

**INFO.E-MAIL LES NOUVELLES/NEWS le 21 janvier / January 21, 2005**  
**Greetings/Bonjour:**

Organize your archery shooting league with this new software/  
<http://www.fca.ca/ArcheryLeague/League.htm>

For more information on the program or for suggestions, contact: Phil Betts

**[1. FCA names Team to Indoor World Championships 2005](#)**

**[2. CAAWS Launches Next Version of \[www.caaws.ca\]\(http://www.caaws.ca\)](#)**

**[3. SIRC](#)**

**[4. Arizona Cup 2005 International Archery Tournament](#)**

**[5. FITA](#)**

**[6. In Brief](#)**

**[7. Call for tournaments 2005](#)**

**[8. FCA Regional Indoor Championships 2005](#)**

**[9. MICA 2005](#)**

**[10. News from the High Performance Committee](#)**

**[In Closing](#)**

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### **1. FCA names Team to Indoor World Championships 2005**

Congratulations to the following team members who will be representing Canada in Aalborg, DEN in March:

Kristel Alain	Greg Durward	Allan Gunter
Mike Hornsberger	Doris Jones	Mike Maund
Kristen Niles	Thomas Scully	Rob Wardlaw
Ashley Wallace	Team Leaders:	Jeff Gunter & Karen Wallace

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### **2. CAAWS Launches Next Version of [www.caaws.ca](http://www.caaws.ca)**

The number one Canadian web site for information on girls and women and sport and physical activity has been re-launched. The Canadian Association for the Advancement of Women and Sport and Physical Activity (CAAWS) has completely redesigned and updated its site, which currently averages 70,000 visitors every month.

The site has added several new features. The Advocacy Action Centre gives an overview of issues as they arise, with up-to-date information, CAAWS' perspective on the topic, and ways that viewers can offer their opinion, or take action to support or defuse an issue. The redesigned home page offers the top sports and physical activity news stories of interest to girls and women, as well as newly created sections for hot topics, physical activity and health, CAAWS specific stories, grants and awards and a current list of resources. It also features an interactive poll on current sports and physical activity topics. As well, the site includes three revolving sections with ever-changing images of girls and women engaged in sport and activities, quotable quotes and statistics.

Visitors are encouraged to view the site at [www.caaws.ca](http://www.caaws.ca) and to provide feedback on its

new look and the many new features.

#### CAAWS announces 2005 WISE Fund Recipients

The Canadian Association for the Advancement of Women and Sport and Physical Activity (CAAWS) announced today the names of the twelve recipients of its WISE Fund grants of \$850 (see list below). The WISE (Women in Sport Encouragement) Fund was developed in response to the ongoing financial need within the sport community. The Fund is made available on an annual basis to assist active girls and women and/or organizations offering sport programs targeted to girls and women. The 2005 Fund is the second time CAAWS has offered the grant program. Over 600 applicants vied for the 12 grants of \$850 each as compared to the 255 applications received in 2004. For more details about the successful grant recipients, please visit [www.caaws.ca](http://www.caaws.ca).

#### 2005 WISE Fund Recipients

Femmes de vent (Women in Wind), organization, sailing, Sainte-Foy, Quebec.  
Kugluktuk High School, organization, multi-sport, Kugluktuk, Nunavut  
Helene Simard - age 38, athlete - wheelchair tennis, Charlesbourg, Quebec  
Tammy Cains - coach - AWAD swimming, Edmonton, Alberta  
Mae Palm - age 65, athlete - triathlon and athletics, Garibaldi Highlands, BC  
Ontario Intercollegiate Women's Fastpitch Association - organization, softball, Ontario  
Laurel Alexander - age 23, coach - synchronized swimming, Calgary, Alberta  
Kelvin High School, organization, multi-sport, Winnipeg, Manitoba  
Maya MacIsaac-Jones - age 9, athlete - cross country ski, Athabasca, Alberta  
Jessie Cook - age 16, athlete - figure skating, New Glasgow, NS  
Huntclub Riverside Community Centre, organization, swimming, Ottawa, ON  
Zoe Erichsen-Meesters - age 34, coach - equestrian, Estey's Bridge, NB

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### 3. SIRC

SIRC ID: S-945722

Title: Advances in sport and exercise psychology measurement.

