

Greetings/Bonjour:

Good luck to Marie-Pier Beaudet, Racheal Savage, Hugh MacDonald, Rob Rusnov, Claude Rousseau and Jonathan Ohayon who are leaving today to compete in the Continental Qualifying Tournament and World Ranking Event in Medellin, COL. This tournament is Canada's last opportunity to earn spots on the Olympic line in Athens. The team coach is Joan McDonald.

Bonne chance aux archers Marie-Pier Beaudet, Racheal Savage, Hugh MacDonald, Rob Rusnov, Claude Rousseau et Jonathan Ohayon qui partent aujourd'hui pour concurrencer au Tournoi de Qualification Continental et Evénement du Ranking Mondial en Colombie. Ce tournoi est la dernière occasion de gagner les positions de tir sur la ligne olympique à Athènes. L'entraîneure nationale est Joan McDonald.

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1. New FCA Executive

FCA President	Don Lohnes	lohnesdr@gov.ns.ca
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V-P ACC Events & Services	Bruce Savage	bruce_savage@rogers.com
V-P ACC Committees & Projects	Roger Murray/Bear	rkmurray@telus.net
V-P ACC 3D	Tom Paukovic	paukovic@merlin.mb.ca

Please update your files accordingly.

1. Nouveau Comité Exécutif de la FCA

President de la FCA	Don Lohnes	lohnesdr@gov.ns.ca
V-P de la Haute Performance	Arthur Nault	arthurnault@videotron.ca
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V-P ACC Événements/Services	Bruce Savage	bruce_savage@rogers.com
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V-P ACC 3D	Tom Paukovic	paukovic@merlin.mb.ca

SVP, mettez à jour vos dossiers.

2. New Canadian championship and open records / 2. Nouveaux records championnat canadien et ouvert

Master woman BH unlimited - Maitre femme chasseur illimité: Jude Hooey, Lethbridge, AB in a FITA Field 24-72 with a score of 332 (CO). 2003-07-27

Senior woman BH unlimited - Sénior femme chasseur illimité: Jude Hooey, Lethbridge, AB in a FITA Field 24-72 with a score of 332 (CO). 2003-07-27

Master woman BH unlimited - Maitre femme chasseur illimité: Jude Hooey, Lethbridge, AB in a FITA 1440 with a score of 335 at 60m (CO), 309 at 50m (CO), 343 at 30m (CO) and a total of 1301(CO). 2003-07-26

Senior woman BH unlimited - Sénior femme chasseur illimité: Jude Hooey, Lethbridge, AB in a FITA 1440 with a tie-score of 335 (CO) at 60m. 2003-07-26

Master woman compound - Maitre femme arc à poulies: Lillian Meehan, Surrey, BC in a CDN FITA 1440 with a score of 347 (CO) at 60m. 2003-08-03

Junior woman compound - Junior femme arc à poulies: Doris Jones, Selkirk, MB in a Match play-12 with a score of 110 (CO). 2003-08-05

Cadet woman compound - Cadette femme arc à poulies: Doris Jones, Selkirk, MB in a Match play-12 with a score of 110 (CO). 2003-08-05

Cub girl barebow - Cub fille arc nu: Irene Jantz-Lee, BC in a FITA Field 24-72 with a score of 88 (CC-CO) 2003-08-10

Cub girl compound - Cub fille arc à poulies: Camille Bouffard-Demers, Bécancour, QC dans une FITA Field 24-72 avec un score de 335 (CC-CO). 2003-08-10

Cub girl recurve - Cub fille arc recourbé: Caitlyn Schleppe, Calgary, AB in a FITA Field 24-72 with a score of 301 (CC-CO). 2003-08-10

Youth woman compound - Youth femme arc à poulies: Kathryn Kennedy, Surrey, BC in a FITA Field 24-72 with a score of 270 (CC-CO). 2003-08-10

Senior woman compound - Sénior femme arc à poulies: Doris Jones, Selkirk, MB in a

FITA Field 24-72 with a score of 345 (CC-CO). 2003-08-10

Junior woman compound - Junior femme arc à poulies: Doris Jones, Selkirk, MB in a FITA Field 24-72 with a score of 345 (CC-CO). 2003-08-10

Cadet woman compound - Cadette femme arc à poulies: Doris Jones, Selkirk, MB in a FITA Field 24-72 with a score of 345 (CC-CO). 2003-08-10

Cadet woman recurve - Cadette femme arc recourbé: Mandy Wicks, Mountain, ON in a FITA Field 24-72 with a score of 277 (CC-CO). 2003-08-10

