

**From:** Oregon Department of Fish and Wildlife <odfw@public.govdelivery.com>  
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# The ODFW Quiver

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

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July 2020

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## ODFW Corner

Hi everyone,

I have some exciting and sad news to share. As of July 1, I am leaving my position as the Archery Education Coordinator here at the Oregon Department of Fish and Wildlife. I have made the difficult but positive decision to move back to Washington state, to be closer to my family.

I wanted to let you know that I have greatly enjoyed seeing the archers and archery programs grow. Each youth archer that was given a chance to try archery through NASP®

and S3DA™ has a special place in my heart. It has been a pleasure getting to work with all of the Oregon archers, bowhunters, instructors, coaches, and parents. Thank you for sharing your archery world with me for the past two years.

I am pleased to share that Andy Hamilton, a Hunter Recruitment Specialist with ODFW, has volunteered to be the point of contact for these programs until my position can be refilled. Andy is a seasoned bow hunter and has assisted me in S3DA™ tournaments as well as NASP® tournaments and certification classes. He will be able to answer any questions you may have or direct you to the right person. Please give Andy a warm welcome.

Andy Hamilton  
[Kenneth.a.hamilton@state.or.us](mailto:Kenneth.a.hamilton@state.or.us)  
503-947-6018

ODFW plans to continue their support of NASP® and S3DA™ and the tournaments that Oregon hosts each year.

I hope to see you all at some archery tournaments and out in the woods again soon.



Happy Shooting,

Stephanie Rustad

Archery Education Coordinator  
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## Upcoming Events and Classes

## **NASP BAI Certification**

Register at [www.naspbai.com](http://www.naspbai.com) and have the principal of your school send [Kenneth.a.hamilton@state.or.us](mailto:Kenneth.a.hamilton@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 Andy 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 Interim Contact: Andy Hamilton, email: [Kenneth.hamilton@state.or.us](mailto:Kenneth.hamilton@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 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 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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## **Finding our Archery Club Home**

*Stephanie Rustad June, 2020*

One of the biggest challenges that people run into when trying to start archery programs is finding a safe and cheap location where the space is long enough to shoot. Dad and I started a Junior Olympic Archery Development (JOAD) club through USA Archery in 2012. At that point I wanted to be shooting almost every night. Our main reason for starting a club was to have the ability to shoot nearby, rather than driving 25 minutes to our closest bow shop even though they were worth it. The second reason was for insurance coverage. We

ran our club for more than five years and moved through five different locations while we tried to find one that would fit all of our needs as a club.

Our first location was in a high school indoor batting cage facility. It was a great starting location, however, there were many negatives that made it hard to be our permanent home. We constantly ran into scheduling conflicts with the baseball and softball teams, who had priority for use. Because other groups were using the facility, we had to transport our range in and out every night. The batting cages were not an ideal set-up. The cage nets hung to the floor, so whenever we wanted to go from the waiting line to the shooting line (or transport equipment) we had to duck underneath them. Although, on the flip side the nets were an easy way to hang our arrow net. The batting cages were also relatively new, meaning that everything had to be protected. I still remember having to roll out floor coverings over the turf to protect the ground from arrows. It wasn't long before we started looking for our next location.

