

INFO.E-MAIL LES NOUVELLES/NEWS le 14 mai / May 14, 2004
Greetings/Bonjour:

LAST CALL: FCA Annual Awards / Les Prix de Reconnaissance Annuels

Here is an opportunity to recognise deserving archers in your province! Nominations are being accepted now for outstanding individuals in the categories listed below for the calendar year **2003**.

D.M. Lovo Award
Volunteer of the Year Award
Hank Wiseman Coach of the Year Award
Frank Jones Male Athlete of the Year Award
Dorothy Lidstone Female Athlete of the Year Award
Tom Mack Junior Athlete of the Year Award
Judge of the Year Award

Send the name, and short resume, of each nominee to your Provincial Archery Associations no later than **May 15**. All Provincial Archery Associations must submit their nominations for the year 2003 no later than **May 22, 2004**.

Winners will be announced at the FCA Annual General Meeting, Toronto, ON

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1. 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>

2. Website Information

Manitoba FITA in the snow results:

<http://www.fca.ca/Resultsfolder/2004Tournresults/04Locresultspage.htm>

New FCA rulebook: <http://www.e-bizinus.com/fca/rules/>

Updated national records at: <http://www.fca.ca/records/recordpage.html>

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. New Canadian championship and open records - Nouveaux records championnat canadien et ouverts

Cadet woman compound - Cadette femme poulies: Doris Jones, Selkirk, MB in a FITA-18m round with a score of 565 (CC) 2004-03-06

Junior woman compound - Junior femme poulies: Doris Jones, Selkirk, MB in a FITA-18m round with a score of 565 (CC) 2004-03-06

Senior woman recurv e- Sénior femme arc recourbé: Marie-Pier Beaudet, Lévis, QC dans une FITA-70m (72flèches) avec un score de 602(CO). 2004-04-30

Junior woman recurve - Junior femme arc recourbé: Marie-Pier Beaudet, Lévis, QC dans une FITA-70m (72flèches) avec un score de 602(CO). 2004-04-30

Junior man compound - Junior homme poulies: Ryan Flannigan, Prince-Albert, SK in a FITA-25m.round with a score of 580(CO). 2004-04-20

Master man barebow - Maitre homme arc nu: Al Fleck, Quesnel, BC in a FITA-18m round with a score of 492(CO). 2004-04-10

Senior man recurve - Sénior homme arc recourbé: Rob Rusnov, Toronto, ON in a FITA-70m (72arrows) round with a score of 643(CO). 2004-04-03

Master BH unlimited - Maitre homme chasseur illimité: David Cornish, Corman Park, SK in a FITA-25m round with a score of 595(CO). 2004-05-05

Master BH unlimited - Maitre homme chasseur illimité: David Cornish, Corman Park, SK in a FITA1440 with a score of 304 at 90m, 332 at 70m, 350 at 30m and a total of 1311.

2004-04-17/18

Congratulations to all - Félicitations à tous

Christiane Murphy

Gestionnaire des records canadiens / Canadian records coordinator

5. Government Of Canada Increases Amateur Sport Funding To An All Time High

QUEBEC CITY / TORONTO, May 14, 2004 - Minister of State (Sport), the Honourable Stan Keyes and Minister of Canadian Heritage, the Honourable Hélène Chalifour Scherrer, today announced an investment of \$20 million for one year to the Canadian sport system **for high performance athletes.**

Today's announcement of \$20M is in addition to the \$30M announced recently in the federal Budget. This brings the total investment in the Canadian sport system by the Government of Canada to \$120 million for 2004-2005 - its highest level ever.

"The Government of Canada is dedicated to supporting Canada's athletes and coaches in their achievement of excellence in sport," stated Minister Keyes. "The hard work and solid partnerships that exist between governments and the sport community have enabled us to build a strong sport system in Canada. I am pleased to announce this new investment in high performance sport that brings our level of support to an all time high."

This funding will be targeted to sports in which athletes have the potential to achieve podium results. The resources will be used to strengthen ongoing athlete development by supporting coaches, sport organizations, training centres and other elements important to the development of a high performance athlete such as travel costs.