Senior woman BH unlimited - Sénior femme chasseur illimité: Helen Popson, Lethbridge, AB in a FITA Field 24-72 with a score of 266 (CC). 2003-08-10

Senior woman compound limited - Sénior femme arc à poulies limité: Pauleen Ziehl-Grimsrud Estevan, SK. in a FITA Field 24-72 with a score of 258 (CC-CO). 2003-08-10

Master woman compound - Maitre femme arc à poulies: Lynne Durward, Salt-Spring Island, BC in a FITA Field 24-72 with a score of 340 (CC-CO). 2003-08-10

Pre-cub girl compound - Pre-cub fille arc à poulies: Shianne Buzikievish, Pitt Meadows, BC in a FITA STAR 1440 with a score of 346(CC) at 30m, 347(CC) at 25m, 339 (CC-CO) at 25m, 337(CC) at 20m and a total of 1351 (CC). 2003-08-11

Cub girl barebow - Cub fille arc nu: Jane Wooder, Saanichton, BC in a FITA STAR 1440 with a score of 154 (CC-CO) at 50m, 240 (CC-CO) at 40m, 220 (CC-CO) at 30m, 264 (CC) at 20m and a total of 875 (CC-CO). 2003-08-11

Cub girl recurve - Cub fille arc recourbé: Caitlyn Schleppe, Calgary, AB in a FITA STAR 1440 with a score of 299 (CC) at 50m, 313 (CC) at 40m, tie-301 (CC) at 30m, 338 (CC-tie CO) at 20m and a total of 1233 (CC). 2003-08-11

Youth woman compound - Youth femme arc à poulies: Kathryn Kennedy, Surrey, BC in a FITA STAR 1440 with a score of 261 (CC-CO) at 60m, 292 (CC-CO) at 50m, 287 (CC-CO) at 40m, 308 (CC-CO) at 30m and the total of 1135 (CC-CO). 2003-08-11

Cadet woman compound - Cadette femme arc à poulies: Doris Jones, Selkirk, MB in a FITA STAR 1440 with a score of 325 (CC) at 50m, 353 (CC-tie CO) at 30m. 2003-08-11

Junior woman compound - Junior femme arc à poulies: Doris Jones, Selkirk, MB in a FITA STAR 1440 with a score of 325 (CC) at 50m. 2003-08-11

Cadet woman recurve - Cadette femme arc recourbé: Kristel Alain, Loretteville QC dans une FITA STAR 1440 avec un score de 282 (CC) à 70m. 2003-08-11

Junior woman recurve - Junior femme arc recourbé: Marie-Pier Beaudet, Lévis, QC dans une FITA STAR 1440 avec un score de 312 (CC) à 70m, 319 (CC) à 60m, 315 (CC) à 50m et le total de 1264 (CC). 2003-08-11.

Senior woman recurve - Sénior femme arc recourbé: Marie-Pier Beaudet, Lévis, QC dans une FITA STAR 1440 avec un score de 315 (CC) à 50m. 2003-08-11

Senior woman compound limited - Sénior femme arc à poulies limité: Pauleen Ziehl-Grimsrud Estevan, SK in a FITA STAR 1440 with a score of 240 (CC-CO) at 50m. 2003-08-11

Master woman recurve - Maitre femme arc recourbé: Céline Carpentier, Marieville, QC dans une FITA Star 1440 avec un score de 239 (CC) à 70m, 263 (CC-CO) à 60m, 249 (CC) à 50m, 295 (CC) à 30m et le total de 1026 (CC-CO). 2003-08-11

Master woman compound - Maitre femme arc à poulies: Lynne Durward, Salt Spring Island, BC in a Match play-18 with a score of 162 (CC-CO) 2003-08-12

Junior woman compound - Junior femme arc à poulies: Doris Jones, Selkirk, MB in a Match play-18 with a score of 156 (CC). 2003-08-12

Cadet woman compound - Cadette femme arc à poulies: Doris Jones, Selkirk, MB in a Match play-18 with a score of 156 (CC). 2003-08-12

Junior woman compound - Junior femme arc à poulies: Ashley Wallace, Redcliff, AB in a Match play-12 with a score of 106(CC) 2003-08-12

Junior woman compound - Junior femme arc à poulies: Doris Jones, Selkirk, MB in a Match play-12 with a score of 106(CC) 2003-08-12

Junior woman compound - Junior femme arc à poulies: Avril Hatherell, Winnipeg, MB in a Match play-12 with a score of 106(CC) 2003-08-12

Cadet woman compound - Cadette femme arc à poulies: Ashley Wallace, Redcliff, AB in a Match play-12 with a score of 106(CC) 2003-08-12