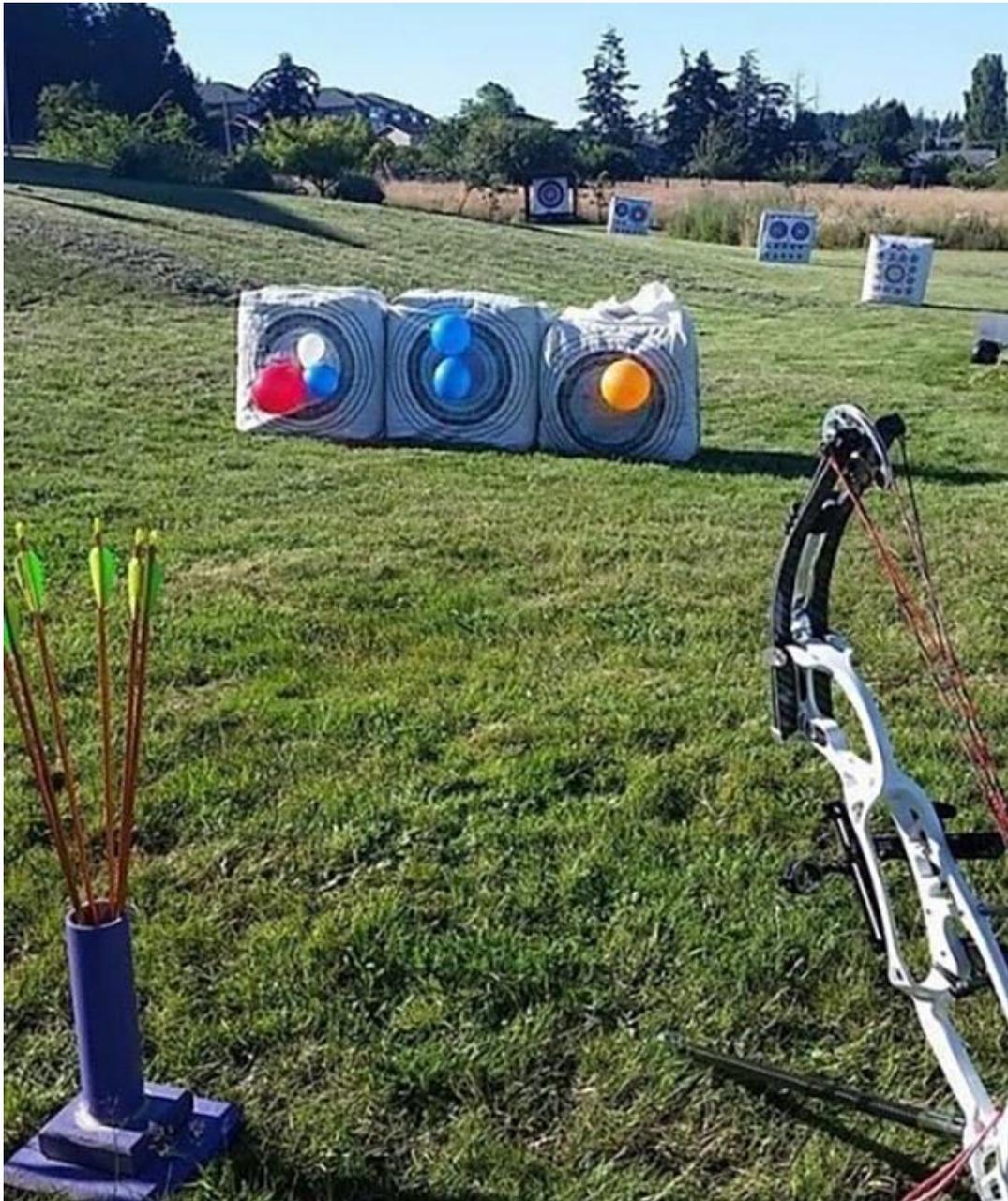


*Figure 1 Archery club's first location, indoor batting cages. Backstop was carpet pieces hung off a 2x4 frame.  
Photo credit: Seahawks Archery Club - 2012*

Luck was with us when we found a retail storefront that was vacant and for rent. There was no way we could afford the lease of a downtown location; however, we knew that the store had been empty for some time. We took a chance and gave the landlord a call and he was very generous. He let us rent the space, at a reduced price, until he found a new tenant. This was great, we were able to leave the range set-up, there was a storage room so we could lock up equipment when not in use and we were in a prime downtown location for people to find us. The only problem was, we weren't trying to run a business, we just wanted to be able to shoot. We quickly realized that even though we were renting at a reduced rate, the business model wasn't working for us. It was time to start looking again.