This new support for high performance athletes with podium potential is over and above the ongoing sport programs which support the goals of participation and excellence outlined in the Canadian Sport Policy.

"Partnerships form the basis of Canada's sport system. The Government of Canada will continue to work with provincial and territorial governments and the sport community to build on these successful partnerships as we work towards a culture of excellence within Canada's sport system," said Canadian Heritage Minister Chalifour Scherrer.

Today's funding announcement is a significant step in advancing the vision of the Canadian Sport Policy by providing resources necessary for the development of amateur sport in Canada. The Policy, unanimously endorsed by the federal, provincial and territorial governments in April 2002, is the blueprint for Canada's sport system.

In April, 2004, Minister Keyes, Minister Chalifour Scherrer, along with Environment Minister David Anderson and Minister of State (Public Health) Carolyn Bennett met with the sport community for a series of roundtable discussions in order to develop a concrete action plan for future targeted investments in high performance sport.

6. Canadian Olympic Committee directs additional funding to BC athletes through Canadian Olympic Excellence Fund

VICTORIA, May 12, 2004 - The Canadian Olympic Committee (COC) announced nearly \$700,000 in additional funding to support to British Columbia-based high performance athletes today at a cheque presentation held at the PacificSport Centre.

"The COC is committed to supporting excellence, and our mission is to ensure Canada's high performance athletes have the necessary resources to achieve podium success at the Olympic Games," said COC Chief Executive Officer Chris Rudge. "This funding will assist B.C.-based athletes who make up nearly one-quarter of all Top 5 ranked high performance athletes in Canada."

Through the COC's Excellence Fund, a total of \$204,000 will be distributed directly to 41 BC based athletes who achieved a Top 5 performance in international competition in 2003. Each athlete will receive a grant of approximately \$5,000. Rick Say, a member of the Canadian National Swim team and an Athens hopeful, accepted a cheque on behalf of B.C.-based athletes at the ceremony held earlier today in Victoria.

In addition to funding distributed directly to high performance athletes, the COC's Excellence Fund will provide an additional \$485,000 this year to BC-based summer athletes through their National Sport Federations (NSFs), coaches and the PacificSport Canadian Sport Centres in Vancouver and Victoria.

Through the Excellence Fund, the COC is providing a total of \$900,000 to high performance athletes across Canada who achieved a Top 5 performance in international competition in 2003. The COC will also distribute a total of \$2.3 million to NSFs, coaches and Canadian Sport Centres across Canada to support summer athletes training for the Olympic Games in Athens in August. This funding is in addition to the \$7 million the COC is investing to send and support the Canadian team in Athens. A funding announcement regarding winter athletes will occur later this year.

7. SIRC

SIRC ID: S-927846

Title: "Which coaches have had the biggest influence on your career?"

Language: Eng Total Pages: 3 Notes: Athlete in the street.

Call Number: GV711 P4 #761

Canadian athletes Peter Wedge, Alain Bolduc, Veronica Brenner, Sami Jo Small, Sarah Junkin, Lori-Jane Powell, Michelle Hendry and Tony Zarsadias talk about the influential coaches in their lives. SIRC has this Serial Analytic

SIRC ID: S-906972

Title: 20 & counting: while some things change, as the cliché says, some things definitely stay the same. And that even holds true in junior wheelchair sports.

Author(s): Crase, N. Language: Eng Total Pages: 6

Call Number: GV709.3 P4 #220

Gives an account of the National Junior Wheelchair Championships (NJWC), which took place in New London, Connecticut in June, 2003. Includes results.

SIRC has this Serial Analytic

SIRC ID: S-906956

Title: Archer extraordinaire.

Author(s): Stone, K. Language: Eng Total Pages: 1

Call Number: GV709.3 P4 #220

Gives a profile of disabled archer Kevin Stone.

SIRC has this Serial Analytic

SIRC ID: S-908690

Title: Archery: since its inception in 1900 archery's Olympic format has changed dramatically but, as Travis Cranley reveals, one unique constant has remained in recent times - the success of the host country.

