



Across the desk of the President:



With daylight saving coming to a close, we finished the month of April putting through 8 Scout groups, so that's it until Later in the year. **BIG THANK YOU** to Stirling / Joshua & Ben for running our scout courses throughout this period of time.

Incentive awards. Many of our members are unaware of what awards they can achieve at the club, and/or while competing in tournaments, therefore we have combined a summary for you in one document. In most cases, putting a simple note on your score sheet, or speaking to your club recorder, is enough for the award to be claimed at club level, however, in saying this you should always check your score sheet and/or what you enter electronically for cross checking purposes. When you are away from the club competing in tournaments, there will always be (1) electronic scorer (2) paper scorer. To ensure that your award reaches you, make sure all your personal details, name/club round being shot/tick all appropriate boxes division, score, X's & 10's, etc., and any awards that you wish to claim.

It has been noted that, sometimes other archers tick all the boxes, and it does become a bit of an issue, when awards have been claimed for archers they did not wish to claim, so please take care when competing in tournaments as there is always a charge associated with any awards claim

As part of this, the club has identified certain incentives for members to aspire to, where we will purchase the award on your behalf and present at the appropriate time. We will where possible present awards received on Club Handicap Days, so please make sure future dates are already in your diary.

Welcome to new members:

Peter Whitfield (RMM) & Rachel Whitfield (RIG), please join me in welcoming them aboard. Peter & Rachel came out of the Adbow/Kidbow program which finished last weekend.

Easter Fun Shoot

Winning team were the **Easter Egg Heads** (Kristian Captain), Cheryl, Cameron & Rachel, scoring 4580 – Yep the lowest score won.



Members had to shoot through the centre of the target to a Bunny Rabbit waiting on the other side, and yep there were a few that didn't make it through!



The Rabid Rabbits (Stirling Captain) David, Massimo &



Connor finishing on 5245 sooo close. I reckon it was that target where we had to toss the coin to double and/or half the score!!!

Team "**What have the Romans got to do with it?!**" (Kaden Captain), Alan, Rhys & Tom scoring 5505. Think the problem was those bunny feet going all over the place, wouldn't stay still.



The Good Vibes (Lilia captain), Gabbi, Steve & Chris with a score of 5515 (Sorry no picture of this team, still out looking for the Easter eggs in the easter egg hunt!)



Mitchell-The Perfect Name (Yep got more than one in the club now! (Alan Captain), Mitchell, Sarina & Thomas with a score of 6195 points

Cheetahs (Andrew Captain), Glenn, Mitchell

& Madison on 6515 points
Cracked Eggs (Mariano Captain), Jessica, Jack & Peter on 11660, some creative



accountancy at work here. Those peskie Rabbit ears were tricky, I'm sure they were moving while I was sighting.

JUNIORS ON FIRE AT THE NATIONAL YOUTH CHAMPIONSHIPS:

Jack Chambers-McLean (Cadet Recurve Male) -Gold in the Clout (291) 6th in target (1050), achieving his



Recurve Silver FITA Star 1000. In the event finished 5th on 303 (Blue Pegs), achieving his

Australian Field Star 270. In the Matchplay finished 5th with 552 (WA60/720).

Mitchell Campbell (Intermediate Boy Compound), 5th in Clout (195), 4th in Target



(994), achieving his Australian Star 900 x 1. Obtained Bronze in the Field shooting 335 (Blue Pegs) achieving his FIA Brown Arrowhead & Australian Field Star 335. In the Matchplay placed 6th on 652 (AA40/720)



Carmelo Aslanidis (U20 Male Recurve) Bronze in Target (1101). In Field came 4th on 277 shooting from

Red Pegs obtaining his GREY arrowhead. Matchplay he finished 4th on 576 shooting AA70/720. Full results can be located on Archery Australia's website, as there was also Individual / Teams Matchplay and Pairs matchplay. NSW also WON the National Recurve Teams Championships – Awesome.



WARRINGAH HANDICAP APRIL Winner Tom Tattersall Recurve Intermediate Boy

2nd place – Bryan McGuire & 3rd Geoff Furrugia. Both Tom & Bryan also shot over 900 so receive \$20.00 incentive reward.



BIRTHDAYS FOR MAY

Only a couple for May, so instead of Cake, why not some nice biscuits?

Kaden Currie (11th),

Nicholas Lyras (14th)

MAXIMUM PERFORMANCE SERIES

By Laurence E. Morehouse, Ph.D & Leonard Gross.

