



DSA Newsletter

WELCOME NEW MEMBERS

Please help us in welcoming our new member:

Vonda Corridori



Everyone remember to introduce yourself to Vonda and her family.

Representing USA!!!

Andrew Park

is part of the

USA 2017 World Youth Archery Team

Congratulations Andrew!

A lot of commitment and dedication goes into getting to this level. Way to go!

Upcoming Dates:

USA Archery Outdoor Nationals (Indiana)	8/2-8/7
Competitive Practice (6:30-9pm)	8/2
Team Practice (7:30-9pm)	8/4
Ben Avery Clinic (8:00-9:30am)	8/5
Competitive Practice (6:30-9pm)	8/9
Team Practice (7:30-9pm)	8/11
SUMMER SIZZLE	8/12 & 8/13
Competitive Practice (6:30-9pm)	8/16
Beg/Int Class-Session 4, Class 1	8/18
Team Practice (7:30-9pm)	8/18
Competitive Practice (6:30-9pm)	8/23
SoCal Showdown	8/24 -- 8/26
Beg/Int Class-Session 4, Class 2	8/25
Team Practice (7:30-9pm)	8/25
Competitive Practice (6:30-9pm)	8/30

N.B.V.O. — Next Big Volunteer Opportunity!!!! (WE NEED YOU!!!)

Summer Sizzle Tournament (more information to follow)

August 12th & 13th: Friday—Setup
 Saturday—various opportunities
 Sunday—various opportunities



2015 Podium X 40 (Teal color)
 40 to 50 lb limbs
 28.5" DL
 With a set of new custom strings
 \$800.00

2013 Spyder 30 (Red Anodized color)
 30 to 40 lb limbs RTX cams
 25.5" DL
 Hoyt NAP fall away rest
 Purple soft case w/storage pockets
 \$400.00

Contact : Tony Certo
 (602) 206-5688 or (602) 725-1618

Abyss Thumb Release
 \$100

Contact: Rick Bachman
desertskyarchers@gmail.com

8 Victory V Force arrows for sale.
 Compound, 20-40 pounds. \$25.
 (Good entry level arrows)

Contact: desertskyarchers@gmail.com



Sureloc Knob Kit—Pink \$25
 16" Falcon Side Rod \$25

Gloss Black Hoyt Ruckus with green accents with Sureloc scope, Lil' Freak Show rest, Falcon 30" stabilizer with 16" side bar and green weights (RH)
 \$650 obo

Contact: Troy Morgan
Troyj.morgan@gmail.com

VOLUNTEER OPPORTUNITIES:

- Flyer Distribution—local businesses that have bulletin boards (please see Rick for flyers)
- Ben Avery Archery Clinics



NEXT DSA SPONSORED EVENT

Summer Sizzle Tournament

August 12th & 13th: Friday—Setup, Saturday—various opportunities, Sunday—various opportunities (more information to follow)

(REMINDER: DSA sponsored events generate revenue for our club and help keep our membership fees low—if we can't get volunteers, events get cancelled = Fees go up!)

HAPPY BIRTHDAY!

Samantha Allen—8/19



Lesson Schedule for August:

Aug 2 25 meter shooting
Aug 4 25 meter shooting
Aug 5 BASF archery clinic need volunteers

Aug 9 target visualization
Aug 10 evening sound system and bale repair
Aug 11 tourney prep and free shoot
Aug 12-13 summer Sizzle

Aug 16 Team rounds
Aug 18 Balance

Aug 23 pin shoot
Aug 25 pin shoot

Aug 30 Balance



* Though our coaches will work very hard to adhere to this schedule, the lessons are subject to change due to unforeseen circumstances.

COACHES CORNER

PLAY
LIKE
YOU'RE
IN FIRST.
TRAIN
LIKE
YOU'RE
IN SECOND.

THE MORE THEY BURN THE BETTER THEY LEARN



YOUR
CHILD

AMOUNT OF
ACTIVITY

VARIOUS
ACTIVITIES

ACADEMIC
ACHIEVEMENT

Did you know that kids who are physically active get better grades?