Author(s): Cranley, T. Language: Eng Total Pages: 3

Notes: Sports profiles. Call Number: GV721.3 P4 #21

Reports on Greek dominance and the history of archery in the Olympic Games.

SIRC has this Serial Analytic

SIRC ID: S-925412

Title: Controlling emotions in sport.

Author(s): Jones, M.V. Language: Eng Total Pages: 16

Notes: Professional practice. Call Number: GV706.4 P4 #120

Emotions play a central role in sport performance. Accordingly, it is important that athletes are able to draw on a range of strategies to enhance emotional control. The present paper outlines a number of strategies based on Lazarus' cognitive-motivational-relational theory of emotion. Strategies are outlined that aim to change cognitions, resulting in either a more appropriate emotional response or a suppression of the expression of emotion and any maladaptive behavioral consequences. These techniques comprise self-statement modification, imagery, socratic dialogue, corrective experiences, self-analysis, didactic approach, storytelling metaphors and poetry, reframing, cognitive paradox, and use of problem-solving skills. Furthermore, given the changes in physiological arousal accompanying certain emotions, it is also suggested that general arousal control strategies could play an important role in emotional control.

SIRC has this Serial Analytic

SIRC ID: S-932620

Title: Dealing with the mid-season slump.

Author(s): Paccagnella, M. Language: Eng Total Pages: 3

Call Number: GV711.P4 #380

"Even the best teams sometimes experience a slump in performance. Despite your best-laid plans and careful management, there may be times when your team has a losing streak or fails to perform to expectations. This can be a major source of frustration for both coaches and athletes as they struggle to regain form." SIRC has this Serial Analytic

SIRC ID: S-932586

Title: Don't set goals... establish positive achievement routines.

Author(s): Birmingham, J. and Hodges, J. Language: Eng Total Pages: 2

Call Number: GV991 #840

"The goal setting process can be misunderstood - with negative consequences. A new approach to high achievement is not only more effective for players and coaches, but also easier to understand and implement." SIRC has this Serial Analytic

SIRC ID: S-890607

Title: Habit busting.

Language: Eng Total Pages: 2 Call Number: GV481 P4 #940

Describes how to accept that life is full of mistakes and failures that can be overcome by adopting a proper mindset. SIRC has this Serial Analytic

SIRC ID: S-932455

Title: Sports psychology. Goal-setting: the injured athlete.

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

Notes: This article appeared in SWIM Magazine, Sep/Oct 2003.

Call Number: GV836.2 #880 SIRC has this Serial Analytic

SIRC ID: S-930375

Title: Stay the course: like life, running comes with lots of highs and lows. Here's how to run your best through them all.

Author(s): Galloway, J. Language: Eng Total Pages: 1

Notes: Galloway. Call Number: GV1061 P4 #600

Provides tips on how to stay motivated to run despite bad weather, dark evenings and injury. SIRC has this Serial Analytic

SIRC ID: S-925407

Title: The coping process: cognitive appraisals of stress, coping strategies, and coping effectiveness.

Author(s): Kim, M.S. and Duda, J.L. Language: Eng Total Pages: 20

Notes: Applied research. Call Number: GV706.4 P4 #120

This study examined the effectiveness of the reported coping responses utilized by 318 U.S. and 404 Korean athletes based on the Outcome model (i.e., considers perceived immediate and long-term outcomes) and the Goodness-of-Fit model (i.e., considers the fit between situational appraisal and coping strategies employed). Intercollegiate athletes provided information regarding frequency of psychological difficulties experienced during competition, their perceived controllability over such difficulties, and the reported coping strategies utilized to counter this particular stressor. Recursive path analyses revealed that both Active/Problem-Focused and Avoidance/Withdrawal coping were deemed immediately effective during competition. Active/Problem-Focused and Avoidance/Withdrawal coping strategies were, respectively, positively and negatively associated with all three long-term variables. Results partially supported the Goodness-of-Fit model among both Korean and U.S. athletes. SIRC has this Serial Analytic

8. International Tournaments & Doping Control

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.

