



# Broken Arrow



Volume 2009 , Second Quarter

June 5, 2009

From The Prez: **Fred Seyfried**

Welcome to the new members and thanks to all of the renewing members. 2008 was a stiller year for GHCA as the old board members were finishing their projects and potential new board members were campaigning.

As a club we reached our cap for members and it appears we are now the largest club in Colorado.

As the club grows, the work load becomes larger and the need for volunteers increases. This past year and into this year our range captains have done more than their share and I believe the club looks better than ever. So tell Lonnie what a great job he did last year, and let's help Dennis out with all he has to do in the coming year

Please visit our up-dated web site and use the available information to your benefit. The calendar will keep you abreast of up-coming events and work parties. The one added item of the website is the NEW FORUM. Here is a place you as members can chat with others from the club and Contact Board members of needs and concerns.

Again, I would like to welcome all and please enjoy your club.....Be safe and have fun

**Club's Number 720 – 536 – 0840**

## SHOOT FOR THE TROOPS June 20<sup>th</sup>, 2009

Historically, Americans have shown their support to our Troops serving in times of war in many ways. By writing letters, mailing care packages, or by showing support for a deployed service member's family, Americans have opened up their hearts, homes, and wallets to show that they support those who serve in Iraq, Afghanistan, and other conflict regions. Working within our community and through donations received from all over our state, Coors Veterans Group assembles and ships care packages for free to our adopted soldiers and units. Their program allows caring Americans to donate their time, talent, and treasure to honor those serving our country during these difficult times.

The troops have specific needs and wants depending on their sex, location, and a variety of other factors. The typical care package that a soldier receives isn't always influenced by those needs and wants. Care Packages contain food, toiletries, necessities, entertainment items and personal letters of appreciation, all wrapped with good wishes of love and support.

**You can make the difference** in whether or not America's finest can feel our nation's love. We welcome you to get involved and enjoy the impact you will have on the lives of our Heroes

Terry Campbell and I started this Shoot when both of us had sons fighting in Iraq about 8 years ago. It has grown every year with the help of many people dedicated to supporting our troops. There are many groups doing this work around the nation. Just Google Support for the troops and you will see thousands of website doing their part. So let's do our part too.

Please Come out and have a fun day and shoot a round and play games all in an effort to raise money for this cause.

They give so much for your freedoms can you spare a little time and money for them?

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Keeping youth involved is key in sports By [Tom Barker](#)

Recently, USA Archery asked me to attend a youth sports conference in Colorado Springs. The conference was titled **Pipeline Leadership for America's Youth Sports** and was sponsored by the United States Olympic Committee.

The idea was to get people from the various Olympic sports and talk about best practice techniques and what works and doesn't work in attracting and retaining youth in sport. It was an awesome opportunity for me to learn from other sports experts and also to share with others what we are doing in youth archery.

The paradox of the conference was that the yardstick by which these organizations are measured is how many Olympic medals their sports win.

Conversely, it was universal that for the younger athletes, the competitive aspect of sport has to be de-emphasized so that the basic value of participation, basic sport skill development, and simply having fun can be the priorities. It was a refreshing perspective that something I thought was intuitive was actually embraced by so many high performance sports advocates.

The perspective was that while winning medals is important, there is intrinsic value in sports participation just like there is in education. One renowned coaching expert, Istvan Bayli, presented evidence that studies show kids who are schooled in sports fundamentals – he called them ABC's of Agility, Balance, Coordination and Speed – actually outperform those youngsters who become sport specific and are thrown into highly competitive situations at a very young age.

He further stated that the coach becomes the most important factor in sport development. If a child is having fun and receiving social support, then that child has a better chance of continuing in sport and developing their skills and therefore their ultimate potential.

Another huge revelation for me as a coach was the implications of chronological age vs. biological age. Children mature at such different rates yet most sports blindly place kids in divisions solely based on chronological age.

If you would like to receive this newsletter by email please let me know at [GHC Archers@aol.com](mailto:GHC_Archers@aol.com) This will be like what is on the web page a PDF file. This will save the Club money in postage.  
Thanks Russ

We have 283 Memberships at this time  
Making us the **BIGGEST** club in Colorado

We need to rethink sports and coaching by placing kids with peer groups based on skill and maturation. In one expert's parody he said, "If we want to teach Latin to Johnny, we must know both Latin and Johnny. We know Latin, but we do not know Johnny." So, as coaches we have to become smarter at understanding the youngsters we are working with and then tailoring the instruction to them.

