



# THE B.C. ARCHER

July / August '93

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## LYME DISEASE FOUND IN B.C.

Scientists say Lyme disease has arrived in B.C. and "thousands" may be unknowingly infected with it - or a mysterious twin ailment.

Twenty-three British Columbians have been diagnosed with the potentially fatal, multisystemic disease, which is transmitted by ticks.

And for the first time at a press conference yesterday, specialists confirmed that six persons - including a two-year old child were infected in B.C.

"We have to accept the fact the disease is here," said University of B.C. microbiologist Satyendra Banerjee, who heads a new, five year \$1 million government research project into the disease.

But experts fear there may be many more individuals who show antibodies indicating an almost identical Lyme-like disease who have never been diagnosed, or have been wrongly diagnosed.

### 6 PERSONS INFECTED HERE COULD BE "TIP OF ICEBERG"

"There are thousands, perhaps, who have never appeared to the physicians," said Banerjee. "It could be the tip of the iceberg."

Caused by a spiral-shaped bacterium (spirochete), Lyme disease has reached epidemic levels in the northeast and north-central U.S. Its early symptoms include flu like malaise, fever, headache, stiff neck and joints.

It is treatable with antibiotics, but, if undetected, the symptoms can become chronic. Rarely, death can occur from respiratory or heart failure.

Experts stress the likelihood of encountering an infected tick is still very small. Only one percent of ticks tested

in the past few years have been found to be infected.

"It's a very low risk situation at this time," said Ron Zapp of the B.C. Centre for disease control.

But that's little consolation for West Vancouver nurse Diane Kindree, who was infected while gardening in 1988.

Her arthritic-like symptoms weren't properly diagnosed for 10 months. Though treated, she still has residual arthritic problems.

"Do not give up, do not give in," Kindree told others struggling to find research dollars to unravel the "great mystery of Lyme."

### BUG BEARER

Lyme disease is a bacterial infection that is spread by tick bites.

Only certain species of ticks carry the disease and they tend to inhabit grassland and woods. Most ticks are not a problem.

**Early Stages** - fever, headache, extreme fatigue, stiff neck. A rash, which looks like a bull's eye with an expanding red circle surrounding a lighter area, may also develop.

**Advanced Stages** - Visual disturbances, facial paralysis, tingling and numbness, arthritis, irregular heartbeat and seizures.

**Prevention** - The ticks are prevalent between April and September. Wear light-colored clothing, because it will be easier to spot the ticks if they get on you. Ticks are slow moving and easy to remove with thin tipped tweezers. Tick repellents containing Deet are an effective barrier and should be applied to clothing.

Further information can be obtained from your local health unit or the B.C. Centre for Disease Control, 828 West 10th Ave., Vancouver, B.C. V5L 1L8.



# The B.C. ARCHER

## Official Newsletter of

The B.C. Archery Association  
#512 - 11901 - 89a Avenue,  
Delta, B. C. V4C 3G8

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### MEMBERSHIPS

Annual Dues	Family	\$30.00
	Adult	\$18.00
	Junior	\$15.00
	Clubs	\$40.00
FCA Newsletter		\$12.00

Membership in the British Columbia Archery Association includes a subscription to The B.C. ARCHER, as well as a membership to the national body, the F.C.A. including liability insurance. A membership also allows participation in Championship events, B.C. Summer Games, Northern Winter Games, Major Games, Judging Clinics, NCCP Coaching Clinics, Junior Program, IBEP program.

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*This Organization is supported by:*



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## July / August '93

### BCAA MEMBERSHIP APPLICATION

ADULT .. \$18.00	Name _____
FAMILY .. \$30.00	Address _____
JUNIOR .. \$15.00	_____
CLUBS .. \$40.00	_____
B.C.A.A.	City _____
CREST .. \$4.00	Postal Code _____ Ph. # _____
DECAL .. \$1.00	

#### SEND

#### MEMBERSHIPS TO:

PATTI CROSBY  
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V7N 2M2

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JUNIOR ◊ JUNIOR OLYMPIC (JOP) ◊  
JUNIORS Date of Birth \_\_\_\_\_  
BCAA DECAL ◊ BCAA CREST ◊  
BC PRO MEMBER ◊  
MALE ◊ FEMALE ◊ CATEGORY ◊

## LETTERS:

I would like the membership to welcome a number of new volunteers to our management staff.

Albert Hummel  
from Kitimat

Provincial Advisor to BC Summer Games

Val Canham  
from Westbridge

NCCP Coaching Coordinator  
Zone Two Director  
FCA Representative

Wanda Carlton  
from Vanderhoof

Provincial Judge Chairman

*James Wiebe*  
President BCAA



I would like to hear from any ladies that have any issues that need to be addressed or specific guidelines they would like to see included in the BCAA Policy towards Women in Sports.

Thanks,  
Val Canham  
Women in Archery Chairman



**Silvertip Archers of Prince George**  
present  
the  
**Spruce Capital 300**

October 16th and 17th 1993

Location: Basement of the Yellowhead Inn

Price: \$20.00

For further information

**Please Contact:** Wayne 564-7098 or Ted 963-7538

## NEWS FROM FITA

by Al Wills, FCA FITA Rep

The inner ten ring appears to be here to stay with the announcement that all FITA targets including the three-spot will now include the inner ten ring. (Of note Canada does not recognize the inner ten ring for Canadian Competition or records, however it must be used when applying for World records, FITA stars etc.)

The new Olympic round (60 arrow 70 metre qualification round with 70 metre shoot offs) will now be used for World Championship competition.

World Indoor competition will be 18 metres for both recurve and compound with both divisions using the 40 cm 3 spot target (inner ten for compounds.)

A motion to include the compound bow in World Target Competition will be voted on at FITA congress this summer in Turkey, if the motion passes, the compound would be allowed starting in 1995.

Future Olympic teams will be selected based on a qualification system currently being developed by FITA, archery will be limited to a maximum of 128 competitors starting in 1996.

FITA ranking list will only be produced from FITA World record tournaments (FITA Star and higher.) A new ranking system that would include not only the score, but who was defeated is being looked at, this system might be part of the new Olympic qualification system.

Both Claude Rousseau and Sylvain Cadieux are currently ranked by FITA at 37th and 100th respectively. The current ranking list contained 322 men and 260 women with scores between 1250 and 1352 (Men)/1375 (Women).