Author(s): Duda, J.L. Language: Eng all Number: GV 706.4 #35906

Notes: Includes index and bibliographical references. SIRC has this Monograph

SIRC ID: S-952828

Title: Combating stress and anxiety with exercise.

Author(s): Leith, L.M. Language: Eng Total Pages: 16

Call Number: GV 481.2 #35878

This chapter examines anxiety and how to cope with daily stress through exercise. Suggests the best exercises for fighting anxiety and a time frame for noticeable improvement. SIRC has this Book Analytic

SIRC ID: S-962264

Title: Developing culminating and progressive assessments.

Author(s): Lund, J.L. and Kirk, M.F. Language: Eng Total Pages: 23

Notes: References on p. 227-228. Part II: components of performance-based assessment. Call Number: GV 363 #35753

Explains culminating assessment and progressive learning activities and assessments in physical education class. Includes sample assessments for the golf, tumbling and

archery units in physical education class. SIRC has this Book Analytic

SIRC ID: S-951670

Title: Developing mental training skills.

Author(s): Porter, K. Language: Eng Total Pages: 6

Notes: References on p. 205. Call Number: GV 706.4 #35887

Overview of five tools that will help an athlete achieve the mental edge to be a winner.

SIRC has this Book Analytic

SIRC ID: S-951668

Title: Essentials for effective mental training.

Author(s): Porter, K. Language: Eng Total Pages: 12

Notes: References on p. 205. Call Number: GV 706.4 #35887

Outlines the essentials of mental training, including adopting a positive attitude, being ready to change, assuming responsibility, believing and training yourself. Includes activity or mental trainer #1: beyond you limits. SIRC has this Book Analytic

SIRC ID: S-964375

Title: Exploring sport and exercise psychology. (Review)

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

Call Number: RC1200 #300 SIRC has this Book Review

SIRC ID: S-961171

Title: Exploring sport and exercise psychology. 2nd ed

Author(s): Van Raalte, J.L. and Brewer, B.W. Language: Eng

Notes: Includes bibliographical references and index.

SIRC ID: S-965025

Title: Former youth coach and ref pleads guilty to sex abuse.

Language: Eng Total Pages: 1 Notes: The news.

Call Number: GV735 P4 #40

Report stating that Lyle VanGorden, soccer coach and referee, pleaded guilty to sexually abusing three 14-year-old girls in Hillsboro, Oregon. SIRC has this Serial Analytic

SIRC ID: S-951673

Title: Gauging your mental aptitude.

Author(s): Porter, K. Language: Eng Total Pages: 7

Notes: References on p. 205. Call Number: GV 706.4 #35887

This chapter provides two self-tests designed to clarify mental aptitude and attitude.

SIRC has this Book Analytic

SIRC ID: S-895766

Title: Goal setting: the difference between training and riding is that training works constructively towards a predetermined goal. When setting your own personal goals, there are several things to consider.

Language: Eng Total Pages: 2 Notes: Train to win. Coaching special: planning for success. Call Number: GV1040 #501

Highlights goal setting rules which enable cyclists to train more effectively and achieve their objectives. SIRC has this Serial Analytic

SIRC ID: S-964843

Title: Handling and reducing stress.

Author(s): O'Connor, B., Fasting, K., Dahm, D., and Wells, C. Language: Eng

Total Pages: 10 Call Number: GV 709 #35959

This chapter discusses stress, the effect of unhealthy stress, good and bad stress, and coping techniques to reduce stress. Includes the Holmes-Rahe social readjustment scale, two self-tests for major stresses and symptoms, and a chart of possible stressors. SIRC has this Book Analytic

SIRC ID: S-964844

Title: Harassment, sexual harassment and abuse in sport.

Author(s): O'Connor, B., Fasting, K., Dahm, D., and Wells, C. Language: Eng

Total Pages: 13 Call Number: GV 709 #35959

This chapter addresses sexual harassment and abuse against women in sport. Includes statistics and a code of conduct for coaches. SIRC has this Book Analytic

SIRC ID: S-961374

Title: Improving concentration skills in team-sport performers: focusing techniques for soccer players. Call Number: GV 706.4 #35863

Author(s): Moran, A. Language: Eng Total Pages: 29

Notes: Part III: Performing sport psychology within the team: specific sports.