On the final night of the conference Jackie Joyner Kersee, six-time Olympic medalist, spoke to the group. She made a fabulous impromptu speech that highlighted her growth in sport from a youngster to the gold medal position on the podium at the Olympics. What amazed me about her speech was how much failure she endured as a youngster. I would have guessed that this superbly gifted athlete was a sports prodigy. She indicated she had finished last more times in her life than she could remember.

But, somehow someone kept it fun and kept the greater goals in life in her mind. She also devised a method to record her individual progress against her personal goals. After a meet she would set a short-term goal of jumping one inch further and shaving one second off her time. Rather than focusing on her failures, she had found a way to find success without bringing home a trophy.

A few years ago I wrote an article for the Texas State Archery Association newsletter on retaining kids in archery. In the article I mentioned success factors like parental support, equipment, facilities, and good coaching. While these things were discussed and universally accepted as key factors, perhaps what should top the list is to simply keep it fun! Across the board, for all sports and all nations, most kids abandoning sports do so because it isn't fun anymore. As parents and coaches, we need to ensure that they all have a chance to be kids while they are learning new athletic skills. Be aware of the pressures being placed on our young athletes and work to fuel their inner passion rather than let it be squelched through negative feedback, humiliation, or excessive practice regimes. This requires more work on our part to constantly create new ways to keep the activity fun, but as adults, it is our responsibility to format these experiences so the kids have every opportunity to develop their true potentials.

Shoot Straight – and have fun!

## WHITETAIL MYTHS

Unless killed by hunters, predators, disease, or famine, a wild deer may live up to 20 years.

### CALENDAR OF EVENTS

#### BOARD MEETINGS

DATE JUNE 6<sup>TH</sup>

PLACE CLUBHOUSE

TIME 9:00 A.M.

Bi-Monthly Meeting of Board all members welcome

#### WORK PARTIES

DATE TBD

PLACE: THE RANGE CONTACT DENNIS DOERR

TIME: 9 A.M. TO DONE

#### THURSDAY NIGHT LEAGUE

DATE: MAY 14<sup>TH</sup> – 16<sup>TH</sup>

PLACE: THE RANGE

TIME: 6:00 P.M.

#### SHOOT FOR THE TROOPS

DATE: JUNE 20<sup>TH</sup>

PLACE: AT THE RANGE

TIME: 9:00 A.M – 4:00 P.M.

#### Board of Directors

**President:** Fred Seyfried

**Vice President:** Russ Skaggs

**Activity Director:** Karen Seyfried

**Secretary:** Steve Hendrix

**Range Captain:** Dennis Doerr

**Membership Director:** Leo Pak

**To reach the archery club**

**720 – 536 – 0840**

**This is the clubs NEW phone number**

**Call it and select who you want to reach.**

#### Important Shot cont.from last newsletter

It may be your breathing, a sequence you go through in your mind before the shot or something as simple as a repeating a saying that stirs a good mental picture. Myself, I think about letting my bow do it's job and not interfering with it. "Let the bow do the work". This is usually what's going through my mind as I prepare to shoot, whether hunting or shooting 3-D.

Having a mental picture of what you are trying to accomplish before you attempt it is very important. Every homebuilder starts out with a plan and builds the house to so it looks like the plan. Some of us try to build our house then come up with a plan to fit the house we've already built. If I'm not physically shooting my bow I can still practice. I concentrate on making great shots just like I was shooting my bow. I make it as real as possible with sounds and surroundings just like I was out on the course or in the field. I actually see the arrow hitting exactly where I'm aiming, not close but exactly. I imagine myself in pressure filled situations; not just on the 3-D course but what I would do if that 400 class bull stepped out in front of me, or that giant 6x6 muley of a lifetime. By imagining these experiences before they happen I can concentrate on what I need to do at the moment and not on what is happening around me.

Yes, I believe that concentration is the most important part of any shot. Perfect form cannot make up for a poorly executed shot and without concentration we rarely execute the proper shot. Or maybe it's just my own Freudian slip and concentrating is my weakest link to a good shot. For hints on how to keep your concentration and if you loose it bring it back on command, look in the archery tips section soon. John Samsill



Aimee & Dennis Doerr got this nice bird this year. I bet Dennis couldn't of bagged the bird without the help of his daughter. What do you think?

