

**INFO.E-MAIL LES NOUVELLES/NEWS le 11 juin / June 11, 2004**  
**Greetings/Bonjour:**

Register for the 3D nationals today!

2004 3D championships, July 30 - August 02 in Prince George, BC

[WWW.SILVERTIPARCHERS.CA](http://WWW.SILVERTIPARCHERS.CA)

Don't miss out on a great tournament. Use the links from the FCA website to pre-register NOW!

And, a message from Chairman Kent Maitland: Please remind everyone that this is BC and hiking boots will be strongly recommended. We have built over 200 stairs in the terrain to try to make it more passable but it is still steep and mean!

Road to Athens

Officially, the following archers are still in the running to qualify for Olympic trials:

Marie-Pier Beaudet (qualified)

Robert Rusnov

Racheal Savage

Anna Mozhar

Jonathan Ohayon

The LAST important tournament is this weekend in TORONTO. Good luck!

---

[1. COC](#)

[2. Coach's Diary by Joan McDonald \(uniquement en anglais\)](#)

[3. Bids for the 2006 national target/field & 3D championships](#)

[4. Discussion Forum](#)

[5. New generic scorecards](#)

[6. CCES](#)

[7. 2004 International Coaching School](#)

[8. FCA Target/Field Championships Information](#)

[9. In Brief](#)

[10. Less than 100 days to go before the 12th Paralympic Summer Games in Athens!](#)

[11. SIRC](#)

[In Closing](#)

---

## **1. COC**

In the previous issue, I promised to follow shortly with a comprehensive overview of the messages the COC was delivering to government. However, before I have even had a chance to do so, I am pleased to say that our advocacy efforts are already having an impact on the Federal election campaign.

Following is an excerpt from the current Liberal election platform in which the Liberals commit to increased funding for high-performance athletes, increased funding for national sports organizations and a promise to promote participation at every level.

"A Liberal government will focus on three kinds of initiatives in sport. We will:

- Provide targeted support for high-performance athletes and coaches to help them achieve consistent world-class results;
- Provide funding to organizations like the Aboriginal Sport Circle, Canadian Paralympic Committee, Special Olympics, and the Canadian Association for the Advancement of Women and Sport to ensure that all Canadians, regardless of ability, or circumstances, have the opportunity to participate in sport, and
- Encourage greater participation in organized sport among the general population."

To the best of our knowledge this is the first time that sport has received this level of focus in a Federal election party platform. I am encouraged by this recognition of the importance of sport in Canada and hope to see something similar from the other political parties.

Yours in Sport,

Chris Rudge  
CEO & Secretary General  
Canadian Olympic Committee

---

## **2. Coach's Diary by Joan McDonald (uniquement en anglais)**

June 5, 2004

The last time I e-mailed you about Olympic Qualifying we were in Arizona in early April. Since then we shot another qualifier in New Jersey on the long weekend in May. No Canadians shot a qualifying score at that tournament. In fact, scores across the board were low despite good shooting conditions. The only good thing was that Crispin shot steadily and finished in 10th place.

But the bad news is that Crispin, Hugh and Angela had to have a score in New Jersey in order to stay in the run for the Olympic team. Since they didn't get a score, the field is now smaller. Rob Rusnov, Jonathan Ohayon, Marie-Pier Beudet, Racheal Savage and Anna Mozhar are now the only archers left with a chance to qualify.

Rob and Marie-Pier have two of the required 3 scores with two tournaments remaining. Racheal, Anna and Jonathan have one score, so with two tournaments remaining they have to get a score in both of them.

We are now in California at the California Cup. The format of this tournament is quite different than others we have shot. First there is a FITA used as a ranking round. Then the top 16 in each equipment category go into a round robin and shoot eight matches - it's unclear how they decide who shoots against who, but we'll take what comes. In the round robin matches the winner of each match adds 10 points to his/her match play score and adds that to the FITA total. The loser of each match just adds the score to the FITA. After the round robin is complete, the 8 archers with the highest total score advance to the quarter finals and shoot single elimination matches until the medallists are determined. All the matches are 12 arrows.

