

## Staying Well at the U of L – April 2014

**Vicky Bennett**, who works as a Programmer/Analyst for the Student Information System in the Registrar's office, stays well at the U of L by participating in archery and archery competitions. Vicky started participating in archery competitions when she was accompanying her husband to an archery competition.

"I went to a competition to watch and support him, but very quickly I realized it's incredibly boring to watch! So after the competition I said to him I wouldn't go to another competition unless I was participating. I bought my bow that first day" said Vicky.

She learned the tricks of the trade from her husband, and began shooting a compound bow (a modern bow that is much stiffer than other types). Vicky now uses a traditional bow with an arm guard and tab on her fingers to protect her from injury. Vicky hopes to move on to shoot an Olympic style bow, which is a new style of archery to her. She is excited to learn about this new area of target shooting.

Vicky suggests going to an open shooting night in Picture Butte at the Fish and Game building if you would like try archery. There are coaches that attend with bows to help newcomers starting out. Archery is a very individualized sport and what works for one person may not work for another so try everything!

Vicky has learned a lot mentally from archery. It helps to give one better focus, and block out distractions. She has also learned to be in the moment. "The last arrow has flown and cannot be improved upon. The next one is yet to come, and nothing can be done about it yet. But the current arrow that is being pulled back and getting ready to fly, there's lots that can be done to perfect its flight to the target right now" said Vicky. "That's where my mental energy should be".

Very inspiring Vicky! Thank you for showing us how you stay well at the U of L!