There is a lot of discussion about how long the present (90 metre) FITA round will survive, with world and Olympic competition now being shot at 70 metres, there is a lot of pressure to get rid of the present time consuming many arrow round.

I would be interested in hearing your comments on any of the above, I would be happy to carry your comments to FITA congress with me.



A man was polishing an old brass lamp when suddenly a genie flew out.  
"you may have *one* wish" said the genie  
"Great", said the man. "I would like to have the *Midas* touch".  
"Done!" exclaimed the genie, disappearing in a puff of smoke.  
Ever afterwards, whatever the man touched turned to mufflers.

## VICTORIA BOWMEN FITA STARS

<b>May 8th</b>	<b>70m</b>	<b>60m</b>	<b>50m</b>	<b>30m</b>	<b>Total</b>	
Noel Wing	255	266	256	303	1080	
Jason Halayko	211	237	217	279	944	
Tracy Rogers	245	238	215	245	943	
Michelle Jancowski	185	218	212	245	860	
	<b>90m</b>	<b>70m</b>				
Greg Lauscher	289	307	306	330	1232	FCA
	286	300	300	324	1210	For Star
Jordan Morris	158	209	234	311	912	
<b>May 8th &amp; 9th Split</b>	<b>60m</b>	<b>50m</b>	<b>40m</b>	<b>30m</b>		
Chris James 13 & U	127	190	138	220	677	
	<b>70m</b>	<b>60m</b>	<b>50m</b>			
Carolyn Shemilt	247	262	239	303	1051	
	<b>90m</b>	<b>70m</b>				
Byron Thompson	234	281	297	332	1144	
Wade Barnes	222	269	266	324	1081	
<b>May 9th</b>	<b>70m</b>	<b>60m</b>	<b>50m</b>	<b>30m</b>		
Jason Halayko	239	235	226	320	1020	
Tracy Rogers	242	247	187	288	964	
Michelle Jancowski	159	196	221	298	874	
	<b>90m</b>	<b>70m</b>				
Greg Lauscher	296	324	321	340	1281	FCA
	292	319	312	323	1246	For Star
<b>May 22nd</b>	<b>70m</b>	<b>60m</b>	<b>50m</b>	<b>30m</b>		
Diana Cramer	270	304	271	324	1169	
Cynthia Hummel	220	242	216	290	968	
Jennifer Hunter	62	161	107	175	505	
Tracy Klat	203	263	245	297	1008	
Michelle Jancowski	194	205	222	309	930	
Pauline Lawson	208	227	188	287	910	
Nancy Lawson	260	283	253	319	1115	FCA
	259	281	249	310	1099	Star
Tracy Rogers	179	256	199	257	891	
Noel Wing	257	298	257	329	1141	
	<b>90m</b>	<b>70m</b>				
James Colquhoun	140	177	186	280	783	
James Gill	223	287	267	315	1092	
Jason Halayko	156	163	248	313	887	
Harvey Hart	266	281	301	319	1167	FCA
	263	278	299	310	1150	Star
Chad Krog	206	209	246	310	971	
Cory Krog	171	236	250	304	961	
Greg Lauscher	286	313	291	332	1222	FCA
	283	309	288	322	1202	Star
Craig Lawson	154	204	198	287	843	
Jordan Morris	169	245	245	289	943	
Byron Thompson	249	291	291	342	1173	
Al Wills Unt.	287	300	317	347	1251	FCA

<b>May 22/23 Split</b>	<b>70m</b>	<b>60m</b>				
Carolyn Shemilt	251	259	236	314	1060	
<b>May 23 results</b>	<b>Shot short to long</b>					
Diana Cramer	280	300	287	330	1197	
Katherine Doig	238	259	262	302	1061	
Cynthia Hummel	180	207	194	276	857	
Jennifer Hunter	61	119	113	238	531	
Michelle Jancowski	221	257	261	292	1031	
Tracy Klat	232	256	268	310	1066	
Nancy Lawson	267	268	251	334	1120	FCA
	264	264	250	322	1100	Star
Pauline Lawson	206	245	214	277	942	
Tracy Rogers	209	257	233	292	991	
Noel Wing	279	269	234	313	1095	
	<b>90m</b>	<b>70m</b>				
James Colquhoun	88	228	209	290	815	
James Gill	176	260	244	293	973	
Jason Halayko	139	224	196	308	867	
Chad Krog	185	245	268	312	1010	
Cory Krog	140	219	233	298	890	
Craig Lawson	145	208	208	305	866	
Greg Lauscher	253	309	303	320	1185	FCA
	250	304	298	311	1163	Star
Jordan Morris	170	223	266	309	968	
Al Wills Unl.	252	319	314	345	1230	FCA
<b>June 12 &amp; 13 Results</b>	<b>70m</b>	<b>60m</b>	<b>50m</b>	<b>30m</b>	<b>Total</b>	
Marg Beaudry	239	293	245	298	1075	
Andrea Hill	256	289	278	315	1135	
Tracy Rogers	207	221	211	250	889	
	<b>90m</b>	<b>70m</b>				
James Gill	211	269	256	322	1058	
Jason Halayko	176	244	209	295	924	
Harvey Harte	249	288	291	237	1160	
Greg Lauscher	298	330	315	343	1286	
Jordan Morris	189	227	287	310	1013	
<b>June 12/13 Split</b>	<b>70m</b>	<b>60m</b>				
Tracy Klat	188	243	243	305	979	
Noel Wing	230	267	0	287	784	
<b>June 13th</b>						
Diana Cramer	310	316	281	317	1224	Star
Marg Beaudry	196	272	228	293	989	
	<b>90m</b>	<b>70m</b>				
James Gill	202	262	278	312	1054	
Jason Halayko	161	238	231	310	940	
Greg Lauscher	297	316	317	346	1276	
Jordan Morris	136	224	268	280	908	
Al Wills	304	326	323	342	1295	

# DEHYDRATION

## Drink water: it will make you feel good

by Rich Davis

### Dehydration: real danger in heatwave

Scripps Howard

During the Gulf war, troops were exhorted to drink three gallons of water a day to replace fluids lost in heat that reached 49° C. No surprises there.