This chapter discusses the nature and importance of concentration in sport and attempts to explain why athletes become distracted and lose focus. Five practical focussing techniques are illustrated within the context of soccer. SIRC has this Book Analytic

SIRC ID: S-963634

Title: Insights for delivering mental skills training over the Web.

Author(s): Stodel, E.J. and Farres, L.G. Language: Eng

Total Pages: 14 Call Number: GV706.4 P4 #280

Scholarly review of the World Wide Web capability as a tool athletes can use to develop their mental skills. The discussion is framed within the concepts of accessibility and interactivity. SIRC has this Serial Analytic

SIRC ID: P967035

Title: Journal of consulting and clinical psychology.

Author(s): American Psychological Association. Language: Eng Bimonthly

SIRC ID: S-936728

Title: Maintaining your motivation: tips to keep you going through the wind and rain.

Language: Eng Total Pages: 1 Notes: Fitness. Call Number: GV1040 #501

Outlines five ways to help cyclists stay motivated and maintain their training over the winter months. SIRC has this Serial Analytic

SIRC ID: S-892306

Title: Measuring movement imagery abilities: a revision of the Movement Imagery Questionnaire.

Author(s): Hall, C.R. and Martin, K.A. Language: Eng Total Pages: 12

This article reviews research that has been conducted on individual differences in movement imagery abilities and discusses the use of two instruments that assess imagery ability: the Movement Imagery Questionnaire (MIQ) and the Vividness of Movement Imagery Questionnaire (VMIQ). The need for revising the MIQ is outlined and a shorter version is proposed- the MIQ-R. The authors conclude that the MIQ-R is the instrument of choice to assess imagery ability in many individuals and small group situations.

SIRC ID: S-963413

Title: Meditation for children in schools.  
Author(s): Durrett, A. Language: Eng Total Pages: 1  
Notes: What's new: kids' fitness. Call Number: GV481 P4 #960  
Presents the findings of research done on the benefits of introducing classroom children to transcendental meditation. SIRC has this Serial Analytic

SIRC ID: 255239

Title: Mental stress, mental concentration & nutrition.  
Author(s): Hatfield, F.C. and Zucker, M. Language: Eng  
Notes: Cover title. "Book 14 of 18." Includes bibliographical references (p. 31).

SIRC ID: S-951679

Title: Mental training for life.  
Author(s): Porter, K. Language: Eng Total Pages: 17  
Notes: References on p. 205. Call Number: GV 706.4 #35887  
This chapter addresses the issues dealing with physical and mental pain that accompanies injured athletes, young athletes, women athletes and describes how to adapt mental training techniques to these specific circumstances.  
SIRC has this Book Analytic

SIRC ID: 384258

Title: Mental training for peak performance: top athletes reveal the mind exercises they use to excel. (Entraînement mental pour la haute performance.)  
Author(s): Ungerleider, S. Language: Eng  
Notes: [New York, N.Y.] : Distributed in the book trade by St. Martin's Press, c1996. Includes index. INSEP, PARIS. Cote: SHB8 UNG. Acces: pret. F7 - PREPARATION PSYCHOLOGIQUE

SIRC ID: S-951678

Title: Mental training for specific needs.  
Author(s): Porter, K. Language: Eng Total Pages: 37  
Notes: References on p. 205. Call Number: GV 706.4 #35887  
Suggests that employing a mental training program as a lifestyle promotes a winning attitude, self-empowerment and self-acceptance. SIRC has this Book Analytic

SIRC ID: S-961628

Title: Neural substrate of depression in concussed athletes. a preliminary fMRI study. (Abstract)  
Author(s): Chen, J.K., Johnston, K.M., and Ptito, A.  
Language: Eng Total Pages: 3  
Conference: International Symposium on Concussion in Sport (2nd : 2004 : Prague, Czech Republic). Notes: Second International Symposium on Concussion in Sport.  
Call Number: RC1200 #300 SIRC has this Serial Analytic

SIRC ID: S-951676

Title: Optimizing your performance.  
Author(s): Porter, K. Language: Eng Total Pages: 16  
Notes: References on p. 205. Call Number: GV 706.4 #35887  
This chapter examines techniques for focusing and re-focusing, overcoming burnout, and keeping motivation high. SIRC has this Book Analytic

SIRC ID: S-951674

Title: Preparing your mind and body for mental training.  
Author(s): Porter, K. Language: Eng Total Pages: 13

Notes: References on p. 205. Call Number: GV 706.4 #35887  
This chapter examines the importance of finding psychological balance through relaxation to achieving peak performance. SIRC has this Book Analytic

SIRC ID: S-961369

Title: Pre-performance routines in self-paced tasks: developmental and educational considerations.

