

Board News

Thank you to all our members who attended our recent AGM. The members present elected Gordon Harris to the Board for a term of three years.

At the September Board meeting, Lauren Barnes and Melissa Soh-Newstead were appointed to the Board as co-opted members. They bring a wealth of experience, which you can read about in this newsletter.

We now have a full Board of seven members and are looking forward to working together.

The Board has published the proposed Constitution and is seeking feedback from members. You can find more details about this process in this newsletter.

Thanks,
Katherine Watson
Archery NZ Chairperson



Archery NZ Outdoor National Championships 2025

Archery New Zealand invites entries to the National Outdoor Championships from archers who are affiliated members of Archery New Zealand or affiliated to World Archery.

Archers entering the Championships and Matchplay Open events may compete in the following divisions:

- Barebow, Compound, Longbow, Recurve, Traditional.

In the above divisions, archers may elect to compete in the following competition classes:

Open, U11, U14, U16, U18, U21, M50+, M65+ and Development. Novice class is not offered archers in their first year of archery may choose to compete in their relevant age class, or the Development class.

Program:

Friday 18th & Saturday 19th April, Archery NZ National Field Championships at Massey Archery Club, Kumeu.

Sunday 20th April, Archery NZ National Clout Championships at Rongomai Park, Flatbush.

Monday 21st to Wednesday 23rd April – Archery NZ National Outdoor Target Championships and Matchplay Open at Rongomai Park, Flatbush.

[The detailed Event Program can be found here.](#)

Welcome Board Members



Gordon Harris

Gordon started archery back in England in 1974 when two-part steel recurves were common. After emigrating to New Zealand, he took up archery again in 2004 at Mana Archery Club. After terms as treasurer and president he became the current club registrar managing club events and membership. Gordon has competed in all the bow classes with 163 his highest world archery ranking in 2013 as a compound competitor (He is sure the ranking is a quirk of the ANZ nationals being held in January 😊)

Gordon's background combines experiences from property development to delivering major ICT data related projects with stakeholders with disparate interests. This has involved him in multiple roles including governance and forging good relationships across cultures and boundaries.

Gordon is committed to being part of the team helping steer Archery NZ through the next three years building up a stronger cohesive organisation for its associated club members and individual members

Melissa Soh-Newstead

Melissa Soh-Newstead is a UK-qualified, NZ-trained lawyer. She is also an experienced company and board secretary and has solid experience in governance and senior management. Melissa has been named one of the NZ Lawyer's In-House Leaders for 2022 and NZ Lawyer's Elite Women for 2023.

As board-appointed board member and with her extensive legal background, Melissa brings a fresh perspective and a deep passion for fostering sports initiatives. A lifelong sports enthusiast, Melissa has been actively involved in number of sports and is eager to contribute to the NZ Archery board by leveraging her passion and dedication to support NZ Archery to achieve its goals.

Research

My name is Fernando Castellar, and I am a PhD candidate at the University of Sydney, under the supervision of Dr. Steffen Herff and Dr. Rocco Cavaleri.

We are currently conducting a survey on the prevalence of the use of music and mental imagery in the mental preparation of athletes.

The questionnaire is fully anonymous and should take less than 5 minutes to complete.

We have already partnered up with some A-Level soccer clubs, but we believe it would add great value to this study if we would diversify and include other sports modalities as well.

https://surveyswester.nsydney.au1.qualtrics.com/jfe/form/SV_aUXvwT7d4q3IZE

We can also share a final summary of the results with Archery NZ when we have completed data collection.

Thanks in advance for your time.

Best regards,
Fernando

Archery NZ new website address and new email addresses

As you will have seen Archery NZ has a new website.

It has a new address

www.archery.org.nz

The old website address will re-direct to the new website, but you should change bookmarks etc.

The email suffix for Archery NZ also changed to @archery.org.nz.

Emails to @archerynz.co.nz should redirect however if the redirect doesn't work your email will redirect to administration@archery.org.nz

Please update your email address books as soon as you can, using the prefix you require and changing only the suffix e.g. selection@archery.org.nz

Constitution Consultation

This proposed Constitution has been developed to preserve the intention of the current Constitution (approved by the membership in 2022) and to ensure Archery NZ meets the requirements for re-registration under the Incorporated Societies Act 2022. It is largely based on the template provided by Sport NZ but has been tailored to our needs.

The Board has undertaken a member consultation process. Thank you to all our members who took the time to read the constitution and provide thoughtful feedback and suggestions. At our December meeting, the Board considered all feedback and adjusted the constitution in response.