There are quite a few Canadians here and the total number of competitors is about 60. Bruce, Rae (Savage) and Hugh (McDonald) arrived on Wednesday, although Hugh was lucky to be on his flight. We all thought he traveled on Thursday, June 3rd with everyone else. About 1 am on Wednesday I was doing a summary of when everyone was

traveling to try and organize myself when I noticed that Hugh's ticket said June 2nd, not June 3rd. I checked it again.....it definitely said Wednesday, June 2nd. So I hoofed it upstairs, woke up Hugh, he checked it again and it was right. So he packed up quickly and I had him to the airport for 7am for his flight. I traveled on Friday via the milk run Toronto / Chicago / Denver / Sacramento. After the cold, rainy weather in Toronto, arriving in the 90-degree heat was a pleasure.

It's spring here too....and everything has flowers. The most spectacular are the oleanders. My dad has one in his sun porch about 5 feet tall which has lovely pink flowers in the spring. He puts it outside in the summer, but it doesn't get much bigger. On the way into Sacramento from the airport the median in highway and thick with oleanders, about 10 - 12 feet tall and 8 feet wide and literally solid with flowers. They were spectacular and went for for 10 - 15 miles of them.

We were up at 6 am this morning to a bright, sunny and calm day with that delightful coolness that exists in the morning in dry, hot areas of the world. We had a good breakfast at the local IHOP, packed up ice and drinks etc and went to the range.

The range is in Discovery Park. It's a very nice field with thick trees and bushes behind the targets and on one side. Behind the shooting line there are two rows of large leafy trees that create tons of shade for the archers and spectators to sit under when they aren't shooting. It was very pleasant indeed. As the day went on there was a slight breeze but it had no impact on the shooting. All in all, an excellent location and fine shooting conditions.

Everyone except Rob started out well. Rob's start at 90 meters was just terrible. The good side was that he did not lose his cool at all and we worked to get him back on track. He improved steadily and was back on track by 50 meters with a reasonable 324 and at 30 meters had a 340 with a miss on the last shot that just got away from him. He pulled himself from off the leader board at 90 meters up into 8th place by the end of the day.

Everyone else started well and continued well during the day. Hugh was shooting considerably better than he has all spring and was pleased with the results. Anna, Rae and Marie-Pier traded places often early in the day and finished generally pleased with their results although Anna had a miss in the last end at 70 meters and was shooting better groups than she has been this spring, but still was really happy with the end result. Marie-Pier started slowly and then kicked it up a notch and came heartbreakingly close to 1300 with a 1297. Margaret Lyszkiewicz who is a Canadian living in California shot over 1200 for only the second time and her 1215 was a personal best.

At the end of the day, here are the standings and the scores.

Ladies Recurve

1. Marie-Pier Beaudet - 1297
2. Nicole Rasor - 1273
3. Racheal Savage - 1263
4. Anna Mozhar - 1258
5. Janet Dykman - 1257
6. Margarget Lyszkiewicz - 1215

Very cool to see so many Canadians ahead of Janet Dykman who is a longtime member of the US team.

On the ladies compound side, Ashley Gairdner is in 2nd place with a 1313 and Nancy Lawson is 3rd with the 1272.

#### Men Recurve

1. Scott McKechnie - 1333
2. Crispin Duenas - 1277
3. Rick McKinney - 1263
4. Hugh MacDonald - 1260
5. Jonathan Ohayon - 1244
6. Allan Rasor - 1235
7. Claude Rousseau - 1222
8. Rob Rusnov - 1220.

Scott McKechnie has been on the US national team a number of times and this score was his personal best by about 15 points. A world class result. Rick McKinney has been the World Champion a number of times and is a legend in the sport. Allan Rasor has also been a member of the national team several times.

I don't know all the names for the compound men, but here are their results:

1. Thomas - 1361
2. Stuart Bowman - 1359
3. Hall - 1356
4. Wertz - 1352
5. Jones - 1339
6. Wayne Fleet - 1337
7. Joe Assay - 1332
8. Rogers - 1331.

It's always great to see Stuart Bowman, a fine archer who shot at the same time I did when we were both juniors, then shot in Edmonton for a while and moved to Arizona where he produces a popular line of compound bows. He'll be at the Spring Classic next week. It was also good to see Wayne Fleet from Vancouver shooting quite a bit better than he did last season.

