



WARRINGAH ARCHERS

December 2018

www.warringaharchers.com.au

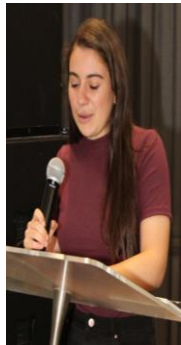


Across the desk of the President

Presentation Night: Oh what a night! Sounds like a song I used to sing way back....big thank you to Gabbie Smith who was our Master

of Ceremonies on the night, and to Mitchell Campbell thanking members (and parents) for their support through the year, and yes we have set the date for 2019, which is the 16th November, so pop in your diary now, as it would be great to see as many members and their families/partners join us.

As like in previous year, we started with a team building exercise – RIGHT I might here you say, the object of this games was to see which table/team could build the tallest tower with nothing but Marshmallows



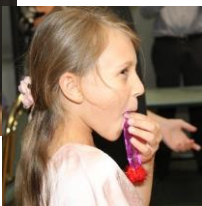
& Spagetti, OK there were a few teams that were caught eating while building was taking place, and a few set backs, as there



seemed to be more giggling that construction, but the winning teams design was awesome and it stayed up without falling all night, and they were delighted with the outcome

Then we went onto Rodolf the Red Nose Reindeer.

Yep a dob of Vaseline on the nose / ribbon in the mouth ./ flick your head



back until the Pom Pom was secured to your nose – for some, well done to

EASY. frustrating easier for others, Leanne who achieved this first, followed by Jasper, think the others are still trying.

Building a XMAS team – tag race. Using 21 cups, first team member had to build a row of 6, then 5, tag a team member, who then put up their row of 4 & 3 on top, with the final tag, putting 2 & 1 (Green cup on top). Shouting merry Christmas, did get a bit wild this one.

Followed by: The Malteser Run. OK trust me to give



paper straws, and there were a few dribblers in doing the test. Aim was to suck up a Malteser from the Bucket, and place in the cup. Yep there were a few huddles and not mentioning names Kristian & Stirling, who had there sticky paws in the bucket, scoping Maltesers into the cup – Penalty points awarded. Though Ceryl wasn't sure where to start,



Come on Guys – Geez why did I put my hand up for this one! With the final game

being: Reindeer Antlers. Each team had to select Male/Female. Tights were then placed on their

heads, while the balance of the team had to stuff the antlers using all balloons supplied, lots of cheating again on this one, what a club!, but everyone got into the spirit of the games.



Winning team: Wayne, Sue, Carmelo, Teresa, Stirling, Kristian, Steve & Leanne.

Of course there were awards for all club championship events handed out on the night, so there was a series side to the event!

Outright Field Champion awarded to Mitchell



Campbell, with the **Best**

Outright Clout

being awarded to Jack Chambers-McLean



Mitchell also

walked away this year with the **Most Improved Target** achieving a 41.94 improvement, with Cheryl Shorten improving by 33.87 and Massimo Llana improving by 25.61 which



were the top 3 placings the **Most Improved Indoor Archer**, also

went to Mitchell with an

improvement of 45.71, 2nd went to Gabbie Smith on 23.90 and 3rd went to Maria Wright with 22.50



One of our

youngest members Maja Kecskes

took out the **Most Archer for 2018**



Improved

With Mitchell taking out the Best Allround tournament shoot.

Last but not

least I was honoured to present **Club Supporter of the Year**. Neil

Neil Dekker with is well known to most members of the club, and has eased many of you into the ranks. It was a difficult decision this year, as there are lots of supportive club members on hand throughout the year giving willing of their time. Whether fix up the club rooms (Steve/Kane & Alan), installing new lighting (Andrew), Fixing up fences & locks (Craig), making sure all our equipment is ship shape (Alan N), are just to name a few, it is soooooo rewarding when people give up their time to help, I just love being a part of Warringah Archers.



Additional photos and awards can be located on facebook, thanks Mariano

By now most of you will be starting to unwind with the silly season upon us, with work functions, end of

school activities, and the hustle & bustle that comes with families getting together for the festive season. In all of this hub hub, please remember to drive safely, as we want you all back as members in 2019.

It would be remiss of me, if I didn't thank the committee for their hard work the last few months, it has been fairly hectic, thanks Stirling/Roland/Kristian / Leanne / Alan / Mariano & Carol.

