

**Greetings/Bonjour:**

Starting today in Halifax, FCA President Don Lohnes will assist Bob and Sheila Sheppard to teach archery to all the physical education teachers in the province. This is an important opportunity to spark interest in Nova Scotia's schools as well as to ensure that archery will be taught properly to students, province-wide. Good luck to all of you.

\*\*\*\*\*

Commençant aujourd'hui à Halifax, le président de la FCA, M. Don Lohnes, aide Bob et Sheila Sheppard d'enseigner le tir à l'arc à tous les enseignants d'éducation physique de la province. C'est très importante occasion émet les étincelles d'intérêt en Nouvelle-Ecosse ainsi qu'assure que le tir à l'arc va être enseigné correctement aux étudiants, autour de la province. Bonne chance à tous.

---

The following items are still unclaimed from the 03 Canadian Championships:

- 1 Tripod bowstand
- 1 Hoyt Vest
- 1 Flaming Shirt

All items can be viewed on the FCA website at:

<http://www.fca.ca/03%20Cdn%20L&f.html>

If their yours, please contact Al Wills at: [alwills@shaw.ca](mailto:alwills@shaw.ca)

\*\*\*\*\*

Les choses suivantes ont été laissés à Victoria pendant les championnats de tir sur cible fixe. On peut les voir sur le site web de la FCA à:

<http://www.fca.ca/03%20Cdn%20L&f.html>

- 1 repose d'arc trépied
- 1 veston d'Hoyt
- 1 chemise Flaming

Si les choses sont vôtres, contactez Al Wills à [alwills@shaw.ca](mailto:alwills@shaw.ca).

---

[1. CCES / 1. CCES](#)

[2. SIRC](#)

[3. In Brief / 3. En Bref](#)

[4. CPC & AthletesCan / 4. CPC & AthletesCan](#)

[In Closing / Enfin](#)

---

**1. CCES**

News Release:

October 24, 2003: CCES to analyze all samples for THG

<http://www.cces.ca/pdfs/CCES-MR-THGSampleAnalysis-E.pdf>

Communiqué :

le 24 octobre 2003 : Le CCES analysera tous les échantillons pour déceler le THG

<http://www.cces.ca/pdfs/CCES-MR-THGSampleAnalysis-F.pdf>

#### Detection of New Designer Steroid

The Canadian Centre for Ethics in Sport (CCES) is monitoring very carefully developments related to the laboratory detection of a new 'designer' steroid tetrahydrogestrinone (THG). Detection techniques for THG were pursued when the United States Anti-Doping Agency (USADA) received a small amount of a substance from an anonymous source who claimed the substance was an "undetectable" steroid.

A test developed by the IOC/WADA accredited anti-doping laboratory at the University of California, Los Angeles (UCLA), has detected the substance in the "A" samples (urine) collected this past summer from a number of athletes.

"While we must await the "B" sample confirmation and appropriate due process to determine whether any doping infractions have occurred, this situation represents an important advancement in the fight against doping," stated Dr. Andrew Pipe, Chair of the CCES. "It is also an indication of the quality, thoroughness and integrity with which the United States Anti-Doping Agency (USADA) is approaching its work."

The CCES is confident that USADA and the UCLA laboratory will move quickly to ensure that this new analytical technique is made available to all IOC/WADA accredited laboratories, including Canada's INRS-Institut Armand-Frappier.

For more information, please contact:

Paul Melia, CEO, CCES at 613 521 3340

\*\*\*\*\*

### 1. CCES

Détection d'un nouveau stéroïde « à formule modifiée »

Le Centre canadien pour l'éthique dans le sport suit de très près les développements reliés à la récente découverte d'un nouveau stéroïde « à formule modifiée » le tétrahydrogestrinone (THG). Les méthodes de détection pour le THG ont été réalisées par la United States Anti-Doping Agency (USADA) qui a préalablement reçu une petite quantité de la substance en provenance d'une source anonyme qui a déclaré que la substance est en fait un stéroïde indétectable.

Un test développé par le Laboratoire antidopage de l'Université de la Californie (UCLA) accrédité par l'AMA-CIO, a permis de détecter la substance dans les échantillons « A » (urine) de certains athlètes, prélevés l'été dernier.