Cadet woman compound - Cadette femme arc à poulies : Doris Jones, Selkirk, MB in a Match play-12 with a score of 106(CC) 2003-08-12

Cub girl recurve - Cub fille arc recourbé: Stéphanie Girard, St-Nicolas, QC dans un Match play-18 avec un score de 136(CC-CO) 2003-08-12

Cadet woman recurve - Cadette femme arc recourbé: Stéphanie Girard, St-Nicolas, QC dans un Match play-12 avec un score de 94(CC) 2003-08-12

Cub girl recurve - Cub fille arc recourbé: Stéphanie Girard, St-Nicolas, QC dans un Match play-12 avec un score de 94(CC-CO) 2003-08-12

Cub girl recurve - Cub fille arc recourbé: Stéphanie Girard, St-Nicolas, QC dans une FITA STAR 1440 avec un score de 326(CC) à 30m. 2003-08-11

Cub girl recurve - Cub fille arc recourbé: Stéphanie Girard, St-Nicolas, QC dans une FITA STAR 1440 avec un score de 332(CO) à 30m. 2003-07-20

Master woman recurve - Maitre femme arc recourbé: Céline Carpentier, Marieville QC dans un Match play-18 avec un score de 113(CC-CO) 2003-08-12

Master woman recurve - Maitre femme arc recourbé: Céline Carpentier, Marieville QC dans un Match play-12 avec un score de 83(CC-CO) 2003-08-12

Junior man compound - Junior homme arc à poulies: Robin Pirnak, AB in a Match play-12 with a score tie-115(CC) 2003-08-12

Junior man compound - Junior homme arc à poulies: Ryan Flannigan, Prince Albert, SK in a Match play-12 with a score tie-115(CC) 2003-08-12

Junior man recurve - Junior homme arc recourbé: Crispin Duenas, Toronto, ON in a Match play-18 with a score of 164(CC-CO) 2003-08-12

Junior man recurve - Junior homme arc recourbé: Crispin Duenas, Toronto, ON in a Match play-12 with a score of 111(CO) 2003-08-31

Master man recurve - Maitre homme arc recourbé: Claude Rousseau, St-Nicolas, QC dans un Match play-18 avec un score de 154(CC-CO) 2003-08-12

Master man recurve - Maitre homme arc recourbé: Claude Rousseau, St-Nicolas, QC dans un Match play-12 avec un score de 103(CC-CO) 2003-08-12

Senior man disabled AWR2 - Sénior homme handicapé AWR2: Alec Denys, Sault-Ste-Marie, ON in a Match play-18 with a score of 153(CC-CO) 2003-08-12

Senior man disabled AWR2 - Sénior homme handicapé AWR2: Alec Denys, Sault-Ste-Marie, ON in a Match play-12 with a score of 103(CC-CO) 2003-08-12

Cadet man compound - Cadet homme arc d à poulies: Allan Gunter, Winnipeg, MB in a FITA-70m 72-arrow, with a score of 656. 2003-07-06.

Master man barebow - Maitre homme arc nu: Al Fleck, Quesnel, BC in a CDN 1200 round with a score of 156 at 70m. 2003-08-31

Master man BH unlimited - Maitre homme chasseur illimité: David Cornish, Corman Park, SK in a Match play-18 with a score of 155 (CO) 2003-06-30

Cadet boy compound - Cadet garçon arc à poulies: Matthew Cornish, Corman Park, SK in a Match play-18 with a score of 159 (CO). 2003-06-30

Senior man recurve - Sénior homme arc recourbé: Jonathan Ohayon, Redlands, CA in a FITA-70m. 72-arrows with a score of 632. 2003-08-08

Senior woman recurve - Sénior femme arc recourbé: Marie-Pier Beaudet, Lévis QC dans une FITA STAR 1440 avec un score tie-312 à 70m.(CC). 2003-08-11

Junior woman compound - Junior femme arc à poulies: Emerald Lemke, Port Moody, BC in a CDN 1200 round with a score of 268 at 60m.2003-08-31

Cadet woman compound - Cadette femme arc à poulies: Emerald Lemke, Port Moody, BC in a CDN 1200 round with a score of 268 at 60m and 272 at 50m. 2003-08-31

Congratulations to all - Félicitations à tous

Christiane Murphy

Gestionnaire des records canadiens / Canadian records coordinator

3. IPC Archery Championships (uniquement en anglais) by Kathy Millar

September 7th, 2003

Yesterday was unofficial practice and it was only through some polite begging that we got to shoot anywhere at all. The three of us, Alec Denys, Norbert Murphy and I took a very expensive taxi (wheelchair-accessible) to a beautiful, huge outdoor facility complete with Olympic-size swimming pool and 90m lanes. This installation was just one of several city athletic centres comprising several city blocks. The real site will not be ready until Official Practice.

