

INFO.E-MAIL LES NOUVELLES/NEWS le 15 octobre / October 15, 2004

Greetings/Bonjour:

Olympic Photos:

<http://www.fca.ca/photos/2004/olympics/04oly.html>

Excellence Ranking updates

<http://www.fca.ca/ranking/04Ranking/Oct1104%20ranking.htm>

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1. SIRC

SIRC ID: S-953566

Title: Chinese archery. (Review)

Author(s): Wushanley, Y. Language: Eng Total Pages: 3

Call Number: GV571 P4 #120 SIRC has this Book Review

SIRC ID: S-895738

Title: Getting - and keeping - children active.

Language: Eng Total Pages: 1 Notes: The shape of things to come.

Call Number: GV1061 P4 #182

Discusses the decrease in physical activity among children and explains the role of goal-setting in children as a means to improving physical fitness. Describes task-focused approach and ego-orientation approaches to performance evaluation in children and lists several textbooks that are guides to encouraging running and fitness activity in children while taking into account children's growth plates and psychology.

SIRC has this Serial Analytic

Title: Greatness won't be thrust upon you.

Author(s): Block, G. Language: Eng Total Pages: 1

Notes: Adapted from an article in the San Antonio Express-News, 06/02/2003 by Dave Beck, president of business banking administration at Frost Bank, San Antonio, Texas.

Call Number: GV836.2 #682 Stresses the importance of discipline and focusing on achievement in order to create successful clubs. SIRC has this Serial Analytic

SIRC ID: S-938485

Title: How to create the team no one can beat.

Language: Eng Total Pages: 1 Call Number: GV1 #960

Advice from the coach of the Denver Broncos, Mike Shanahan, on the principles of

creating a winning team. SIRC has this Serial Analytic

SIRC ID: S-930823

Title: Imagery and increased sport performance.

Author(s): Lambo, A. Language: Eng Notes: Just for athletes. Content length: approximately 2 pages. Describes the concept of imagery for an athlete, using the experience of Michael Jordan and Jack Nicklaus to illustrate.

SIRC has this Serial Analytic

SIRC ID: S-955151

Title: Self-control.

Author(s): Newberger, E.H. Language: Eng Total Pages: 28
Notes: p. 344-345. References on p. 355-360. Call Number: GV 706.5 #35723
Discusses the three dimensions of control of boys and men including controlling the environment, resisting control and self-control. Discusses how temperament determines self-control and explains the components of self-control. Discusses the awareness of standards that boys realize they have to adhere to, motivation and self-control, the stages of self-control and self-control and character. Discusses attention deficit disorder (ADD) and attention deficit hyperactive disorder (ADHD) in boys.

SIRC has this Book Analytic

SIRC ID: S-929369

Title: What price failure? "Fourth place in a world of four billion people isn't so bad." Lennox Miller to his daughter Inger after she narrowly missed out on a medal in the 200m at the Atlanta Games. The Olympians' Guide to Winning the Game of Life.

Author(s): Cohen, P. and Benton, C. Language: Eng Total Pages: 2
Call Number: GV481 P4 #940

Provides tips on how to be self-motivated to have a quality lifestyle. Includes a sample chart for listing goals for every season. Goals categories include body, health, business and relationship. SIRC has this Serial Analytic

SIRC ID: S-803360

Title: Yumi: the Japanese long bow.

Author(s): Denig, R.G. Language: Eng Total Pages: 11
Notes: Reprinted from Outing, XXI: 2 (November 1892), 83-91.

Discusses the history and development of the yumi, or Japanese longbow. Includes drawings showing archery technique. SIRC has this Serial Analytic

2. Bravo, Canada!

Last Thursday, Hydro-Québec awarded 22 bursaries of \$3000 during the seventh edition of their awards programme, through the Fondation de l'Athlète d'Excellence du Québec.

Several bursaires issued through this programme have been given to those athletes who are most known and have left their mark on the international scene. Nine of them participated at the Athens Olympics: silver medallist Marie-Hélène Prémont (mountain biking), Lyne Bessette (cycling) et Marie-Christine Roussy (table tennis) who participated in their second Olympic Games, Catherine Roberge (judo), Émilie Mondor (5 000

mètres), **Marie-Pier Beaudet** (archery), Bryan Milonja (trampoline), Andr anne Morin (canoe) and Richard Dober (cano -kayak racing).

La Fondation has distributed over \$425,000 to different programmes so far in 2004, surpassing their objectives to distribute \$350,000 in bursary annually.

