

**INFO.E-MAIL LES NOUVELLES/NEWS le 17 juillet / July 17, 2003**

Greetings/Bonjour:

**CANADA'S BEST RESULTS AT 2003 ARCHERY WORLD CHAMPIONSHIPS**

(français suit)

Two Olympic-style and 8 compound archers have qualified for the elimination rounds in New York City. Three out of 4 teams have qualified also: Women's Recurve, Women's Compound and Men's Compound. This is the best showing by a Canadian team ever at the FITA World Championships!

For Recurve Women, Marie-Pier Beaudet (Lévis, QC) will face off against an archer from France and Anna Mozhar (Toronto, ON) will compete against an archer from India today. If either Canadian finishes in the top 12, they will achieve COC Schedule A standards.

For Compound Women, Charlene Parlee (Sussex Corner, NB) will face American Aya Labrie; Lynne Durward (Saltspring Island, BC) faces the incredible Ulrika Sjoewall (SWE); Lillian Meehan (Surrey, BC) faces S. Kondrashenko (RUS); and top-seeded Canadian Dawn Groszko (Calgary, AB) faces Giorgia Solato (ITA).

For Compound Men, Benny Parenteau (Asbestos, QC) faces Wesley Gates (RSA); Travis van Daele (Winnipeg, MB) faces Jaari Haavisto (FIN); Ed Wilson (Winnipeg, MB) faces Martin Damsbo (DEN); and top-seeded Canadian, young Kevin Tataryn (Stonewall, MB) faces Ernesto Ochoa Orozco (MEX).

During the Recurve Women's team event, Racheal Savage (Caledon, ON) and Angela Cramer (Victoria, BC) will re-join the competition.

For up-to-date results following the link from FCA's homepage at [www.FCA.ca](http://www.FCA.ca).

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**LES MEILLIEURS RESULTATS CANADIENS AU CHAMPIONNAT MONDIAL DE TIR A L'ARC**

Deux archers de style olympique ainsi que huit archers d'arc à poulies se sont qualifiés de concourir à les rondes éliminatoires à New York City. Trois sur quatre équipes se sont qualifiées: Femmes d'Arc Recourbé, Femmes d'Arc à Poulies, et Hommes d'Arc à Poulies. Ce sont les meilleurs résultats d'une équipe canadienne au championnat mondial!

Pour les Femmes d'Arc Recourbé, Marie-Pier Beaudet (Lévis, QC) concourra aujourd'hui contre une archère de la France et Anna Mozhar (Toronto, ON) concourra contre une archère de l'Indie. Si l'une ou l'autre archère canadienne atteindra les premiers douze positions, elle réussira les niveaux de cédule "A" du COC.

Pour les Femmes d'Arc à Poulies, Charlene Parlee (Sussex Corner, N-B) concourra contre Aya Labrie (E-U); Lynne Durward (Saltspring Island, C-B) concourra contre l'incroyable Ulrika Sjoewall (SWE); Lillian Meehan (Surrey, BC) concourra contre S. Kondrashenko (RUS); et la meilleure archère canadienne Dawn Groszko (Calgary, AB) concourra contre Giorgia Solato (ITA).

Pour les Hommes d'Arc à Poulies, Benny Parenteau (Asbestos, QC) concourra contre Wesley Gates (RSA); Travis van Daele (Winnipeg, MB) concourra contre Jaari Haavisto (FIN); Ed Wilson (Winnipeg, MB) concourra contre Martin Damsbo (DEN); et le meilleur

archer canadien, jeune Kevin Tataryn (Stonewall, MB) concourra contre E. Ochoa Orozco (MEX).

Pendant les rondes des équipes Femmes d'Arc Recourbé, Racheal Savage (Caledon, ON) et Angela Cramer (Victoria, C-B) se remettront de la compétition.

Pour tous les résultats mis-à-jour, suivez le lien du site web de la FCA à [www.FCA.ca](http://www.FCA.ca).

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- [1. Important](#)
  - [2. Reminders / 2. Les Rappels](#)
  - [3. Sad News / Les Nouvelles Tristes](#)
  - [4. SIRC](#)
  - [Enfin / In Closing](#)

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## 1. Important - Register for 3D & Target/Field Nationals Now!