Yet millions of North Americans, who would rather sip coffee or colas than visit the drinking fountain in their air conditioned offices, are falling short of their water intake needs.

Borderline dehydration (possible headaches or fatigue) is fairly common.

Water, constituting 60 to 70% of the body, is vital to almost every function, from blood flow and muscle contraction to healthy skin.

It lubricates the organs, joints, anything that moves, including the lungs. It is involved in thousands of chemical reactions. It ferries nutrients and oxygen to cells, sweeps away wastes through sweat and urine, helps digestion and metabolism, cools us, even prevents bladder infection. The body's 50 trillion cells are bathed in water, and blood is 90% water. When you become dehydrated, the blood thickens and the heart works harder to pump it. Still, many of us find nature's cheap, calorie-free drink boring or yukky. We don't realize at least six to eight 8-ounce glasses a day would help the body do its job and make us feel better, say dietitians. Or we wrongly assume that coffee, colas or alcoholic beverages take the place of water. It's not an even trade. The sugar caffeine or alcohol can upset the fluid balance, even help dehydrate you. "Your body loses about three quarts of water a day," explained water specialist Jean Storlie of Verona, Wis. "You replace about a quart without realizing it through foods that contain water. But you need to drink another two quarts of fluids. Fruit juices and milk are fine, but ideally the bulk of it should be water. It's our most essential and probably most overlooked nutrient. We can live longer without food than water.

Storlie is a sports nutrition specialist with a master's degree in exercise

physiology. She noted the average person consumes 45 gallons of soft drinks per year but only 15 gallons of plain old water. Some people need extra amounts of water: infants, pregnant women, nursing moms, the elderly, athletes and people who exercise. "Exercise blunts your thirst mechanism," warned Storlie. "Even though your dehydrated, your body doesn't necessarily feel thirsty." Someone doing intense exercise in hot weather can lose up to three quarts an hour. Storlie says to drink a cup or two of water before you exercise, stop for a few swallows 20 minutes into the workout and drink more water when you are done. She cites the "90-minute rule." If you're exercising less than 90 minutes, stick with water. However, if you're pushing yourself vigorously for more than 90 minutes, research shows that commercial sports drinks are better. By then, the body needs carbohydrates and electrolytes (sodium, potassium, etc.) lost by perspiration. Of course, you can always drink a little of both.

Dieting? It causes the body to throw off toxic byproducts that need to be flushed out by water. Actually, drinking water can help you lose weight: Drink a glass or two before a meal so that you feel fuller and eat less. Another theory suggests if you're not drinking enough water your body may retain water to compensate. Pregnant women need up to 10 glasses to help clean their systems of extra waste products from the fetus; nursing moms need to replace fluids lost during breastfeeding. And airline passengers: "You can become dehydrated on a plane because of the altitude and dry cabin air," said Storlie. She doubts that you can drink too much water as long as you have healthy kidneys. "But most people ease into drinking more," she said.

Here are a few tips on drinking water:

△ When it's hot, drink cold water. It's absorbed quickly and reduces your stomach temperature, helping cool your body. In cold weather, drink a warmer fluid.

△ Keep a flask of water in the refrigerator. Add lemon slices for flavour. Use a pitcher that holds six to eight glasses.

△ If you must drink coffee, do it in the morning; switch to water in the afternoon.

△ Try a schedule. Drink a glass of water in lieu of another beverage at meals, when you brush your teeth twice a day and before you go to bed. For the kids, make ice cubes with food flavoring.

△ Check your urine. A trickle of deep yellow, cloudy urine that lasts only a few seconds indicates more water is needed. A flow of pale yellow or clear urine for 10 seconds means you're probably getting enough water.

△ Weigh yourself before and after exercising. For each pound of water weight loss, drink two cups of water. ◁

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## LOST MEMBERS

If you know anyone who has not received their membership card or received their newsletter please have them contact me:

Patti Crosby  
455 W. Kings Road  
North Vancouver, B.C.  
V7N 2M2 ph: 980-6848

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## FOR SALE

Left Handed Hoyt Carbon Plus Bow	
TD4 Limbs 68" - 40lb. draw Weight	\$700.00
Single 36" Stabilizer	35.00
Cushion Plunger	15.00
K-Sight	125.00
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All equipment used for only 2 months

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JOP MAIL MATCH 1993

CLUB	OCT	P	NOV	P	DEC	P	JAN	P	FEB	P	TP		
<b>INTERMEDIATES - 18, 19, 20</b>													
<b>Mens Olympic</b>													
James Gill	MRAC	275	10	291	10	266	10	275	10		40	1	
<b>Ladies Olympic</b>													
Tracy Rogers	Vic			248	10	258	10	261	10	253	10	40	1
Katherine Doig	MRAC	256	10									10	2
<b>Ladies FS/Comp</b>													
Brenda Kuntz	RCA	228	10	229	10				237	10	30	1	
<b>Mens Comp</b>													
James Howard	RCA			279	10	293	10	293	9	291	10	39	1
Mike Kuntz	RCA	239	10	267	9	246	9	252	8			36	2
Jason Pierrero	RCA							296	10			10	3
<b>Juniors - 16 - 17</b>													
<b>Mens Olympic</b>													
Chris Lamb	Vic	234	8	230	8	235	8	218	8	234	7	40	1
Jordan Morris	Vic	281	9	279	10	287	10			284	10	39	2
Byron Thompson	Vic	282	10	269	9	273	9			281	9	37	3
Chad Krog	P/Q							272	10	273	8	18	4
Brad Meyer	MRAC							250	9			9	5
<b>Ladies Olympic</b>													
Jennifer Potter	MRAC	217	10	237	10	220	9	204	9	227	10	48	1
Noel Wing	Vic					248	10	268	10			20	2
<b>Mens BB/Comp</b>													
Clarke Pollard	Silv					131	10	205	10	197	9	29	1
James Archer	Silv							194	9	212	10	19	2
<b>Mens FS/Comp</b>													
Joel Sorban	RCA	237	10	217	10	199	10	230	10	237	10	50	1
Tim Neskar	Silv	188	9	211	9	129	9	200	9	205	9	45	2
<b>Ladies Comp</b>													
Stacey Lewin	RCA			88	10							10	1
<b>Mens Comp</b>													
Clint Mohr	Silv	286	9	290	9	287	8	295	10	291	10	46	1
Darren Giles	Kimb	288	10	291	10	285	7	292	9	289	9	45	2
Chad Myers	RCA	288	10	288	8	291	10	292	9	281	6	43	3
Mark Taggart	Kimb	274	8	285	5	285	7	280	6	291	10	36	4
Randy Novak	Silv			286	6	289	9	289	8	287	8	31	5
Darryl Weich	Silv	222	6	272	4	265	5	275	5	286	7	27	6
Drew Patterson	Arch			287	7	279	6	284	7	286	7	27	7
Mike Dyck	MRAC	258	7	286	6					277	5	18	8
Morley Janczyn	Silv			211	3	202	4	168	4	228	4	15	9
<b>Ladies Comp</b>													
Sheila Ostermeier	RCA	275	10	289	10	282	10	284	10	284	10	50	1
Tanja Reszat	Silv	236	9	266	9	262	8	262	9	260	9	44	2
Christine Henderson	RCA			256	8	263	9	259	8			25	3