« Même si nous devons attendre la confirmation provenant des échantillons « B », de même que la procédure habituelle afin de déterminer s'il y a effectivement infractions de dopage, cette situation représente un pas important dans la lutte au dopage, » a déclaré

le Dr. Andrew Pipe, Président du Conseil d'administration du CCES. « Il s'agit également d'une indication de la qualité, de la minutie et de l'intégrité avec laquelle l'agence américaine antidopage (USADA) effectue son travail et sa mission. »

Le CCES est confiant que la USADA et le laboratoire de la UCLA feront le nécessaire afin de rendre rapidement disponible cette nouvelle technique d'analyse à tous les laboratoires accrédités pas l'AMA-CIO, incluant celui de l'INRS-Institut Armand-Frappier à Montréal.

Pour plus de renseignements, veuillez contacter:  
Paul Melia, Directeur général du CCES

---

## 2. SIRC

### FOCUS ON THE BENEFITS OF VITAMINS:

Vitamins work together to sustain, maintain and regulate the various processes within our bodies. When a body is lacking necessary vitamins for these systems, internal balance and metabolic reactions pay the cost. The following articles describe

- how vitamins work,
- how they work to battle symptoms of fatigue
- the healing benefits of Vitamin C in pineapple.

This article provides a recipe for a "smoothie".

\*\*\*\*\*

### SIRC

### LES BÉNIFICES DES VITAMINES

Les vitamines travaillent en unités pour soutenir, maintenir et régler les divers processus dans nos corps. L'équilibre interne et les réactions métaboliques souffrent lorsqu'un corps manque des vitamines nécessaires pour ces systèmes. Les articles suivants décrivent :

- la fonctionnalité des vitamines
- comment ils aident à combattre les symptômes du fatigue
- bénéfiques curatifs du vitamine C dans l'ananas. Cette article prévoit une recette pour un 'smoothie'.

Title: Fatigue: a naturopathic medical perspective.  
Author: Prousky, J.E. Source: WellnessOptions  
(Toronto) 2(4) Aug/Sept 2002  
SIRCExpress Article No. S-857160 (PDF format)

Title:Pineapple: nature's healing fruit.  
Author: .Gilbert, M.N. Source:Pro-trainer online  
(Santa Barbara, Calif.) 2 July 2002  
SIRCExpress Article No. S-841693(PDF format)

Title:How vitamins work

Author: Cerani, J. Source: WellnessOptions  
(Toronto) 4(11) 2003  
SIRCEXpress Article No. S-884198(PDF format)

**More/encore**

SIRC ID: S-879770

Title: Achievement goal orientations and the use of coping strategies among Winter Olympics. Author(s): Pensgaard, A.M. and Roberts, G.C.

Language: Eng Total Pages: 16 Call Number: GV706.4 P4 #300

Objectives: To examine the relationship between task and ego orientations and the use of stress-coping strategies among athletes participating in the 1994 Winter Olympic Games. We expected that athletes who were high on task and low on ego orientation would employ more problem-solving strategies than athletes with other ego and task profiles. We also expected that athletes high in ego and low in task orientation would employ more emotion-focused strategies than other athletes with other ego and task profiles. Gender differences were also investigated.

Design: Cross-sectional, retrospective. Data were collected immediately after the closing of the Olympic Games. Methods: Norwegian athletes (N = 69, 50 males and 20 females, mean age = 25.2 years) participated in the study. Goal orientations and coping strategies were assessed using questionnaires.

Results: After a median split on the task and the ego orientation scales to determine the athletes who were high/low, high/high, low/high or low/low in task and ego orientation respectively, 54 athletes remained in the final analysis. Several separate univariate 2 x 2 analyses of variance were conducted. High task/low ego orientation was related to the use of active coping and social emotional support, while low task/high ego orientation was related to the use of positive redefinition and growth strategies. High ego orientation was associated with less use of active coping and planning strategies among female athletes, but not among male athletes. Furthermore, high ego orientation in female athletes was related to the use of denial as a coping strategy.

Conclusions: The relative strength of high and/or low task and ego orientation has an impact on elite athletes' use of coping strategies in competition. Being high in ego orientation seems to be more influential among female than male elite athletes in their use of coping strategies. "Reprinted from Psychology of sport and exercise, Volume 4, Anne Marte Pensgaard, Glyn C. Roberts, Achievement goal orientations and the use of coping strategies among Winter Olympics, Pages 101-116, Number 2, 2002, with permission from Elsevier".

SIRC has this Serial Analytic

SIRC ID: S-889053

Title: Anxiety and performance: a visual search examination of the Processing Efficiency Theory. Author(s): Murray, N.P. and Janelle, C.M.

