



Archery Club

Handbook 2013-2014

613.733.5100 www.racentre.com

RA Archery Club Executive Committee

Co-Chairpersons
Irene Hay and Janice Clark

Secretary/Treasurer
Alex Foo

Social
Greg Lick

Marketing/Publicity
Troy Roberge

Tournament Co-ordinator
Shawna Muldoon

House League & Mail Match Co-ordinator
Doreen Howes

Junior CANBOW Volunteers
Shawna Muldoon & Executive Members

RA Members' Code of Ethics

All members are requested to abide by the following Member's Code of Ethics:

The Recreation Association of the Public Service of Canada is an Association of members of similar ideals who:

- Respect people and property;
- Support the activities to the maximum degree possible;
- Strive to achieve safe and honourable participation;
- Take pride in the RA and exhibit sportsmanship;
- Participate to have fun and be fit.

The Association is committed to providing an environment that is free of violence and harassment for all members, visitors and employees.

Welcome and thank you for joining the RA Archery Club

Welcome to the RA Archery Club. Our mission is to encourage participation in the sport of archery for all ages by offering an environment and innovative programs to ensure that the needs of both current and potential participants are met.

This handbook is designed to help you find information about the Club, its programs and provide a brief explanation of our Club guidelines. If there is anything you don't understand, just ask the RA's Member Services Staff. They will be happy to answer any of your questions on the Club and/or the Association in general. Member Services staff can be reached seven days a week by calling 613-733-5100 ext. 360.

The RA Archery Club is open to adult archers who have completed the Level one course at the RA Centre or equivalent, have their own equipment and have a good understanding of range safety. The Club provides open shooting time (standard distance of 18m) and hosts International Archery Federation (FITA) tournaments throughout the year. The Club is strictly target shooting oriented and does not permit broadhead arrows, glue on or push on points. The maximum allowable draw weight for bows to be used at the range is 60 lbs.

Archers who have experience in archery but have not completed the Level one course at the RA Centre must be assessed before joining the Archery Club. An assessment fee of \$35.00 is payable to the RA Centre.

Juniors, ages 8 to 18, are welcome to join the Archery Club and can shoot any time that the range is open for practice providing they meet the following criteria: i) have their own Archery equipment, ii) completed Level 1 & 2 of the Club's instructional programs, and iii) have approval of the Club's Instructors. Please note all Junior Club members 16 and under must be accompanied by an adult at all times with the exception of the Club supervised CANBOW Program time on Sunday afternoons.

Principal shooting times:

Wednesday & Friday:	6:00 pm to 10:30 pm
Saturday:	8:00 am to 4:00 pm
Sunday:	8:00 am to 4:00 pm

Independent practice time:

Weekdays:	8:00 am to 5:30 pm and other times when the range is not in use for Instructional programs or other special events/bookings
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CANBOW Program:

Sunday:	4:00 pm to 6:00 pm
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CANBOW is a multi-level progressive badge program, and is supervised by Club Volunteers. This program, open to all Junior Club Archers, operates on Sunday afternoons between 4:00 and 6:00 pm (except on holidays) from September to June. Juniors can utilize the Club equipment during this session at no extra charge; however nominal fees shall apply to cover the cost of badges and targets at each level of this program. In house fun tournaments are held twice yearly for members in the program. Please contact the Executive for information at RACentreArchery@gmail.com.

The Archery Range is closed during Archery Instructional Programs and on weekdays during the summer camp season. The majority of the instruction programs are held on Monday, Tuesday and Thursday nights between 6:00 pm and 9:00 pm. Please refer to the RA Archery Club page on the RA website (www.racentre.com) for specific dates and times of instruction.

Getting started

When you join the RA Archery Club you will receive two cards: your Membership Card and your Club Identification Card. You will need to use both cards while at the club. Your membership card will enable you to sign out the keys, and your identification card must be worn when you are in the range. If you have not received your Club ID, please contact the Club Chair at RACentreArchery@gmail.com. Members are also required to sign into the Member Range Usage Registry on every trip to the range. This book is located at the back of the range.

Accessing the Range

Adult members can sign out the Archery Range door key from the Member Service Staff at the RA's East Wing Office upon presentation of their RA Archery Club Membership card. Generally the first member to arrive will sign out the range key and open the range. Please ensure the key is returned to the Staff at the East Desk and the range is secured when no longer in use. Junior members 16 years and under must be accompanied by a supervising adult, in order to sign out the range keys. Both parties are to sign for the key.

RA Archery Club Range Rules

1. Members must display their Archery Club Identification Card while active in the range.
2. Members must sign the range registry (located at back of range) on every visit.
3. Members may host guests during club hours. (See the Club's Guest Policy)
4. Archers shall not nock an arrow until EVERYONE is back behind the shooting line.
5. Archers shall not leave target nails in the buttress.
6. Archers should place targets on the entire butt for even wear.
7. All archers must shoot 18 meters, unless agreed upon by all members in attendance.
8. Maximum draw weight of 60 lbs for recurve and compound bows.
9. No BROADHEAD or PUSH IN POINTS of any kind.
10. Bow must be drawn level to the target at all times.
11. Maximum 3 arrows per end, unless agreed upon by all members in attendance.
12. The RA Archery Club reserves the right to refuse anyone shooting worn or dangerous equipment at any time.