The next step is to present members with a final proposed Constitution to vote on. This is expected to take place in January and will run for two weeks, as per our Administration Rules.

Following a scrutineering process, members will be advised of the outcome of the vote via email.

National Championship information contd:

Entry Fees:

Early Bird Entry Fee (available until **15 February 2025**):

\$255 – Target & Matchplay, Field, and Clout Entry

Individual Event Entry Fees:

\$125 – Field Championship Entry

\$55 – Clout Championship Entry

\$175 – Target & Matchplay Events Entry

Other Fees:

\$50 – Late Entry Fee – mandatory for all entries received after **21st March 2025** (Closing Date for Entries) until 4 April 2025.

\$89 – Banquet Meal Ticket

More information about the entry fees, age groups etc are on the website: [National Championships](#)

Link to the [Entry form](#)

Trophy and Awards

As Trophy Steward for Archery New Zealand Inc, I would like to thank donating donors, recognising their support and generosity adding a range of new trophies for Archery New Zealand competitions. This recent donation of trophies has increased the number of trophies awards available for barebow archers.

The new trophies include:

- Four Champion of Champion Trophies for Archery NZ National Outdoor Championships
- Junior Men & Women Barebow and Youth Men and Women Barebow – Donated by the Lees Family, Auckland
- Two shields for Archery NZ National Indoor Championships - Barebow Open Men and Women - Donated by Manawatu Archery Club
- Two shields for Archery NZ National Indoor Championships - Barebow 50+ Men and Women - Donated by an Anonymous donor
- Two shields for Archery NZ National Outdoor Championships – Target Championships – Under 18 Men and Women – Barebow. Donated by Anna and Graeme Robb from Christchurch Archery Club
- Two trophies for the North Island Championship - Barebow Open Men and Women – Donated by Nicky Luis (photos not available as yet)

Once again on behalf of Archery NZ , I would like to thank each and every one of these generous donors.

Marianne Grant – Trophy Steward

If you are thinking of donating a trophy– please connect with the Trophy Steward, trophysteward@archery.org.nz to confirm where there is availability for trophies.



L to R: C of C Jnr Men's BB, C of C Jnr Women's BB, C of C Youth Men's BB, C of C Youth Women's BB

From Top to Bottom: Indoor BB Open Men, Indoor BB Open Women, Outdoor Target U18 BB Women, Outdoor Target U18 BB Men, Indoor Nationals BB 50+ Men & Women



Congratulations to Franklin County Archers

In late November, Franklin County Archers were awarded the Mealamu Security Club of the Year at the Counties Manukau Sporting Excellence Awards!

Regan Walters also an Archery NZ member, was a finalist for Sportsman of the Year, he was nominated amongst outstanding talent across several sporting codes and to be selected as one of five finalists is testament to his commitment and devotion to all aspects of archery.

Other Franklin Club members were also recognised:

Elisa Prattley was a finalist for Young Sportswoman of the Year, where her outstanding success and dedication to archery over the last 12 months was recognised.

Jill Gillette was a finalist for Sportswoman of the Year and was also one of six recipients of the Service to Sport award. This was a fitting award to honour Jill's commitment not only to Franklin County Archers over the last 20 years, but also to the sport of field archery throughout New Zealand.

Franklin Archery Club was one of five finalists for Club of the Year, with some stiff competition from other Counties clubs including the Icon Trampoline Club, Papakura Athletic & Harrier Club, TTT Runners and Counties Manukau Orienteering Club.

World Anti Doping Agency – 2025 Information

The World Anti-Doping Agency has published the Prohibited List 2025, comes into effect on 1 January 2025.

We encourage everyone to check out the summary of the changes: [Summary of prohibited 2025 changes](#)

The full list available from WADA - [WADA 2025 full prohibited list](#) and [Athlete and athlete support personnel guide to the 2025 list](#)

REMEMBER the 11 Anti-Doping Rule Violations (ADRV's) – watch this video. [ADVR's](#) and the part you play in keeping sport clean.

[Check medicines on NZ Global Dro](#)



Prime Ministers Scholarships – Coaches, Officials and Support Teams

A reminder that applications for the 2025 Coach, Officials and Support Team Prime Minister's Scholarships open 1 January 2025 and close at 12 pm, Friday 31 January 2025.

[Information on these scholarships is here](#)

Equipment rule reminders and a WA rule update in Book 2, Rule 7.