Language: Eng Total Pages: 17 Notes: Sport psychology.

Call Number: GV706.4 P4 #101

The purpose of this study was to examine the central tenets of the Processing Efficiency Theory (PET) in the context of a dual-task auto racing simulation. Participants were placed into either high or low trait-anxiety groups and required to concurrently undertake a driving task while responding to one of four target LEDs upon presentation of either a valid or an invalid cue located in the central or peripheral visual field. Eye movements and dual-task performance were recorded under baseline and competition conditions. Anxiety was induced by an instructional set delivered prior to the competition

condition. Findings indicated that while there was little change in driving performance from baseline to competition, response time was reduced for the low-anxious group but increased for the high-anxious group during the competitive session. Additionally there was an increase in search rate for both groups during the competitive session, indicating a reduction in processing efficiency. Implications of this study include a more comprehensive and mechanistic account of the PET and confirm that increases in cognitive anxiety may result in a reduction of processing efficiency, with little change in performance effectiveness.

SIRC has this Serial Analytic

SIRC ID: S-898158

Title: Brief contact interventions in sport psychology. (Review)

Author(s): Lesyk, J.J. Language: Eng Total Pages: 2

Call Number: GV706.4 P4 #120 SIRC has this Book Review

SIRC ID: S-886639

Title: Competitive athletes' use of imagery and the deliberate practice framework. Author(s): Cumming, J.L.

Language: Eng Total Pages: 1

SIRC ID: S-882624

Title: Control breathing: control stress.

Language: Eng Total Pages: 1 Notes: Alternative therapies.

Call Number: GV709.3 P4 #500

Gives tips for practising deep (abdominal) breathing as a stress management technique. SIRC has this Serial Analytic

SIRC ID: S-886631

Title: Exercise relapse prevention: the efficacy of a motivational interview intervention. Author(s): Rekieta, S.K.

Language: Eng Total Pages: 1

SIRC ID: S-899498

Title: Interactive effect of anxiety responses on tennis performance: test of catastrophe model. (Abstract) Author(s): Park, S.J. and Yoo, J.

Language: Eng Total Pages: 1

This Book Analytic is available from AAIS and INTERNET

<http://www.ausport.gov.au/fulltext/2000/preoly/abs383b.htm>

SIRC ID: S-884960

Title: Map it out.

Author(s): Rardin, J. Language: Eng Total Pages: 4

Call Number: GV735 P4 #40

Offers advice on how to decide what an official wants from his/her career and how to set goals to achieve success. SIRC has this Serial Analytic

SIRC ID: S-897239

Title: More time for meditation.

Author(s): Sovik, R. Language: Eng Total Pages: 5

Notes: Points of practice. Call Number: RA781.P4 #640

Focuses on meditation including reasons for taking the time to meditate, methods, body posture, the use of a mala and regularity.

SIRC has this Serial Analytic

SIRC ID: S-899344

Title: Personal organisation for coaches.

Author(s): Goldsmith, W. Language: Eng Total Pages: 5

Conference: Australian Swimming Coaches & Teachers Association Convention (2003 : Gold Coast, Queensland) This Book Analytic is available from AAIS

SIRC ID: S-893007

Title: Psychology for high-level performances.

Author(s): Sellers, C. Language: Eng Total Pages: 3

Call Number: GV711 P4 #740

In preparing for Athens, what issues should coaches be aware of? Two former Olympic Head Coaches, Deanne Vochatzer, and Doug Beal and two sport psychologists, Dr. Kirsten Peterson and Dr. Peter Haberl, provide ideas to help coaches and athletes turn potential "medal-stopping" issues into "medal-winning" performances. SIRC has this Serial Analytic

SIRC ID: S-895484

Title: Psychology of injury. (Review)

Author(s): Tarkington, A. Language: Eng Total Pages: 1

Notes: Research notes: sports injuries. Alison Wrynn.

Call Number: GV201 #5600

Review of: Sadoni, C., Hall, C. & Forwell, L. (2002). The use of imagery by athletes during injury rehabilitation. Journal of sport rehabilitation, 9, 329-338. SIRC has this Serial Analytic

SIRC ID: S-886628

Title: Self-objectification and esteem in young women: the mediating role of reasons for exercise.

Author(s): Strelan, P., Mehaffey, S.J., and Tiggemann, M.

Language: Eng Total Pages: 7

SIRC ID: S-889106

Title: Sources of organizational stress in elite sports performers.

Author(s): Fletcher, D. and Hanton, S.