Author(s): Lidor, R. and Singer, R.N. Language: Eng Total Pages: 30

Notes: Part II: Looking for empirical support: related issues for team sports.

Call Number: GV 706.4 #35863

This chapter concerns itself with developmental and educational factors relating to the attainment of proficiency in routines performed prior to real-game situations. These psychological routines form the foundation necessary to mastering self-paced skills in real-game performance. The authors suggest a five-step learning and performance strategy incorporating readying, imaging, focusing attention, executing, and evaluating. Includes practical recommendations for the coach. SIRC has this Book Analytic

SIRC ID: S-964842

Title: Sport psychology and the mental aspects of learning and performance.

Author(s): O'Connor, B., Fasting, K., Dahm, D., and Wells, C.

Language: Eng Total Pages: 15 Call Number: GV 709 #35959

This chapter discusses aspects of motivation, and readiness for learning and competition for women in sport. Includes two charts, one measuring positive or negative emotion and one evaluating feelings and performance. SIRC has this Book Analytic

SIRC ID: S-964832

Title: Sport-specific strength and power exercises.

Author(s): O'Connor, B., Fasting, K., Dahm, D., and Wells, C.

Language: Eng Total Pages: 12 Call Number: GV 709 #35959

Outlines strength training and power building exercises for development of skills in specific sports. SIRC has this Book Analytic

SIRC ID: S-952830

Title: Sticking with your exercise program.

Author(s): Leith, L.M.

Language: Eng Total Pages: 11 Call Number: GV 481.2 #35878

This chapter addresses factors predicting adherence to an exercise program and those predicting non-adherence and suggests using a decision balance sheet, writing up an exercise contract and using a relapse-prevention training worksheet to maintain motivation. SIRC has this Book Analytic

SIRC ID: S-951671

Title: Taking steps toward positive thinking.

Author(s): Porter, K. Language: Eng Total Pages: 15

Notes: References on p. 205. Call Number: GV 706.4 #35887

This chapter leads the reader through a mental log process, write goals and affirmations, and absorb these goals and affirmations into the subconscious.

SIRC has this Book Analytic

SIRC ID: S-951677

Title: Troubleshooting performance blocks.

Author(s): Porter, K. Language: Eng Total Pages: 33

Notes: References on p. 205. Call Number: GV 706.4 #35887  
This chapter discusses examples of the most common blocks and suggests methods to eliminate them. Addresses how to cope, in particular, with anger, fear, and fatigue.  
SIRC has this Book Analytic

SIRC ID: S-961371

Title: Understanding and managing emotions in team sports.  
Author(s): Botterill, C. and Patrick, T.  
Language: Eng Total Pages: 16 Notes: Part II: Looking for empirical support: related issues for team sports. Call Number: GV 706.4 #35863  
Discussion of emotion in team sport derived from sport psychology literature and the authors' personal experiences working with elite level Canadian athletes and coaches. Includes suggestions for improving emotional preparation and emotional management for the purpose of optimizing performance. SIRC has this Book Analytic

SIRC ID: S-951675

Title: Unleashing the power of the mind.  
Author(s): Porter, K.  
Language: Eng Total Pages: 45 Notes: References on p. 205.  
Call Number: GV 706.4 #35887  
This chapter discusses the art of visualization and provides the tools necessary to write personal visualizations. SIRC has this Book Analytic

SIRC ID: S-963638

Title: WEBexcellence in mental skills education: a framework for designing quality Web-based mental skills education environments.  
Author(s): Farres, L.G. and Stodel, E.J.  
Language: Eng Total Pages: 19 Call Number: GV706.4 .P4 #360  
This article provides a framework that describes the aspects involved in designing quality web-based mental skills education (MSE) environments. The framework is grounded in the literature of web-based learning--and sport psychology theory and practice. The core of the framework is the web-based educational environment. In order for web-based MSE to be effective, it should involve the athletes in environments that promote active learning. The following five characteristics of quality web-based MSE environments are outlined and discussed: (a) self-directing, (b) meaningful, (c) accommodating, (d) reflective, and (e) social. Careful consideration is also given to four elements suggested to facilitate the- creation of a quality web-based MSE environment: (a) quality resources, (b) quality consulting approaches, (c) quality use of technology, and (d) quality service. This framework may provide some direction for mental skills educators beginning to explore web-based MSE and for researchers wanting to study the effectiveness of the web as a means for MSE. SIRC has this Serial Analytic