JOP MAIL MATCH 1993

CADETS - 14, 15

Boys Olympic													
Jason Halayko	Vic	251	10	272	10	267	10	266	10	265	8	48	1
Craig Lawson	MRAC	221	9	260	9	252	9	263	9	248	7	43	2
Joel Truscott	Vic			224	8	240	8	199	5	235	5	26	3
Maxwell Stevenson	Vic			213	7	224	7	231	7	220	4	25	4
Tim Gregson	RCA	134	6	127	6	102	5	131	2			19	5
Cory Krog	P/Q							259	8	268	9	17	6
Gordon Steemson	MRAC	161	7					157	4	194	3	14	7
Steve Wood	Pen							210	6	242	6	12	8
James Colquhoun	MRAC									269	10	10	9
Paul Jensen	Vic	191	8									8	10
Jeremy Peeke-Vout	Vic					192	6					6	11
Paul Pollard	Silv							152	3	151	2	5	12

Boys BB													
Jason Buick	Vic	199	10					171	9	195	10	29	1
Chris Hamber	Vic			173	10			213	10	158	8	28	2
Shane Watt	Vic					168	10	134	8	187	9	27	3

Boys FS/Comp													
Stefan Krueger	Silv	226	10	245	10	255	10	227	9	252	9	48	1
Tony Vandal	Silv	203	9	187	8	213	8	207	8	182	7	44	2
Ryan Sorban	RCA			176	7	239	9	252	10	269	10	36	3
Chris Wiegert	RCA	119	8	162	6	123	5	162	5	168	6	30	4
Kevin Neskar	Silv			202	9	177	6	165	6	182	7	28	5
Leonard Prince	Silv							195	7	217	8	15	6
Damon Ramage	Sag					200	7					7	7

Boys Comp													
Sean Cochran	Pen	269	9	279	10	277	9	276	8	276	9	45	1
Kevin Simmonds	RCA	275	10	274	9	290	10	280	9			38	2
Thorsten Reszat	Silv			274	9	254	7	284	10	288	10	36	3
Rob Bethell	Vic	253	8	240	6	265	8	257	5	242	7	34	4
Dan Clark	Silv	219	6	245	7	251	6	260	6	256	8	33	5
Danny Ashworth	RCA			250	8	251	6	265	7			21	6
Trevor McQueen	Silv	221	7	234	5			257	5			17	7
George Plowman	RCA									236	6	6	8

Girls Comp													
Dawn McSavane	RCA			267	10	257	10	267	10	273	10	40	1
Jamie Reilly	Sag	212	10					232	9			19	2

13< - 12,13

Boys Olympic													
Cory Vandal	Silv	171	8	201	7	226	8	237	9	247	9	41	1
Chris Lawrence	Vic	223	10	235	10	248	10			209	8	38	2
Dominico Cristini	Pen			228	9	227	9	257	10	255	10	38	2
Chris James	Vic			202	8	170	7	174	8	200	7	30	3
Sean Bridge	MRAC	177	9					133	7	195	6	22	4
Kyle Bradley	MRAC									148	5	5	5
Bryce Wold	RCA									101	4	4	6

Girls Olympic													
Kristen Laursen	RCA	119	9	166	9	166	10	141	10	136	10	49	1
Carolyn Shemilt	Vic	273	10	263	10							20	2

Boys BB/Comp													
Thomas McNee	RCA	161	10	155	10	124	10	153	10	204	10	50	1

JOP MAIL MATCH 1993

13c - 12,13 cont.

**Girls FS/Comp**

Stacey McQueen	Silv	126	10	117	10		102	10		30	1	
Lana-Lee Graham	Sag								168	10	10	2
Sarah-Jane Alva	RCA								124	9	9	3

**Boys FS/Comp**

Nathaniel Kelly	Silv			189	9	191	10	215	7	235	7	33	1
Christopher Moerike	RCA	178	10	188	8			225	8	222	5	31	2
Matthew Breckon	Silv	167	8	164	6			206	6	237	8	28	3
Jamie Jefford	Sag	250	9					232	9	234	6	23	4
Mike Lee	Silv			186	7	150	9	192	4	163	2	22	5
Curtis Meyers	Sag			262	10			242	10			20	6
Mike Clay	RCA			151	5			196	5	244	9	19	7
Wade Krueger	Silv					144	8	138	3	169	3	14	8
Dean Mohr	Silv									259	10	10	9
Richard Poruchny	Silv									181	4	4	10
Aaron Marwood	Silv							123	2	141	1	3	11

**Boys Comp**

Kurt Johnson	Arch			274	9	278	10	282	10	279	9	38	1
Michael Hornsberger	Arch			275	10	272	9	274	9	280	10	38	1
Ryan Rahier	Arch			254	8	263	8	249	8	273	8	32	2
Loren Niel	RCA							227	7	250	7	14	3

**Boys BB**

David McGill	RCA							163	10	196	9	19	1
Seth Lewis	Vic									198	10	10	2

**Robin - 10, 11**

**Boys FS/Comp**

Daniel Trottier	Arch			221	10	200	10					20	1
Daniel Meyer	Sag									244	10	10	2

**Boys Comp**

Kevin Reilly	Sag									207	10	10	1
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**Girls BB/Comp**

Kristy Johnson	Arch					216	10	218	10	208	10	30	1
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**Boys Olympic**

