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*Contains information for every instructor, student, and archer.*

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October 2019

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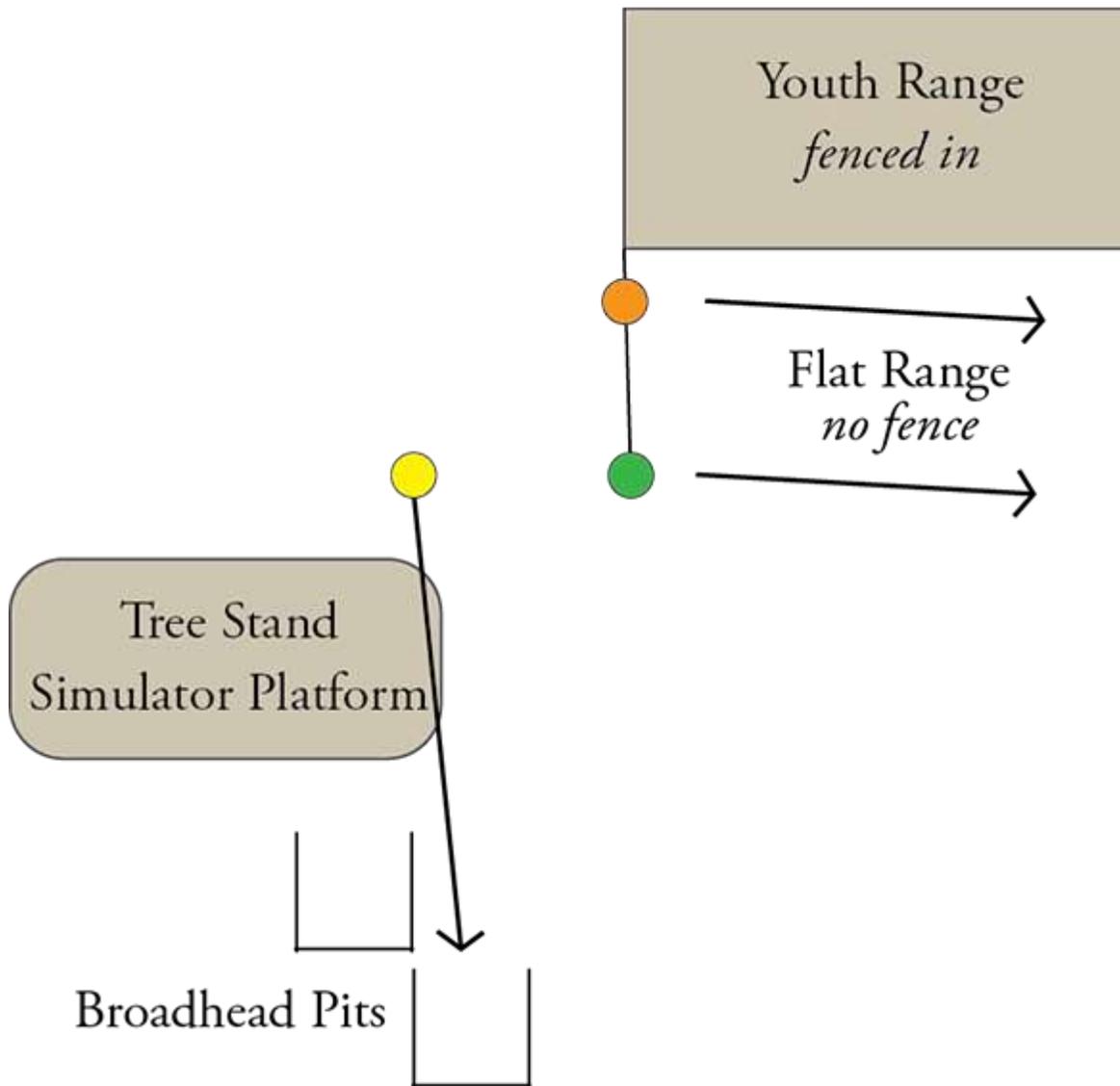
## ODFW Corner

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Hi everyone,

Let's talk about range safety. Archery remains one of the safest sports in schools because of the emphasis on safety, and I want to see that continue for archery sport-wide. Last month, I was running a certification class at the E.E. Wilson Archery Range. I hold my classes in the youth section of the range, as it is fenced off, that way the rest of the range can still be open to the public.

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There are three parts to this range: the youth section, the flat range, and a tree stand simulator platform to shoot into the broad head pits. At the time I was setting up, there were three other archers using the other parts of the range. I noticed that one of the archers was doing something that I felt was unsafe. The orange, yellow, and green dots in the diagram below represent these archers. Looking at the image, can you see what I felt was unsafe?

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If you said the yellow dot archer was shooting behind the green dot archer, you would be correct. The way the EE Wilson Archery Range is set up, archers can shoot from or below the platform at the same time that others use the flat range (see picture of platform below). However, this specific yellow dot archer was trying to further the distance of his shot, without moving his target, by shooting around the platform.