At the end of shooting, we made a quick stop at Taco Bell and then crowded into Hugh and Crispin's room to watch the hockey game - which is interesting to do with American announcers and an American slant to the commentary. However, in my view, anything is better than Don Cherry!!!

Tomorrow is forecast to be another beautiful day and I am confident that the Olympic archers can get the scores they need. Cross your fingers.

June 6, 2004

Today started out just like yesterday - 6:30am at the IHOP for breakfast and another perfectly beautiful shooting day.

Of course the main goal of this tournament was to get Olympic qualifying scores . Here's a short description of the rather complex qualifying process.

Canada earned one place at the Olympics for men and one for women at the Olympic Continental Qualifying tournament in Colombia last September. However, all Canadian Olympic sports also have to meet standards that are set by the Canadian Olympic

Committee (COC) which are equivalent to finishing in 12th place at the Olympics. These standards are negotiated between the COC and each sport. Obviously, this is very controversial in the sport community and causes all kinds of controversy. If a sport cannot meet these tough standards, then the sport does not send their athletes, even though they have qualified athletes through the international process.

The negotiation process with the COC was long a very difficult but the end result was that archers must have both placings and scores in at least three of seven specified tournaments. The California Cup is the 6th tournament. The Spring Classic next week in Toronto is the last tournament. At the start of the California Cup five archers have the necessary placing and come of the required 3 scores.

Marie-Pier Beaudet of Quebec City and Rob Rusnov of Toronto have 2 of the 3 scores so they have to get a score either here at the Cal Cup or next week at the Spring Classic. Anna Mozhar of Toronto, Racheal Savage of Caledon and Jonathan Ohayon, a Canadian living in California, have one score so their backs are against the wall - since there are only two tournaments left and they have to get two scores, so this a do or die tournament for them.

Jonathan was certainly ready - in his very first match he shot his highest score of the day with a 111 out of 120 - well above his required score. He shot well for the rest of the day and actually shot above the criteria 6 more times. So this means that Jonathan is still alive and needs to shoot another score next week at the Ontario Spring Classic to completely meet the COC standards.

At the other end of the field, Marie-Pier was ready as well. She shot her required score in her very first match as well and went on to shoot above the required score in every other match of the day as well as winning all eight matches in the round robin and in the finals round - a really wonderful performance. For Marie-Pier, this was her third and final score so she has completely met the COC criteria so we are now guaranteed to have a woman competing for Canada in Athens.

Racheal flirted with the score in her first three matches, winning the matches, but just below the numbers she needed. Finally in the 4th match, she got it rolling and achieved her score. Her smile shone across the field! So she needs one more score next week at the Spring Classic.

Anna gave us all a heart attack! She would shoot a bunch of good arrows in a good group but then have a 4 or a 6. Or she would have a good end followed by one that wasn't good enough. By the time we got to the 7th match, I was getting pretty worried. In the 7th match she started with a 53. I was standing behind the waiting line watching her shoot - heart rate of about 150.....but this time she shot steadily and well. I wasn't watching through the spotting scope but saw all the arrows fly true and heard them hit the target. As soon as Anna started to walk to the target, I raced to my spotting scope to see what the score was.....but I could only find 5 of her arrows in the target. I moved the scope to try a different angle, maybe the 6th arrow was hidden behind another arrow. Nope, for sure there were only 5 of her arrows there. I said some not very polite words....but then thought - wait a minute, I heard every one of them hit the target!! I watched as Anna approached the target, look at it carefully and walk behind the butt looking at the ground. My heart sank again. Her match was against Marie-Pier and they both walked back and looked carefully at the target and then called the judge. This

pantomime happening 70 meters away told me that there must have been a pass through.

When archers shoot in important competitions, they put a little pen mark on each hole as they pull their arrows. The theory is that if an arrow passes through the target, there will be a hole without a mark. But sometimes there are so many holes with their little marks that it is impossible to find the unmarked hole. The judge and the two archers leaned in towards the target searching, searching.....searching. Then they marked the scores on the scorecards, pulled the arrows and walked back towards the shooting line. From 50 meters out, I knew they had found the hole - the light step and HUGE smile told the tale - Anna had her score.