At this point in our journey it was summer time. One of our club member's family was nice enough to let our club meet in their backyard. We were back to packing targets every night. The positive was the huge farm behind their yard, so no need for a backstop, and we were able to safely shoot up to 60 yards. One of the downsides that comes with an outdoor range in the Pacific Northwest is the weather, it is often rainy and/or windy. We wanted and needed to find another indoor location for when summer ended.



*Figure 3 Archers shoot in club member's backyard up to 60 yards. Photo credit: Seahawks Archery Club - 2014*

The final location of our club before it dissolved in 2017 was in an event space owned by the Port of Anacortes. This was a great location. We paid a small rental fee, but it was at a greatly reduced price. One reason for the discount was because our club was set-up as a nonprofit and the second was because we used the building on weeknights when the venue wouldn't normally be making any income.



*Figure 4 Archer shooting in event venue at a swinging Rinehart ball target from 20 yards. PC: Seahawks Archery Club - 2014*

No more hauling bales for the most part! We were able to build cabinets (one plywood board tall by eight plywood boards long) to hold the targets and our equipment. When the range was closed, we closed the cabinets, and no one would even know they were standing on an archery range. When there was a wedding or art show in the venue, we didn't have to move anything. The cabinets were painted to match the walls, so everything blended together. We had enough room on the shooting line to have almost 20 people on one line and targets at both 10 and 20 yards. The venue had room for parents to watch safely from behind the waiting line.

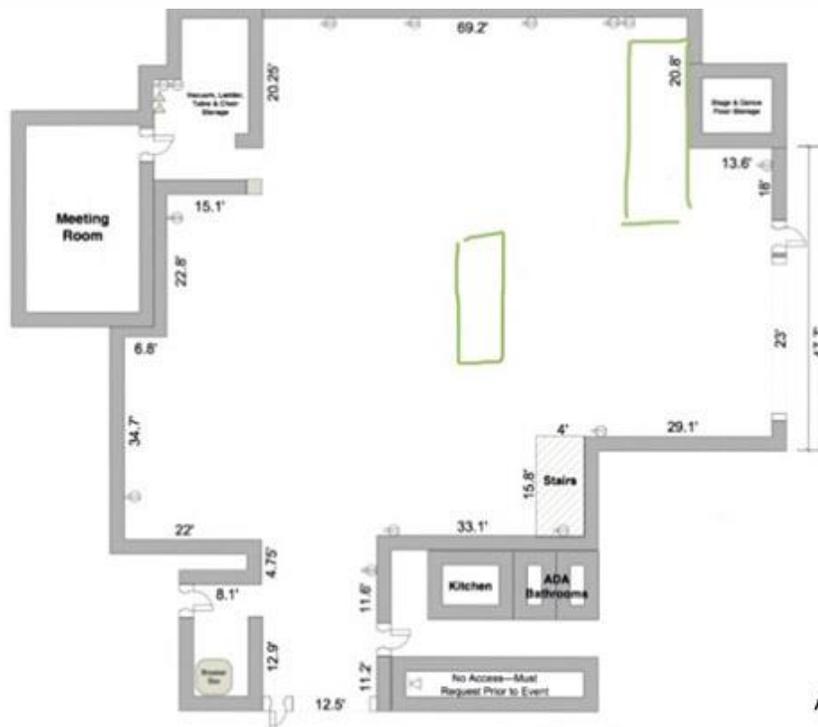


Photo Credit:  
Anacortes Port  
Transit Shed

Figure 5 Dimensions of the event venue. The green boxes are the general placement of 10- and 20-yard targets, the blue line is the approximant placement of the shooting line. PC: Port of Anacortes

The extra space was also nice for setting up bow racks and chairs. One feature that wasn't on our list but was a huge hit was we had access to the venue's sound system to plug and play our own music.

In the summers, we continued to use outdoor locations to save money, however, most of our time was at the last venue until we closed our club in 2017.