And, the Canadians, French and Australians really showed their dedication after the trek into the archery venue - up slopes, through sand, etc. Everyone was hot by the time the group reached the practice field. However, it was definitely worth it and the guys shot really well. We split up into regular taxis to go back and Norbert's driver charged him twice as much as we were charged. Apparently, you have to really watch these guys and get price quotes in advance of stepping into the vehicle.

Half of the teams are living in one four-star hotel and the rest is in another. It appears that we have been given the better of the two and we have huge 3-course meals for lunch and supper. Supper is incredibly late at night for North Americans, but there is little choice.

Today was official practice at the brand new 30,000-seat Community Stadium, with room to grow if this city gets the bid for 2012. In the morning the W2 guys and standing guys practiced. W2 means a spinal lesion about half-way up your back. Standing usually implies amputee. The bowl-like structure made the wind swirl but it wasn't anything the guys could not handle. They had an excellent practice and I was glad to see that both primary and back-up equipment grouped very well.

In the afternoon, it was practice time for W1 (higher lesion), compound and all women's divisions. Then the wind really picked up and tents and scopes went flying. Since the order of shooting will not change, these people will have to put up with afternoon winds for the entire qualification round.

The most exciting event of the day was Norbert's (graceful) face-plant at the edge of a curb! Of course, my heart went into my throat as I ran the 10m to pick him up. But by the time I got there, he had plopped himself back into his chair and made 3 new friends in the process. I'm not used to this sort of stuff and everyone laughs it off. The best part was, Norbert does not appear to be hurt. Next time he should take his sunglasses off in the bus tunnel.

The Opening Ceremonies were very dull with speeches about the 2012 bid and they forgot to declare the championships officially open. But the gymnastics display was great.

Tomorrow the real fun starts. Keep your fingers crossed and wish us luck for good results at 90m and 70m.

Kathy Millar
2004 FCA Paralympic Coach

September 08, 2003 from Madrid

Today was the long distance half of the qualification round. The W2 and Standing men were on the line on time, but there was a mix-up with one of the members of the Chinese Taipei team and we waited 45 minutes for the bus to bring him to shoot. There happened to be enough room on the line, so everyone could still shoot one-line and keep the tournament moving. This type of accommodation is very typical in Paralympic sport and is quite an eye-opener for me. Of course, in able-bodied sport, you snooze-you loose. But no one seemed to mind and all the wheelchair archers stayed on the line to wait. The weather was sunny and hot, with very little wind.

Alec uncorked at 90m with his first two ends and was in 5th place for a brief while. Then the rest of the group started and he slide down the ranking end by end and finished the morning in 19th place with 240. Norbert struggled a bit. He had moving groups and chased his sight most of the time. He ended up 24th with 232. Lee of Korea had 308 for first, and led the pack with room to spare. He would never look back. The Standing men's top score was 278 and that was considered respectable, but not outstanding by the guys in that division.

After the break, we started 70m. Again, Alec started out strongly, but could not keep the groups consistent. He shot a fabulous group without looking in his scope. It was low in the 5-6 ring! That was a disappointment. He ended up with 284. Things went a bit better for Norbert with a 275. Lee finished first with 310, followed closely by Sawicki from Poland.

So, to end the day and get off the field with good feelings, Alec's long half put him in 16th place with 524; Norbert was 19th with 507. Top half of the cut seemed pretty good for the day and confidence was pretty high. We decided to take an early bus back to the hotel after lunch and veg-out for the afternoon. The afternoon people suffered through even worse gusting wind for their long half and came off the field at 7:30 pm.

If we can just stay competitive tomorrow on the short-half, we'll have a good draw.

September 09, 2003

Today is slightly cooler and breezier. Both guys really struggled at both distances, with flourishes of greatness and then sort of mediocre. Of course at this level, mediocre gets you into trouble. And, the guys saw their ranking slide down the board. At 50m Norbert shot a good score for 2003 with 274, but that only put him in 31st for the distance and total of 26th for the 3 distances. Alec had 259 for 38th spot at 50m and 25th overall. Lee and Sawicki again led the

field with 317 and 316 respectively.

30m was windy, but when you think of what the afternoon line has to put up with, you'd better not whine. Again, there were brief sparks of greatness, but not enough to be competitive. Alec had 310 for 31st place and Norbert had 311 for 32nd. Jim Buchanan of GBR had 340 and De Pellegrin of ITA had 338 to finally slow down Lee a little.