Rob struggled the whole day - he just couldn't get 6 arrows to co-operate. He often shot a good group of 5 arrows and then one would be a 4 or 3 or even a 2. He put these strays all in the penalty box in his quiver, but to no effect. This definitely was not his weekend! However, he maintained his cool, worked hard and was patient, believing that it would improve. Alas, it did not and he did not get a score. So the Spring Classic is an all or nothing tournament for him.

Hugh MacDonald was our "tour guide" on this adventure. He lives in Vancouver has come to this tournament many times, knows the people and the city pretty well. He guided us to places to eat and generally kept us from getting lost. Hugh has achieved his placing but does not have a score and with only two tournaments left, he can't qualify. This spring has been a tough season for Hugh and although he has had flashes of good shooting, he hasn't shot as well as he is capable of. His FITA round yesterday was a big improvement. He started well in his first match, struggled again in the middle matches but finished the round robin shooting a required score which he was pleased about, even if it was too late for him.

Claude Rousseau from Quebec City was also here and it wasn't a sterling day for him either but he did shoot one score over the COC criteria but as with Crispin and Hugh, it was one tournament too late.

Crispin Duenas is in the same situation as Hugh and Claude - he has the placing but no scores. However, today was an amazing day for Crispin. He finished the FITA round some 60 odd points behind McKechnie and by the time the round robin was over he was only 7 points behind him - and McKechnie did shoot badly - Crispin was just on fire. He won every match in the round robin by big amounts. His lowest score was 106 and his highest was 115 (out of 120) with more scores 110 and above than below.

I did not follow the action with the compound women or the compound men - sorry about that.

At the end of the 8 round robin matches, the 8 archers with the highest total points advanced to a traditional single elimination quarter final to determine the medallists for the event.

Marie-Pier continued shooting great scores and her three match scores were also above the COC criteria. She defeated Amy Green in her first match. In the semi-finals she came up against Anna Mozhar and won that match to advance to the Gold medal match against US national team member Janet Dykman. This was a very close match with Janet winning by one point to claim the gold medal and Marie-Pier the silver.

Racheal met Margaret Lysckiewicz in the first match (Margaret is a Canadian living in California) which she won and then fell to Janet Dykman in the semi-final and advanced to the bronze medal match. Here she met Anna Mozhar and shot a great 110 to win the Bronze medal.

Hugh MacDonald met Jonathan Ohayon in his first match, which Jonathan won. Jonathan met Scott McKecknie, the tournament leader going into the final matches and was defeated in a high scoring match 111 to 107. Jonathan advanced to the Bronze medal match meeting former world champion, Rick McKinney which he won by two points. Jonathan shot 3 more scores over the COC criteria in these final matches.

Crispin just rolled along winning everything. His first match was against US National team member Brain Funston which he won 107 to 101. Then he met Rick McKinney in the semi-finals and was a little awed shooting a match against this legend, but didn't let the score show it, winning the match 111 to 107. In the gold medal match he met Scott McKecknie in the battle of the two best archers in the tournament. Crispin shot a 110 and Scott ended with a 106 and the gold medal was Crispin's!

I had to hang around the field to collect scorecards to submit to the COC. Everyone except Hugh was on midnight flights home, so we all crowded into Hugh's room for a shower and repack. Then we went to the Memphis Bar-B-Q for a great feast of ribs to end a successful tournament. After several trips to get everyone and all their luggage and tackle to the airport, we yawned our way onto the red eye and fell asleep.

---

### **3. Bids for the 2006 national target/field & 3D championships**

The FCA Executive is calling for official bids to host the 2006 national target/field & 3D championships. For 2006, the rotating 3D schedule designates the province of Alberta.

Please send all official bids to the FCA national office before July 25, 2004.

---

### **4. Discussion Forum**

<http://www.fca.ca/cgi-bin/YaBB/YaBB.pl?board=general;action=display;num=1084982623;start=0>

Hello All,

I have been asked to form a committee for FCA on Women in Archery. The FCA considers this a very important issue and solicits your input. It's an age-old question: Where are all the Women?

Archery is no different from most sports. There is a definite minority of women as participants at all levels & all disciplines, but not in governance. It would be nice to have some sort of task force that travelled to clubs and different provinces, but like most projects there just isn't the resources. Therefore, we have to make the best use of the resources we have!