*Figure 6 Seahawks Archery Club archers and coaches at the Washington State JOAD Invitational. Photo Credit: Seahawks Archery Club - 2013*

Your club will grow as you figure out the different needs of your group. Consider talking to your local parks department and at the state, city or county level to see if they have any empty space or buildings that would accommodate an archery range. Also, consider talking to your local churches to see if they would let you use their space on weeknights. If they are hesitant due to safety concerns, let them know that archery is one of the safest sports available due to safety being a priority when ranges are set-up.

Here are some things to consider when choosing a space for your club:

- Do you want to shoot indoors or outdoors? Will weather be a factor if you are outside?
- How far is your location from your target audience? Most people want to drive less than 30 minutes for weekly shooting.
- Are you able to leave equipment, bales and back drops in place overtime or will they need to be mobile?
- Is there adequate lighting available? Are heat and/or air conditioning needed?
- Are there restrooms available for use?
- Can you get at least 20 yards of safe shooting room? Consider having enough space behind the shooting line for people to move around, and for bow racks.
- How much room on the shooting line do you need, 5 archers at a time or 20? This may change as your group grows over time.
- What is the price of the location? Free is always best but not always possible.
  - Are you able/willing to charge membership fees and run clinics to cover costs?
- Are you within city limits, and are you allowed to shoot a bow within city limits?

- Make sure to have a written agreement signed by both parties.

If you have been considering starting an archery club and haven't known where to start, I hope this helps give you the motivation you need to start looking for a location. You can also view the established clubs, ranges, and shops in your area [here](#).

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## Which archery group is right for me?

### Archery Club or Archery Shop

**Who can participate:** All ages.

**What do they do:** Clubs and shops have the choice to associate with a organization, but many choose to host things on their own. Many of these places will host league nights (both adult and youth), tournaments, and offer lessons.

**When:** Year long.

**Where:** Find the closest club or shop to you:

[https://drive.google.com/open?id=1EpULgXjmqth\\_x\\_e4kixt2vH6y1o&usp=sharing](https://drive.google.com/open?id=1EpULgXjmqth_x_e4kixt2vH6y1o&usp=sharing)

**What tournaments are offered:** Each location can host different kinds of tournaments depending on the ranges they have to offer. These include indoor, techno-hunt, 3D, Outdoor Target, Safari, and Field at the local level.

**Annual membership fee or tournament fees:** Each club or shop determines their own membership and tournament fee. Some options they will offer include: annual memberships, daily fees, or both.

NFAA and OBH: National Field Archery Association and Oregon Bow Hunters

**More info:** <https://www.nfaausa.com/> <https://www.oregonbowhunters.com/>

**Who can participate:** NFAA is open to all ages both youth and adult.

**What do they do:** Oregon Bowhunters is the affiliate organization to the National Field Archery Association in Oregon. Clubs will host different leagues and tournaments for members to participate in. At some tournaments, guests are invited to participate. There is generally no coaching associated with this organization, just organized events for members to participate in.

**When:** Year-round, except for a break during hunting season.

**Where:** Clubs are located all around the state. There are 14 OBH chartered clubs and 10 chartered shops in Oregon.

**What tournaments are offered:** Tournament styles include: indoor (Multi-color and Blue-face), 3D (IBO scoring), Field and Safari, and Outdoor Target (Olympic style). Local, state and national tournaments are held.

**Annual membership fee or tournament fees:** OBH membership is \$30 a year, dual NFAA and OBH membership is \$70 a year. There are additional fees associated with participating in tournaments.

#### 4-H Shooting Sports

**More info:** [www.4-hshootingsports.org](http://www.4-hshootingsports.org)

<https://extension.oregonstate.edu/4h><https://extension.oregonstate.edu/4h>

**Who can participate:** Students ages 9 to 18 and signed-up for 4-H can participate.

**What do they do:** There are 6 mail in tournaments that the youth archers are able to participate in, running November through April at all different target faces. These include: Blue-face, Multi-color, Black and White, and Animal, and 3D. The clubs may offer meetings and practices in addition to the Mail-in Tournaments. They also offer archery and hunting skills curriculum.