2003 3D Championship website: <http://www.cap.estevan.sk.ca/archery>  
2003 Target/Field: <http://www.victoriabowmen.com/2003championships/>

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## 1. Important - Inscrivez-vous tout-de-suite aux championnats 3D / cible fixe / en campagne!

2003 championnats de tir sur cible animalière site web: [www.cap.estevan.sk.ca/archery](http://www.cap.estevan.sk.ca/archery)  
2003 championnats de tir sur cible fixe et en campagne:  
<http://www.victoriabowmen.com/2003championships/>

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## 2. Reminders

### MEETINGS

Estevan, SK

03-08-01	3D Committee Meeting / Réunion du comité de tir sur cible animalière
Victoria	Centre Juan de Fuca Centre
03-08-12	Executive Committee Meeting / Réunion du comité exécutif
03-08-13	FCA Board Meeting / Réunion du comité administratif de la FCA
03-08-14	Annual General Meeting / l'Assemblée Générale Annuelle
03-08-16	Executive Committee Meeting / Réunion du comité exécutif

### RÉUNIONS

- **Nominations are open for FCA Directors-at-large until July 25 (6 positions)**
- PSO's and committee chairpersons should submit agenda items for the Board of Directors meeting to the national office NO LATER THAN JULY 25th
- All background information, as well as the minutes, for the Presidents' Conference is listed at: <http://fca.ca/PRES%20CONF/presconfmain.html>
- FCA is seeking a host club for the 2004 outdoor/3D nationals

- Hugh MacDonald will represent Canada at the Pan Am Games archery tournament, August 09-14, 2003

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## 2. Les Rappels

### MEETINGS

### RÉUNIONS

Estevan, SK

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Victoria Centre Juan de Fuca Centre

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03-08-13 FCA Board Meeting / Réunion du comité administratif de la FCA

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- **Les nominations des directeur(ice)s hors-cadre sont ouvertes jusqu'au 25 juillet (6 postes)**
- Tous les représentants provinciaux ainsi que les présidents des comités de la FCA doivent soumettre les sujets d'ordre du jour de la réunion du comité administratif au bureau national AVANT LE 25 JUILLET.
- Toutes les informations, ainsi que le procès-verbal, de l'importante Conférence des Présidents sont disponibles à:  
<http://fca.ca/PRES%20CONF/presconfmain.html>
- La FCA a besoin d'un club qui tiendra les championnats extérieurs/3D 2004
- Hugh MacDonald représentera le Canada au tournoi de tir à l'Arc des Jeux panaméricains, du 09 au 14 août, 2003

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## 3. Sad News / Les Nouvelles Tristes

It is with sadness that we have learned that **Dennis Mrokwia** passed away in his sleep due to heart failure. His family requested that all his archery friends and colleagues be made aware of his passing.

He dedicated many hours of his time to the Federation of Canadian Archers. Most recently, he served on the Board of Directors of the BC Archery Association, and was the past president. He was a respected International Archery Judge who travelled worldwide to judge tournaments. His contributions will be missed by all those who worked with him.

Instead of flowers, the family requests donations, made in his name, to the Heart and Stroke Foundation.

On a personal level, I will miss Dennis very much. He was a very caring man and a tremendous help to me after the death of my husband. May you rest in peace, Dennis.

Val Canham, BCAA Treasurer

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#### **4. SIRC**

SIRC ID: S-799414

Title: Capacite d'adaptation et polyvalence des pratiques du psychologue en milieu sportif. (Adaptation capacity and versatility of the sports psychologist.)

Author(s): Bui-Xuan, K. Language: Fr Total Pages: 10

Notes: Les pratiques psychologiques en milieu sportif.

Call Number: GV706.4 .P4 #320

Discusses the roles of the sports psychologist, namely psychological repair, accompaniment and mental preparation, as well as the demands of working with high level-athletes. SIRC has this Serial Analytic

SIRC ID: S-867035

Title: Constancy of personality traits and efficacy of a training program in improving coping strategies. (Abstract)

Author(s): Bergman, H., Norlander, T., and Archer, T.

Language: Eng Total Pages: 1

Conference: European College of Sport Science. Congress (7th : 2002 : Athens).

Call Number: GV 557.5 #35611 SIRC has this Book Analytic

SIRC ID: S-799054

Title: Coup de gueule d'une profession: "psychologue du sport". (Sports psychology.)

