



# Olympic Recurve Archery Michael Gardner, Physics, 2020

Engaged  
Living

## SUMMARY

*For one year, I trained in Olympic recurve archery under the coaching of Olympic medalist Vic Wunderle. My training consisted of supervised lessons at the National Shooting Complex and many hours of personal practice at home or ranges. My year-long training will be tested during the upcoming regional competition this spring. I will continue engaging and competing in archery for years to come. My personal goal was to become competitively proficient in the sport and find a healthy meditative self-care activity during my incredibly stressful final year. Despite bureaucratic hurdles, I am still working to form a UTSA archery team and fund it from national collegiate archery scholarships.*



## SPICES

*Competitive Olympic recurve archery embodies Engaged Living because I chose to develop my skills with the dedication, focus, and cooperation as part of USA Archery.*

## HERBS

*I honorably approached this meticulous sport, respecting the process. I was resilient in adhering to a training schedule. I found and cultivated a group of support in competitive archery.*

## LEARNING OUTCOMES

*Archery training exposed me to the rigor of athletic conditioning and provided guidance to other aspects of my life. I had to be accepting of coaching criticism and resilient during periods of slow progress. I had to learn to manage my daily time to be available for practice. Unlike most sports, archery is not aggressively competitive. Archers of all levels are accepted, and competitions are a way to compete against yourself. In the end, you win if you can improve yourself.*



## IMPACT

*Archery impacted my daily life the most. In our busy lives, it is easy to put things off on the side till we “have” time for them. To actually improve at archery, I had to make time 5 days out of the week. Much like any long-term project the progress you see along the way is small, it is not until the end that you see how far you’ve come. Regimenting my life actually increased my effective study time for coursework. I also found social growth through the networking I created among other archers on campus and at events.*

## ADVICE

*Archery is an expensive sport to begin. Most introverts feel at home in archery groups. Archery is a form of meditation; during each shot you listen to every small movement of your body. Lastly, this is a time-consuming activity!*