Jordan Gerrath	Vic									125	10	10	1
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**Cub - 9 & Under**

**Boys FS/Comp**

Kyle Weich	Silv	199	10	187	10	163	10	165	10			40	1
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**Girls Comp**

Jenny Molendyk	Silv	184	10	203	10			188	10	195	10	40	1
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High Scores for each month:

Oct. Darren Giles, Chad Myers	288	Nov. James Gill, Darren Giles	291
Sheila Ostermeier	275	Sheila Ostermeier	289

Dec. Chad Myers	291	Jan. Jason Pierrero	296
Sheila Ostermeier	282	Sheila Ostermeier	284

Feb. James Howard, Clint Mohr, Mark Taggart	291
Sheila Ostermeier	284

# THE GREAT SHARK ADVENTURE

by Hank Wiseman

During the war year of 1942, the fish docks were buying all kinds of shark liver, from \$20.00 a pound for soup-fin shark liver down to 3 cents a pound for basking shark liver.

While I had rigged several of the local commercial fish boats with gear for harpooning and catching sharks, I thought it might be fun to try it with a bow and arrows. At the time I lived at Bamfield on Barkley Sound on the west coast of Vancouver Island.

I made up half a dozen 1/2" arrows (wooden shafts in those days). I then forged up some harpoon heads for them with a hole in each head. Through the hole I passed a piano wire leader attached to twenty feet of 120lb. test salmon line. To the end of that was attached a square 4 gallon tin can as a float.

I had three boats: a 28 foot yacht, a 16 foot run-about and a ten foot dinghy with an outboard motor. I had chosen the smallest boat. Having spotted sharks a couple of miles out from home off I went. (a nautical mile is just about two kilometers). These sharks grow up to 42 feet long and weigh 15 tons or more.

For my little bit of fun I wanted one about 10 feet long; but it is very hard to judge the size of a black fish in the black depths of the ocean. These fish have no natural enemies so are slow moving and not easily frightened. I picked one who's fin looked smaller than the others. I pulled up along side, carefully checked my lines for tangles, then stood up and shot my first arrow down to where his body should be. (most of my readers have at some time or another tossed a large rock or friend into the water and you've probably noticed that it or he made a large hole in the water before the water closed in.) well when that shark took off, he left a hole in the water, longer and wider than my boat. I had a glimpse of his sand-papery hide racing past the bottom of the hole before the entire boat and myself included, fell into that hole.

I came up seconds later to look around, but a moment later

everything turned red. I had grazed my forehead on his hide and the blood just poured down. Blood in the water, sharks all around! I knew these sharks are perfectly harmless, but I wondered just a little if they knew it...

Oh well! To set things right: I splashed some water out of the boat until I could get into it, then with my hands I began scooping the remaining water out. I tried starting the motor, but no go, I would need the oars. As I looked around, I saw the outgoing tide was taking the oars out to sea, while the wind was blowing the boat inshore and away from home port. I knew I couldn't leave the boat because the wind would take it away faster than I could swim. My only option was to sink the boat, so I sat on the side of the boat until it was again submerged. I then swam after the oars and brought them back to where I had submerged the boat. Then the chore of emptying out the boat again.

Once I was back in the boat, I began rowing around to collect the remaining four gallon cans with arrows attached. My bow had sunk, (being made of Wild Spirea or Ocean Spray, a very tough wood, too heavy to float even when dry). I started to row home which by now was three miles away, and so ended the first day.

The next day I went salmon fishing and took along the arrows and a Yew wood bow just in case I saw more sharks.

I was about a mile off shore when a commercial fisherman pulled along side to ask when I was going to take a look at his engine. Then upon spotting them he asked what all the cans in the boat were for. After I explained, he said "that's how come one of those cans is cruising around all by itself over in the Imperial Eagle channel beyond those islands."

After telling him what to do to his engine I headed for the middle of Barkley Sound and after a bit of searching I spotted my float can and headed for it.

I soon got to where I could shoot another arrow, but this time

from a safer distance. Down went the shark, but much slower than the first time. He surfaced about a half an hour later, and after another long run to get into a good shooting position, I released another arrow into him, by now he was travelling pretty slow.

He was down for only a short while and did not pull the float cans under. I closed in on him once more and put another arrow into him. This time he hardly submerged at all. I placed the next two arrows well behind his fin, near the tail. These were needed to tow him onto a flat shelving beach in a cove on one of the islands.

There I waited until the tide went down a bit. While waiting I measured him with one of my oars, which was just six feet long. He checked out at thirty feet - six inches or ten metres long. I estimated him at three and a quarter tons. That has been corrected by the department of fisheries to about four and a half tons.

His huge white liver was removed, cut up and placed into the boat. I started for home but as I got closer the waves were getting bigger and started breaking in over the gunwales. There was very little freeboard to begin with. A mile from home I considered jettisoning some or all of the liver. Then I figured, if the boat went down I could swim ashore and any incoming fisherman would see the boat and bring it in, so I carried on.

I made it to the fish dock with only an inch of freeboard. Many hands helped me unload, then they pulled the boat up and washed it clean. They then threw me in to wash some of the liver and stink off of me.

The liver weighed in at 525 lbs. and at 3 cents a pound that was \$15.75 for two days of fun, adventure and helping the war effort. (About two days wages for the average mechanic in those days). I was told they used the liver oil on the leading edge of the war planes to prevent icing.

The next day I took my big boat out to clean up the beach and tow the carcass to deep water where it was released to sink into the depths.

Anyone for bow fishing? After all, he wasn't even full grown..

## The 31st Annual Queen Victoria Shoot

May 30th 1993

### Cub Boys B/B

Charles Greenhalgh	57	187	227	471
Tristan Nixon	14	18	65	97

### Robin Boys Oly:

Patrick Leatham	71	183	214	468
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### Robin Boys B/B

Erik Wille	93	110	230	433
Ricardo Lacelle	39	123	197	359

### 13 & Under Boys B/B

Miles Mansell	*42	*75	*118	*235
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### Cadet Boys Oly:

Cory Krog	*247	*271	*282	*800
Jason Halayko	231	246	272	749
Paul Jensen	178	200	234	612
Brian Fournier	77	104	184	365

### Junior Boys Oly:

Chad Krog	*233	*258	270	*761
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### Ladies Oly:

Tracy Rogers	*219	*206	*250	*675
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### Mens Unl:

Al Wills	*274	*286	*290	*850
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## FROM THE J.O.P. Mary Ostermeier JOP Chairman

I'll start by naming all the new Olympians and those who have earned the next level.