It is the start of the 2024/2025 Outdoor Shooting Season and a number of tournaments have already taken place. Judges report on each tournament and those reports are fed back into our case studies so that every Judge is kept abreast of new equipment, new rules and to share collective knowledge.

Two reminders about equipment for the start of the season:

Longbow Arrows: wooden arrows only.

22.5.6 Only wooden arrows are allowed with the following specifications:

22.5.6.1 An arrow consists of a wooden shaft with a tip (point), a nock (which must be attached directly to the wooden shaft(s), or self-nock cut directly into the shaft(s), fletching and, if desired, cresting. The maximum diameter of arrow shafts shall not exceed 9.3mm (arrow wraps shall not be considered as part of this limitation but may not extend further than 22cm toward the arrow point when measured from the nock groove where the bowstring sits to the end of the wrap). The tips/points of the arrows may not exceed 9.4mm in diameter. All arrows of every athlete shall be marked with the athlete's name or initials on the shaft. All arrows used in any end shall be identical in appearance and shall carry the same pattern and colour(s) of fletching, nocks and cresting, if any. The arrows used in the Longbow division shall not cause undue damage to the targets.

22.5.6.2 The points shall be of the field type or bullet, conical or cone shaped meant for wooden arrows.

22.5.6.3 Only natural feathers shall be used as fletching.

Sight scope cover/visor: not permitted.

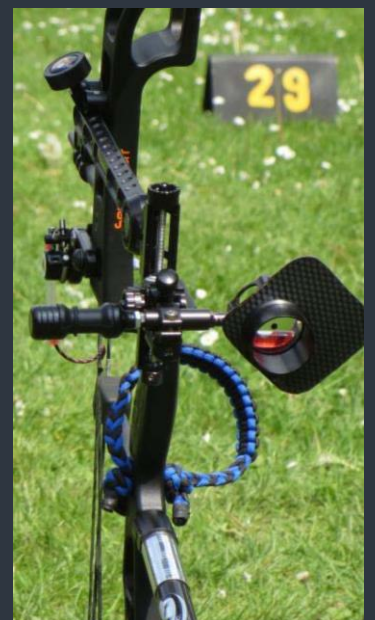
Book 3, Chapter 11, Article 11.2.3.1

The Royal Belgium Archery requested an interpretation whether the sight scope cover/visor shown right was permitted. The response from the World Archery Technical Committee: It is the decision of the Technical Committee that the bow sight cover/visor device shown in the photo on the right, or any device like it, is not legal in any division of World Archery.

This decision is due to reasons of safety. Regardless if the device may come under controversy as a ranging device or other means of judging distance, the issue of safety supersedes all other concerns.



Specialty Versa³ 3D Scope
Blocker



URGENT PLEA

Archery NZ Outdoor National Championships is in desperate need of administration helpers at the event.

Amy Lewis and Toni Pluke answered the earlier call to assist with entries etc but both are shooting in the Tournament.

Peter Russell is not available, so we need at least one very capable ICT/data wonder person to work with the IANSEO tournament program, just before and during the event. Peter is offering training on the program.

Marianne Grant is again offering her amazing services to help collate and coordinate results, scoresheet etc, as she has done many times previously.

The Nationals both this year and next year are contingent on having an administration team that can provide the results as expected by World Archery.

Please email administration@archy.org.nz with any questions etc.

Judges updates cont'd ...

The device creates a substantial visual impairment of a large section of the archery field and greatly limits the archer's ability to see people, animals or other safety issues within the area blocked by the cover/visor. As such, the device is determined to be illegal in all divisions of World Archery due to safety concerns.

World Archery Technical Committee, 4 August 2014

Bylaw 4 changes Rule 7, in WA Rulebook 2:

Lines forward and behind the shooting line.

The changes occur on the 15th of January 2025.

7.1.1.2: A waiting line shall be marked at least **3m** behind the shooting line outdoors and indoors. A media line shall be marked one meter in front of the waiting line. **The Coaching line shall be marked at least 7m behind the shooting line and the area between waiting line and coaching shall be marked as Equipment area.** A line parallel to the shooting line shall be marked 3m in front of the shooting line. **This line shall be thinner than 3cm.**

7.1.1.9: Removed

7.1.1.13: For the Team Rounds a clearly visible line shall be marked 1m behind the shooting line. This line shall be at least **5cm** wide. **Behind the 1m line shall be an athletes' area for giving reasonable space for three athletes, one coach and their equipment. If space allows, there shall be a small area marked for the judge between the two competing teams.**

7.1.1.14: Removed.