Author(s): Martinez, D. Language: Fr Total Pages: 4

Notes: Les pratiques psychologiques en milieu sportif.

Call Number: GV706.4 .P4 #320 SIRC has this Serial Analytic.

Highlights how a psychologist might help athletes and their teams to succeed.

SIRC ID: S-886281

Title: Dealing with setbacks: performance slumps and choking.

Author(s): Sargent, G.

Language: Eng Total Pages: 4

Call Number: GV711.P4 #380 SIRC has this Serial Analytic

SIRC ID: S-799416

Title: Des effets de la rencontre entre un psychologue et un entraineur dans le champ du sport de haut niveau. (Effects of psychologist-coach collaboration in elite sport.)

Author(s): Meyer, A. and Comyn, N.

Language: Fr Total Pages: 8

Notes: Les pratiques psychologiques en milieu sportif.

Call Number: GV706.4 .P4 #320

The benefits of collaboration between a coach and a psychiatrist is illustrated by the case of an elite female athlete. The psychiatrist, through several interviews, could discover the unconscious reasons for the athlete's behaviour

towards her coach. SIRC has this Serial Analytic

SIRC ID: S-884248

Title: Meditation.

Language: Eng Total Pages: 3

Notes: Perspectives: cover story. Part of a compilation of articles written by L. Chan, M.W. Radomski, M.F. Filosa, L. Andermann, S. Coren, A.S. Abdulla, F.H. Abdulla, M. Audet, Y.J. Tso and E. Ebbel.

Call Number: RA781.P4 #560 SIRC has this Serial Analytic.

Discusses meditation and its health benefits, techniques and qi-gong.

SIRC ID: S-866847

Title: Neural strategies of the final push-pull in archery. (Abstract)

Author(s): Michaut, A., Couturier, A., and Miller, C.

Language: Eng Total Pages: 1

Conference: European College of Sport Science. Congress (7th : 2002 : Athens).

Call Number: GV 557.5 #35611 SIRC has this Book Analytic

SIRC ID: S-799415

Title: Pratique mentale: de la psychologie a la performance. (Mental training: from psychology to performance.)

Author(s): Jean, J.

Language: Fr Total Pages: 7

Notes: Les pratiques psychologiques en milieu sportif.

Call Number: GV706.4 .P4 #320

Overview of the benefits and limitations of mental training, and the interaction of sports psychologist with the athlete. SIRC has this Serial Analytic.

SIRC ID: S-881469

Title: The acute effects of humor and exercise on mood and anxiety.

Author(s): Szabo, A.

Language: Eng Total Pages: 11 Call Number: GV1 #240

The hypothesis that 20-minutes of humour would result in affective benefits that are comparable to those of a 20-minute bout of aerobic exercise was scrutinized by using a within-participants research design. Thirty-nine university students were tested, at weekly intervals, three times: running/jogging at self-selected pace, watching a humorous stand-up comedy, and watching a documentary video. Mood and state anxiety were determined 5-minutes before and after each treatment by using the Subjective Exercise Experience Scale (McAuley & Courneya, 1994) and the Spielberger State Anxiety Inventory (Spielberger, Gorsuch, & Luchene, 1970). Both humour and exercise had an equally positive effect on psychological distress and positive well-being. However, humour exerted greater anxiety-lowering effect than exercise. Based on these results, it is tentatively concluded that humour

could induce positive psychological changes that are at least comparable if not superior to the effects of exercise.(JLR) SIRC has this Serial Analytic.

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### **Enfin / In Closing**

The FCA national office will be open July 21-25 daily from 07:30 to 15:30 EDT. The FCA office will be closed on Friday, July 18 while the world championship elimination rounds are taking place.

**Dawn, Lynne and Lillian beat their opponents on the 32<sup>nd</sup> round and Charlene lost 163-165 to top American Aya Labrie.**

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Le bureau national de la FCA sera ouvert du 21 au 25 juillet de 07:30 à 15:30 HdL. À la prochaine! Le bureau national de la FCA sera fermé pendant les rondes éliminatoires du championnat mondial.

**Dawn, Lynne et Lillian ont battu leurs adversaires de la ronde 32e et Charlene a été battu par Aya Labrie (E-U) 163-165.**