

Scottsdale ARIZONA REPUBLIC features
SARAH BERNES AND LINDSAY PIAN



INSIDE TODAY

SPORTS



**Teenage archers
hone their skills**

Lindsay Pian and Sarah Bernes aren't like most teenage girls. The Northeast Valley pair spend long hours honing their skills as competitive archers. **Page S7.**

SPORTS

Bull's eyes are their business

Teen archers take aim at competition, goals

By Jose E. Garcia
Scottsdale Republic

SCOTTSDALE — First comes the calculated breathing.

Then the perfect stance.

Finally, the two poised pupils release.

Bull's eye.

Archers Sarah Bernes and Lindsay Pian act like professionals at an age when most of their friends are waiting for their next phone call, trips to the mall or next crush.

But the only thing Bernes and Pian are crushing is the competition.

Lindsay Pian

AGE: 15.

SCHOOL: Chaparral High School.

YEAR: Sophomore.

QUICK FACT: Pian is an alternate on the Junior World Indoor Archery Team that will travel to Nimes, France, in March to compete in the World Indoor Championships.

QUOTEABLE: "You have no control over what the other guy does. You only have control over what you do."

Sarah Bernes

AGE: 14.

SCHOOL: Horizon High School.

YEAR: Freshman.

QUICK FACT: Bernes is the defending Junior Olympic Archery Development state indoor champion.

OTHER INTERESTS:

Kickboxing, oil painting, speech and debate.

During competitions, Bernes wears old-school Converse shoes emblazoned with red flames. And, because the girls always aim for the gold-painted inner circle of a target, Pian sports gold-colored shoes during tournaments.

Gold also is the color Pian would like to see around her neck someday. Her "long-term" goals are to make the 2004 and 2008 Olympic teams.

Pian and Bernes are continuing a Valley archery tradition that probably reached its heyday when Arizona State University fielded some of

the nation's best teams. Pian, a sophomore at Chaparral High School, is an alternate on the Junior World Indoor Archery Team that will travel to Nimes, France, in March to compete in the World Indoor Championships.

Bernes, a freshman at Horizon, is the defending Junior Olympic Archery Development state indoor champion.

"They are both coachable," said Pian's father Robert, who is Arizona's junior-program coordinator. "That's what makes them good."

Repetition is the key to success for archers.

That's why you can find Pian and Bernes practicing side-by-side daily in a Scottsdale archery store, their back yards or even their living rooms. The two obviously are serious archers, but the teenagers also like to add some color to their hard-core competitive sides.



Rob Schumacher/Scottsdale Republic

Sarah Bernes (left) and Lindsay Pian don't quiver in the face of competition. The high school archers also score high marks in the classroom.

the nation's best teams.

Before ASU dropped archery as a sport in 1993, the program won 59 men's and women's national championships from the early 1970s to 1993. Pian's college plans are to attend Texas A&M, where she would like to make the varsity team.

Pian and Bernes also continue to hit the bull's eye in the classroom. Pian is a 4.0 student. Bernes earns her grade-point average (4.5) with honors courses. They live about a block from each other, but they didn't meet until they started shooting.

Both were introduced to the sport while they

attended a Girl Scout archery camp. Like every beginner, they spent about \$250 to get involved with archery.

Now, their families have spent about \$2,000 in equipment. That doesn't include the traveling to nationwide tournaments.

But it's all worth it, said Robert, who got involved with the sport because of his daughter.

"A family that shoots together, stays together," he said.

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