9. Athletes Can

Canada's top athletes stay connected with \$ 5 million annual commitment from Bell Canada

Vancouver, BC - May 10, 2004 - Some of Canada's biggest names in amateur sport were in Vancouver today to help Bell Canada announce the launch of the enhanced Bell Athletes Connect program. The event also celebrated a new, formal partnership involving major financial and in-kind commitments by Bell to Athletes CAN, the association that represents more than 1,800 of Canada's senior national team athletes across the country.

Through the seven-year partnership, Bell is making available over \$5 million yearly in telecommunications hardware, airtime and Internet access. This contribution will enable Canadian athletes to stay connected with coaches, family and friends while training and competing around the world. Athletes competing on Canada's senior national teams, including those participating at Olympic, Paralympic, Aboriginal, Pan American and Commonwealth Games, will be eligible for program support

"As Canadian athletes travel around the world in pursuit of excellence, Bell is honoured to support their dreams", said Michael Sabia, CEO, Bell Canada. "With many of our athletes training and competing far from home, it means everything to say they are closely connected with those who matter most - coaches, friends and family"

Athletes CAN President Michael Smith, a former Canadian National Team wrestler, is equally excited about the program. "The partnership with Bell is critical as it provides our organization and Canadian athletes with support and resources they require so that their focus can remain where it belongs - on training and competing", says Smith. "There has been a lot of buzz about athlete funding and support but not much action. This generous offering through the enhanced Bell Athletes Connect program announced today is a strong signal of leadership and will hopefully inspire others to step up as well".

The Bell Athletes Connect provides each eligible athlete with a limited edition Samsung handset, accessories and Bell's Digital North America 800 rate plan. To meet the changing needs of Canadian athletes, the enhanced program triples the amount of free air time for each athlete. Athletes also benefit from an increased coverage area that spans all of North America. Bell and Athletes CAN have been working together since 1997.

The latest edition of FastForward, the official newsletter of Athletes CAN is now available on our website www.athletescan.com

Inside you will find:

- Budget disappointment tempered by promise of future increase
- Boxer turned lawyer Ryan Savage shows his passion for sport
- Watch for it: New survey on the status of the high performance athlete
- A stronger voice for B.C. athletes

- Sport community connects online
 - Legal tips for athletes
 - Where are they now? Philippe Laroche still flying high
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10. In Brief

- 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>
- 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>
- **Final** results for the 2004 FCA indoor championship can be viewed at: <http://www.e-bizinus.com/fca/indoors/Results.htm>
- Preliminary final results for the mail matches 2004 can be viewed at: <http://fca.ca/MM/2004/mailmatch04.htm>
- New Canadian Doping Control Rules:
<http://www.cces.ca/pdfs/CCES-MR-NewProgramFinalRelease-E.pdf>
- 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 3D championships, July 30 - August 02 in Prince George, BC
WWW.SILVERTIPARCHERS.CA
- 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
- 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
- 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
Prince George, BC

RÉUNIONS

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

11. FITA

The April FITA INFO bulletin is available at:

http://www.archery.org/fita_publications/fita_informations/4_April_2004.pdf

12. Judge Appointments 2004

a) Olympic Trials (if necessary)

Head of Judges Ghislain Arsenault, International Judge

Judge Corps Richard Chong-kit, Provincial Judge

Randall Jones, Provincial Judge

Director of Shooting Oscar Vienneau

Chairman Jury d'Appel Arthur Nault, Vice-President HPC

b) FCA National Target Championships – Toronto, ON

Ghislain Arsenault Robert Sheppard

Pat Ukrainetz Paul Hicks

Roger Garrod Sean McKenty

c) USA National Target Championships – Reading, PA

Canadian judges interested in applying for a position at the NAA championships July 24-30 should contact Tom Greene directly. Judges receive \$125 USD/day. No expenses.

Apply to: tgarchery@frontiernet.net>

In Closing

The FCA national office will open next week May 17-18 and May 20-21 from 07:30 to 15:30 ET. See you next week!

REVISED Schedule of 2004 Canadian Target / Field Championships

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