



[www.victoriabowmen.com](http://www.victoriabowmen.com)

## **THE VICTORIA BOWMEN ARCHERY CLUB**

**EXPLORE THE ANCIENT SPORT  
OF ARCHERY!**

The Victoria Bowmen Archery Club would like to interest you in the ancient and competitive sport of archery. We are able to provide training, coaching, assistance with equipment and indoor and outdoor practice facilities to promote archery for ages 8 and up. Entire families are able to learn the skills of a sport which can be enjoyed year-round and which will last a lifetime.

### **OUR HISTORY**

The beginnings of the Victoria Bowmen date back to 1949 when the club began as the Maquinna Bowmen, named after a famous First Nations Chief of Vancouver Island. Over the years, the Victoria Bowmen has gained the reputation of being one of the strongest and most progressive clubs in Canada. We have hosted events such as the Vancouver Island Championships, the Pacific Northwest Archery Association Championships, the British Columbia Championships and several times the Canadian National Archery Championships, most recently in 2003. In 1997 the club distinguished itself by hosting the World Archery Championships, at which almost 400

archers from all over the world competed in Victoria. The club continues to enjoy legacies from that international event.

Many archers from this club have been members of Canada's International and Olympic Teams. Judges from this club have officiated at International Archery events around the world. The club is affiliated with the British Columbia Archery Association and Archery Canada, whose logos appear below.



### **ABOUT THE SPORT**

Archery is the sport of shooting an arrow at a target with the use of a bow. Archery has historically been used for hunting and combat, but in modern times it is primarily a recreational sport. Target, 3D and Field archery formats are the main competitive sub-sports of archery, while bow hunting is also popular, particularly in North America. Competitive archery can be a very fulfilling sport that can last a lifetime. It is not necessary to be athletic to participate in archery and it is also a sport which can be enjoyed by those with disabilities. Archery is more a sport of subtle technique, the ability to remain relaxed while in tension, controlled breathing, muscle memory and focus. Most of our club shooting activities are designed for families to be able to participate together.

### **TYPES OF ARCHERY**

The most popular of styles archery equipment are:

**Recurve** – the only equipment allowed in Olympic competition. Includes sights and stabilizers.

**Compound** – high technology bows with cams to reduce draw weight but keep arrow speed high. Release aid allowed.

**Barebow** – usually a wooden recurve bow, but no sighting aids are allowed.

**Traditional** - long wood bows and wood arrows, sometimes handmade by the archer.

The most popular formats of archery competition are:

**Target** – typical 10 ring targets of various sizes and at various distances, depending on the competition.

**Field** – targets set up in forest settings on uneven ground and at various distances.

**3D** – like Field Competition but the targets are 3D foam animal shapes.

### **FACILITIES**

Our new outdoor range is located 100m southeast of the corner of Watkiss Way and Burnside Road West, in View Royal, immediately south of the Galloping Goose BikeWay. We are continuing to develop this range and hope for completion by 2011. Club outdoor shooting is normally Wednesday evenings 6-9PM and Sunday afternoons 12-4PM.

The club shoots indoors from October through April at The Saanich Commonwealth Place,

3646 Elk Lake Drive on Sundays from 12-2PM. We are hoping to also obtain a shooting time for Wednesday evenings there.

### **LESSONS and COACHING**

The Victoria Bowmen provides regular youth and adult archery lessons, usually held at Saanich Commonwealth Place in winter and at our outdoor range in summer. The club offers a significant discount on club membership fees with successful completion of the adult lessons. Lessons always encompass safety rules and the participants are insured.

As you become proficient in the sport you can seek out assistance from our National Coaching Certification Program (NCCP) qualified coaches. Coaches from the Victoria Bowmen have coached Olympic, Pan-American, World and countless National and Provincial teams. Our instructors have introduced literally thousands of archers to this fascinating sport. The wealth of experience in the club is second to none!

### **THE SOCIAL ASPECTS**

Members of the Victoria Bowmen are from all walks and ages of life, joined together by interest in the sport. The club is known for its friendliness and camaraderie. We sometimes have impromptu social gatherings after shooting. Furthermore, our club tournaments are much more than just competition; they provide excellent opportunities to meet other people with the shared interests.

### **EQUIPMENT**

All the archery equipment you need is provided when you take lessons from the club. If you decide to continue with archery afterwards, it is not necessary to spend a lot of money on equipment. However, we strongly

suggest that before you purchase archery gear that you take lessons first and then talk to the coach and other club members to determine an appropriate bow length and weight and appropriate arrow lengths and spines as these are vital for safety and overall enjoyment of the sport. A complete junior archery kit can run at about \$200. Top-of-the-line gear for a competitive archer ranges from \$500 up to \$2000. Our members will be delighted to help you make the right decisions in this regard.

### **INTERESTED? COME HAVE A LOOK!**

We're more than interested in having you investigate our sport, and perhaps give it a try. If you would like more information you can contact the Victoria Bowmen through the information at the end of this page. Or feel free to come out on any shooting day or evening and approach any member. They will be glad to meet you and answer your queries.

### **SAFETY and INSURANCE**

Safety is the number one priority of the Victoria Bowmen. The first lesson entails learning archery safety basics. Members of the Victoria Bowmen are insured through Archery Canada against injury resulting from an archery accident. This insurance is included in the club's membership fee.

### **MEMBERSHIP**

Membership enables you to use the Victoria Bowmen indoor and outdoor facilities, to obtain insurance, to enter club, national and international competitions, to receive our newsletters and emails, to participate in social events and to receive the BC Archer Magazine electronically 4 times per year.

### **CONTACT INFORMATION**

**Website:** <http://www.victoriabowmen.com>

**Adult Lessons and Equipment:** George Trattner, 250-384-9936

**Junior Lessons:** Helena Myllyniemi, 250-384-9936

**Membership:** Larry Gagnon, 250-382-1266

**Club President:** Al Wills, 250-474-4909

**FaceBook:**  
[facebook.com/VictoriaBowmen](http://facebook.com/VictoriaBowmen)

**Twitter:** [twitter.com/#!/VictoriaBowmen](http://twitter.com/#!/VictoriaBowmen)

**BC Archery Association:**  
<http://archeryassociation.bc.ca>

**Archery Canada:** <http://archerycanada.ca>

**International Archery Federation (FITA):**  
<http://www.archery.org>

