

“Queens of the Range: Sportsmanship Among Women in the IFAA”

Good morning, ladies.

It's a true honour to stand before you today—not just as archers, but as a community of women who represent the very best of what the IFAA stands for.

Whether you've travelled here from across the country or across the world, you are part of something greater than just a tournament.

You are part of a movement. A **sisterhood**. A celebration of strength, skill, and spirit.

And what better occasion to reflect on that than right here at the

IFAA World Bowhunter Championships in South Africa—

a place that has brought together fierce, passionate women from every corner of the globe.

Ladies, I am not an Archer! Shocking right!

But I am the mother of a young World Champion and World Record holder Archer. Believe me when I tell you that I have been to my fair share of Archery competitions, in every thinkable discipline, National and International.

As a silent observer, I was always in total amazement of our female archer's commitment, dedication and high level of competitive nature.

But to be honest this winning recipe felt like it was missing a key ingredient.

When I was asked to host this special event, I knew it was time to perfect our recipe!

But how to fix it?

I started to talk to our Archers, gathering information, listening to what they experience, what the challenges are and why they think we are missing a key ingredient.

But on the 25th of March, I came across an article published in our local news, yes you heard right, news!

This article was that light bulb moment for me...

Heartwarming Sportswomanship Shot Reminds Us to Fix Each Other's Crowns

BY [ASHLEIGH NEFDT](#) [@GOODTHINGSGUY](#) MARCH 25, 2025



South Africa (25 March 2025) — At a recent netball event, a quiet moment of kindness and sportswomanship at its purest captured the attention of many.

One player got down to the ground to fix the shoelaces of another girl. She was on an opposing team, but she decided to help her out anyway.

The act was not difficult. It did not take hours, much skill or immense effort. And yet, it made for a rare sight.

The beauty Miss Viljoen's photograph is that it captures the simplicity of kindness in just one frame.

Because most acts of kindness need not be complicated. It is not always the long-winded, layered and lengthy acts that pierce through the heart and inspire tears in our eyes, but the simple ones. The ones we know we could do ourselves if the moment arose.

We are competitors, yes—

but we are also allies. Supporters.

Queens—straightening each other's crowns without ever needing to announce it.

Field archery isn't easy.

We walk miles. We face wind, sun, steep shots, and unknown distances.

We adapt. We persevere. We push through.

But even more than that—

we support each other through it all.

I've seen it. You've seen it.

Women pausing to help fix a sight.

Sharing snacks, sunscreen, or even just a quiet moment of encouragement between ends.

This is more than sportsmanship.

This is sisterhood.

There's something powerful—*deeply powerful*—about women coming together in a space like this.

Where the goal isn't just to win,

but to rise together.

We are not here to tear each other down.

We are here to **lift each other up.**

Because we understand—

when one of us rises, we all rise.

That's the beauty of **healthy competition.**

It's not about being better *than* the person next to you—

it's about becoming better *because of* them.

And IFAA women?

We *live* that.

We compete hard. We stay focused.

But we never lose sight of **kindness, respect, and camaraderie.**

Let's be honest—this sport tests us.

There are days when the arrow won't fly right. When confidence slips.

And in those moments?

It's often another woman—another archer—who gives us the strength to keep going.

Whether it's a word, a gesture, or just being there—

that support makes *all* the difference.

So, to every woman here:

You are strong. You are skilled. You are a queen in your own right.

And what makes us extraordinary is that

we don't compete in isolation—we walk this journey together.

We fix each other's gear, yes—
but we also...
fix each other's crowns.

Let's keep being those women.
Let's keep being examples for the next generation.
Let's keep showing the world that in the IFAA, strength and support are not opposites—

They are one and the same.

Here in South Africa, with this breathtaking landscape and the roar of competition around us—
we're reminded that this sport is about so much more than scores.
It's about **connection**.
It's about **community**.
It's about **character**.

So walk this range not just as competitors,
but as **sisters**.
As **warriors**.
As **women who know we are stronger, together.**

Thank you for your grace.
Thank you for your grit.
Thank you for your greatness.

We are IFAA. We are archers. We are queens.

Slide 1: Title Slide

Title: *Queens of the Range*

Subtitle: *Sportsmanship Among Women in the IFAA*

Visual: Silhouettes of women archers in the field with sunrise or African landscape

Optional: Your name & event title (e.g., IFAA World Bowhunter Championships, South Africa)

Slide 2: Opening Message

Title: *More Than a Tournament*

- A movement of strength, spirit, and skill
- A global sisterhood
- A celebration of women in field archery

Visual: World map with highlighted countries representing participants

Slide 3: The Power of Camaraderie

Title: *Not Just Competitors—Allies*

- Archery connects us across borders
- Small moments of kindness matter
- “Queens straightening each other’s crowns”

Visual: Photo collage of women archers helping/supporting each other

Slide 4: The Field Archery Challenge

Title: *The Grit Behind the Grace*

- Terrain, weather, unknown targets
- Physical + mental endurance
- What we overcome together

Visual: Photo of rugged terrain, bowhunters in action

Slide 5: Sportsmanship in Action

Title: *What Support Looks Like*

- Sharing equipment, snacks, and smiles
- Encouragement between shots

- Celebrating each other's victories
Visual: Real candid moments from past IFAA events (can be symbolic)
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Slide 6: Rising Together

Title: *Healthy Competition, Real Empowerment*

- We rise by lifting others
 - Becoming better *because* of each other
 - Not just stronger—stronger **united**
Visual: Uplifting quote or artwork showing unity and strength
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Slide 7: Queens in the Wild

Title: *Fixing Crowns, Not Tearing Down*

- We mentor, encourage, and uplift
 - Strength + softness = our superpower
 - A culture we pass on to the next generation
Visual: Stylized image or quote: “Real queens fix each other's crowns.”
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Slide 8: The Heart of the IFAA

Title: *More Than Scores*

- It's about connection
 - It's about character
 - And it's about community
Visual: Symbolic photo (joined hands, team celebration, flags together)
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Slide 9: Closing Call to Action

Title: *Let's Keep Aiming High*

- As archers
- As sisters
- As queens
Quote Suggestion:

“We are IFAA. We are archers. We are queens.”

Visual: Bold image of women archers silhouetted against a sunset or target