Northern Beaches Schools Program:



This was held oce again this year, with two groups going through, which everyone really enjoyed (even on thos

blowy days that we had). It did highlight a new rule that we might have to introduce into the club regarding arrows (for which there were quite a few handed in by the school.:

Arrows – For 2019 ALL MEMBERS must have their initials highlighted on all arrow shafts. For the month of January each time you register, you will be asked to show your arrows to ensure that they comply with the above ruling. Any new members purchasing arrows will be advised of the ruling going forwards.

CHANGES IN INDOOR RATINGS Since last published

Name	Old	New	Date
Moore, Wayne	39	72	Nov-18
Whitfield, Peter	55	60	Dec-18

The Presidential Guard – took out the highest "Off the Bow score"

Archer	Dec Total	Dec H/Cap Total
Whitfield, Peter	723	873
Moore, Wayne	767	858
Spencer, Leanne	789	856
Llana, Massimo	635	841
Nolan, Alan	615	820
Shorten, Cheryl	649	753
Johnson, Cody	675	675
December	4853	5676
November	7068	9346
October	7258	9242
Total	19179	24264

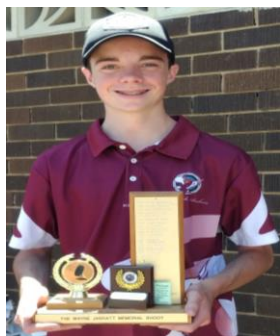
Secretaries Sharp Shooters

Archer	Dec Total	Dec H/Cap Total
Ware, Roland	791	930
Campbell, Mitchell	866	904
Stasenka, Danny	693	872
Smith, Gabbie	644	856
Catto, Andrew	744	855
Farrugia, Lucas	533	845
Middleton, Alan	513	779
Hutchinson, Lilia	446	747
Kecskes, Luca	383	730
Souchaud, Benjamin	310	661
Ware, Alex	356	622
Blinkhorne, Kiri	183	312
December scores	6462	9113
November	3220	4358
October	5164	6952
Total	14846	20423

Treasurers Target Troopers: Highest score using th Handicap Totals

Archer	Dec Total	Dec H/Cap Total
Ware, Ben	616	967
Whitfield, Rachel	557	918
McGuire, Bryan	757	907
Wright, Maria	835	890
Llana, Mariano	622	856
Dalton, Connor	669	854
Winfry, Mitchell	467	850
Kecskes, Maja	469	790
Woodley, Tai	361	786
Weller, Rhys	473	473
Catto, Michelle	458	458
December	6284	8749
November	4098	5728
October	8196	11456
Total	18578	25933

We hope you had a great time taking part of this, and look forward to 2019 Challenge.



Wayne Jarrett Memorial Handicap Shoot, 1st December, well done to Ben Ware (Recurve Cadet Male) scoring 967, 2nd place went to Roland Ware (sorry Dad) (930), and 3rd place went to Rachel Whitfield (918)

All of the above shot over 900, together with Bryan McGuire scoring 907, Mitchell Campbell on 904

Winner of the **Free Club Membership 2019** for participating in the Oct/Nov & December handicap days - Youth went to Alex Ware, with the Adult Membership won by Alan Middleton, congratulations to you both.

MAXIMUM PERFORMANCE SERIES

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

IF YOU WANT TO WIN, FORGET ABOUT WINNING

I KNOW THE ADVICE in this heading sounds paradoxical, but it makes great kinesiological sense.

Striving – the attempt to exceed one’s capacity – always results in a diminished performance. The coach who asked for 150 percent from his players is revealing a poor understanding of body mechanisms. When a team plays “over its head,” it is playing more nearly to its capacity than normal, not *beyond* its capacity.

The greatest impediment to maximum performance is that it’s taken so seriously. Maximum performance isn’t a laughing matter, but neither is it glum. We set achievement and success as the be-all and end-all of our culture, and even worse, we mandate that this success should come from hard work, not play. We could not construct a better formula for diminished performance. It sets our brakes against our accelerators. It produces the very anxiety that fragments thought and hampers muscles.

If you want to win, you almost have to forget about winning. You never want to think of the score, or your past mistakes, or the next quarter. To be a winner, you must commit yourself to the precise moment and movement in which you’re engaged. Relax. Enjoy it. Savor it. *Focus on it.* Feel the pleasure of it, the harmony that exists between you, your opponent and the arena in which you play. The game will be over almost before you know it. You’ll have had an intense and pleasurable experience. You’ll have played as well as you could have consistent with our condition and training.