SIRC ID: S-963104

Title: Winning the willpower war: focus on in-the-moment choices to make your exercise and healthy eating plan stick.  
Author(s): Cantwell, S.  
Language: Eng Total Pages: 2 Notes: Lifestyle coaching.  
Call Number: GV482.P4 #40  
Suggests that a successful and long-standing physical fitness program does not necessarily require determination and willpower but rather a daily commitment.

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#### 4. Arizona Cup 2005 International Archery Tournament

The Arizona Cup 2005 International Archery Tournament cordially invites you to compete in our 16th annual championship. This is an important tournament for our USA archers as it is a qualifying tournament for the United States Archery Team.

Alan Huff, *President, Arizona State Archery Association*  
Michael Koistinen, *Tournament Director*  
Janice Price, *Registration*

Tournament webpage: [www.arizonacup.com](http://www.arizonacup.com)  
Arizona State Archery Association webpage: [www.azarchery.com](http://www.azarchery.com)  
E-mail: [info@arizonacup.com](mailto:info@arizonacup.com)

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#### 5. FITA

Dear Friends,

Attached is the official invitation to the 2nd FITA World Archery Coaching Seminar to be held on February 12-16, 2005 in Busan (KOR).

#### **Pascal COLMAIRE**

*Technical & Training Director of the*

#### **Fédération Internationale de Tir à l'Arc**

Avenue de Cour 135, 1007 Lausanne, Switzerland

Tel.: +41 (0)21 614 30 50 Fax: +41 (0)21 614 30 55

E-mail: [pcolmaire@archery.org](mailto:pcolmaire@archery.org) Website: [www.archery.org](http://www.archery.org)

Dear Archery Coach,

As pre-announced, we are confirming that the 2<sup>nd</sup> FITA World Archery Coaching Seminar will be held on February 12-16, 2005 in Busan (KOR).

Objective: Create an exchange opportunity and an interaction between National Coaches, for the benefit of archery development worldwide.

Level: from Intermediate to Elite;

Duration: 5 days, including visits of Archery Teams, Traditional Archery Clubs. Visit of an archery Manufacturer on the way back to the airport on February 16.

Location: Busan University (Korea)

Date: Arrival date: February 11

Departure Day: February 16 (possible form 15 evening)

Note: on February 16 a bus will drive the participants from Busan to W&W factory, then to Seoul airport. This visit is not mandatory. Please schedule a flight back late afternoon on February 16 from Seoul airport.

The participants who will chose to fly back directly (without the visit) have to arrange their own flight from Busan airport. They can leave from February 15 evening.

Local transport: provided free of charge, including from Busan to Seoul airport on the way back for those who will visit the bow maker.

Agenda:

- Point on Level 2 Coaching Manual;
- Lectures / Workshop: Technique – Archery specific sport sciences (Psychology – Physiology...) – Equipment – Programming (Training Plan) – Successful Coaching Experiences

Lecturers:

Three following lecturers have already been selected, they are:

KiSik LEE (KOR-AUS): Bio-mechanic in Archery  
Matt CLELAND (USA): Compound Bow (Cams)  
UM Sung-Ho (KOR): Strategies for staying focused during Competition.  
FITA Coaches Committee members: Level 2 Coaching Manual  
Pascal COLMAIRE: New FITA programs (Beginner Awards – Do your equipment yourself- ...

An additional selection run is under progress including a presentation of the FITA book “Sports Medicine and Science in Archery”

Accommodation:

Room cost: US\$ 20 per person per night in double occupancy  
US\$ 30 dollars for a single room.

Food cost: There are many restaurants around the University of Busan. A meal is US\$ 15 to 20. Breakfast is around US\$ 6.00  
Participants can use the University restaurant, where western buffet style is available

Budget: Free registration.  
Participants have to pay their travel, room and hotel.