There is no easy answer, but maybe by discussing the issue here, we can get some

feedback and adjust our thinking somewhat to generate more interest by women and more enjoyment for those already in the sport. All comments are welcome, from women and men.

Consider answering the following (not an exhaustive list):

- Where are all the women?
- Why do women start in the sport, but do not stay?
- Why does it seem there are more women in governance as a percentage than in participation?
- What are the barriers for women that men don't have?
- Is it just that archery is a man's sport?
- Is there a place for women in 3D?
- Is there something we could/should be doing?
- What can be done short or long term?

I would like to hear any and all thoughts. Let's provoke some debate. If you would like to comment 'off line', please contact me at: [alwills@shaw.ca](mailto:alwills@shaw.ca).

Looking forward to hearing from you soon!

Yours in archery,  
Al Wills  
758 Cuaulta Crescent,  
Victoria, BC V9C 3R7  
[alwills@shaw.ca](mailto:alwills@shaw.ca)

---

## **5. New generic scorecards**

Thanks to Greg Durward (BC), new generic scorecards are available for Indoor rounds (18m FITA, 25m FITA, Canadian 300) and Outdoor rounds (Field, FITA, Double Elimination, Olympic Round). There are also control sheets and pairing charts. These scorecards contain all current FCA classes and divisions along with current distances for FITA rounds. They have room to add a club name and logo on the top.  
<http://www.fca.ca/forms/formspage.html>

---

## **6. CCES**

Competing in the USA this year at FITA-sanctioned events? Using medication for therapeutic use? There is a chance you could be selected for doping control tests. Make sure you protect yourself and the sport of archery. Download and use the appropriate FITA Therapeutic Use Exemption (TUE) form from their website, complete it and submit it to FITA as soon as possible. [www.archery.org](http://www.archery.org).

---

## **7. 2004 International Coaching School**

The 2004 International Coaching School (ICS) will take place from August 20-29, 2004. ICS is an annual coach development conference that involves a week of lectures, workshops, and coaching courses with speakers from around the world.

A NCCP Level 3 Theory course, Level 4/5 tasks, and Level 3 Theory Course Conductor training are among the offerings. The ICS is hosted every summer by the National Coaching Institute - BC at the University of Victoria.

For more information contact: International Coaching School, P.O. Box 1700, Victoria, BC Canada V8W 2Y2, email: coach@uvic.ca. Telephone: (250) 721-7589 Fax: (250) 721-8833.

---

## **8. FCA Target/Field Championships Information**

The block rate for hotel rooms at the Howard Johnson expires June 30 2004. If registrants want the special rate, they need to book before the end of the month. The hotel is not willing to extend the rate beyond the end of June

---

## **9. In Brief**

- US Target Championship registration forms are available at: [usarchery.org](http://usarchery.org)
- Note that all cadet men registered for the Ontario Spring Classic will shoot the senior women's distances of 70, 60, 50 and 30m in the ranking round. Then they will be ranked at the bottom of the senior men's scores, by score, for the double elimination round.
- Wanted: Volunteers to help the webmaster keep the web page bilingual, usually just a sentence or two is needed at any given time.  
Contact [webmaster@fca.ca](mailto:webmaster@fca.ca)
- New FCA rulebook: <http://www.e-bizinus.com/fca/rules/>
- Updated national records at: <http://www.fca.ca/records/recordpage.html>
- Qualification process for 2005 World Target Team – Madrid, ESP
  - Three scores are required, with one major event.
  - The effective dates will be Jan 01, 2004 to May 16, 2005
  - In order to assure that Canada sends archers who are shooting international-level scores, 1 score must be shot in 2005.
- Anti-doping link at: <http://www.fca.ca/antidoping.html>
- New Canadian Doping Control Rules:  
<http://www.cces.ca/pdfs/CCES-MR-NewProgramFinalRelease-E.pdf>
- Results for all Canadian archers who competed in the MICA championships can be found at: MICA: <http://www.fca.ca/Resultsfolder/2004Tournresults/04MICA/2004MICAResults.htm>
- New FCA records are available at: <http://www.fca.ca/records/recordpage.html>  
New tournament results are available (with photos) at:  
<http://www.fca.ca/Resultsfolder/2004Tournresults/04Locresultspage.htm>