Old rules for comparison purposes.

7.1.1.2 A waiting line shall be marked at least 5m behind the shooting line outdoors and at least 3m indoors. A media line shall be marked one meter in front of the waiting line.

7.1.1.9 A line parallel to the shooting line shall be marked 3m in front of the shooting line.

7.1.1.13 For the Team Rounds a clearly visible line shall be marked 1m behind the shooting line. This line shall be at least 3cm wide.

7.1.1.14 For the Team Rounds there shall be an athletes' area marked behind the 1m line, giving reasonable space for three athletes and their equipment and a coach's area behind the athletes' area. If space allows, there shall also be a small area marked for the Judge between the two competing teams.



ARE YOU SHOOTING INTERCLUB OR ROYLE HUTTON ?

You can claim pins to add to your collection!

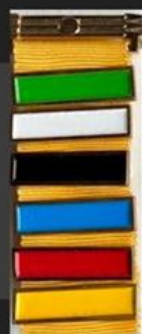
These events don't need to be registered as tournaments to be able to claim pins.
But you do need your scorecard verified by another club member.

INTERCLUB

- ✓ Five rounds from October to April
- ✓ Three distances per round (Canadian & Short Canadian)
- ✓ Distances based on bow type and age
- ✓ Perfect pins available for 55m, 45m, 35m, 25m

ROYLE HUTTON

- ✓ Held on Waitangi Day - 6 February
- ✓ Three distances (Burton, Short Burton & Junior Burton)
- ✓ Burton/Short Burton = U18, U21, Open, 50+
- ✓ Junior Burton = U11, U14, Novice & Development
- ✓ Perfect pins available for 55m, 46m, 37m, 28m, 18m



STANDARD MERIT PINS

	Green	White	Black	Blue	Red	Gold
Short Burton	735	769	798	813	827	843
Burton & Junior Burton	672	716	754	774	791	813
Canadian 900 (Interclub)	672	716	754	774	791	813
Short Canadian (Interclub)	735	769	798	813	827	843

If you shot these scores you can claim Merit Pins!

If you shot these scores you can claim Elite Pins!

ELITE MERIT PINS

	White	Black	Blue	Red	Gold
Short Burton	858	871	884	893	900
Burton & Junior Burton	831	849	868	883	898
Canadian 900 (Interclub)	831	849	868	883	898
Short Canadian (Interclub)	858	871	884	893	900



To claim your pins

go to archerynz.co.nz
or email

pinsandbadges@archerynz.co.nz



To pay for your pins

\$10 each pin/ribbon
Payments to Archery NZ
38-9015-0468141-01

A huge congratulations to Marguerite Christophers who was named as an Officer of the New Zealand Order of Merit (ONZM) for Services to Para Sports in the 2025 New Years Honours.

Christchurch based Marguerite was involved in Para sport classification for 25 years, serving as Classification Manager at Paralympics NZ for 14 years from 2009. She also served as a former Global Head of Classification in Para triathlon.



Marguerite was also Archery NZ's go to provisional classifier until Hamish Ashton, trained and undertook the role.

Para Archery

December 3rd was the Happy International Day of Persons with Disabilities.

Archery is one of the very few sports that can accommodate many disabilities. One has only to think of our own Neroli Fairhall and recently Christopher Davis of Australia and Matt Stutzman of the USA.

Some things to think about being with and around disabled people or an adaptive athlete.

Assistance:

If you see a situation that you think requires it, offer assistance, but remember it will not always be accepted. You should always ask if an individual would like assistance before rushing in and imposing yourself on them. Your help may not be required. However, don't feel awkward about offering to help, it is perfectly polite and acceptable to do so. Also, if your assistance is declined on one occasion, do not be offended or put off asking in the future. It is the same as if you were asking an able-bodied person if they want help – they might not.

Communication:

Always speak directly with the person rather than their companion, assistant or interpreter. Remember to use your usual manner and speak in your normal tone – a physically disabled person does not necessarily have a hearing or intellectual impairment so be aware that you could sound condescending.

Behave naturally:

For example, shake hands with a disabled person as you would any other person, even if they are wearing a prosthesis or have limited movement of their hand or arm.

Everyday phrases:

There is no need to feel self-conscious about using everyday phrases. Some everyday phrases are perfectly acceptable; i.e. some people who use wheelchairs will state themselves 'I'm going for a walk'. It is also perfectly acceptable to say to a visually impaired person 'I will see you later'. Using common sense, everyday phrases of this kind are most unlikely to cause any offence.