CONSTANT PERFORMANCE: AVOIDING INJURY AND ILLNESS:

GENERAL MUSCLE PULLS, STRAINS, SORENESS AND BRUISES

Prevention:

1. Well-fitting protective equipment and padding
2. Long-term conditioning for specific stresses
3. Thorough warmup before violent exertion
4. Avoidance of excess effort, sudden stops and starts, bouncing exercises and jerky muscle contractions
5. Cooldown stretching after workouts

Early Care:

1. Immerse the injured part in ice water immediately and hold it there for thirty minutes
2. Dry thoroughly and wrap the injured part with an elastic bandage to compress the area and prevent swelling. Do not restrict circulation.
3. Apply ice packs over the compression bandage and elevate the injured part to avoid further swelling
4. While waiting to see your physician, leave the bandage compression on and apply ice packs during the next twenty-four hours. Do not move the injured part.
5. Rest the next day, and use crutches if necessary to avoid weight-bearing.
6. After swelling subsides, remove the compression bandage and, as discoloration and discomfort disappear, very gradually return to action.

BLISTERS

Prevention:

1. Apply a thin layer of lubricating jelly over friction areas to prevent heat buildup. Eliminate the cause of any reddening of the skin.
2. Wear a pair of thin cotton socks under an outer pair of thick woollen socks.
3. Test fit of shoes by standing with full weight on toes. Check to see that there is a little room beyond the big toe and across the top of the shoe, that the ball of the foot fits into the widest part of the shoe, and that there is no slipping at the heel.

Early Care:

1. Avoid further friction, forceful motion or blows.
2. If the blister breaks, wash the area with soap and water, trim the top away and apply 70 percent alcohol or tincture of benzoin. Shield the area with zinc oxide or similar ointment and bandage to avoid infection.
3. IF the blister is unbroken, swab the area with tincture of benzoin, then bandage to prevent the blister from breaking.

FOOT STRAINS

Prevention:

1. Wear shoes with a high counter (above the heel), a firm shank to prevent pronation and support the

arch, a heel height close to an inch, and a fairly thick, flexible sole for shock absorption.

2. Run barefoot on resilient surfaces. Start slowly for short distances, gradually increasing speed and distance over long term.
3. Run with the foot in balance, taking most of the weight on the outside borders of the foot.

Early Care:

1. General care described for muscle pulls. Ice packs are excellent for most injuries because cold slows bleeding, numbs pain, and with compression, prevents swelling.
2. Use pad in heel of shoe to elevate heel.
3. Use corrective support if needed.

SPRAINED ANKLE

Prevention:

1. Have training and competition shoes fitted for width as well as length to provide sufficient room for the foot. Place the shoe on a table and be sure that the back of the shoe is perpendicular to the surface; use a running shoe with a wide flare at the heel to give stability on soft surfaces. For hard surfaces, a cushioned heel is advised.
2. Gradual strengthening of foot and leg tissues by long-term loco-motor circuit training.
3. Limbering circuit to warm up before running.

Early Care:

1. General care with ice described before, with this exception: Immerse the foot, *shoe and all*, in a tub of ice water for thirty minutes after injury.
2. Have physician check for fracture.
3. Keep foot elevated.

The Trans-Tasman Test was held in April also



Gold medal Teams Matchplay - Compound Div 2 (intermediate/cub), well done to Mitchell Campbell, with Rory Blake Sth Aus, Jai Francis West Aust.



It was a fairly big team that contested this event, and from all accounts memorable, as can be seen by the Grins on the faces of everyone involved.

**AUSTRALIA ALSO TOOK OUT THE
RADIO TARANAKI
TRANS-TASMAN TROPHY WINNERS
WELL DONE AUSTRALIA**

THE ANCHOR AND THE LOOSE (Bill McGauran) first published in WA Archer May/June 1983

Of all the things in Archery, that gets the most abuse, is that which happens 'neath the chin', the anchor and the Loose

We tug and strain, and flinch and jerk, we try to aim and hold, we pinch and creep, and in despair, watch the arrow miss the gold

We know this feeling, all too well and sadly, never put it right, for we never make our anchor point as accurate as our sight.

That sight out front is all we have, for our rules are quite astute, so of course we have to improvise, to find a back sight substitute.

An anchor point will do the job, if the loose and hold is right, just remember that the combination must be as accurate as the sight.

Most of our other faults, are caused by this defect, it makes it very difficult, to get anything else correct.

So, before you even start to shoot, get a good coach to show you how, don't try and learn it by yourself, or your mistakes will grow and grow.

And in the end, you will give it up, without ever finding out, what a really joyful sport it is, and what Archery is all about.

But if you do what I suggest, then try with all your might, to make your loose and anchor point, just as accurate as your sight.

FROM A JUDGES PERSPECTIVE

I was assisting as Director of Shooting (DoS) at the recent National Youth Archery Championships, in Morwell. Fantastic event with around 200 archers. Weather on first few days was challenging, cool with sometimes heavy rain and gusty windy conditions.