Club Special Events

Throughout the year, the Club holds a variety of events; fun nights, registered tournaments, including Indoor Provincials and Indoor Nationals, Mail Matches and a league night. Members are encouraged to participate in multiple events and get to know others with the same love of the sport. The events are posted on the bulletin board located at the back of the range. Checking events on a regular basis will ensure that you do not miss out on these fun activities.

Tournaments

The Club holds tournaments throughout the indoor season. No qualifying scores are required to shoot at any Canadian tournament. We encourage all members to come out and enjoy the company of fellow members at registered shoots. Anyone wishing to participate in the Registered Tournaments must register at the East Member Services desk. For the practice shoots, sign-up sheets will be posted at the back of the range. Archers who wish to compete at a Provincial and National level must be members of the Ontario Association of Archers (OAA) and Archery Canada. Membership in the OAA includes your Archery Canada membership. The OAA website is www.oaa-archery.on.ca and for the Archery Canada www.archerycanada.ca. Supporting your Provincial Sport Organization (PSO) helps to grow archery throughout our province.

Guest Policy

As a member of the RA Archery Club you are encouraged to introduce others to our sport. Each member may sponsor a guest for a one-time free visit to the club. In order to do so, you must have a valid member card and your guest must present photo identification when registering. To register: the Member and Guest must meet with Member Services at the RA's East Registration Desk and sign in on the Archery Club Guest Roster. Once signed in, the Guest will be given a Visitor Day Pass to wear while in the range. Members please note that by registering a guest you have agreed to be responsible for the action of your guest including the responsibility to pay for any damages that may occur.

Other useful Information

The Club Executive members are shown on page 2 of this handbook and posted on the bulletin board at the rear of the Range. If you wish to contact the Executive, please send a note to: RACentreArchery@gmail.com.

The switches for the target lights are located 2/3 down range on the left hand side and just in front of the buttresses on the right hand side. Please remember to turn the lights off if you are the last one in the range, and ensure the door is locked.

Targets are available for a minimal fee. Please ask any one of the Club Executive should you wish to purchase some of the Club targets.

Archery & Fitness Membership

Adult Archery members are eligible for a discount on a fitness membership with the RA's LifeFIT Centre. This is an excellent complement to your archery membership! Complete details on LifeFIT services and programs are available from the Member & Guest Services. Interested? We will be happy to arrange a complimentary one-time visit for you. Just give the LifeFIT Centre's staff a call at 613-733-500 ext. 312.

Archery Club Newsletter

The RA Archery Club newsletter will be posted on the archery page of the RA website www.racentre.com. If you would like to receive an e-copy please contact the Club Executive at RACentreArchery@gmail.com.

Instructional Program

Members are encouraged to share the information on our Instructional programs with those who may be interested in trying Archery.

The Association offers instructional program for those interested in mastering the sport. These classes are available to juniors (8 yrs and older), Families (parent and child), and Adults. Equipment is provided for the classes.

Level 1 program emphasizes safety and covers the fundamentals of recurve target archery. Archers are taught the 10 steps of the archery shot: stance, nocking, bow hand, string hand, pre-draw, anchor, aim, release, follow-through and relax.

Level 2 program is a more in depth continuation of the Level 1 instruction and is recommended for those archers who wish to continue at the club level and/or have an interest in competition. This program will continue to develop archery technique with emphasis on form. Highlights include an examination of personal form, equipment selection and types of competition.

For further information on the Level one and/or Level two Archery Classes, visit the Archery page on www.racentre.com or contact RA Member Services at 613-733-5100. Register early as these classes are very popular.



(Janice Clark)

Personal Coaching

If you're looking for techniques and strategies to help you refine your skills and/or thoroughly prepare for competition, Private or semi-private coaching might just be the ticket!

The RA Archery Club is launching a Personal Coaching Program this year. No matter what your goals – our Archery Coaches will work with you to put all the pieces together to help you take your archery skill to the next level. The following coaches are available to work with you at the RA's Archery Club.

Coaches

Janice Clark is an accomplished archer and is training to become a member of Team Canada. As a trained intermediate coach through Canada's National Coaching Certification Program, Janice can help you to train to meet your shooting goals, whether they are recreational or competitive. As chief instructor for the RA Archery Club's group classes and someone who is still competing at high levels, Janice is very familiar with what it takes to perfect this sport. "Coaching is a partnership between the coach and the athlete."

Janice is joined by Jessica Clark. Jessica is a certified Beginner Coach through Canada's National Coaching Certification Program. Jessica also instructs the group classes for the RA Archery Club. Jessica has been involved in the sport since 2005. Jessica would be pleased to help you attain your goals in archery.

Please contact Janice or Jessica at xquestarchery@rogers.com and please include the name of the coach that you are requesting.

Here are some of the key details:

- Sessions can be purchased in a single one-hour session or in packages of four* or eight* one-hour sessions.
- Payment is made to the RA Centre. Sessions must be completed within 12 months of purchase.
- Training time can be arranged at a mutually beneficial time during all open range time periods.
- Please make sure to check on the booking rules pertaining to this service.

Fees:	Private	Semi-Private
single session	\$ 48 plus HST	\$ 60 plus HST
package of four	\$ 168 plus HST	\$ 210 plus HST
package of eight	\$ 288 plus HST	\$ 360 plus HST

For information and to book your first appointment, please contact one of our Coaches directly at xquestarchery@rogers.com. Janice or Jessica would be pleased to help find a time that best suits your schedule.



RA Centre

2451 Riverside Drive, Ottawa ON K1H 7X7
(613) 733-5100 www.racentre.com