3. Information for FITA Indoor World Championships 2005

Those interested so far in competing at the indoor worlds include:

Marie-Pier Beaudet
Kevin Brayford
Allan Gunter
Greg Maund
Jeannot Robitaille
Thomas Scully

<http://www.fca.ca/ex/2005/05JulWorldIndoor.htm>

Information for FITA Indoor World Championships Aalborg, DEN – March 23-27, 2005

Who Can Go On This Team

The maximum number of archers that Could represent Canada at this event are:

- 3 junior & senior compound women
- 3 junior & senior compound men
- 3 junior & senior recurve women
- 3 junior & senior recurve men

An archer may compete in the Junior Championships when the competition takes place up to and/or in the archer's 18th year.

Proof of birth date is required to accompany the archer's entry form.

How can I get on the team?

The FCA standard selection process will be used.

Four FITA scores for each archer shot between **October 1, 2003 and January 09th, 2005** will be averaged. A maximum of two of those scores can be from the indoor season 2003-2004. As per MOTION HPC #03-15, the average of the four scores must be equal to or greater than the Blue Squad criteria. The top three archers with the highest average in each equipment category will be named to the Canadian Team for the World Championships. If there more archers interested than are allowed to attend, then the top-ranked archers will be named to the team. If an archer is unable to attend, the next archer on the list will be selected, providing they meet the above criteria.

If archers were not members of the Excellence 2008 programme and wish to use scores from the year 2003, they must join Excellence 2008 (when available) and submit their year 2003-2004 scores to the FCA office or Bruce Malmberg by November 1, 2004.

Please note that only two scores from the 2003-2004 indoor season can be used in the team selection average but archers do not have to use scores from 2003-2004. Three scores from 2004-2005 and 1 from 2003-2004 could be used.

If you intend to try to make this team, please contact Bruce Malmberg right away. This will help us anticipate how many archers will be going and assist us with budgeting.

When Do Scores Have To Be Submitted and To Whom?

Scores must be shot in **registered** Canadian FITA or international FITA events and must be submitted to either the FCA office fax (613) 260-2114 or Bruce Malmberg fax 613-727-1439 **by midnight on January 09, 2005.**

The team will be announced by email or phone to team members on January 10th and listed in the weekly FCA e-mail bulletin for that week and posted on the FCA web site.

Where is the Competition?

The competition will be held in Aalborg, DEN. Check FITA's web site for further information – www.archery.org, or www.archeryindoor2005.com.

What Will This Cost and What Funding Is There For This Event?

Sadly, the FCA has very little funding available for this team. However, they will try to pay the registration fee for each competitor and for each team. The FCA will also try to pay for the team uniform for each archer.

FCA will provide the team uniform for the archers and team support staff. More information on team uniforms is below. You received a uniform sizing sheet when you join Excellence 2008. Please fill it out and return them if you have not done so already – the time to arrange the uniform is very short so we must have this information well ahead of time. If you wish to purchase the tracksuit from the FCA web site in advance of team selection that would be helpful. When you make the team the FCA will reimburse part of the cost of the tracksuit.

All other costs for transportation from your home to Denmark, accommodation, meals must be paid for by the archer.

The support staff must also pay for their expenses.

FCA must register you for the tournament and make hotel reservations on your behalf.

50% of the cost for accommodation must be paid to the Organising Committee at the time the Canadian Team is registered. The remainder must be paid when the team arrives in Aalborg.

Who Are The Support Staff?

A call for the Team Leader has been made in the FCA weekly email bulletin and should be selected shortly. The team leader can then select up to 3 additional people to assist in managing the team. The Canadian Team is not allowed more than 4 support staff. If you know of people willing to travel with the team, please have them apply – we need all the help we can get.

What About Team Uniforms?

The team uniform consists of a high quality tracksuit, a white polo shirt with your name and a stylised maple leaf on the back, a T-shirt with a similar pattern and black shorts. Photos and information on the tracksuit is available on the FCA web site. Black shorts have always been a problem both in terms of fit and appearance. Therefore the FCA has decided to ask archers to bring their own black shorts. The only stipulation is that they are all black and are long enough to extend to your fingertips when standing normally (FITA rule).

The tracksuit is made from water-resistant material and can also serve as a rain suit. The jacket is red with some white and the pants are black. The sleeves zip out of the jacket leaving a very attractive vest. The pants legs zip off leaving a pair of black shorts. The tracksuit is available for purchase now through the FCA web site. Team members will receive a patch for their jackets saying National Team/Equipe National and a separate patch with the name of the team. This tracksuit will not change for the next four years. Photos are available on the FCA web site.

This notice is as much information as the FCA has at the moment. I also need to know immediately if you are trying to make this team. Based on this information, the team leader will book accommodations and begin investigating airfares. You may have better resources for searching for airfares and we would appreciate any information you find.

As soon as we get any more information from the organising committee, we will send it to you.

