day:** Students must complete an online course or workbook and bring the online course completion certificate or completed workbook to this ODFW Field Day. Field day instruction includes a review of course topics, Oregon hunting regulations, ethics, conservation, firearm safety field exercises, a live-fire exercise and a 60 question written final exam.

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## **Hunting Stories**

Take pictures this hunting season! Then have your archer turn in their story and/or photos during or after the 2019 hunting season. They may be included in a future edition of The ODFW Quiver. They can be stories about a successful hunt, funny incidents, or a lesson learned. Please caption photos with name and date (location if available).

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## **Asked & Answered**

*ODFW is here to help grow your archery program in any way that we can. Please submit questions to [Stephanie.m.rustad@state.or.us](mailto:Stephanie.m.rustad@state.or.us) and they may be featured in the next issue of the ODFW Quiver.*

**Q: What are some general archery term that I should know?**

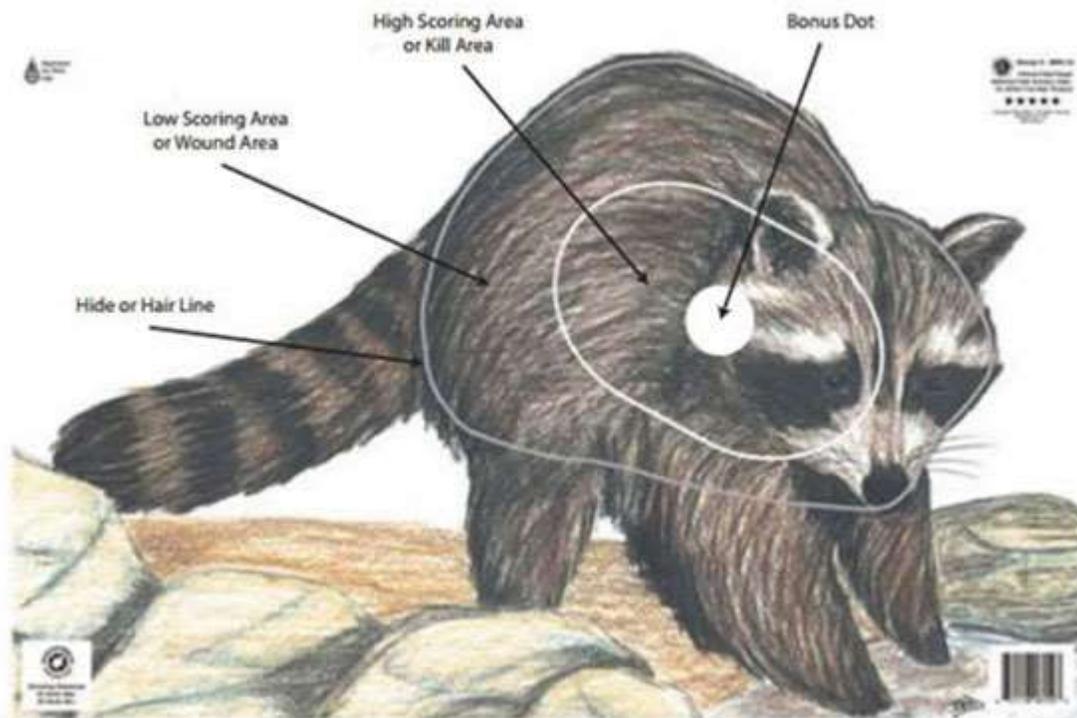
**A:** Here is a quick appendix of archery terms. This will be posted as a resource on [www.myodfw.com](http://www.myodfw.com), just search “youth archery.”

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## Tournament Terms and Types:

**End:** One section of a round, a set number of arrows that are shot together, to be scored and pulled at the end of the end of shooting. A predetermined number of ends comprise one round. 1-6 arrows will be used to shoot an end depending on the kind of tournament. (Ex. A blue face round is made up of 6 ends of shooting.)

