

**BPSA is setting up a new Archery Program for adults and juniors.**

With the help of new members Karen Van Nest and Phil Henderson, it is their hope to reignite enthusiasm for Target, Field and 3D Archery in the South Bruce area. If you are interested in joining the Archery Club or just want more information please feel free to email Karen & Phil at [kvn\\_ca@yahoo.com](mailto:kvn_ca@yahoo.com)

**About Phil & Karen**

Phil Henderson, born and raised in Saskatchewan, has been shooting Archery since he was five. Phil shoots all three disciplines in archery.

**Phil's involvement includes:**

Fully certified NCCP level II , Partial level III certification  
Junior Olympic Program (JOP) Coordinator for over 10 years-  
Thunderhead Archers Club  
Provincial Coach for 5 years - 2004 Coach of the Year  
Provincial Coach coordinator from 2004 to 2006  
Level I Coaching instructor in Saskatchewan  
Provincial (SAA) Officials chairman since 1995  
SAA Board of Directors -Chairman of the Officials  
Officiated & coordinated National, Provincial & Club level tournaments in Target, Field and 3D.

**Karen involvement includes;**

Karen isn't nearly as qualified as her boyfriend in the sport of Archery. However, Karen is an National team athlete. She is a 3 time Paralympian in air pistol, a bronze medal winner in Rowing at the 2006 World Rowing Championships in England, and today she competes on the National (AWAD) Archery team. In the past, Karen has coached (2 years) an adult and junior program at Peel Handgun Club in Brampton, ON. She also ran the air pistol league for 2 years.

Karen picked up Archery after her experience at the 2008 Paralympic Games in Beijing. Upon her return home in November, she joined the Timberland Bowbender's Club in Prince Albert, SK and started shooting the club bows. Within a month and some club level coaching, she decided it was time to purchase a used compound bow. "My goal in 2008 was to make the National Team for 2009. And that's just what I did."

She traveled to the Czezech Republic and placed 10th in the women's open compound class at the 2009 Para-World Archery Championships. Karen is setting her sights for the 2012 Paralympic in London, England. In the mean time, she is excited about her new role as Archery Coordinator for the BPSA.