Overall Alec finished tied for 24th with 1093, losing on 10x for 25th, and Norbert was right behind him with 1090 for 26th.

W2 qualification round results

1272 Lee, Ouk-Soo KOR first

1242 Lee, Hong-gu KOR second

1212 Sawicki, Piotr POL third

1137 Martin, J. M. ESP sixteenth

1093 Alec Denys CAN 25th

1090 Norbert Murphy CAN 26th

1058 Gilbaugh USA 32nd

So things did not look so bright today. I thought that we were going to head into tomorrow with our first matches against some stiff opposition. But then I found out that IPC doesn't cut! It's the same system as FCA's national championship. So there will be about 8-10 byes tomorrow. Norbert will compete against a young man from Hong Kong and Alec will be against a new archer from the Islamic Republic of Iran. These SHOULD be fairly easy matches. I am hoping that the matches will help people get in the groove in time for the bigger tests. But I can't tell you who they come up against next because as of this message, IPC has not published the ladder to the team leaders and there is no schedule of events. This afternoon, I will be going back to the stadium to work with Alec. There are several butts at 10m and we are going to work on pulling on the shot.

If you wish to follow the results along as they happen, I encourage you to use the fabulous system they have here through their website at: www.fedmf.com. They post results after every one-two ends here in the stadium and show distance results on the jumbo screen. Every end is electronically recorded and verified. It's one of the best systems I've seen because it is fast and easy for volunteers to use. So, keep looking on the web for elimination round results.

Norbert and Alec have to win at least two matches in order to have a chance for qualification to Athens.

Best regards

Kathy Millar

2004 FCA Paralympic Coach

September 10th, 2003

This morning Norbert and Alec shot in what is referred to in IPC terms as the Access round. That term means an elimination round containing byes, determined

by the number of competitors in each classification. For instance, the compound women will have to wait until tomorrow to shoot their Access round since they will go right into the quarter-finals. For Norbert and Alec, this meant the 1/32 round with 17 byes.

Alec's first opponent was an Iranian who had shot a 41 average at 70m in the FITA round. But, I guess the Iranian just had a bad day as he opened today with a 50 to Al's 46. After the second end, the Iranian was ahead by 9. Alec shot 49 on his last end and lost by two points. As in able-bodied archery, it's one arrow that makes the difference and for Alec, that one arrow was in his first end. From my calculations, this puts Alec in 34th. It's quite disappointing, but as usual, Alec took it very quietly and calmly. (In the next pass, the Iranian went back to shooting 41's and was eliminated. So he was just on-fire for the match against Al!)

Norbert faced off against an archer from Hong Kong who shot approximately a 42 average during the FITA. Even though Norbert's score was lower than Alec's, Norbert beat his opponent by 30 points and moved on. So, to this point Canada had one archer left.

Next Norbert faced Roman Hutnyk (UKR), an excellent archer who I had watched all week as a real powerhouse. He completely dominated this round. Norbert was only 1 point behind him with a 49 on his first end, but Roman kept most of his arrows inside the 8-ring; that was consistency Norbert could not match for the last 2 ends. We are not sure what ranking Norbert received on score, since those results were not ready before we left the field.

If Norbert ranks in the top 20, he will be able to re-apply for his Athlete Assistance, and he has a good chance to be selected in the 43 spots assigned for Athens from this tournament. I will not be able to relay this information home until the team round is completed on Saturday. At that time, the top teams will be selected and any other archers that ranked high enough after that will be included.

For Alec, we must search for another registered FITA star tournament since we must meet CPC's deadline to be on the IPC ranking list by February 14, 2004. I doubt very much that Alec will be selected from this tournament so he will have displace one of the other archers here by shooting 1150-1175. That is a tall order in the fall. It looks like he'll be heading south after he gets home!

So, all in all, it's been a rather discouraging morning. The guys are planning what to do next, and tonight we will use Arthur's Internet connection to check the FITA website for upcoming tournaments that won't cost the moon to get to. I am going back to the field to watch the elimination rounds for W1 men and women, standing Women recurve, and the compound men. Perhaps it will take my mind off things. But I doubt it.

One of the really cool things that will be happening on September 12 is a poster-signing session by Sr. Rebollo, the Paralympic archer who lit the torch to open the Barcelona Olympic and Paralympic Games. I definitely want to meet him. As far as I'm concerned, his shot to light the torch was one of the all-time highlights

of any Olympic Games - but I guess I'm showing my archery prejudices.