If you have any questions, please don't hesitate to contact:

Kathleen Millar
Interim Team Selection Co-ordinator
Phone: 613-260-2113
Fax: 613-260-2114
Email: information@FCA.ca

Intent to Compete in the World Junior/Senior Championship, Aalborg, DEN, March 23-27, 2005

L'intention de concourir aux championnats mondiaux jr/sr, Aalborg, DEN, du 23 au 27 mars, 2005

Please review the attached information sheet about the 2005 World Junior/Senior Indoor Championships. To plan this event, the FCA needs to know as soon as possible if you are planning to go to the Championships. Even if you are not currently qualified, but will go if you do qualify, please let me know. You can send me the following information by either:

Fax: 613-260-2114 Phone: 613-260-2113
Email: information@FCA.ca Mail: Kathleen Millar, FCA Executive Director
#200-2460 Lancaster Road, Ottawa, ON K1B 4S5

S'il vous plaît lisez bien les informations concernant le championnat mondial junior/senior en salle 2005. Afin de planifier cet événement la FCA doit savoir le plus tôt possible si vous êtes intéressé à faire partie de cette équipe. Même si vous n'êtes qualifié présentement, mais vous iriez si vous vous qualifiez, veuillez SVP me laisser savoir. Vous pouvez me faire parvenir cette information de la façon suivante; soit:

Télécopieur: 613-260-2114 Téléphone: 613-260-2113
Courier: information@FCA.ca Poste: Kathleen Millar, FCA Executive Director
#200-2460 Lancaster Road, Ottawa, ON K1B 4S5

Name/nom: _____

Address/adresse: _____

Phone: _____ Fax/ télécopieur: _____

Email/courier: _____

Passport # _____ Expiry date d'expiration: _____

Date of Birth/ date de la naissance _____

I plan to attend the World Championships Yes/oui ____ No/non ____
Je planifie participer au championnat mondial

I will arrange my own travel to Aalborg Yes/oui ____ No/non ____
Je ferai mes propres arrangements pour le voyage à Aalborg

I would like the Team Leader to book my travel to Aalborg Yes/oui ____ No/non ____
Je préfère que le gérant fasse tous les préparatifs pour le voyage à Aalborg

I would like to share a room at the hotel Yes/oui ____ No/non ____
Je préfère partager une chambre avec quelqu'un(e)

I would like a single room, if possible Yes/oui ____ No/non ____
Je préfère une chambre privée (seul) si possible

I understand that there is only sufficient funding from the FCA to cover my registration fee and a portion of my team uniform Yes ____

Je comprends que la FCA n'a que les fonds nécessaires pour mes frais d'inscription et une partie du prix de mon uniforme. Oui ____

Signature

4. FITA Indoor World Championships 2005 - Call for coach, team leader and support staff

The FCA is calling for Team Leader, Coach and support staff to accompany the Canadian team to the World indoor Championship in Aalborg, DEN, March 23-27, 2005. The team will comprise a maximum of 18 archers, male and female, compound and recurve, junior and senior. Under FITA rules, a maximum of 4 staff are permitted to accompany a team. The team selection criteria can be seen on the FCA web site in the Excellence section.

The Team Leader is responsible for the smooth administration of the team including assisting with travel arrangements, accommodation, entry fees and on site management. He/she works with the coach to ensure the smooth operation of the team both on and off the field. Both bilingualism and coaching certification would be assets but are not mandatory. In some case, the team coach and the team leader may be the same person.

The additional support staff will work with the Team Leader and Coach to assist with team management and to assist the archers in any way on the field of play during the competition. Some time will be required to work with the individual archers to determine how best to assist them. This is an opportunity for people with an interest in working with National Teams to gain the experience necessary to be a Team Leader and/or Coach for future teams. Both bilingualism and coaching certification would be assets.

It is probable that the FCA will not cover your travel costs with the team.

Applications should be sent to the FCA office by email or regular mail and must be received by Wednesday, October 13th, 2004.

E-mail: Information@FCA.ca

Please note that FITA has published revised dates for the AalBorg, DEN championship as March 23-27, 2005. For further information on the world indoor championship, a web site has been posted at: www.archeryindoor2005.com.

5. Canadian Olympic Committee

Canadian Olympic Committee Supports Owen Announcement Today

TORONTO, October 12, 2004 - The Canadian Olympic Committee (COC) expressed support for the Martin government's announcement earlier today of a \$19.1 million investment in Canada's high performance sport system.

"We welcome the injection of an additional \$19 million into the sport system to support high performance athletes and coaches," said Chris Rudge, COC chief executive officer. "We also urge the government to make this permanent, sustainable funding for the future as part of the annual federal budget for sport."

Rudge said the COC also had some specific recommendations to discuss with Minister of State (Sport) Stephen Owen regarding the long-term needs of the high performance sport community to help Canada achieve success at upcoming Olympic Games and other international sport competitions.