**When:** A general season for 4-H shooting sports runs from October until June, with a break for state and national tournaments and hunting season.

**Where:** Only clubs associated with the 4-H Shooting Sports program who have a 4-H certified instructor are able to participate. Clubs meet around the state, most will practice shooting at an archery or gun range.

**What tournaments are offered:** The archers are able to compete in mail-in, state, and can become eligible for the national tournament. Each participant is only able to attend Nationals one time per discipline (ex. compound, recurve, or rifle).

**Annual membership fee or tournament fees:** The membership fees are dependent are the county. There are fees associated with participating in tournaments.

NASP®: National Archery in the Schools Program

**More info:** [www.naspschools.org](http://www.naspschools.org)

**Who can participate:** NASP® is open to students in grades 4-12 at participating schools or homeschools.

**What do they do:** NASP® is an in-school program with curriculum that meets national and state standards. The program uses only original Genesis Bows and Genesis Arrows so every single student is on an equal playing field. Instructors will work with the students on safety, technique, games, and competitions.

**When:** NASP® is majorly done during school the school year and can be run as both an in-school and/or after-school program.

**Where:** Only schools and home schools associated with the NASP® program who have a NASP® certified instructor are able to participate. We have over 150 NASP® schools in Oregon, and are able to train new schools interested in joining the program.

-many summer camps, bow shops, and other programs will use the NASP® certification to meet certification requirements to instruct archery.

**What tournaments are offered:** Any student who participates in NASP® lessons at their school is able to participate in local, state, and may qualify for national tournaments.

**Annual membership fee or tournament fees:** There is no cost for a student to be a NASP® archer. There are fees associated with participating in tournaments.



S3DA™: Scholastic 3D Archery

**More info:** [www.s3da.org](http://www.s3da.org)

**Who can participate:** S3DA™ is open to youth ages 8-18.

**What do they do:** S3DA™ was developed to bridge the gap between entry level programs like NASP® and advanced programs like NFAA and USAA. Archers are able to bring their own equipment and shoot a style of their choice: freestyle (open), bowhunter, barebow (traditional), and Olympic recurve. There are 3 main types of competition in S3DA™, indoor (blue face), 3D (ASA), and outdoor target (Olympic style). The difference between S3DA™ and other advanced programs, is the number of arrows that are shot and distances shot are less to introduce archers to the different tournament styles.

**When:** S3DA™ can be run almost year-round, with a mandated dead period during hunting season.

**Where:** Schools and clubs with a certified S3DA™ instructor are able to participate. We have 3 school teams and 9 clubs around the state of Oregon.

**What tournaments are offered:** Any student who participates on a S3DA™ team or club is eligible to participate in local, state, and may qualify for national tournaments.

**Annual membership fee or tournament fees:** There is a \$25 annual membership fee to S3DA™, and the club or team may have additional membership fees. There are fees associated with participating in tournaments.



USAA and JOAD: USA Archery and Junior Olympic Archery Development

**More info:** <https://www.usarchery.org/>

**Who can participate:** Archers ages 8 - 20 can participate in JOAD, and beyond 20 years old can participate in the Adult Achievement program. This encourages parents to participate with their kids.

**What do they do:** JOAD is a youth club-based program with some groups offering adult participation as well. All bow styles and levels of commitment are accepted. Clubs offer coaching to participants as well as opportunities to experience tournament shooting within the program.

Each club is required to be led by at least a Level 2 certified USA Archery instructor.

Archers progress at their own pace within the program, and have the opportunity to earn [Achievement Pins](#).

**When:** Year-round, indoor or outdoor depending on the season and range space available.

**Where:** Only clubs that are associated with USA Archery and have a USA Archery certified instructor are eligible to participate. There are currently 7 JOAD clubs in Oregon, and many more USA Archery certified coaches around the state.