Kathy Millar
2004 FCA Paralympic Coach

Epilogue:

I could not continue writing daily installments because of problems at the hotel, so briefly here is what happened. Alec finished 34th and Norbert finished 29th. IPC selected only 13, out of a possible 32, men's W2 spots for Athens at this tournament. So we still have a chance. Now the heat is on to get to as many big tournaments as possible before IPC's deadline date. Both Alec and Norbert are heading to Michigan this weekend to shoot a FITA Star and Alec is going to compete at the Duel of the Desert later on this fall. Both guys have a good chance to win spots on the Paralympic line, but may not make CPC standards out of Canada. I will keep you posted.

Madrid: City of apartments

After the Canadians were eliminated, Alec and I had two half-days to go visit the old city. Norbert, our resident social butterfly, wanted to hang out with some archers so he did not come with us. You absolutely can not find single dwelling homes in this city. It looks as though they razed the whole place 20 years ago and started all over again. Buildings look new or recently sand-blasted. The streets and the city busses are completely wheelchair accessible. The Prado Museum and the Bourbon Palace were accessible also. People are friendly, and the volunteers for this event were fantastic. It is going to be a great host city for FITA's world target championships in 2005, but the competition will have to be held somewhere else. The Community Stadium field is too small, unless you want to shoot facing into the sun!

4. Western Canada Games results / 4. Résultats des Jeux de l'Ouest du Canada

Individual Compound Female / Femmes individuelles Arc à Poulies

- | | | |
|----|-----------------|----|
| 1. | Doris Jones | MB |
| 2. | Avril Hatherell | MB |
| 3. | Emerald Lemke | BC |
| 4. | Denise Mann | SK |

Individual Compound Male / Hommes individuel Arc à Poulies

- | | | |
|----|------------------|----|
| 1. | Michael Schleppe | AB |
| 2. | Nathan Cameron | AB |
| 3. | Randy Kujawa | SK |
| 4. | Nolan Johnson | SK |

Individual Recurve Female / Femmes individuelles arc recourbé

- | | | |
|----|-----------------|----|
| 1. | Kelsey Davidson | AB |
| 2. | Erin Passmore | AB |
| 3. | Sophie Roberts | BC |
| 4. | Stacie Martel | SK |

Individual Recurve Male / Hommes individuels arc recourbé

- | | | |
|----|----------------------|----|
| 1. | Jason Visser | AB |
| 2. | Matthew Marcinkowski | MB |

- 3. John Gibson BC
- 4. Jason Lyon MB

Team Female / Femmes Equipes

BC - Megan Kennedy, Emerald Lemke, Sophie Roberts, Jessica Norberg
AB - Ashley Wallace, Monique Marquis, Erin Passmore, Kelsey Davidson
MB - Doris Jones, Avril Hatherell, Caiti Kopachena, Alyssa Lambkin-Anderson
SK - Denise Mann, Jilliann Koroluk, Stacie Martel, Jade Chipley

Team Male / Hommes Equipes

BC - Thomas Scully, James Cameron McNeil, Kevin Mackenzie, John Gibson
MB - Allan Gunter, Blair Lyon, Jason Lyon, Matthew Marcinkowski
AB - Nathan Cameron, Michael Schleppe, Jason Visser, Kevin Handcock
SK - Randy Kujawa, Nolan Johnson, Jonovan Kokan, Kohlan Fedyk

5. 2004 3D National Championships In British Columbia

For the first time, British Columbia will host the FCA 3D nationals. Host club, Silvertip Archers, in Prince George invite 3D shooters from across the country to participate.

The 2005 3D nationals will be held in Saint John, New Brunswick.

Information will be posted on the FCA website when it becomes available.

5. Championnat de Tir sur cible animalière 2004 en Colombie-Britannique

Pour la première fois, Colombie-Britannique va tenir les championnats nationaux 3D. Le club principe, Silvertip Archers, de Prince George vous invite d'y participer.

Les championnats de tir sur cible animalière 2005 aura lieu à Saint Johns, Nouveau Brunswick.

Les informations vont être publier sur notre site web quand ils sont disponibles.

6. New Score Template

The FCA Web Site posts the results of registered Indoor and Outdoor FCA events. If you would like the results for your club or province's FCA events posted, please use the standard Excel spreadsheet template available from the FCA site at:

<http://www.fca.ca/Resultsfolder/FCAScoreTemplateSep15.xls>

The template allows you to maintain a list of local archers and judges along with their category and FCA number so these only have to be entered once. It reduces the work in recording results and may be of use for your own club web site, newsletter, etc. The template now includes a facility for handling indoor competitions separately, and for handling Double FITAs split Outdoor FITAs as well as 900 and 1200 rounds.