"In the next few weeks, I'll be discussing with Minister Owen the COC's recommendations for the proposal he is intending to bring forward to Cabinet very soon," said Rudge.

6. Canada Cup 2005

The FCA Executive is calling for official bids to host the 2005 Canada Cup. Clubs from the provinces of British Columbia, Alberta, Saskatchewan and Manitoba may submit bids for this major tournament.

Please send all official bids to the FCA national office before October 30, 2004.

7. Changes to WADA Prohibited List for 2005

Please note that as of January 1st, 2005 a revised WADA (World Anti-Doping Agency) Prohibited List will come into effect. This is to notify you that changes have been made to this list that you should be aware of. The way some common medications are handled will change as a result of the revisions to the list, as well as changes in the way the list itself is structured.

The revised listing for 2005 has been structured in such a way to make it clearer to athletes what drugs are prohibited both in and out of competition, and what drugs are only prohibited out of competition.

In the last revision for 2004, some forms of drugs that previously did not require notification were changed to require it. For instance, the current list that is active until December 31st, 2004 requires a Therapeutic Use Exemption (TUE) for **any** form of glucocorticosteroids such as those used in dermatological (skin creams) applications, ophthalmic (eye drops), aural (ear drops), anal (cream), nasal (sprays), intra-articular and local injections, and by inhalation. When the new list comes into effect on January 1st, 2005, dermatological preparations containing glucocorticosteroid will no longer require a TUE, but should be declared at the time of testing. All other forms of glucocorticosteroids are prohibited, and if medically necessary would still require a TUE.

Another change for the 2005 list is that all beta-2-agonists are now prohibited both in and out of competition. If the use of this class of drug is medically necessary, it will require a TUE. It should be noted that four particular types of beta-2-agonists (formoterol, salbutamol, salmeterol, and turbuteline) will only require the abbreviated form of the TUE, where all other types will require the standard TUE form. Please

consult the 2005 Prohibited List for further details as the route of administration, and the concentration of the drugs in an athlete's system are also subject to certain restrictions.

For some sports specific drugs may be prohibited, where those same drugs are allowed in other sports. In archery, beta-blockers were prohibited in-competition only with the current prohibited listing. As of January 1st, 2005, beta-blockers will be prohibited both in and out of competition.

Both the Canadian Center for Ethics and Sport (CCES) and FITA require that you declare the use of such medications no less than 21 days in advance of competition. Please see the "Guide for Medical Declarations" on the FCA web site for information regarding the current declaration process. Please note that this notice is not a comprehensive listing of the changes. Please visit the CCES, FITA, and WADA web sites for further information on the implementation of the new list and the requirements for declaring medications prior to competition.

If you require additional information, please contact me at the email address below.

Regards, Al Jenskey
HPC Doping Control Education
allen.jenskey@sympatico.ca

8. In Brief

- FCA outdoor championships rotation schedule is available at: <http://www.fca.ca/policy/champrotation.html>
- The Face 2 Face Tournament 9 - 12 December in Amsterdam, the Netherlands www.face2face-archery.org email info@face2face-archery.org.
- Olympic Coach's Diary" at: <http://www.fca.ca/weeklys/2004/OlympicCoachDiaryAthens2004.doc>
- FITA Star award application procedure <http://www.fca.ca/fitastars/fitastarpage.html>.
- FCA Privacy Policy <http://www.fca.ca/policy/Privacy.html>
- New generic scorecards at: <http://www.fca.ca/forms/formspage.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>
- 2005 Indoor 3D nationals February 19-20 Medicine Hat, AB www.spitz3d.com
- 2005 3D/target/field championships Saint John, NB
- 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

Kitchener, ON

04-10-16/17 High Performance Committee / Comité de la Haute Performance

Winnipeg
04-10-29 Athletes CAN Forum 2004
Ottawa
05-01-29/30 Executive Committee / Comité exécutif 09:00

9. Championship Results Needed

Thank you to those who have contacted me with results, I have been able locate many of the results, I am still in need of:

- **1996 3D**
- **1975 indoor**
- **1977 indoor**
- **1984 indoor**
- **1987 indoor**

If anyone has these results, please contact me.

Thanks again!

Al Wills

758 Cuaulta Crescent,

Victoria, BC V9C 3R7

alwills@shaw.ca

(250) 474-4909 Fax 4970 Cell 727-8351

10. 2004 national Aboriginal Coaching Awards

Do you know a certified Aboriginal coach who is making a difference in your community?

If so, this is your opportunity to recognized that coach by nominating him/her for the 2004 National Aboriginal Coaching Awards.

Contact the Aboriginal Sport Circle at:

1-866-938-1176 or

www.aboriginalsportcircle.ca

In Closing

The FCA national office will be closed on October 18. It will re-open October 19-122 from 07:30 to 15:30 ET. See you next week!