Behaviour related to impairment groups e.g. communication impairment:

- Be aware that some disabled people may have additional preferred methods of communicating and respect their requirements. They may need more time, use electronic devices, and require Braille or other tools to assist them in communication.
- Cont'd ...

Tertiary League

Here are the final results for the archery Tertiary League for Term 4.

University of Auckland are the overall winners.

Hats off to Chisora Hada, who single-handedly put Massey University into second place by winning the Open Recurve Division every term.



Archery Tertiary League Results Term 4 2024



Open Barebow								
OBB	Ben Way	Unitec	Mountain Green	176	0	0	1st	10
OBB	Kinsey Cropper	University of Auckland	Mountain Green	161	1	0	2nd	7
OBB								
Open Compound								
OC	Miguel Mok	Auckland University of Technology	Auckland Archery Club	156	1	0	1st	10
OC								
Open Recurve								
OR	Chisora Hada	Massey University	Manawatu	318	11	2	1st + Pin	11
OR	Nuala Edmundson	University of Auckland	Mountain Green	317	9	0	2nd + Pin	8
OR	Isabella Matthews	University of Auckland	Mountain Green	307	8	3	3rd + Pin	6
OR	Nick Lees	Media Design School	Mountain Green	284	6	4	Pin	1
OR	Orion Elward	Unitec	Mountain Green	280	5	2	Pin	1
OR	Tessa Bolland	University of Auckland	Auckland Archery Club	250	2	1	Pin	1
OR	Jeremy Smith	University of Auckland	Auckland Archery Club	227	2	1		
OR								



Archery Tertiary League Leader Table 2024



Tertiary Institute	Term One	Term Two	Term Three	Term Four	Overall	
University of Auckland	6	9	24	22	61	1st
Massey University	3	3	11	11	28	2nd
Unitec Institute of Technology		1	8	11	20	3rd
Auckland University of Technology				10	10	
Open Polytechnic	3	3			6	
Victoria University of Wellington	5		1		6	
Media Design School		2	1	1	4	
Otago Polytechnic						
University of Otago						

Peter Albury RIP

The Patron of Grey Goose Archery Society, Peter Albury passed away recently.



It is with great sadness that GGWAS report on the loss of their Patron Peter Albury who peacefully passed on the 24th December. Peter leaves behind a daughter Heather, and son Steve both with young families and our thoughts are with them.

Peter (ANZ number 3020) was one of the founder members of the GGWAS, while his health stopped him from being down at the club for the last few years, he kept up to date with the Society's activities.

Peter had a range of hobbies from playing Flamenco guitar to painting still life, as well as leather work as seen on Maria's quiver and belt. He made the set of Medieval bows as seen from time to time at the club as well as the longbows used by Colin, Tori and sometimes Maria.



Approaching Disabled people – cont'd

- For specific information, ask the individual (if this is unsuccessful) ask their permission to speak with their sport assistant, parent or carer.
- Demonstrate what you mean if you are not getting the message across successfully verbally
- Do not interrupt, correct, speak for the athlete or finish sentences for them.

Intellectual impairment:

- If you are talking to someone with an intellectual impairment, always use simple, plain language and give them time to answer your questions. Tell the person if you did not quite understand what was said and ask them to repeat what they have said, rather than letting them believe that you have understood them
- Do not interrupt, correct, speak for the athlete or finish sentences for them
- You may need to use more gestures/pictures if you are not getting the message across successfully verbally.

Visual impairment:

- When talking to a person who has visual impairment, always identify yourself and others in your group
- It is very important to provide verbal descriptions of visual things that are happening
- Never pat or touch a guide dog while it is in the harness – just ignore it. The animal is working when it is in the harness. It has a very important job to do and distracting it may harm its owner
- Announce both your entrance and departure or exit from a room
- Let the person know if an obstacle is present that cannot be detected with their stick
- When you offer to guide a person with visual impairment allow him/her to take your arm
- If you assist a person to find a seat, guide him/her there and place the person's hand on the back or arm of the chair.

Wheelchairs users:

- Be aware that a wheelchair is part of a person's personal space so do not lean on it or hold on to it unless of course offered permission to do so.
- Place yourself at eye level with the wheelchair user, by sitting down next to them.
- Do not patronise a person who uses a wheelchair by patting him/her on the head or shoulders.
- It is perfectly acceptable to offer to help guide the wheelchair or negotiate obstacles such as doors or steep inclines. But only push someone's wheelchair if they have requested your help.