*We have enjoyed the redneck jokes for years. But here is the other side of the story*

**You might be a redneck if:** It never occurred to you to be offended by the phrase, 'One nation, under God.'

**You might be a redneck if:** You've never protested about seeing the 10 Commandments posted in public places.

**You might be a redneck if:** You still say 'Christmas' instead of 'Winter Festival.'

**You might be a redneck if:** You bow your head when someone prays.

**You might be a redneck if:** You stand and place your hand over your heart when they play the National Anthem.

**You might be a redneck if:** You treat our armed forces veterans with great respect, and always have.

**You might be a redneck if:** You've never burned an American flag, nor intend to.

**You might be a redneck if:** You know what you believe and you aren't afraid to say so, no matter who is listening.

**You might be a redneck if:** You respect your elders and raised your kids to do the same.

**You might be a redneck if:** You'd give your last dollar to a friend.

**God Bless the USA !**

## Hunting Jokes and/or Stories

*Who needs a shotgun, got this out of the paper.*

**BUCKFIELD, Maine—Police said a wild turkey is to blame for knocking a 23-year-old man off his motorcycle and breaking his collarbone. Maine State Trooper Corey Huckins said Jeffrey Russell of Hartford was riding with a friend on Route 117 in Buckfield on Sunday afternoon when a wild turkey flew straight into his chest, knocking him backward off his motorcycle. Huckins said the impact was like "hitting a bowling ball at 45 mph."**

**Police said Russell was knocked unconscious and flown in a medical helicopter to Central Maine Medical Center in Lewiston.**

**Russell's riding companion was not injured, but the turkey was killed in the accident.**

Newsletter maintained by  
Russ Skaggs, Send  
comments to  
GHC Archers@aol.com



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Visit our web Page at [goldenhighcountryarchers.org](http://goldenhighcountryarchers.org)

Question: What are the five most common mistakes that elk hunters make?

1) Setting up too tight – I believe that one of the biggest mistakes elk hunters make when they set up in a place to take a shot is to be so concealed that they can't take a shot in any direction when the elk comes in to them. I'm an archery hunter, and nine times out of 10, I'll be hunting elk with a bow. When I set up, I want a downed tree to the side of me and a bush in front of me. I want to be set up open so that if a bull comes in, I can draw my bow beside the downed tree or behind the bush in front of me. I don't want to be inside the treetop that's lying on the ground because if the bull comes in, I may not be able to draw my bow due to tree limbs.

You don't want to set up in cover that will prevent you from drawing your bow or getting your gun around to take the shot. Elk rarely come in on a string and walk straight to you from the direction you expect. Many times, they come from the side or another direction that you haven't anticipated, and then you'll have to turn to get the shot. When you set up to take the shot at the bull, make sure you have enough open area that you can turn without being seen and not have so much brush in front of you that when the bull comes in, your cover will prevent you from getting the shot.

2) Hunting elk alone – I believe that most hunters don't buddy-hunt. I've learned over the years that buddy-hunting is the most effective way to call in an elk and get the shot, especially for a bow and a gun hunter. If you're the hunter who'll be pulling the trigger, you have the best chance of taking that elk, if you have a buddy doing the calling from behind you.

The caller's responsibility is to drag that bull past you, close enough for you to get a shot. Most hunters make the mistake of trying to call the bull to them using the caller. Elk are smart animals. They know where you're calling from, and they're going to come to that spot. But, as they come, they'll be looking around that place for danger. If you have a buddy who's calling for you, the elk will come in, looking past you instead of at you. He's attempting to find the caller and won't be looking for the shooter.

If the elk doesn't come in the right way for you to get a shot, the caller can move around behind you and call the elk in that way. If the bull comes in and tries to get downwind of you to pick up your scent, the caller can simply move to the other side of your position and drag the bull back to you. I always tell hunters that I never call in the elk to me. I want to call the elk through me, which requires a buddy to do that.

You'll take far more elk if you buddy-hunt and establish before the hunt who will be the shooter and who will be the caller. The other advantage to this style of hunting is that you get to go on two elk hunts instead of one. Once you've taken your elk, you get to go with your buddy to call in the elk that he takes. I believe that buddy hunting's the most efficient way for both hunters to take their elk.

3) Not calling aggressively – I don't think that most hunters call aggressive enough to take a bull.

When I first started elk hunting, I'd get a bull to bugle from 500 to 600-yards away. I'd move 100 yards closer to him, set up, start to call to the bull and then have the bull walk off. I was afraid to get really close to a bull. Over the years, I've learned that to effectively call in a bull elk, you have to get inside his comfort zone where he feels he knows everything that's going on around him. When you get him close and put on pressure by calling from close to him, you have a better chance of making him come to you.