**Clarke Pollard**, Silvertip. Clarke earned his olympian at the JOP Indoor on March 17/93.

**Cory Vandal**, Silvertip. Cory has his Oly/250 with a 250 - 253 at the JOP Indoor. His Oly/260 and 265 with a 265 - 267 at the BC Indoor Championships. Good shooting.

**Drew Paterson**, Archers Retreat. He received his Oly/285 by shooting a 287 at the JOP Indoor Championships.

**Kurt Johnson**, Archers Retreat. His Oly/280 was earned with a 281 at the JOP Indoor. He also has his Oly/285 with a 289 at the BC Indoor.

**Mike Hornsberger**, Archers Retreat. Mike earned his Oly/275 with a 277 at the JOP Indoor and his Oly/280 with a 282 - 281 on March 31.

**Rob Bethell**, VicBowmen. Rob has his Oly/260 with a 264/260 and his Oly/265 with a 267 from the JOP Indoor.

**Mike Pardiac**, Parksville. Mike shoots Jun/Comp and earned his olympian at the JOP Indoor by shooting a 246.

**Cory Krog**, Parksville. Cory received his Oly/270 after shooting a 274 at the JOP Indoor.

**Mike Kuntz**, RCA. Mike earned his Oly/260 with a 260 at the JOP Indoor. He shoots Int/Comp.

**Steve Wood**, Penticton. Steve is Cad/Oly and earned his Olympian on March 31 with a 242 - 241.

**Ryan Rahler**, Archers Retreat. He has his Oly/265 with a 273 - 272 dated March 31 and his Oly/270 from the BC Indoor with a 274.

**Darryl Welch**, Silvertip. His Oly/285 is dated Apr. 2nd with a 286 twice and his Oly/290 from the BC Indoor with a 292. Very good Darryl.

**Nathan Kelly**, Silvertip. Nathan has his Oly 250 with a 251 during the BC Indoor.

**Matthew Breckon**, Silvertip. His Olympian is dated from the BC Indoor with a 246.

**Dean Mohr**, Silvertip. He shot a 244 at the BC Indoor for his Olympian.

**Stefan Krueger**, Silvertip. Stefan shot a 263 and a 266 during the BC Indoor for his Oly/260 and 265.

**Dan Clark**, Silvertip. Dan earned his Oly/260 and 265 at the BC Indoor on April 13th 1993

**Tim Neskar**, Silvertip. His Olympian is from the BC Indoor by shooting a 243.

**James Colquhoun**, MRAC. He received his Oly/260 after shooting a 262 - 269 at the BC Indoor.

**Mike Dyck**, MRAC. He earned his Oly/270 at the BC Indoor with a 282 - 277.

**Jamie Jefford**, Sagittarius. Jamie's Oly 250 and 260 are dated Apr. 16th and he shot a 254 - 255 and 270.

**Loren Neil**, RCA. Loren received his Olympian with a 244 - 243 dated Apr. 23 and his Oly/250 with a 254 - 257 on May 4th. Loren shoots 13</comp.

**Michael Clay**, RCA. His Olympian is dated May 4th by shooting a 241 - 242.

**Thorsten Reszat**, Silvertip. He shoots Cad/Comp and his Oly/290 is dated April 23 with a 292 - 290. Excellent Thorsten. Keep going.

**Joel Sorban**, RCA. Joel is Jun/Comp F/S and his Olympian is dated April 30 by geeting a 249 twice.

**Ryan Sorban**, RCA. His Oly/260 with a 260 - 265 is dated April 30 and his Oly 265 with 270 - 272 June 8. Ryan is Cad/Comp.

**Danny Ashworth**, RCA. Danny earned his Oly/260 with a 260 - 265 dated June 8th.

**Dawn Marie McSavaney**, RCA. Dawn is shooting very well lately and earned her Oly/275 with 278 - 275 dated June 8th and Oly/280 with a 283 - 286 dated June 15. Good shooting Dawn.

Congratulations to all these shooters. You have done very well. Also congratulations to all other kids in JOP who are not mentioned here. You are all doing great. I am into the Outdoor program now for a while longer before the Indoor starts up again in September.

I am also going to need some bids for the JOP Indoor and Outdoor Championships for next year, since I have to bring these to the AGM in September. Please let me know as soon as possible if your club can host any of these events for the kids. The JOP Indoor will be on March 13/94. The JOP Outdoor is going to be on June 26/94.

Please talk this over with your club and let me know so that we can hold these tournaments next year. The kids need them.

# Make Mine Aluminum

by John H. Taylor

It began with a quest for the perfect arrow. In the late 1930's James D. (Doug) Easton, a young craftsman and archery enthusiast from Watsonville, Calif., was frustrated because he couldn't make cedar arrows that were all equally straight, equally stiff. Already one of the country's best-known arrow makers, Easton decided to switch materials. He would make his arrow shafts with aluminum.

It was a simple concept but difficult to execute. After years of experimenting, Easton finally developed the equipment and process to create aluminum arrows that would consistently fly straight.

But getting the product right was worth the time it took. Today Easton's company, Jas. D. Easton Inc., produces about 16 million aluminum arrows a year. That accounts for 80% of the world's market for competitive and sporting arrows. About 90% of all archery contestants in the 1992 Summer Olympics used Easton Arrows. Half used the company's bows.

Under Doug's son, James L., an engineer by training who succeeded his father in 1972 after Doug died of cancer, the company's passion for quality has endured. The younger Easton, now 57, has used the company's expertise with aluminum to develop a wide range of top-notch products from baseball bats and drum sticks to tent poles and hockey sticks.

Over the past five years, sales at the privately held company increased at a compound annual rate of 15%. Although Easton declines to cite exact figures, industry estimates are that the company will earn about \$15 million, pretax, on sales of around \$150 million this year. Archery accounts for just 30% of those sales.

Asked to explain his company's success, Easton replies: "I think we are truly innovators. We create products that not only capture the public's imagination but also performs better."