**Round:** The set number of ends in a scored tournament that add up to the final total score.



**Animal Target (Field):** The target is a two-dimensional animal target with printed scoring rings. The size/animal of the target depends on the distance being shot. 14 ends make a unit, two units make a round. Arrows must be numbered. Up to 3 arrows may be shot and the highest scoring arrow will count. In the case of a walk-up, the first arrow must be shot from the farthest stake, the second from the middle stake, and the third from the nearest stake in order to be scored. Scoring: The first arrow can get a maximum score of 21 (bonus ring), 20 (high score section), 18 (low scoring section) or 0 for a miss. The second arrow can achieve scores of 17, 16, 14, and 0. The third arrow can score 13, 12, 10 or 0. The highest score of the 3 arrows is the only score recorded.

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**Blue Face Target:** The spot shall be two white rings with blue X in center ring. The outer rings shall be blue. The bullseye shall be 8cm. in diameter with an X-ring. A single spot or 5 spot target may be used. The scoring is X, 5, 4, 3, 2, 1 from the spot out on a single face and X, 5, 4, 4 from the spot out on the 5–spot. X-rings shall be counted and used as tie-breakers and will be considered part of the official score. 6 ends of 5 arrows will compose one S3DA blue face round. (NFAA is 12 ends of 5 arrows). In a 5-spot, arrows do not need to be in their own spot.



**Classic 600 Target:** The spot shall be two gold rings with an X in center ring. This is followed by one gold ring, two red rings, and one blue ring. The scoring is X, 10, 9, 8, 7, 6. X-rings shall be counted and used as tie-breakers and will be considered part of the official score. 4 ends of 5 arrows will be shot at each distance, with 3 distances to be shot depending on age division.

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**Field Target:** The spot shall be two black rings with a white X in center ring. This is followed by two white rings, and then the outer two black rings. The scoring is X, 5, 4, 4, 3, 3. X-rings shall be counted and used as tie-breakers and will be considered part of the official score. The size of the target depends on the distance being shot. 14 ends of 4 arrows make a unit, two units make a round.



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**FITA Target:** The spot shall be two gold rings with an X in center ring. This is followed by one gold ring, two red rings, two blue rings, two black rings, and two white rings. The scoring is X, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1. X-rings shall be counted and used as tie-breakers and will be considered part of the official score. 6 ends of 6 arrows will be shot at each distance, with 4 distances to be shot depending on age division.

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**Hunter Target (Field):** Made of black rings with white outlines. The spot shall be two white rings with a black X in center ring. The scoring is X, 5, 4, 3 from the spot out. X-rings shall be counted and used as tie-breakers and will be considered part of the official score. The size of the target depends on the distance being shot. 14 ends of 4 arrows make a unit, two units make a round.



**Outdoor Target (S3DA):** The spot shall be two gold rings with an X in center ring. This is followed by one gold ring, two red rings, and one blue ring. The scoring is X, 10, 9, 8, 7, 6. X-rings shall be counted and used as tie-breakers and will be considered part of the official score. 6 ends of 6 arrows will be shot at a single distance.

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**Vegas Target:** The spot shall be two gold rings with a black X in center ring. This is followed by one gold ring, two red rings, two blue rings, two black rings, and two white rings. The scoring is X, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1. X-rings shall be counted and used as tie-breakers and will be considered part of the official score. A single spot or a three spot triangular target may be used. NFAA is 10 ends of 3 arrows. On a three spot, each arrow must be in its own spot.



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**900 Round Target:** The spot shall be two gold rings with an X in center ring. This is followed by one gold ring, two red rings, two blue rings, two black rings, and two white rings. The scoring is X, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1. X-rings shall be counted and used as tie-breakers and will be considered part of the official score. 5 ends of 6 arrows will be shot at each distance, with 3 distances to be shot depending on age division.

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**3D Target:** A foam animal target with multiple scoring rings. Scoring will depend on each event's host organization. Most targets will score as anywhere on the body being 5 points, and the next largest circle being 8 points. The spot points will differ. There are many different animals that are used as targets including bear, deer, frogs, and dinosaurs. 3Ds are shot at varying distances and have no set number of arrows.