Research shows that students who earn mostly **A**s are almost twice as likely to get regular physical activity than students who receive mostly **D**s and **F**s.

Physical activity can help students focus, improve behavior and boost positive attitudes. Do what you can to help your child be physically active, be it running, biking or swimming. Any type of physical activity is good, and 60 minutes a day is best. Their grades will thank you!

Balancing School With Extracurricular Activities

Are your kids overscheduled? Here's how to tell if they're taking on too many activities, and how you can help them find a good balance.

By [Lynn Yoffee](#)

Medically Reviewed by [Pat F. Bass III, MD, MPH](#)

"Go outside and play!" That was the edict most parents used to issue to children just a few decades ago. But today's world isn't quite as safe, and so activities and play have become more formalized. Going to college is more common today, too, which means added pressure to do well in school as well as in activities outside of school. All of this adds up to more involvement in a slew of extracurricular activities. The challenge: Helping your kids maintain a healthy balance between school and the myriad of extracurricular activities they have on their plates.

"There's definitely less informal play these days," says George W. Shannon, MD, FAAFP, a family physician in Georgia who is on the board of directors of the American Academy of Family Physicians. "Good parents have concerns about kids in unsupervised environments. We've all heard horror stories about kids being snatched. I used to wake up and get on my bike at 6 in the morning and come back at dark. Today there are more structured activities. I'm glad because, in the absence of free-form play, there would be nothing for them to do." There is also some parental pressure for kids to succeed. "You must make sure you don't put undue pressure on kids when it comes to extracurricular activities," Dr. Shannon says. "The kids will be stressed. When our plates are too full, we might be short-tempered; we feel rushed. I've seen some kids who are tremendous over-achievers. Some kids can handle it and others can't."

Finding the Right Balance: School and Extracurricular Activities

Here are some tips from the Children's Hospital of Philadelphia to help your children maintain a good balance between academics and activities:

- **Check in on time management.** Get together regularly with your children to make sure their involvement in extracurricular activities isn't negatively impacting their academics. Discuss scheduling and time management to be sure they are not overwhelmed.
- **Divide your attention equally.** Be sure that you spend as much time with your child going over schoolwork as you do in helping to prepare for a school play or practice for a ball game.
- **Don't push in the wrong direction.** Encourage your children to get involved in at least one club or activity of their choosing. If you push them into an extracurricular activity they don't like, they may wind up resenting the activity and possibly you.
- **Promote real-world activities.** Getting involved in a language club or the school newspaper makes learning a child's favorite subject, such as English or Spanish, even more enjoyable.
- **Encourage role models.** Kids need the friendship and inspiration found in the relationships with teachers, counselors, and coaches that develop during extracurricular activities.
- **Foster friendships.** Allow children to be involved with friends as part of these clubs to build lasting relationships.
- **Teach them about teamwork and competition.** Encourage an interest in sports or other activities that require tryouts and competition. Kids will learn the value of good teamwork and competition.
- **Talk about good sportsmanship and build strong self-esteem.** Being involved in extracurricular activities can sometimes mean losing or winning an event or competition. Help prepare your child for those ups and downs.
- **Be honest about what extracurricular activities cost.** Make sure your child understands that extracurricular activities can often add extra costs to the family budget (for uniforms, instruments, and club fees) so that they value your financial commitment.
- **See switching gears as normal.** Don't be too upset if your child wants to change activities. It's important to try new things and switching activities is normal.

A Well-Rounded Education

The U.S. Department of Education points out that just about every school offers some extracurricular activities, from music to sports to academic clubs. Involvement can reinforce academics and help kids to learn social skills. Also, research has shown that involvement in extracurricular activities can improve a child's sense of belonging to the school and reduce his chance of failing or even dropping out.

But remember that kids are exploring what works and what doesn't, so give them some room to change. "If your child is trying to pull away from an activity, recognize that he may have too much on his plate," Shannon says. "He doesn't have to start playing football at age 7. ... Don't push kids into activities that they don't want to do."

<http://www.everydayhealth.com/kids-health/balancing-school-with-extracurricular-activities.aspx>