Language: Eng Total Pages: 21 Notes: Applied research.

Call Number: GV706.4 P4 #120

This study extends recent research investigating organizational stress in elite sport. Fourteen international performers (7 men and 7 women) from a wide range of sports were interviewed with regard to potential sources of organizational stress. Consistent with Woodman and Hardy's (2001a) theoretical framework of organizational stress in sport, four main categories were examined: environmental issues, personal issues, leadership issues, and team issues. The

main environmental issues that emerged were selection, finances, training environment, accommodation, travel, and competition environment. The main personal issues were nutrition, injury, and goals and expectations. The main leadership issues were coaches and coaching styles. The main team issues were team atmosphere, support network, roles, and communication. The findings are discussed in relation to previous research and in terms of their implications for sport organizations and personnel working with elite performers.  
SIRC has this Serial Analytic

SIRC ID: S-899418

Title: Sports of the warrior. (Transcript)

Author(s): Smith, A., Prince, C., Rogers, C., Brown, B., Passmore, S., Peden, B., Kings-Lynne, S, Stawarz, J., Newton-Wolfinger, S., Nicholson, B., Spencer-Fawell, E., Corsini, G., and Wedeme. Language: Eng

Notes: Transcript of interview broadcast on the Australian Broadcasting Corporation's Radio National program, Sports Factor, 13 September 2002. This week, revisiting the ancient and noble sports of fencing and archery, the warrior sports. If team sports and ball games are not your thing, the romance of swords, and bows and arrows may appeal. Especially if you harbour a fondness for swashbuckling movie matinee heroes like Robin Hood, Zorro, or the Three Musketeers. At the Cavalier Fencing Club, and the Governor Stirling Archery Club, both in Western Australia, we meet the weekend warriors.

This Serial Analytic is available from AAIS and INTERNET

<http://www.ausport.gov.au/fulltext/2002/sportsf/s675082.asp>

SIRC ID: S-890941

Title: Stress and nutrition: beware 'energy boosters' - the first refuge from the pressure of overwork.

Author(s): Bulman, H. Language: Eng Total Pages: 2

Call Number: GV481 P4 #341

Discusses the importance of eating healthy when stressed out instead of eating quick boost, junk foods, which can compound the feelings of being unwell.

SIRC has this Serial Analytic

SIRC ID: S-890942

Title: Stress and the child: how to find out whether your kids are overextended.

Language: Eng Total Pages: 1 Call Number: GV481 P4 #341

Discusses the positive and negative stresses that affect youth and children, and how to gauge their effects. SIRC has this Serial Analytic

SIRC ID: S-899494

Title: The effect of motivational climate on perceived competence and intrinsic motivation in the Korean physical education context. (Abstract)

Author(s): Heo, J.H. and Shin, J.S. Language: Eng Total Pages: 1

Conference: International Congress on Sport Science Sports Medicine and Physical Education (2000 : Brisbane, Australia)

This Book Analytic is available from AAIS and INTERNET  
<http://www.ausport.gov.au/fulltext/2000/preoly/abs381a.htm>

SIRC ID: S-899489

Title: The effects of psychological training on anxiety and archery performance.  
(Abstract) Author(s): Bhum, D.J., Ma, S.R., Joo, D.Y., and Kim, J.E.

Language: Eng Total Pages: 1

Conference: International Congress on Sport Science Sports Medicine and  
Physical Education (2000 : Brisbane, Australia)

This Book Analytic is available from AAIS and INTERNET  
<http://www.ausport.gov.au/fulltext/2000/preoly/abs378b.htm>

SIRC ID: S-889067

Title: What bugs Olympians? (Abstract)

Language: Eng Total Pages: 1 Notes: Digest editor: J. Robert Grove.

Digest compilers: Daniel Weigand, Cathy Lirgg, Kim Gammage, Anne Hasse,  
Athanasios papaioannou. Call Number: GV706.4 P4 #101

Abstract of Gould, D., Grenleaf, C., Chung, Y., & Guinana, D. A survey of U.S.  
Atlanta and Nagano Olympians: variables perceived to influence performance.  
Research Quarterly for Exercise and sport, 73, 2002, p. 175-186.

SIRC has this Serial Analytic

SIRC ID: S-893014

Title: What is your coaching personality, and how does it impact the job you do.

Author(s): McCann, S. Language: Eng Total Pages: 2

Notes: Mind games. Call Number: GV711 P4 #740

Focuses on the role of the coach's personality in shaping the way coaches  
interact with athletes. Highlights four different coaching types - The  
Stabilizer, The Troubleshooter, The Visionary, and The Catalyst.

