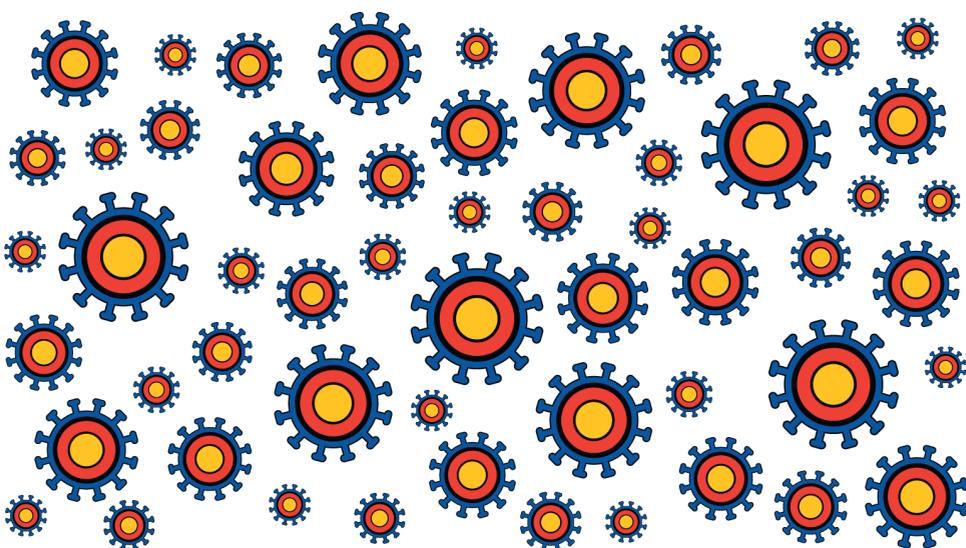




# To The Point

March 2020



Last month's newsletter highlighted all the exciting events that were going to happen in the coming months. This month, it seems the word "CANCELLED" is spreading across all aspects of our lives.

Starting with the National 3D Indoors in Chilliwack—this event will hopefully be hosted by Semiahmoo Archers in 2021, but there's no official word yet.

Then came the cancellation of the JOP Indoors and the BC Indoor Championships (Target). These events will be hosted by the same clubs in 2021. BC Indoors will be in Williams Lake on Easter weekend (April 2-4, 2021) and the JOP Indoors on April 11.

Next up was the cancellation of the Pan Am Championships and World Cups (including Olympic qualifying events). Postponing the Olympics came shortly after, but new dates have now been released.

For our "young-at-heart" members, the Richmond 55+ Games has also been cancelled.

NAIG 2020 has been postponed to 2021 (North American Indigenous Games)



Argh.

What is not cancelled? Your ability to make the best of the situation. Take advantage of the extra time you have and make other improvements (see some suggestions below).

Please, pay attention to what the government and health agencies advise. Wash your hands often. Practice social- and physical-distancing.

Stay home, stay safe.

## Work on your mental game

An important part of your archery training should include working on your mental game. There are many sites online and on Facebook that provide insight on how to get your head in the right space.

Check out [Mental Management](#): writer of *With Winning in Mind*, works with archers including Brady Ellison

Facebook pages to check out could include [Dr. Alan Goldberg](#) & [Proactive Coaching](#)

Or checkout some online books: [Grit](#), [Bring your "A" Game](#), [Mindset](#) to name a few. Search for "sport psychology" online and hundreds of links appear.

## Join an online archery league

If you have a place to safely practice your skills, satisfy your competitive urges by joining an online archery event!

World Archery has started [Beat the Outbreak](#). Each week they post a new target that you print and then shoot at short distances.

[Archery Abroad](#) has run Facebook-based tournaments since 2015.

## Get physical!

Follow some well-disciplined athletes and their suggestions for training.

Ontario's Crispin Duenas has several videos on his [FB page](#) (and [Instagram](#), etc) showing what he does to physically train and keep active and healthy.

[Archery360](#) has ideas on exercises you can do in your living room.

And don't forget about the [3-year fitness program](#) posted on the [BC Archery website](#), along with the [how-to videos](#). No better time to start!

## Take a course

Many organizations are posting their courses online.

If you help to run a club or instruct athletes, Respect in Sport and Respect in the Workplace training could benefit your organization (details on the bottom of [this webpage](#)).

Upgrade your coaching skills and take an NCCP course. [Home Study](#) and [Online](#) courses are being offered.

Want to improve your programming? The [Canadian Women & Sport](#) organization is offering free webinars. [Sport for Life](#) and Sport Law Group offer low-cost webinars.

For all athletes, the [Canadian Sport Institute](#) Speaker Series is being offered for free! This is normally only available to Targeted athletes and coaches.