6. Nouveau Formulaire des Résultats

Le site web de la FCA rend public les résultats des tournois homologués de tir en salle ainsi que ceux de cible fixe. Si vous voulez publier les résultats de la FCA du niveau club ou du niveau provincial, SVP utilisez le formulaire des résultats en Excel, disponible sur notre site web à:

<http://www.fca.ca/Resultsfolder/FCAScoreTemplateSep15.xls>

It reduces the work in recording results and may be of use for your own club web site, newsletter, etc.

The template now includes a facility for handling indoor competitions separately, and for handling Double FITAs, split Outdoor FITAs as well as 900 and 1200 rounds.

Ce formulaire vous permet de maintenir une liste des archers régionaux ainsi que les juges, avec leur catégorie et leur numéro d'adhésion de la FCA, pour les inscrire seulement une fois. Le travail a été réduit et les résultats sont disponibles d'inclure dans vos bulletins du club. Ce formulaire maintenant offert les options d'écrire des résultats de tir en salle, ceux de la FITA doubles, ceux de la FITA des deux jours, ainsi que ceux des rondes 900 et 1200.

7. Sad News / Les nouvelles tristes

It is with deepest regret that I announce that on 16 September 2003, Lillian (Mac) Jones died in Abbotsford, BC at the age of 89. Mac was the wife of Frank Jones, the first archer to compete internationally for Canada. While Frank is the better known, Mac set countless BC and Canadian records over her many years as a competitive archer. It was Mac who asked for a ride to archery from Fred Usher (they sang together at the time) which got Fred hooked on the sport. Mac remained very competitive in women's archery for years besting other women shooters half her age. Mac and Frank started the Sea View Archers, which eventually amalgamated with the Victoria Bowmen long after they had both retired from archery. They were very humble people when speaking of their many accomplishments, they were wonderful friends, who contributed greatly to Canadian archery. They will be missed!

Allan R. (Al) Wills, FCA Vice President International
vp-international@fca.ca

8. SIRC

SIRC's FOCUS ON HEALTH:

Athletes and recreational enthusiasts hate to be held back by feeling under the weather, especially when something as simple as the food you eat can help prevent your vulnerability to some common ailments. Focusing on four special nutrients in your diet can add a boost to your immune system:

- Vitamin A
- Vitamin E

- Zinc
- Iron

SIRC VOUS DONNE LE POINT SUR LA SANTÉ:

Des athlètes et les enthousiastes des sports non-compétitives détestent ne pas pouvoir fonctionner à cause de la maladie, particulièrement quand quelque chose aussi simple que la nourriture peut aider à empêcher la vulnérabilité à quelques maux communs. Se concentrer sur quatre aliments spécifiques dans votre régime peut aider à fortifier votre système immunitaire :

- Vitamine A
- Vitamine E
- Zinc
- Fer

Title: Boosting your immune system. Source: IDEA personal trainer
(San Diego, Calif.) 14(2) Feb 2003 SIRCEXpress Article No. S-864568 PDF format

Title: Arming the immune system through diet.
Author: Bell-Wilson, J. Source: IDEA health & fitness source
(San Diego, Calif.) 20(8) Sept 2002 SIRCEXpress Article No. S-849136 PDF format

Title: Exercise, nutrition and immunology.
Author: Gleeson, M. Source: SportEX health
(Wimbledon, England) (16) Apr 2003 SIRCEXpress Article No. S-884740 PDF format

SIRC's FOCUS ON MISBEHAVIOUR IN ATHLETES:

Reports and discussions of athletes crossing the line with their behaviour - sexual or otherwise, can be found with unsettling frequency. Responses to incidents of misconduct have focused on:

- educating and counseling athletes on appropriate behaviour
- reviewing and developing behaviour codes and policies

Extracted from 'Athletic Business', 'Athletic Management' and 'Journal of the Legal Aspects of Sport'. Each week SIRC indexers see thousands of sport related articles from around the world. The following articles were ones they thought might be of particular interest to the sporting community.

SIRC VOUS DONNE LE POINT SUR LE MAUVAIS COMPORTEMENT DANS LES ATHLÈTES:

Rapports et discussions des athlètes croisant la ligne avec leur comportement - sexuel ou autrement se trouvent d'une fréquence déstabilisante. Les réponses aux incidents de la mauvaise conduite se sont focalisées sur:

- instruisant et conseillant des athlètes sur le comportement approprié
- la revue et le développement des codes et des politiques sur le comportement

Extrait et traduit de 'Athletic Business', 'Athletic Management' et 'Journal of the Legal Aspects of Sport'- ci-dessous. Chaque semaine, les indexeurs de SIRC voient des milliers d'articles reliés au sport de partout dans le monde. Les articles suivants sont ceux qu'ils croient intéresser la communauté sportive.