SIRC has this Serial Analytic

---

### 3. In Brief

- Silvertip Archers, in Prince George, BC will host the 2004 3D championships
- Saint John, NB will host the 2005 3D/target/field championships
- If you would like the results for your club or province's FCA events posted, use  
<http://www.fca.ca/Resultsfolder/FCAScoreTemplateSep15.xls>
- All background information, as well as the minutes, for the Presidents' Conference is  
listed at: <http://fca.ca/PRES%20CONF/presconfmain.html>
- Photos of the 2003 Worlds can be found at  
<http://www.fca.ca/photos/03worlds/index.html>
- Educating archers and coaches on abuse use:  
<http://www.fca.ca/policy/harassmentlinks.html>

- Along with Marie-Pier Beaudet (Lévis, QC) and Robert Rusnov (Richmond Hill, ON), Jonathan Ohayon and Racheal Savage (Caledon, ON) now have earned 1 COC qualification score.
- The September edition of FITA INFO is available at:  
[http://www.archery.org/fita\\_publications/fita\\_informations/September2003.pdf](http://www.archery.org/fita_publications/fita_informations/September2003.pdf)

#### MEETINGS

#### RÉUNIONS

Brossard, QC	09:30	
03-10-25/26		HP Committee Meeting / Réunion du comité de la Haute Performance
Winnipeg, MB	09:30	
03-11-29/30		Coach Committee Meeting / Réunion du comité des Entraîneurs
Ottawa, ON	09:00	
04-01-24/25		Executive Committee Meeting / Réunion du comité exécutif

\*\*\*\*\*

### 3. En Bref

- Les Archers Silvertip, de Prince George, C-B tiendra les championnats 3D 2004
- Saint John, N-B tiendra les championnats 3D/cible fixe/en campagne 2005
- Si vous voulez publier les résultats de la FCA du niveau club ou du niveau provincial, SVP utilisez <http://www.fca.ca/Resultsfolder/FCAScoreTemplateSep15.xls>
- Toutes les informations, ainsi que le procès-verbal, de l'importante Conférence des Présidents sont disponibles à: <http://fca.ca/PRES%20CONF/presconfmain.html>
- Les Photos du championnat mondial 2003 ont disponibles à:  
<http://www.fca.ca/photos/03worlds/index.html>
- renseigner nos archers et entraîneurs sur le sujet d'abus à:  
<http://www.fca.ca/policy/harassmentlinks.html>
- Avec Marie-Pier Beaudet (Lévis, QC) et Robert Rusnov (Richmond Hill, ON), Jonathan Ohayon et Racheal Savage (Caledon, ON) maintenant ont atteint 1 score de qualification du COC.
- La FITA INFO du mois de septembre est disponible à:  
[http://www.archery.org/fita\\_publications/fita\\_informations/Septembre2003.pdf](http://www.archery.org/fita_publications/fita_informations/Septembre2003.pdf)

#### MEETINGS

#### RÉUNIONS

Brossard, QC	09:30	
03-10-25/26		HP Committee Meeting / Réunion du comité de la Haute Performance
Winnipeg, MB	09:30	
03-11-29/30		Coach Committee Meeting / Réunion du comité des Entraîneurs
Ottawa, ON	09:00	
04-01-24/25		Executive Committee Meeting / Réunion du comité exécutif

---

### 4. CPC & AthletesCan

The AthletesCan Board of Directors approved the granting of Board level voting rights to the CPC Representative position. Until now the CPC Representative was a non-voting

member on the AthletesCan Board. Paralympian Alec Denys (archery) is CPC's current appointed representative on the AthletesCan Board.

\*\*\*\*\*

#### **4. CPC & AthletesCan**

Le comité administratif du AthletesCan a donné le droit de voter comme niveau du membre du comité au représentant officiel des athlètes du CPC. Précédemment, ce poste n'a pas le pouvoir d'y voter. Paralympien Alec Denys (tir à l'arc) est présentement le représentant officiel des athlètes du CPC au comité administratif du AthletesCan.

---

#### **In Closing**

The FCA national office will be open October 27 to 31 from 07:30 to 15:30 ET.  
See you next time!

\*\*\*\*\*

#### **Enfin**

Le bureau national de la FCA sera ouvert du 27 au 31 octobre de 07h30 à 15h30.  
A la prochaine!