When I set up on a bull, I want to be within 100 yards or less of him before I start aggressively calling to him. I think that the tighter you can get to that bull when you're calling to him and the less distance he has to cover to come to you, the greater your odds will be for taking him.

4) Not using scent elimination products – People in the West aren't as accustomed to using scent-elimination products as people in the East. Whitetail hunters in the East completely understand the advantage of using scent-elimination products like Hunter's Specialties' Scent-A-Way. Even though elk have a phenomenal sense of smell, most western hunters haven't discovered the advantage of using scent-elimination products when they hunt.

Most western hunters will tell you, "If you just play the wind and hunt into it, you can get as close as you need to an animal to take him." However, I've learned from hunting out West all my life that the wind in the West blows in only one direction – the wrong way. I've noticed that as soon as I get set up on a bull to call him in, most of the time, the wind will switch directions. I do all I can to eliminate human odor by washing my clothes in Scent-A-Way Laundry Detergent, bathing with Scent-A-Way Bar Soap and spraying with Scent-A-Way Spray when I'm in the field. I use the cover Scent Wafers, including fresh earth and natural pine. I also use Cow Elk Estrus Urine.

When an elk comes in, I want him to smell a cow elk, not me. If I'm working a bull, I spray that Cow Elk Estrus Urine around me, and I'm constantly misting that urine as the bull comes in to me. Not only do I want to convince his ears with the Mac Daddy that I'm either a bull or a cow, but I want to confirm with his nose that there's a cow elk in that area. You never know when the wind's going to change directions. If you can eliminate and cover human odor and use the odor of a cow elk, even if the wind does change as the bull's coming in, you drastically increase your odds of getting that bull within shooting range, regardless of what the wind does.

5) Moving before it's time – Elk have very keen eyesight. The less you move as the bull comes in, the more likely you are to take him. One of the secrets to taking an elk with a bow is learning when to draw. You can't draw the bow when the bull's looking at you. The only time to draw the bow is when the bull's looking away from you, or when there's a tree or some brush in-between you and the bull-making it hard for him to see you. Any time you want to move and reposition, draw the bow or scratch your nose, make sure there's some kind of brush or other obstacle between you and the elk's eyes.

A bull can see you move just as quickly as he can smell you. Never move until you're absolutely certain that the bull can't see you move. You're better off to let the bull walk past you and then try to get a shot, than to take a shot at 15 steps if the bull can see you draw.

# Golden High Country Archers 2009 3-D Shoots Open To The Public

Tanglewood Archery 3D Shoots  
March 22<sup>nd</sup> , April 19<sup>th</sup> , May 24<sup>th</sup> ,  
October 11, November 11<sup>th</sup>

Registration will be from 9 a.m. to 10 a.m. (Shotgun Start 10 a.m.).  
Cost is \$15.00 per shooter Children 12 - 18 \$10.00 Under 12 \$5.00

Lunch available for purchase

*ROCKY MOUNTAIN SPECIALTY GEAR ARCHERY LEAGUE*

May 14<sup>th</sup> thru July 16<sup>th</sup>

Monthly Winners and Overall Winners Per Class

Thursday Evening 5:30 Registration 6:00 P.M. Shotgun Start

Cost is \$10.00 per shooter

*SPECIAL EVENTS"*

Membership Drive & Picnic ( **Free day for all** ) May 2<sup>nd</sup>

*4<sup>th</sup> Annual Shoot For The Troops June 20<sup>th</sup>*

Come out and support our troops overseas 9 am – 4 pm

*6<sup>th</sup> Annual Toy Shoot for Kids Dec 5<sup>th</sup>*

Donate some TOYS to underprivileged kids for Christmas 9 am – 4 pm

Tanglewood Turkey Shoot November 11<sup>th</sup>

## Broadhead Tuning Shoots

9 a.m. – 4 p.m. Weather Permitting

Free for members, Non members pay \$15.00

March 14<sup>th</sup> Noon Till 4:00 P.M. Tune Up For Turkey Season

Deer and Elk Season Tune Up TBD at later date

For more information or other dates added Visit us at [goldenhighcountryarchers.org](http://goldenhighcountryarchers.org)

Directions to range: Take I – 70 west, exit onto hwy 58 (west) go to Macintyre exit, go north to 44<sup>th</sup> (first light), turn left (west), then go to Salvia Road (just after you cross railroad tracks), turn right (north) into Tony Grampus Park and follow the road to parking lot, Range is located across the ball fields in North West corner of the park