Registration:

Process: Complete the attached registration form and send it to FITA office (email will do).

Participants number: Not limited

Limit per nation: None

Registration deadline: January 28, 2005

Information:

Pascal COLMAIRE

*Technical & Training Director of the  
Fédération Internationale de Tir à l'Arc*

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Kang Seo-Ku

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Registration form to the 2<sup>nd</sup> FITA World Archery Coaching Seminar  
February 12-16, 2004 in Busan (KOR)

Our National Archery Association (name):

registers the following person(s) to the course:

Participant #1:

- Name and first name as written on the passport:
- Complete postal address:
- Phone number:
- Fax number or an Internet address:
- Passport number:
- Gender:
- Date of birth:
- Departure airport:
- Expected arrival date (February 11, as long as possible):
- Expected departure date (late February 16, as long as possible):
- We have found the following itinerary
  - flight number:
  - departure date:
  - return date:
  - airfare (optional information) :
  - travel agency (optional information: name, phone and email):

Participant #2:

- Name and first name as written on the passport:
- Complete postal address:
- Phone number:
- Fax number or an Internet address:
- Passport number:
- Gender:
- Date of birth:
- Departure airport:
- Expected arrival date (February 11, as long as possible):
- Expected departure date (late February 16, as long as possible):
- We have found the following itinerary
  - flight number:
  - departure date:
  - return date:
  - airfare (optional information) :
  - travel agency (optional information: name, phone and email):

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**6. In Brief**

- This is an annual reminder that **coaches** qualify for FCA's insurance programme only when they are members of FCA. Don't forget to renew your membership!
- FCA/COA VISA application information is available through your local Royal Bank. Join up today!
- Don't forget that the FCA mailmatch programme 2005 started on January 1. To register your club, please contact Andrew Webber at Awebber@nl.rogers.com or use: <http://www.fca.ca/MM/mailmatchinfo.html>
- February 19-20 Medicine Hat, AB Indoor 3D championships information is available at: <http://www.fca.ca/UpcomingShoots/2005/05indoor3d.html> or [www.spitz3d.com](http://www.spitz3d.com)
- The bilingual 2005 Championships website, with registration form, is up and running at: [www.archerynb.ca/national2005](http://www.archerynb.ca/national2005)
- International Olympic Academy in Olympia, Greece - To learn more on how to apply, please find complete information regarding the application process at <http://www.olympic.ca/EN/education/academies.shtml#3> . Applications must be received at the COC Toronto office by 5:00 p.m. EST, Friday, February 11, 2005.
- For Recurve Archers: 2005 Athlete Assistance Programme Criteria is listed at: <http://www.fca.ca/ex/05aapcriteria.html>
- FCA's Conflict of Interest Policy is on-line at: <http://www.fca.ca/policy/conflictpolicy.htm>
- Canada Cup May 13-15, 2005
- 2005 NAA Target Nationals July 30-August 5 in Colorado Springs, CO.
- 5<sup>th</sup> Korean International - accommodation & meals covered by OC May 16-20, 2005 For further information: Korea Archery Association, #901, 88 Olympic Center, Oryun-Dong, Seoul, Korea, Tel: +82 2 420 4263, +82 2 422 3627, Fax: +82 2 420 4262, Email: [archery@sports.or.kr](mailto:archery@sports.or.kr).
- FCA outdoor championships rotation schedule is available at: <http://www.fca.ca/policy/champrotation.html>
- FCA continues to recognise the accomplishments of its volunteers, coaches and athletes. Listings are available at: <http://www.fca.ca/volinaction.htm>
- 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>
- 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>
- Championship results needed 3D 1996, indoor 1975, 1977, 1984, 1987. Contact Al Wills at: [alwills@shaw.ca](mailto:alwills@shaw.ca)

## MEETINGS

Ottawa

05-01-29/30 Executive Committee / Comité exécutif

## RÉUNIONS

09:00

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## 7. Call for tournaments 2005

All clubs, with the exception of those in Québec and Manitoba, should send their **FITA Star** tournament requests to the national office **NO LATER THAN 60 DAYS IN ADVANCE**. Pre-payment is mandatory. Clubs in Québec and Manitoba should contact their provincial archery office. The costs remain the same: \$40 per round + \$2.80 GST = \$42.80 per round. Send requests to the FCA national office at:

#200 - 2460 rue Lancaster Road, Ottawa, ON K1B 4S5

- FCA publishes **only** those tournaments for which payment has been received.