Title: Unnecessary roughness: Educating athletes about sexual misconduct gains importance amid recent rape allegations.

Author: Steinbach, P. Source: Athletic Business
(Madison, Wis.) 26(8) August 2002 SIRCEXpress Article No. S-842412 PDF format

Title: A team effort: You can't control all of your athletes' actions, especially those that occur off the field. But you can get them thinking about their behavior by having each team develop its own contract.

Author: Knortz, G. Source: Athletic management
(Ithaca, NY.) 14(5) Aug/Sept 2002 SIRCEXpress Article No. S-852841 PDF format

Title: Good start, bad start, and much better. Three NCAA intercollegiate athletic department policy responses to criminal behavior by college athletes.

Author: Southall, R.M. Source: Journal of the legal aspects of sport
(Terre Haute, Ind.) 11(3) Fall 2001 SIRCEXpress Article No. S-803276 PDF format

Title: Active and fit in your 40's and 50's?... Beware of boomeritis.

Author: Fields, D. Source: Pro-trainer online
(Santa Barbara, Calif.) 1 Feb 2002 SIRCEXpress Article No. S-814831 PDF format

Title: Anti-aging exercise.

Author: Bell, R. Source: WellnessOptions
(Toronto.) 2 (2) Mar/Apr 2002 SIRCEXpress Article No. S-857133 PDF format

Title: Aged to perfection: exercise is the answer to a healthy later life.

Author: Richard, D. Source: Cross country skier
(Cable, Wis.) 22(4) Jan/Feb 2003 SIRCEXpress Article No. S-881501 PDF format

9. The Countdown to Athens 2004 Has Begun with the Launch of the Petro-Canada Paralympic Schools Programme

To mark 365 days until the Opening Ceremonies of the 2004 Paralympic Summer Games in Athens, the Canadian Paralympic Committee (CPC) today launched the Petro-Canada Paralympic Schools Program in Richmond, BC.

The national programme is a free on-line educational resource designed to help students from grades 4-9 learn about the Paralympic Movement and its true Canadian sport heroes. Ready-made lesson plans, fun and interactive activities, athlete interviews and Games photos are all part of this new and exciting program - transporting students and teachers to the heart and soul of the 2004 Paralympic Games.

Vancouver-based national wheelchair basketball athlete Marni Abbott agrees: "I think the Petro-Canada Paralympic Schools Program is an excellent resource for educating Canada's young people about the excitement of the Paralympic Games. We (Paralympians) are great role models for kids, sharing our messages positively impacts all Canadians and inspires people to dream big!"

The Petro-Canada Paralympic Schools Program can be downloaded, free of charge, from CPC's website at www.paralympic.ca

9. Le compte à rebours pour les Jeux d'Athènes de 2004 débute avec le lancement du Programme scolaire paralympique Petro-Canada

Pour marquer les 365 jours qui nous séparent des cérémonies d'ouverture des Jeux paralympiques d'été d'Athènes de 2004, le Comité paralympique du Canada (CPC) a lancé aujourd'hui le Programme scolaire paralympique Petro-Canada à Richmond, en Colombie-Britannique.

Le programme national est une ressource éducative en ligne gratuite conçue pour aider les étudiants des niveaux 4 à 9 à découvrir le mouvement paralympique et les héros canadiens qui en font partie. Ce nouveau programme des plus excitants est composé de plans de leçons, d'activités amusantes et interactives, d'entrevues avec les athlètes et de photos des Jeux. Il permettra aux étudiants et aux professeurs de s'imprégner de l'esprit des Jeux paralympiques de 2004.

Vous pouvez télécharger le Programme scolaire paralympique Petro-Canada, sans frais, à partir du site Web du Comité paralympique du Canada www.paralympic.ca

In Closing

For all national championship results, please use the links off of FCA's homepage at www.FCA.ca. Minutes from all meetings will be distributed in October.

The FCA national office will be open September 22-26 from 07:30 to 15:30 ET.
See you next time!

Enfin

Veuillez bien noter que tous les résultats des tournois nationaux sont disponibles sur notre site web à www.FCA.ca Suivez les liens. Tous les procès-verbaux seront être rendre public en octobre.

Le bureau national de la FCA sera ouvert du 22 au 26 septembre de 07h30 à 15h30.
A la prochaine!