To focus your thoughts on winning is to diminish your prospects of winning. Your goal is to perform to your maximum; to do that, you have to have confidence in your ability in order to be able to organise your body systems, as we’ve seen. But to worry about winning are antagonistic ideas. The first is constructive, and the second destructive.

The recognition and reduction of overanxiety constitute an important duty of coaches and trainers. In this effort, they could profit from the example of the mother of a high school football player. On the day of an important game, she sends him off to school with a reminder to bring home a loaf of bread after the game. With one remark, she has put the game in the perspective of life.

Most of us, unfortunately, are left to our own resources in dealing with pregame anxiety. There’s plenty we can do about it.

GETTING READY FOR THE GAME

TO PLAY THE BEST GAME you have in you tomorrow, have a restful day today.

Don't load the day with important conferences or big decisions; try to arrange your schedule so that such matters either have been disposed of or can be taken up after your match.

Get a good night's sleep.

Have sex if your partner and you feel the urge. The excitement of an impending clash may be a sexual turn-on. There's no reason you shouldn't enjoy it, and there may be a good reason to have it, because it is relaxing and soothing. It's certainly not going to diminish your strength, as the proverbial Delilah did when she cut Samson's hair. Perhaps that was the start of the myth about the loss of physical potency after ejaculation. Only if sexual intercourse is pursued as an athletic event performed in strenuous postures and with violent movements might it fatigue the player and diminish the athletic performance that follows.

In the final moments before your match, if you're upset, stay in a quiet place, avoiding the stimulus produced by the presence of competitors or audience. Some players like to find a corner in a locker room where they can sit with a blanket over their head just to get calm.

If you feel you are under aroused, or not up to an optimal level of readiness for an upcoming match, your problem is more complicated because it has to do with motivation. The first thing you can do if you are not greatly concerned about whether you are going to win or lose is to realise that this is a good state of mind to be in. You don't have to worry about overanxiety.

The next thing is to recognise that there is some time before the game starts in which you can do several things to change your mental attitude.

Recall the satisfaction of playing well and the pleasure of picturing yourself as a successful performer. That leads to a stimulating sense of anticipation.

Remember the investment you have made in developing your game. You don't want to waste all those hours of practice just when they are bearing fruit.

Recognise that you are not alone. You have a responsibility toward your teammates and your opponents to help them get the most satisfaction out of the game. If you play well, everyone benefits.

Thoughts like these generate readiness for action and help bring you toward the optimal level of alertness. Then, the ritual of getting ready, the dressing up in the game costume, the meeting with your teammates and opponents in the arena, the presence of spectators, and the warming up activities all contribute to the fine mental and physical tuning.

If all these fail to excite you, you'll do best by continuing to relax and let the performance itself bring out the best that is in you. You may be surprised to discover that you didn't need to be all that fired up.

When you go into the arena, get the feel of it as well as the implements you're *going* to use. Register

the lights, shapes, textures, noises, resilient properties – in short, open your senses to everything around you, let it permeate your being, get comfortable with it.

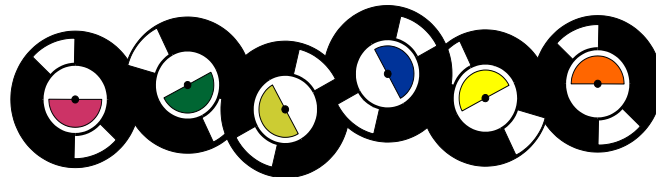
During your warmup, practice Dynamic Relaxation to be certain that you're at an optimal degree of tension for your performance.

But there is something that underlies all such efforts to perform in a winning frame of mind. It involves, paradoxically, an examination of our traditional notions about winning.

CHANGES TO TARGET RATINGS:

Name	Old	New	Date
McGuire, Bryan	62	63	Nov-18
Dalton, Connor	16	20	Nov-18
Llana, Massimo	39	43	Nov-18
Whitfield, Peter	60	61	Nov-18
Woodley, Tai	13	15	Nov-18
Ware, Alex	40	46	Nov-18
Ware, Ben	30	37	Nov-18
Murray, Cameron	26	27	Nov-18
Renelt, Elizabeth	27	28	Nov-18
Smith, Gabbie	51	53	Nov-18
Chen, Gerard	xx	47	Nov-18
Ware, Josh	31	32	Nov-18
Llana, Massimo	43	44	Nov-18
McGregor, Matthew	24	26	Nov-18
Deakin, Oliver	48	50	Nov-18
Whitfield, Peter	61	63	Nov-18
Ware, Roland	64	65	Nov-18
Woodley, Tai	15	20	Nov-18
McGuire, Bryan	63	65	Dec-18
Johnson, Cody	xx	12	Dec-18
Renelt, Elizabeth	28	29	Dec-18
De Luca, Gemma	29	30	Dec-18
Campbell, Mitchell	94	99	Dec-18
Ware, Roland	65	68	Dec-18