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## 8. FCA Regional Indoor Championships 2005

Clubs wishing to host the FCA Regional Indoor Championships, March 5 and/or March 6, 2005 may register online now using the "Register Host Site" link at:  
<http://www.e-bizinus.com/fca/indoors/SiteDirectorHome2005.htm>

March/mars Site	Contact	
05		
Lévis, QC	M-P. Beaudet	canadien2005@ca.inter.net
Tecumseh, ON	S. McKenty	sean.mckenty@sympatico.ca
Delisle, SK	G. Henderson	harppe@sasktel.net
Victoria, BC	T. Klat	tklat@islandnet.com
Ottawa, ON	D. Luck	luckd@dfo-mpo.gc.ca
Red Deer, AB	G. Armstrong	caaa@shaw.ca
Selkirk, MB	S. Irwin	lsirwin@mb.sympatico.ca
Estevan, SK	M. Wanner	monai@sasktel.net
Richmond, BC	M. Davison	(604) 448-8740
March/mars		
06		
Duncan, BC	E. Walker	earch@shaw.ca
Winchester, ON	L. Smith	southnation@cyberus.ca
Caledon, ON	B. Savage	bruce_savage@rogers.com
Ottawa, ON	D. Luck	luckd@dfo-mpo.gc.ca
NanOOSE Bay, BC	M. Miller	mike.stellamiller@shaw.ca
Edmonton, AB	S. Eacott	targetcoord@crarchery.ca
Halifax, NS	C. Langlois	claudelanglois@ns.sympatico.ca
Trois-Rivières, QC	D. Chartier	archersmirador@videotron.ca
Minnedosa, MB	T. Dressell	tdressell@mts.net
Delisle, SK	G. Henderson	harppe@sasktel.net
The Pas, MB	G. Lagace	ginnies@mts.net
Winnipeg, MB	R. Garrod	garrodr@mb.sympatico.ca
Estevan, SK	M. Wanner	monai@sasktel.net

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## 9. MICA 2005

The MICA Event may be held any time between January 1 and April 30, 2005.

<http://www.e-bizinus.com/fca/MICA>

Host Clubs must register for MICA using the above link by **January 15, 2005**.

	Site	Contact	
Feb 05	Victoria, BC	T. Klat	tklat@islandnet.com
Feb 06	Halifax, NS	C. Langlois	claudelanglois@ns.sympatico.ca
Feb 06	Delisle, SK	G. Henderson	harppe@sasktel.net
Feb 26	Selkirk, MB	S. Irwin	lsirwin@mb.sympatico.ca
Feb 26	Estevan, SK	M. Wanner	monai@sasktel.net
Feb 27	Winnipeg, MB	J. Vogelsang	bowhunt@shaw.ca
Feb 27	Minnedosa, MB	T. Dressell	tdressell@mts.net
Feb 27	The Pas, MB	G. Lagace	ginnies@mts.net
Feb 27	Winnipeg, MB	R. Garrod	garrodr@mb.sympatico.ca
Mar 06	Trois-Rivières, QC	D. Chartier	archersmirador@videotron.ca
Mar 13	Caledon, ON	B. Savage	bruce_savage@rogers.com
Mar 13	Ottawa, ON	D. Luck	luckd@dfm-mpo.gc.ca
Mar 20	Winchester, ON	L. Smith	southnation@cyberus.ca

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## 10. News from the High Performance Committee

Introducing Excellence 2008! Sign up today at: <http://www.fca.ca/Exintro.html>

Effective January 1, 2005 all score cards must be accompanied with the full results sheet from registered tournaments in Canada in order to use the score for Excellence ranking.

Funding to FITA World Target Championships, Madrid 2005:

FCA will advertise soon for the national team coach position. Two regional team coaches will accompany the team. All 3 positions will be fully funded by FCA. FTAQ and FCA will fund 50% of the costs to send a qualified FTAQ-sanctioned level 3 coach to Madrid. Any residual funding will be applied to athlete travel according to squad ranking for that team.

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## In Closing

The FCA national office will be open January 24-28 from 07:30 to 15:30 ET. See you next week!