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One safety rule that will be the same at any range you visit will be to make sure that no one is down range while you are shooting, even if it is in a different direction. This goes for flat ranges, 3D courses, and even hunting. Always know your target, what is in front of it and what lays beyond it. Let's keep archery safe and fun for everyone.

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 style with a large, prominent 'S' at the beginning.

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## Upcoming Events and Classes

**NASP BAI Certification**

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October 11 (9 a.m. – 4 p.m.) at Oregon Shape Conference in Bend (limited to conference attendees)

October 18 (9 a.m. – 4 p.m.) at Monument School in Monument, OR.

October 25 (9a.m. – 4 p.m.) at Cascades Elementary in Lebanon, OR.

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 participate in the NASP program to receive the free equipment kit which is only available for a limited time

Please contact Stephanie if your school would like to host a certification class (minimum 5 participants - may be from surrounding schools, community members, or other faculty)

### **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)

### **USAA Level 1 Instructor Course**

*For more information, check <https://www.usarchery.org/coaches/find-a-course>*

### **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

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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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## **Archery Program a Big Hit at Lighthouse School**

*By John Gunther and Sam Barbee, August 22<sup>nd</sup>, The World Link*

COOS BAY — When students get back to Lighthouse School in the coming days, they will get a chance to continue a popular new addition to the school's physical education program. Eric Hamner, the Lighthouse PE teacher, added an archery program last year and it quickly become a big hit. Hamner started the program in January and the students picked up the sport with enthusiasm. A number of them even competed in a state championship meet in Albany with good success. Archery has been an activity that students of various backgrounds could thrive in.

“One of the things about this program, kids who don't do football, don't do basketball, don't do track — they can excel in this program,” Hamner said. He added that a number of students who were struggling in school started to do better academically after they picked up archery.

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The idea to start the program came after Hamner noticed the school had bow. [He looked for a certification class to become an instructor, and connected with the Oregon Department of Fish and Wildlife and the National Archery in the Schools Program. This allowed] him to set up a range in the school's cafeteria for the program. The equipment had been donated by the Oregon Department of Fish and Wildlife. [This included 12 bows, 5 targets, 5 dozen arrows, 1 arrow curtain, 1 bow rack, and a tackle box].

Hamner earned his certification in the National Archery in the Schools Program as an instructor and started the program, setting it up so the students would practice at the regular competition distances — 10 and 15 meters. Soon some of the students were shooting bullseyes — hitting the center in the 10-ring targets. And when a group of the students went to the competition in Albany, Halle Goorhuis and Juila Keizer finished second and third among elementary school girls.

“Those two gals were on fire,” Hamner said.

At the end of the school year, Lighthouse had an in-school competition. Izzy Palen finished first, Sasha Holt second and Gannon Frost third.

“The girl who won the in-school competition has shot four or five bullseyes every practice,” Hamner said.

Hamner has had help teaching the program from Savana Frischman, the fifth-grade teacher at Lighthouse School. Many of the students in the program were in her class.

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“I knew that I had a strength in organizing and the kids in our school didn’t have any sort of after-school opportunities,” Frischman said.

Like Hamner, she quickly saw the positive impact the program was having on the students.

“A lot of confidence and self-control,” she said of the things she sees the students getting. “We have a population who might not participate in team sports or be competition-oriented, so we have a place where kids can go where they can belong and they can really work on themselves.”

Late in the school year, Frischman asked her students why they like the program, sitting with a group that included Keizer, Palen, Goorhuis, Graham Gibson, Lily Cardoza-Duarte and Hadley Crockett.

“It is a cool adventure, something they hadn’t tried before,” Frischman quoted the group as saying. “There were not many other after-school activities, so they became very excited for archery specifically because it was different and new to them.”

Some of the students liked how it wasn’t about kicking or throwing balls.

“It feels unique and special to our school,” Frischman quoted the students. “Archery is a good after-school project and they liked being on the team because it wasn’t as competitive, all got to participate at the same time, everyone had their own part, and they weren’t going to yell at each other when something went wrong.”

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“They like that it was independent, but united. They liked working on it, working for yourself to get better, and having teammates cheer you on.”

Frischman said her students planned to continue in archery.

“Once they joined, they don’t want to stop because the more you practice, the better you get and the more you like it,” she said.

Hamner is excited to see the growth of archery at Lighthouse School.



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## Hunting Stories



Coach Donnie pulled off an awesome spot and stalk. Shot at 30 yards. Once hung, with guts, the bear weighed in at 130 pounds. (Three Rivers Archers)

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S3DA archer, Jaret -12 years old, shot this nice cow elk at 50 yards during the Youth Only Controlled Hunt in Central Oregon. A double lung shot from the ground on their way to a tree stand. In his excitement after the shot, he said "Dad, I smoked her right in the 12 ring". A few days later, Jaret shot this nice 3 point buck at 19 yards. (Three Rivers Archers)

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Carlie's buck as a first year archery hunter. Carlie had been sitting in a ground blind with her dad, when she decided she wanted to check out the other side of the clearing they were in. Even though they were out in the open, this is where Carlie said she wanted to sit, and lucky for her when this great buck walked out at 19 yards. (*Three Rivers Archery*)

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Happiest and proudest dad on the planet. After a heartbreaking lost opportunity on a bull last night - spirits were low. Will persevered and worked hard and was able to find this nice buck. Spot and stalk, 3 miles back in. Perfect 40 yard shot. We are having a blast *(Ken S.)*

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17-year-old Alex got it done with his bow at 50 yards in the bottom of the canyon. He shot this 5x4 elk at 7:00 p.m., we packed out and were back at camp by 12:30 a.m. We had the elk cleaned, bagged, and hung in the cooler trailer, then showered and were in bed by 2:45 a.m. What a GREAT DAY!  
(Ken C.)