- 5th World University Archery Championship Madrid, July 21st-24th 2004
- FCA's 2004 Volunteer Handbook will be available (in English only) upon request from the national office. Order #015-A400E. The cost is \$5.00.
- 2004 Target/Field Championships, July 31 - August 07 in Toronto 2004 FCA Target/Field Championship schedule, registration form and accommodation information is available now from the FCA website, or at the direct link. 2004 Target Championships t-shirts are available to order from the Caledon website. See the link below for pictures and order forms:  
<http://www.decsi.com/~shirley/Nationals/index.htm>
- 2005 Indoor 3D nationals February 19-20 Medicine Hat, AB [www.spitz3d.com](http://www.spitz3d.com)
- 2005 3D/target/field championships Saint John, NB
- The **reporting template for reporting results** to FCA (for inclusion on the webpage) has been **updated**, please download the sheet from the following link:  
[http://www.fca.ca/Resultsfolder/FCAScoreTemplateMar22\\_04.xls](http://www.fca.ca/Resultsfolder/FCAScoreTemplateMar22_04.xls)
- All background information, as well as the minutes, for the Presidents' Conference is listed at: <http://fca.ca/PRES%20CONF/presconfmain.html>
- Educating archers and coaches on abuse use:  
<http://www.fca.ca/policy/harassmentlinks.html>

#### MEETINGS

#### RÉUNIONS

Prince George, BC

04-07-30	3D committee / Comité de tir sur cible animalière	18:00
----------	---	-------

Toronto, ON

04-08-03	Executive Committee / Comité exécutif	19:00
----------	---------------------------------------	-------

04-08-04	Board Meeting / Comité administratif	17:00
----------	--------------------------------------	-------

04-08-05	Annual General Meeting / Réunion Annuelle Générale	16:00
----------	--	-------

Athlete **TOWNHALL** / **RÉUNION** des Athlètes

Doping Control Information / Informations du Contrôle du dopage

### 10. Less than 100 days to go before the 12th Paralympic Summer Games in Athens!

Our latest version of the Paralympic Insider, the Canadian Paralympic Committee's monthly e-newsletter, is now available on-line at :

<http://www.paralympic.ca/english/products/insider.asp> .

This month :

2004 Paralympic Team Uniform unveiled! See how the Paralympians will look in Athens and how you can purchase the items. A unique collection, only for Paralympic athletes!

Elections : The sport community sends a simple message : 1% of the healthcare budget to be spent on sport and physical activity. Who will meet the sports community's request?

Visa and Grand & Toy : partners in a fundraising initiative for the 2004 Paralympic Team

And much more!

## 11. SIRC

**XXVIII Olympic Summer Games** (Provided by the Canadian Olympic Committee)

Date of Games:	August 13 to August 29, 2004
Location:	Athens, Greece
Canadian Chef de Mission:	David Bedford
Canadian Assistant Chef de Mission:	Nathalie Lambert
Estimated Canadian delegation size:	317 Athletes + 200 Support Staff (Coaches, Team Leaders, Mission) <b>Total: 517</b>

### Olympic Schedule

For the complete event schedule visit:

[www.olympic.ca/EN/games/schedule/index.shtml](http://www.olympic.ca/EN/games/schedule/index.shtml)

### Kids and Activities

School's out this month, the kids are wired and the 2004 Olympics are just around the corner. SIRC has been receiving many requests concerning the upcoming Olympic games, our Canadian athletes and available Olympic resources. For Olympic fun and games visit [www.canadiansport.ca/funzone](http://www.canadiansport.ca/funzone).

### 2004 Athens Resource Kit

The 2004 Athens Resource Kit provided by the Canadian Olympic Committee teaches youth and adults alike about the Olympic games. Teachers and parents will find resources such as Olympic symbols, Olympic history, opinions and tips. To access the 2004 Athens Resource Kit visit [www.canadiansport.ca/newsletters/pdfs/COCKitIntro.pdf](http://www.canadiansport.ca/newsletters/pdfs/COCKitIntro.pdf).