Records broken since last recorded:

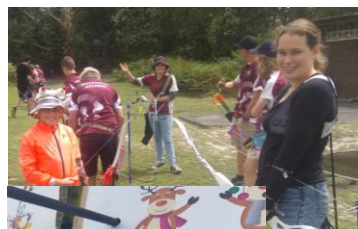


Archer	Class	Round	Score	Date
Aslanidis, Carmelo	RJM	Newcastle	897	10/Nov
Kecskes, Maja	RUG	WA40/720	262	11/Nov
Weller, Rhys	LM	Peter Pan	370	24/Nov
Campbell, Mitchell	CIB	Canberra	851	25/Nov
Shorten, Cheryl	CMW	Canberra	761	25/Nov
Spencer, Leanne	RW	Samford	790	15/Dec
Weller, Rhys	LM	Jodie Joker	374	15/Dec

FUN SHOOT: Yep although the weather kept a few of our club members away, it did behave itself while we had our **FUN SHOOT**, with the usual



creative accountancy coming into the scoring side of things, and this year was no exception, we had 1



team of 3 then everyone else was made up into teams of 4.

Yep we had the Turkey on the loose, which was nailed a few times. Where's

Rudolf was found, oh! Dear, I think that's why the top one was laughing!

It was great seeing the fun members were having which each other regardless of age, We had targets with Christmas Balls – Count down of 24 days till XMAS, Grumpy Lights was another favourite, although minus points were awarded for



the grumpy light was amazing how many people shot it. From targets with snowflakes falling, to which Christmas Stocking to secure were a favourite.

Though I think Pilard was wondering what Kane was up to with his Bow! There was a special target showing President

/ Secretary & Treasurers image wrapped up in woolly jumpers, glad to say that there were not too many hits on this one. Penguins on the Loose was another popular target, with the Winning Team "DON'T KNOW", but we've got your number, was Cameron / Peter & Mitchell scoring 3615 points



Followed by a Game of Frisbee, while the Shoot-off for the Teams Handicap Shoot was determined.



President/Treasurers Shoot-off



It's official "**The Treasurers Target Troopers**" are the winners for 2019, beating the Presidents Team by 1 point.

Started off with 6 arrows on 122cm face, then 5 arrows on 80cm face, followed by 4 arrows on 60cm face, then 3 arrows on 40cm face, followed by 2 & 1 arrow on 3 spot faces.

It was pretty close.

President		Treasurer	
Cheryl	53	Maria	60
Leanne	48	Maja	47
Jack	37	Stirling	39
Peter Whitfield	29	Glenn Steele	24
Massimo	18	Ben Ware	17
Cameron	7	Rachel	6
Total	192		193

WELL DONE to everyone in the Treasurers Team who competed in the 3 events.

BIRTHDAYS FOR JANUARY



Cameron Murray (9th), Tom Tattersall (11th) Merrick Nacinovich & Mark Smith (12th) Kiri Blinkhorne (15th), Ken Wright (22nd) Carol Campbell (27th), Johannes Pienaar (26th) & Laef Hosking (30th)

It's a wrap:



Yes the final Come N;Try was held on 22nd December with some 20 participants, which was great to see. I would like to take this opportunity to thank Neil / Jack / Jasper / Lachlan & Stirling (*especially with our Scouts groups also*) for helping out through the year – Really appreciated.

SEASONS GREETINGS. ON BEHALF OF THE EXECUTIVE COMMITTEE WE WOULD LIKE TO WISH ALL OUR MEMBERS / FAMILIES & FRIENDS ALL THE BEST FOR THE FESTIVE SEASON – DRIVE SAFELY AS WE WISH YOU TO RETURN TO SHOOT IN 2019.

COULDN'T HELP MYSELF WITHOUT HAVING A FINAL CHUCKLE FOR 2018!

BEING A MAN MEANS DOING WHAT I WANT WHEN I WANT AND NOT HAVING TO ANSWER TO...

SHE'S COMING!!! TO BE CONTINUED...