If in doubt, ask. If you are unsure of what to do in a particular situation, ask.

[USA Archery - Working with an Adaptive Athlete \(6:30min\)](#)

From World Archery ...

Update on the Youth Olympic Games

The Youth Olympic Games (YOG) will be held in Dakar, Senegal from the 31st October to the 13th of November 2026.

- a) 32 boys, 32 girls, mixed team by NOC not mix of countries
- b) IOC insists on age groups being based on actual age being less than 18. WA will insist on U18 category.
- c) Proposal is to include mixed team results of World Championships and Mixed team champion from each continent.

More on these as details come through. Any athlete who has the YOG on their radar should remember that the dates are in the middle of the NZ final exams!

Hyundai Archery World Cup Rules update:

Participation to 2026 Hyundai Archery World Cup would be limited by scoring a Minimum Qualifying Score (MQS) in the year preceding the World Cup.

Rationale: MQS would help controlling the participation level at World Cup. Pursuing the goal of having a more professionalised level of event, more predictable number of participants and working towards reduction of event length. Updated Hyundai Archery Cup Rules is adding U21 World Archery Youth Championships, and one national championships as part of eligible events to achieve the MQS.

Rule1.5: As of 2026, a Minimum Qualification Score system will be introduced for World Cup stages participation. To be eligible to participate in the 2026 Hyundai Archery World Cup stages, all athletes, must have achieved the following Minimum Qualification Score (MQS) between 1 January 2025 and the final registration deadline of the Hyundai Archery World Cup stage 1 in 2026, at a World Ranking event, the score shall be attained at least once:

- 1.5.1 Recurve Men – 640
- 1.5.2 Recurve Women – 610
- 1.5.3 Compound Men – 674
- 1.5.4 Compound Women - 654

World Archery Congress

Congress:
2-3 September 2025
in Gwangju (Korea)

- * Nomination forms to be distributed by 6 March
- * Motions and Proposals for changing the laws received by 5 April
- * WA Secretary General to distribute Motions and Proposals by 20 May
- * Any amendments to motions and proposals for changing the laws to be sent to the WA Secretary General by 4 June
- * Deadline to receive nominations by 4 June
- * Nominations to be distributed by 4 June 2025

2027 World Archery PARA Championships

**To be held in
Canberra, Australia.**

World Archery Bronze Plaque awarded to:

Judges Committee
and President:
**Susanne
Womersley,
Australia** for 28
years
as IJ, covering 4
Olympics Games, 1
Commonwealth
Games and
multiple World
Championships and
World Cups.

Closing Selection

Dates:

World Cup #3 on
the 17th of
January

WA Oceania CQT
for the World
Games

(Compound only)
on the 20th
January.

Calendar: [HERE](#)

Expression of
Interest form: [HERE](#)

Selection Policy:
[HERE](#)

Picture on right:
**Our teams to the WA
World Field
Championships in Lac la
Biche, Canada and WA
3D Field Championship
in Mokrice, Slovenia.**
L to R: Regan Walters
(BB), Kelly Atkinson (R),
Emily Cavell (R), Max
Maggs (U21C), Trinity
Sargent (Mgr.), Janis
Blake (Mgr.), and Fleur
Maggs (Mgr.). Absent: Lily
Brislen (U21R) was
already in Canada.

Youth Camp - reflections

Some reflections on our recent Youth Camp, which was possible thanks to a grant from Olympic Solidarity.

The youth camp was a fun and successful event combining archers of all levels and ages together. I was lucky to host a component of the camp as part of my role of the Athlete Representatives. We hosted a design competition for our upcoming T-shirt which might be used for the next Trans Tasman competition. Huge congratulations to Louis Park, and Jaeda Alaalatoa-Dale/Corban Thorpe on their T-shirt designs! - Vanessa Jim

I appreciate Archery New Zealand running the Youth Talent Identification Camp, which allowed so many of us youth archers from around the country the opportunity to catch up and learn valuable skills to take away and build on. The event allowed me to connect with some awesome competitive archers I hadn't met before. I also learnt some really good tips from our expert speakers. Lex's talk was especially engaging, covering our personal journeys in competitive sports. I look forward to attending further training camps. - Levi Matheson

I enjoyed attending the Archery New Zealand Camp held recently in Auckland. It was my first archery camp and influenced my views about doing a high-performance sport. Learning about nutrition, staying calm under pressure, and aspects related to sportsmanship and being in the archery community helped improve my understanding of the sport. Thanks for the great experience. - Nevin Peiris