## **Bow Nomenclature:**

**Arrow Rest:** A platform to place the arrow on a bow that helps guide the arrow when it is drawn and released.

**Arrow Shelf:** In traditional archery, there is a cut out in the riser or the top of the archer's hand, where the arrow sits. With a compound bow it acts as a divider between the grip and the arrow rest and helps protect the hand as the arrow is released.

**Cable:** The plastic covered steel cable or string material that connect the string via the cams or wheels to the opposite limb of a compound bow.

**Cable Guard:** Rod which runs perpendicular from the riser towards the bowstring and works with the cable slide to keep the cables out of the arrow's line of fire.

**Cable Slide:** A plastic piece which attaches to the cable guard and holds the string and cables out of the arrow's line of fire.

**Cam:** The pulley on the end of a compound bow's limb used to provide let-off and power. They are elliptical shaped.\*Note: The cable and pulley system of compound bows can be comprised of an upper and lower wheel (old-school wheel bow), one idler wheel and a single cam or they can have dual cams. Most compound bows have either one or two cams nowadays.

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**D-Loop:** A cord or string forming the shape of a “D” around the nocking point. Archers attach their mechanical release to the D-Loop, which unleashes the arrow from straight behind the nock position.

**Glove:** A covering for the draw fingers with a strap around the wrist to protect finger tips from damage from holding the string. Made from leather or other flexible material.

**Grip:** The part of the bow your bow-hand holds on to while shooting an arrow.

**Limbs:** These are the upper and lower parts of the bow and where the energy is stored until the arrow is released.

**Limb Bolts:** Limb bolts hold the limbs to the riser and can be tightened or loosened on a compound bow in order to adjust the draw weight of the bow.

**Limb Silencer:** Rubber devices attached to each bow limb to reduce noise and vibrations from the bow upon releasing the bowstring and arrow.

**Kisser Button:** A small plastic disc that attaches to the bowstring. It is positioned on the bowstring so it touches the archer’s lips at full draw. The kisser button provides an extra reference point for the anchor position.

**Peep Sight:** A small aperture attached to the bowstring that keeps the archer in the same position each time when at full draw.

**Nocking Point:** The point on a bowstring where the arrow nock is placed. On a traditional bow, there is a ‘nock point’ attached to the string and the arrow’s nock is placed underneath it. On a compound bow with a “D-Loop”, the nocking point is between the knots that tie the D-Loop on the bowstring.

**Quiver:** A container for arrows. It may be attached to the bow, placed on a belt, carried on your shoulder, back, or placed on the ground.

**Release:** A device that is held in the archers draw hand that connects to the bow string or d-loop. The most typical releases will have a trigger that will be pulled by the index finger, however there are some made that will be pulled by the thumb or entirely by tension of the hand.

**Serving:** The wrapping of extra thread around the loops and center of the bowstring to protect it from wear.

**Sight:** A piece of equipment used by the archer as an aiming point. Not used on all bows. May have multiple sight pins that are used for different distances.

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**Sight Window:** The cut out section of the riser, above the grip.

**Stabilizer:** A weighted rod attached to the riser and is used to provide balance to a bow. It also absorbs the vibrations of the bow when the string is released.

**String:** A twisted collection of string makes up the bowstring that the archer draws back and connects the bow with the arrow.

**String Silencer:** Rubber devices attached to the bowstring to reduce noise upon release.

**Finger Tab:** A piece of material, usually leather, that is used to cover the draw fingers while shooting to protect from damage.

**Wheel:** The round pulley at one end of a compound bow's limb used to provide let-off and power. They do not provide as much let off as much as a cam. \*Note: The cable and pulley system of compound bows can be comprised of an upper and lower wheel (old-school wheel bow), one idler wheel and a single cam or they can have dual cams. Most compound bows have either one or two cams nowadays.

**Wrist Sling:** A loop of lightweight rope or braided nylon that attaches to the bow's riser near the grip. Archers slide their hand through the loop and loosely grip the bow. It ensures they don't drop the bow upon releasing the arrow.