That's a bit self-serving, but it is also true. Take Easton's development of the aluminum baseball and softball bat. In the early 1970s Easton sensed a potential market for bats that didn't break or wear out. Again it was a good idea that was difficult to pull off.

"Our early bats didn't hit the ball farther than wooden bats; they were not well balanced and they were too heavy," Easton recalls. "The only thing they had going for them was they didn't break."

But Easton kept at it. He and his engineers invented one piece of equipment to make the walls of the bat thinner, another to better control its shape. By the late 1970s Easton had a bat that would perform as well as its wooden predecessors, or better, and would last a lot longer. Easton priced his bats to reflect that superiority. Says James M. Chick, who owns Chick's Sporting Goods, a southern California sporting goods chain: "It's commonplace for a softball player to have two or three different aluminum bats, at \$75 to \$100 a bat." Aluminum bats now outsell wooden bats 19 to 1. Easton controls 50% of the \$125 million aluminum bat market. Bat sales account for about 35% of Easton's annual revenues.

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**One Easton engineer who was a part time drummer spent a year developing an aluminum drumstick. Heavy Metal drummer Matt Sorum, of Guns N' Roses, was an early convert.**

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Easton encourages his team of 20 engineers to experiment constantly with new ideas and products at the laboratory across from Easton's headquarters in Van Nuys, Calif. and at other facilities in San Diego and Salt Lake City. The engineers like this, and it's a great source of new products for Easton.

For example, one Easton engineer who was an amateur hockey player spent more than three years tinkering with an aluminum hockey stick before coming up with a marketable model in 1982. Hockey sticks now account for nearly 15% of Easton's annual sales, and are used by about 25% of all National Hockey League players, including leading goal scorers Wayne Gretzky and Brett Hull.

Two years ago another Easton engineer devised a computer program to measure stress on tent poles as they were being erected on mountain sites. He has been testing it on New Hampshire's Mount Washington, one of the country's windiest peaks. Such innovation and devotion will help Easton remain the world's leading supplier of light weight tubing for high-quality mountaineering tents. Still another Easton engineer who was a part time drummer spent a year developing an aluminum drumstick. Guns N' Roses drummer Matt Sorum was an early convert, and the sticks' popularity with the heavy metal set is growing.

Because the company puts so much time and money (as much as 5% of sales) into research, its products cost more than its competitors'. The aluminum hockey sticks retail for \$40 to \$80, compared with \$20 to \$25 for a wooden stick. Its aluminum bats sell for around two to three times the price of a wooden Louisville Slugger. But sports enthusiasts don't seem to mind. Despite the recession, Easton's sales and profits have hit alltime highs during each of the last three years.

No product failures? Of course there are. You can't have experimentation without failure. In the late 1980s, for instance, the company decided to start manufacturing its own line of bicycles. But Easton's frames were so expensive that there wasn't much pricing room left to factor in gears, brakes, pedals and other costly components. Easton called a halt to bicycle production in 1990 after several years of losses.

Easton says investment bankers occasionally bring him offers to buy the company or take it public. If he sold, he and his family could probably put close to \$200 million in their pockets. But Easton has turned down all offers, saying he wants to retain family management and ownership.

His son Gregory, 28, currently oversees Easton's spring team sports lines, including baseball bats. Easton says he plans to turn the company over to the third generation as soon as young Greg is ready to take over, and Jim feels it is time to retire. <

## ELECTION PROCEDURES - 1993

### THE FOLLOWING POSITIONS ARE UP FOR ELECTION IN 1993:

These positions will be elected by the membership at the AGM

Administrative Vice President  
Technical Vice President

Treasurer  
Secretary

Following are the basic responsibilities for these executive members:

**Administrative Vice President:**

- |                          |              |
|--------------------------|--------------|
| 1. Team Selection        | 4. Editor    |
| 2. F.C.A. Representative | 5. Marketing |
| 3. Memberships           |              |

**Technical Vice President:**

- |                   |                |
|-------------------|----------------|
| 1. Coaching       | 4. Officiating |
| 2. Junior Program | 5. Awards      |
| 3. Tournaments    |                |

The Secretary shall keep all the books and records of the Society and ensure that the minutes of all meetings of the members, the Board of Directors and the Executive Committee are recorded and maintained in an up-to-date manner. It shall be the responsibility of the Secretary to ensure that all formal notices and announcements are given to the members and directors by first class mail, when required, including sending to all directors a copy of the agenda for quarterly meetings at least twenty (20) days prior to such meeting. The Secretary shall also maintain and keep up to date, the By-laws, Regulations and Shooting Rules of the Society.

The Treasurer shall keep full and accurate account of all receipts and disbursements of the Society in proper books of account and shall receive and deposit all monies or other valuables in the name and to the credit of the Society in a bank as may from time to time be designated by the Executive Committee. The Treasurer shall disburse the funds of the Society under the direction of the Board of Directors, taking proper vouchers therefore, and shall render to the Board of Directors, at the regular meetings therefore and at other times as directed by the President, an account of the transactions of the Society and the financial position of the Society. The Treasurer shall be responsible for the establishment and the overseeing of the Government Assistance Committee. The Treasurer shall perform such other duties as may from time to time be determined by the Board of Directors.

### CALENDAR OF EVENTS

by Al Wills

DATE	EVENT	LOCATION	CONTACT
Aug 21st-22nd	Pre Outdoor Shoot -1200 Rd & Full Field	Silvertip Archers	Ted 963-7538
Aug 24th-26th	Level 3 Technical Coaching Clinic	Victoria	Doug 493-2046
Aug 29th	Burnaby 3D Flat Field	Burnaby	Ron 524-1674
Sept 3rd-5th	BC Outdoors	Ft. St. John	Doreen 785-4978
Sept 11th-12th	FITA STAR 10 am	Maple Ridge	Laura 467-2110
Sept 18th-20th	Poverty Shoot	Smithers (BVB)	
Oct 16th-17th	Spruce Capital 300	Silvertip Archers	Wayne 564-7098
Nov 26th-28th	Harrison Open Reunion	Harrison, BC	Ron 524-1674

## THE COACH'S CLINIC by Hank Wiseman

This past winter I have had several archers, both rank beginners and experienced, JOP and adults, come to me for help with their shooting. Some with new equipment had received some instruction elsewhere. Some were trying to shoot with an open hand and a bow sling, and not doing too well. I do not think that is the best way for a beginner to learn to shoot. I had them close the hand loosely around the bow handle, with one or two fingers meeting the thumb to retain the bow. With two fingers meeting the thumb to retain the bow. With two hours instruction the adults were putting practically all arrows on a 40 cm. target at 18 m. JOPs were using the 80 and 60 cm. targets. All much better than with the wide open hand method. I think the latter is a refinement to be used AFTER one has learned to shoot.