**What tournaments are offered:** JOAD clubs are able to participate/host quarterly mail in tournaments. Other opportunities to compete are available through local groups as well as the 3 State Championships held by Oregon Bow Hunters (held under NFAA rules).

**Annual membership fee or tournament fees:** There are two options for USA Archery annual membership fees: \$15 recreational or \$45 full competitive membership. The club or team may have additional fees to join. There are fees associated with participating in tournaments.

USA Archery will also offer a one-year non-renewable free membership to NASP, S3DA, and Olympic Archery in Schools program archers in 2020.



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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 [Kenneth.a.hamilton@state.or.us](mailto:Kenneth.a.hamilton@state.or.us) and they may be featured in the next issue of the ODFW Quiver.*

**Q: Kids in my club are wanting to upgrade from a Genesis bow with fingers to higher poundage compound bows with a release. How do they know which release to buy?**

A: There are so many different brands, styles, and price points when it comes to buying any piece of archery equipment it can be difficult to pick something off the shelf. Most stores selling archery equipment, especially pro shops, will let you try before you buy. The shops will either have demo releases or they will let you take it out of the box to try.

One of the most important things to keep in mind is your budget. Most archers will tell you that archery is their most expensive hobby. It is easy to spend a lot of money on

equipment, very fast, if you're not careful. Releases can range anywhere from \$10 to \$300. Set a budget for yourself before going shopping and try your best to stay within your budget.

Having a good release that is comfortable in your hand can make a huge difference when shooting.

When buying their first release, most archers will start with a wrist-strap-index-finger release, also called a trigger release. These are popular for their ease of use and the feeling of safety offered by wearing a wrist strap and having a trigger to pull. There is no common progression from a wrist-strap release to a handheld release. It really comes down to the desire of the archer. Many archers will shoot one type of release their entire archery career, while others may buy a new release every season. If you do try a new release, make sure the pressure is set to your draw weight, so that the pressure that it takes for the release to open is not too heavy or too light.

Keep in mind, that even though one of your archery friends, or a pro archer, shoots a certain release does not mean that release will be the best fit for you.

Also, be aware that releases come in different sizes. Many wrist strap releases are adjustable for hand (distance to trigger) and wrist size. However, some releases are not very adjustable and are a one size fits most. This is another example why it is important to try a release out before purchasing.

We found this article below published by Lancaster Archery Supply, that goes into more detail about the different styles of releases:

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## Here's Your Basic Guide to Archery Release Aids

*by P.J. Reilly*

7/2/15 [Lancaster Archery Supply](#)

A good clean release.

It's what happens when you correctly let go of the bowstring at full draw, allowing the energy stored in the limbs to be transferred to the arrow, which is propelled down range toward the spot where you're aiming.

A clean release is something every archer strives for on every shot. Achieve it, and the bull's-eyes will rip.

Whether you shoot a compound, recurve or longbow, there are many release aids that go between your hand and the bowstring, which can help you deliver that perfect shot.

Four basic classes of release aids are made for compound shooters – index finger, thumb trigger, back tension and resistance activated. For recurve and longbow archers, there are finger tabs and gloves.

Here's your guide to understanding the different types. When making a final selection, it's a good idea to try what you want before you buy.

### INDEX FINGER RELEASE



© Copyright Lancaster Archery Supply

As the name suggests, these are mechanical release aids triggered by your index finger. Basically, all of these releases are attached to wrist straps. The strap aids in drawing the string by joining the muscles of your arm and hand. Index finger releases are very popular among bowhunters, since the release is connected to the archer at all times. You can't lose it in the woods or drop it from a tree stand if you're wearing it.

Index finger releases connect to the string via one or two moving jaws that completely enclose the bowstring or D-loop, by an open hook or by a rope loop.

When you come to full draw with one of these releases, you want to curl the forefinger on your trigger hand around the trigger post. If you have to stretch your forefinger all the way out to reach the trigger, you're going to have problems with punching the trigger. Shorten the release head to reduce the gap separating it from the wrist strap.