## Arrow Nomenclature:

**Arrow:** A carbon, aluminum, fiberglass or wooden shaft with a point on one end and a nock with feathers or plastic vanes on the other end. The arrow serves as a "delivery system" for the arrow point for target shooting or a broad head for hunting.

**Broad head:** A sharp, razor-blade arrow point used for hunting.

**Field Point:** A practice point for target shooting.

**Fletching:** The stabilizing vanes or other devices attached to the nock end of the arrow shaft, stabilizing the flight of the arrow. It is made of feathers, plastic or rubber. Can be called a vane, fletching, or feather.

**Index Vane:** A differently-colored fletch used for proper arrow alignment. It is commonly called a cock-fletch or a cock-feather.

**Nock:** The notch or attachment at the rear end of the arrow and when placed on the bowstring, it holds the arrow into the string. To "nock an arrow" is the act of setting an arrow onto the bowstring prior to shooting the bow.

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## Volunteer Opportunities

ODFW Archery Education receives many requests from the public to run archery stations at different events around the state.

- If you, your club, or your group would like to volunteer to run, or assist with an event;
- If you know of mature young adults (aged 16-18) that would be interested in helping; and
- If you are unable to volunteer at these events, but would like to assist at future youth and/or family events.

Then please let Stephanie know to be added to the volunteer list. Volunteers are the main reason ODFW is able to run so many great programs. Thank you.

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## Tournament Schedule

### **\*ODFW Hosted Tournament – Pre-registration Required**

#### **August 2019**

08/3/2019-08/4/2019 Last Chance 3D – Cascadian Bowmen

08/4/2019 Hunters Warm-up – Caveman Archers

08/10/2019-08/11/2019 Hunters Warm-up 3D Shoot – Celilo Bowmen

08/10/2019-08/11/2019 3D Trail Fun Shoot – Saddle MT Archers

08/10/2019-08/11/2019 Indian Lake Shoot – Pilot Rock Archery Club

08/17/2019-08/18/2019 Mel Schmidt 3D Shoot – Wapiti Bowmen

#### **September 2019**

09/14/2019 End of summer 900 – Sylvan Archers

#### **October 2019**

10/19/2019-10/20/2019 JOAD Youth Tournament – Alpine Archery and Fly

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## **November 2019**

11/3/2019 Vegas Turkey Shoot – Cascadian Bowmen

11/3/2019 Turkey Shoot (40 3D targets) – High Desert Archers

11/9/2019-11/10/2019 Veteran's Day 3D Shoot – Celilo Bowmen

## **January 2020**

1/11/2020 Bagent's Stick in the Mud Memorial 3D – Green Valley Archery Club

\*2020 Oregon South Regional S3DA Tournament –

\*2020 Oregon North Regional S3DA Tournament

\*1/14/2020-2/28/2020 S3DA Western Region Virtual Indoor Tournament - Virtual

## **February 2020**

\*02/01/2020 Oregon NASP Southern Regional Tournament – St. Mary's School of Medford

02/07/2020-02/09/2020 The Vegas Shoot, [Las Vegas Nevada](#)

\* 02/15/2020 Oregon S3DA State Indoor Tournament – Bend Bowmen

## **March 2020**

\*03/07/2020 Oregon NASP State Tournament – Linn County Expo Center

3/14/2020-3/15/2020 Glen Parson's Memorial 3D Shoot – Green Valley Archery Club

## **April 2020**

## **May 2020**

5/9/2020-5/10/2020 Mother's Day 3D Shoot – Green Valley Archery Club

\*2020 Oregon S3DA State 3D Tournament

## **June 2020**

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\*2020 Oregon S3DA State Outdoor Target Tournament

If your club/school/shop/range has an upcoming event, email [Stephanie.m.rustad@state.or.us](mailto:Stephanie.m.rustad@state.or.us) with event details to be included in a future issue. A list of club contact information can soon be found at <https://myodfw.com/articles/youth-archery-programs-oregon> by scrolling to the bottom and selecting Oregon Clubs, Shops, and Ranges. (Details include date, event name, location, and contact name).

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