I have my reasons for that opinion. I find that some individuals never can shoot well that way, and some bows do not shoot well like that. Example: about 15 years ago I was shooting successfully open handedly. I bought a Black Widow bow. I never did get it to shoot well. Sold it. Later I started shooting with a closed hand. I borrowed that Black Widow and shot it well with a closed hand. I have observed similar results with other archers and other bows.

Some years ago I built a shooting machine to test the relative merits of feathers versus plastics. The bow arm moved similarly to the bow arm of a right handed archer. The release was arranged with adjustment of the deflection as if the string came off finger. The finished machine would on a calm day, group feather fletched arrows inside a rectangle 3 3/4 cm. wide by 6 1/4 cm. high. The first "bow hand" of the machine was a padded Vee with elastic bands for a bow sling. No good at all. Then I tried a softly padded close fit with the result reported above.

Another item of the grip on the bow where some archers, especially the ladies had trouble was, the thumb and the thenar hump area of the hand became tired and started to ache. That was because they pressed on the bow mostly with the thenar hump, which is sometimes called the heel of the thumb.

If you have a bar stool or a kitchen chair with two round legs, lay it on its side with the legs up. Straddle the chair and rest your hands on the legs. Press down with the thenar hump. You may find that it hurts a bit. Move the hands just a little so you press more in the life line crease where the hand meets the wrist. The chair legs will infringe slightly on the hypotheneal hump (heel of the hand). There is where the hand should press on the bow. Moving the hand that fraction of a centimetre (1/4") relieved the ache. I know that some handbooks say to press with the hump at the base of the thumb; but I think that is just a poor description of what the authors are really trying to describe. Some authors, including me, often have difficulty describing just what we mean.

Another fault stems from the forearm of the string hand. Most modern handbooks tell us to take the string in the first crease of the 2nd and 3rd fingers and about the middle of the first joint of the top finger. This is achieved by making sure the back of the hand is held in a vertical position. Unfortunately many archers cannot twist their forearm or wrist to achieve that position of the back of the hand. The back of the hand lies at about 45 degrees. That tends to force the top finger

to take a very deep hold, either in the first crease or on the pad of the 2nd joint. Also the 3rd finger is very extended to take the string on the end of the first joint, which tends to Zed the string. Both are detrimental to the score.

There are two modifications to get a better hook. One is to hold the hand so all fingers are held downward at an angle of about 45 degrees. Then the string lies at an angle in the crease of the middle finger and diagonally across the first pads of the top and bottom fingers. This was called the Fisher lock after a man who used it.

Another method is to definitely establish the string in the first crease of the lower two fingers. Point the top finger straight ahead and do not use it at all.

The stiff forearm can be helped. Wrap the fingers around an arrow. Extend the arm straight out to the side at shoulder level. Bend the elbow so the forearm points forward at right angle to the upper arm. Now twist the wrist clockwise to try to make the arrow stand vertically. Do it often. In a week or a month or two you should achieve success.

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# Sport Medicine Council of B.C. - Potentially Harmful Exercises

Not all exercises are created equal. Unfortunately, many of the traditional exercises that were learned in high school, discovered at fitness class, or seen in a book have the potential to cause injury. While there tends to be controversy among professionals, the following exercises are generally considered to be "contraindicated", meaning that the potential benefits of the exercise may be outweighed by the potential risks.

## 1. Back Arches

There are a variety of exercises, including back arches and the 'cobra', that involve hyperextension or excessive bending of the lower back. The movements can put excessive strain on the ligaments and discs in the lower back which may eventually lead to back problems and pain.

## 2. Straight-leg or Hooked-foot situps

Measurement of muscle activity in the abdominable muscles have shown that during a sit-up, the abdominals are active during the first 30 degrees of the range of motion. After this, the stronger hip flexors take over the action. By keeping the legs straight or hooked, the hip flexors, not the abdominals, are emphasized. As the hip flexors contract, they rotate the pelvis forward and pull the lower back into

hyperextension because they are attached to the vertebrae in the lower back. As well as being ineffective for optimal conditioning of the abdominal muscles, these types of sit-ups may aggravate the lower back area. A curl-up, on the other hand, is a partial sit-up performed with the knees bent (not hooked), limiting the use of the hip flexors. The head, shoulders, and upper back are lifted slowly to a 30 degree angle from the ground. This way, the abdominals can be exercised safely and effectively, with strong abdominal muscles helping to reduce the tilt of the pelvis and relieve low back pain.

## 3. Standing Straight Leg Toe Touches

This exercise is most often performed as a hamstring stretch but is ineffective because the hamstrings (muscles being stretched) must contract in order for the individual to return to an upright position. Also, bending forward (forward flexion) beyond 45 degrees places considerable strain on the ligaments of the low back and the tendons of the back muscles. In general, it is wise to avoid exercises which require the maintenance of forward flexion while standing.

## 4. Head Circles

Rolling the head around in circles places undue stress on the part of the spine in the

neck region, especially if movements are done quickly or forcefully. Hyperextension of the neck (tilting head backwards) can cause compression of nerve roots and is especially dangerous for those individuals who may have a degenerative neck disease.

## 5. Hurdles' Stretch

This exercise is performed sitting on the floor with both legs apart. One leg is extended and the other is tucked behind and outward. The individual reaches forward to the foot of the extended leg. Excessive stress is put on the ligaments in the knee joint of the bent leg. This stretch may be modified by bringing the back leg forward with the knee bent and the sole of the foot facing the extended leg.

Exercising safely means avoiding potentially dangerous exercises and choosing exercises that are appropriate for one's level of fitness. Proper technique is critical as is starting at an appropriate pace and increasing the intensity in a cautious and prudent manner.

Individualizing exercise programs is important. All exercises have the potential to be safe for some and contraindicated for others, depending on the genetically determined biochemical make-up, health, and fitness level of the individual. 🍎

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