Don't activate the trigger by squeezing your finger like you're shooting a gun. Wrap that forefinger around the post, and then pull through the shot with your whole arm.

*Figure 7 Index Finger Release. Photo Credit: Lancaster Archery*

### THUMB TRIGGER RELEASE



© Copyright Lancaster Archery Supply

Quattro Medium

These releases are triggered by your thumb, obviously. Most are hand held, although some also can be attached to wrist straps to aid in drawing. They connect to the bowstring or D-loop either by enclosed jaw(s), an open hook or a rope loop.

Lots of bowhunters use thumb trigger releases, and so do many target archers – especially 3-D competitors. Most thumb trigger releases can be used like a back tension release – the favorite among target archers – yet you still have the control of the release provided by a trigger.

*Figure 8 Thumb Trigger Release. Photo Credit: Lancaster Archery*

## HINGE RELEASE



© Copyright Lancaster Archery Supply

The best archery shot with a mechanical release is one that surprises you. If you don't know when the release is going to trigger, then you can't anticipate it with a flinch. This is the shot hinge releases are designed to deliver.

A hinge release is hand held, and has a pivoting head that connects to the string or D-loop by an open hook. The idea is, you hook the release to the string, come to full draw, and then slowly squeeze your shoulder blades together, which pulls your bow hand and trigger hand farther apart. At some point, that squeezing motion is going to cause the release to rotate in your hand until it lets go of the string.

Another method for activating a hinge is to come to full draw and relax your release hand. That relaxation will cause your hand to stretch, which will rotate the release, and it will fire. A hinge release doesn't *have* a trigger. *It is* a trigger.

You have to keep your sight pin or scope locked on the target the whole time you're squeezing/relaxing, because you don't really know when the release will go off. Target archers love the hinges because of the surprise factor, but it might not be the best choice for bowhunters, who need a little more control over when an arrow is released.

Figure 9 Hinge Release. Photo Credit: Lancaster Archery

## RESISTANCE ACTIVATED RELEASE



© Copyright Lancaster Archery Supply

Another hand-held release, this is a trigger-less release used mainly by target archers. It's activated by a build-up in pressure at full draw. That pressure, again, is created by squeezing your shoulder blades together.

You clip this release's open hook, closed jaw or rope loop to the string or D-loop, and then draw with your thumb wrapped around a safety mechanism, which prevents the release from triggering. At full draw, you release the safety and start squeezing your shoulder blades until the release triggers.

Figure 10 Resistance Activated Release. Photo Credit: Lancaster Archery

## FINGER TABS AND GLOVES



© Copyright Lancaster Archery Supply

Red = Small

It's not that recurve and longbow archers *can't* shoot one of the mechanical release aids we've already discussed. Rather, the style of archery associated with these bows calls for drawing and releasing with your fingers, as opposed to a mechanical trigger. Also, mechanical releases are not allowed for recurves and longbows in competitions.

Using a tab, you draw the bowstring with your index, middle and ring fingers, and the tab sits between your fingers and

the string. It allows for a more consistent release, since the string is sliding off a single surface, rather than each of your three fingers. Tab surfaces come in a variety of materials – bare leather, hair-covered leather, plastic, etc. It's up to you to determine which works best for you.

Tabs are designed to allow archers to shoot either with their index finger above the arrow nock and the two others below – that's called split-finger shooting - or with all three fingers below the nock.

Gloves are probably the simplest of the release aids. In a nutshell, they cover your three shooting fingers for protection against the string, and they provide a smooth surface for the string to glide across during the release. The gloves typically are made of leather or nylon.

*Figure 11 Finger Tabs and Gloves. Photo Credit: Lancaster Archery*

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## Words from the Community

*What kind of release do ODFW Archery archers use when shooting?*

- 50% Wrist Release
- 29% Thumb Release
- 11% Fingers
- 8% Back Tension
- 2% Other

We had some that couldn't pick just one, "Thumb for tournaments, wrist for hunting. Back tension/hinge to clean up process. It's good to become proficient with all".



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