### Additional Teacher and Parent Resources

For additional teacher and parent resources visit [www.canadiansport.ca/funzone](http://www.canadiansport.ca/funzone).

### Summer Nutrition Basics

The heat of summer is just around the corner and eating right will not only provide your body with the necessary energy to prepare for the Olympics but it will also keep you healthy throughout the summer months. Below are links to several featured articles and recipes. We hope you enjoy many healthy meals while cheering on our Canadian Athletes.

### Ten Tried and True Recipes for Family Fun

Provides ideas to help parents plan entertaining recreational activities for the summer vacation. To view the recipes visit

[www.canadiansport.ca/newsletters/tenrecipesfamilyfun\\_e.cfm](http://www.canadiansport.ca/newsletters/tenrecipesfamilyfun_e.cfm).

### Pack Kid's Lunches Full of Nutrients

Outlines a number of ways a parent can pack a healthy and fun lunch for school that your kids will eat. To view the article visit

[www.canadiansport.ca/newsletters/packkidsfullofnutrients\\_e.cfm](http://www.canadiansport.ca/newsletters/packkidsfullofnutrients_e.cfm).

### Picnic Packing for Spring Sports

If you have active children in summertime sports much of your family's time may be spent at ball diamonds or soccer fields. Instead of always eating the "hotdogs and chips", try some of these interesting ideas, visit

[www.canadiansport.ca/newsletters/picnic\\_e.cfm](http://www.canadiansport.ca/newsletters/picnic_e.cfm).

### Upcoming Events

SportDiscus Highlighted at American Library Association (ALA)

June 26 - June 29th, Orlando, Florida - Orange County Convention Centre

### In Closing

The FCA national office will open next week June 14-18 from 07:30 to 15:30 ET, except for June 9th. See you next week!

### REVISED Schedule of 2004 Canadian Target / Field Championships

		<b>Time</b>	<b>Event</b>	<b>Location</b>
Fri. July 30	am	8:00 - 12:00	Judges Clinic	club house
	pm	1:00 - 5:00	Judges Clinic/ field inspection	field course
Sat, July 31	am	8:00 - 12:00	Judges Clinic	club house
		12:00 - 5:00	Field Course Practice	field course
	pm	1:00 - 5:00	Judges Clinic	club house
		1:00 : 3:00	Field sign in.	club house
Sun Aug 1	am	8:00 - 11:00	Field Course Practice/sign in	field course
		12:00 - 3:00	Field - 12 targets	field course
	pm	3:00 - 6:00	Field - 12 targets	field course
Mon Aug 2	am	9:00 - 12:00	Field - 12 targets	field course
	pm	1:00 - 4:00	Field - 12 targets	field course
		1:00 - 6:00	Target Practice	target range
		1:00 - 3:00	Target Check in /Equipment Inspection	club house
		4:30 - 5:00	tournament information meeting	club house
		5:30 - 5:45	Event Opening Ceremonies	club house
		5:45 - 6:10	Novelty event TBA	target range
		6:15 - 8:00	Welcome BBQ/ Field Awards	club house
Tues. Aug 3	am	8:30 - 9:00	Opening Announcements - TARGET	target range
		9:00 - 9:45	official target practice	target range
		10:00	FITA 1 - Long Distances	target range
	pm	after shooting	Drug Control Seminar/Athletes Meeting	club house

		7:00	Exec Meeting #1	Howard Johnson
Wed. Aug 4	am	9:00 - 9:45	official practice	target range
	pm	10:00 after shooting 5:00	FITA 1 - Short Distances Fred Usher Cup FCA Board Meeting/Dinner	target range target range club house
Thur. Aug 5	am	9:00:- 9:45	official practice	target range
	pm	10:00 after shooting 7:00	FITA 2 - Long Distances AGM free social night	target range club house TBA
Fri. Aug 6	am	9:00 - 9:45	official practice	target range
	pm	after shooting 7:00	FITA 2 - Short Distances Drug testing Banquet and Championship Awards	target range club house at club
Sat. Aug 7	am	9:00 - 9:45	official practice	target range
	pm	10:00 approximate 3:00	FCA OPEN FCA Open Awards Closing Ceremonies	target range target range