One of the events was abandoned during the shoot as weather deteriorated during the day. What would you do? Archers were affected by gusty conditions on the shooting line. We were taking wind reading after each end to check below 30km/h. Rain was ranging from light to heavy downpours. Arrows were impacted, scores were unable to be recorded on paper scoresheets, as paper tearing and ink running, pencils unable to write on paper. (yes was waterproof paper). Electronic devices started to fail, and the venue eventually lost power. All internet, lights, and communications - PA systems were out. At the commencement of the final bracket of the 1440 round, the event was eventually called. Safety, venue, equipment and consideration to all aspects.

As >50% of arrows were shot, Awards were based on scores up to that time.

Per Archery Australia Tournament policy section 9. DoS can decide to abandon due to weather conditions that may cause injury or damage to people or property. This infers safety and welfare of athletes, officials and spectators. Awards were presented as >50% arrows shot.

9. Abandon:

The Director of Shooting after discussion with the Organising Committee may decide to abandon a tournament (after it has started) due to weather conditions, an emergency, incident or act that in the opinion of the Organising Committee may cause injury, death or damage to people or property.

If greater than 50% of the arrows for the event have been shot at the time the event is abandoned the Organising Committee may present awards based on scores up to that time.

The policy also caters for Wind - AA Tournament Policy section 11.4

11.4 Wind -An event may be cancelled, delayed, postponed or abandoned if :-

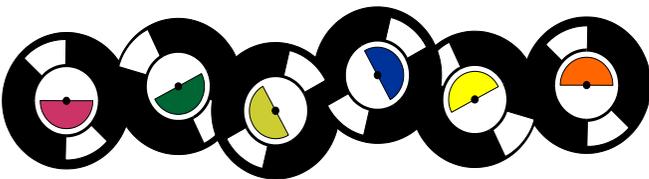
a) When wind gusts reach 30kms per hour or the Bureau of Meteorology website www.bom.gov.au predicts wind gusts greater than 30kms per hour (8.3m's per second) wind speed checks must be taken every 15 minutes.

As a trigger to postponing or abandoning a tournament the following must be taken into consideration -

1. 1.Venue equipment blowing over (target butts, tents, umbrellas, and telescopes)
2. 2.Objects becoming air borne
3. 3.Arrows blowing off rests
4. 4.Or in the opinion of the Director of Shooting and the Organising Committee continued shooting will introduce safety hazards.

b) When there are wind gusts greater than 60km per hour (16.7 m's per second) the tournament **MUST** be postponed, delayed or abandoning until such a time as the wind abates or gusts drop below this speed and are considered to be at a safe levels following an assessment at the grounds.

Also on another note – Archers should always carry appropriate clothing with them, especially when they are competing interstate (President)



Records broken during March & April not previously recorded.

Archer	Class	Round	Score	Date
A.Catto	RMM	Newcastle	886	10/03/2018
G.Smith	RCW	Newcastle	846	10/03/2018
K.Wilson	RJM	Newcastle	890	10/03/2018
S.Fathers	LM	Golden Gong	651	11/03/2018
G.Smith	RCW	Golden Gong	788	11/03/2018
M.Campbell	RIB	AA 40/720	682	30/03/2018
M.Wright	CMW	24Mk Field	288	7/04/2018
M.Kecskes	R10G	Peter Pan	615	8/04/2018
Y.Mei	RM	Grange	737	22/04/2018
Y.Mei	RM	Ballina	784	29/04/2018

CHANGES IN TARGET RATING

Good to see a few of our new member achieve their ratings, which now gives them a handicap – bring it on!

Name	Old	New	Date
Middleton, Alan	33	46	Mar-Apr 2018
Ware, Alex	38	40	Mar-Apr 2018
Catto, Andrew	69	71	Mar-Apr 2018
Hammond,Caleb	10	14	Mar-Apr 2018
Smyth, Deanna	xx	26	Mar-Apr 2018
Brady, Emma	28	31	Mar-Apr 2018
Smith, Gabbie	46	51	Mar-Apr 2018
Hosking, Laef	xx	40	Mar-Apr 2018
Farrugia, Lucas	25	27	Mar-Apr 2018
Kecskes, Maja	xx	17	Mar-Apr 2018
Campbell, Mitchell	84	85	Mar-Apr 2018
Winfry, Mitchell	29	32	Mar-Apr 2018
Cowle, Paul	32	24	Mar-Apr 2018
Turner, Peter	xx	30	Mar-Apr 2018
Weller, Rhys	29	31	Mar-Apr 2018
Page, Stephen	xx	26	Mar-Apr 2018
Tatterstal, Tom	20	22	Mar-Apr 2018
Mei, Yifan	74	76	Mar-Apr 2018

CLUB COACHING DAY, although the weather wasn't pleasant, it was a very informative day, thanks to Steve & Danny for giving up your time. Steve took some



video shots of each member, then as a group we reviewed the material. It brought home to everyone that our structure is important, this gives us core, alignment and stability.



The Next Date planned is the 6th June, which is the long weekend, so we may review, but place in your diaries now.