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Congratulations to all Oregon bowhunters that have been successful so far this weekend. Good luck to those hunters that are still out in the field.

Take pictures this hunting season! Archers, turn in your story and/or photos during or after the 2019 hunting season. You 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 the NASP® On Target for Life! Awards and can we participate?**

A: Six awards have been created to be an opportunity to identify, recognize and celebrate special people that are a part of NASP®. Through their

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stories, NASP® continues to make a difference - One Arrow at a Time!

Nominations for these awards will be accepted by the national body of NASP® from September 1, 2019 – April 1, 2020. Oregon archers, coaches, and alumni are encouraged to participate. Here are the descriptions from [www.naspschools.org](http://www.naspschools.org) of the awards:

The community service award: A team award that will go to a NASP® team that makes a substantial positive impact to its community. Evidence should be provided to clearly illustrate where NASP® students and coaches decided, as a team, to voluntarily make an outstanding positive difference for those around them. Community members that can confirm the community impact should be involved in the nomination, and the school administration should also be included.

The bullseye award: An individual award for a NASP® Student that has made notable positive strides in academic performance and behavior through their involvement with the program. As the name implies, this student is an example of the positive turnaround impact that survey data continues to imply for NASP® participants. This student, through their positive attributes and participation in NASP®, is now recognized as an ambassador for NASP® and their school community. Nomination should include the school principal.

The superhero award: An individual award intended to recognize an unpaid volunteer that makes an outstanding positive impact on their NASP® class or team. This award, recommended by the NASP® advisory students, is a way to capture the immeasurable positive impact of the many NASP®

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volunteers that support students in the program. Evidence should include examples of how the "Superhero" goes above and beyond in their support of their NASP® students.

The courage award: An individual award for a NASP® student that has overcome a major life event or disability, yet continues to inspire others through their participation in NASP®. They are an ambassador for NASP® and for what participation in it, represents for them. This is a student that continues to lead, inspire and provide hope to others as a NASP® student.

The outstanding alumni award: An individual award for a former NASP® graduate that experienced the positives of NASP®, and now continues to give back to their former school or team. They provide obvious service, support and/or a positive role model for current NASP® students to emulate. Clear evidence should be provided to explain how this individual is obviously supporting their previous NASP® program by "paying it forward." Examples of how this individual has supported the program are pivotal in the decision making for this award.

Coach of the year award: An individual award for a NASP® educator/coach. The educator/coach must be nominated by at least the majority of the NASP® students of his/her team or class. The award must have the support and co-nomination of the school administration. This award is not dependent on success or even participation in current NASP® tournament structure. The nominee must have a proven history of making an overwhelming positive difference in the lives of participating NASP® students. This is a student-nominated award specifically recognizing attributes of the coach beyond just their ability to teach the fundamentals of archery. Specific

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examples of how the coach has gone above and beyond in the lives of their NASP® students is pivotal in the decision making for this award.

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## Words from the Community



Congratulations to OBH members who placed in [NFAA] Nationals in Yankton. Louis Hodges (1st), Avery Beauvais (1st), and John Wainwright (2nd)! We are all so proud! Way to represent Oregon! (*Oregon Bow Hunters Association*)

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## **Tournament Schedule**

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

#### **October 2019**

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

#### **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**

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

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

\*1/18/2020 Oregon North Regional S3DA Tournament – M2 Outdoor Sports

\*1/25/2020 Oregon South Regional S3DA Tournament – TBD

#### **February 2020**

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

\*02/01/2020-03/14/2020 Oregon NASP Virtual Tournament - Virtual

02/06/2020 S3DA Vegas Shoot – Las Vegas, Nevada

02/07/2020-02/09/2020 The Vegas Shoot, Las Vegas, Nevada

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

\*02/? /2020 NASP Northern Regional Tournament - TBD

### **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

3/19/2020 S3DA Indoor National Championships – Louisville, Kentucky

### **April 2020**

2020 NASP Western Nationals – Salt Lake City, Utah

### **May 2020**

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

\*5/30/2020 Oregon S3DA State Outdoor Target Tournament (Junction City)

\*2020 Oregon S3DA State 3D Tournament

### **June 2020**

6/5/2020-6/7/2020 S3DA Outdoor Target National Championship – TBD

6/18/2020-6/21/2020 S3DA 3D National Championship - TBD

### **July 2020**

7/4/2020-7/5/2020 Greater Oregon Safari – Cascadian Bowmen

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

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the bottom and selecting Oregon Clubs, Shops, and Ranges. (Details include date, event name, location, and contact name).

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