



WARRINGAH ARCHERS NEWSLETTER July/August 2017



www.warringaharchers.com.au



Across the desk of the President:

Well at least the rain has stopped, enough to all us to get some shooting in, and I must admit, that shooting in the shade is a little chilly, therefore dress appropriately.. Next few months are jam packed full of tournaments, so please ensure that you register for events on time, there is something on offer for everyone.

The Local Sporting Champions Program is an Australian Government initiative which provides funding assistance to young sportsman & women who are participating in a state national or international sporting competition. The Local Sporting Champions grant can contribute towards the cost of travel, accommodation,



equipment and/or uniforms for the nominated sporting competition. Congratulations to Mitchell Campbell, who recently applied for a Local Sporting Champions Grant and was granted financial aid to assist him in competing at the State Field Championships in September this year. Please remember that when your club secretary distributes information to you, please take advantage of what is on offer, rather than miss out. Everyone \$ helps you achieve your goals.

Warringah Archers also hosted two State Development days which were well attended, not only by athletes but coaches:



State Records awarded to:

Maria Wright – CV70+W for Australian Clout 165m Single 333 on 21/5/17
Australian Clout 165m Double 595 on 21/5/17
Record for CVW Australian Clout 165m Single 333 on 21/5/17
Well done Maria.

The Ross Herron Memorial Trophy, - Quarterly update of top 12 clubs on points have been released, with **Warringah Archers coming in 6th place**, Let's see if we can improve on this during the months of July/August & September

Illawarra Archers	89
Penrith City Archers	89
Northern Archers of Sydney Inc	83
Sydney Olympic Park Archers	79
Liverpool City Archers	76
Warringah Archers	62
Coast Archers	47
Newcastle City Archers	40
Cessnock Target Archers	28
Ku-Ring-Gai Bowmen	24
Burilda Archers	20
Mountain Archers	12

Short Course Distance Championships: 9th July, 2017



Some 44 targets were set up, it was certainly an impressive display of athletes Warringah Members, had their goals set for the day, and were caught chilling out at the event:

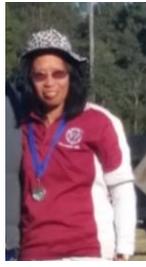
Gold Medals: James Johnstone (RM) Score of 836 (Blue Performance Award), Silver All Gold @ 60/50/40m and a Perfect End @ 40m.

Carmelo Aslanidis (RU20M) scored 822 and achieved WA Black Performance Award and Silver All Gold @ 40m, Mitchell Campbell (CUB), scored 843 shooting the Junior Canberra round, achieving a Silver AG @ 30m and an AL & Perfect award @ 20m





Silver Medals: Jack Chambers-McLean (RIB) shot 791 shooting the Short Canberra round, achieving a Silver All Gold @ 40m & 30m with Lilia Hutchinson (RMW) Scoring 442 Gabbie Smith came



5th in the RIG Divn (601), Leanne Spencer finished 5th in the RW Divn (745) & achieved a Silver All Gold @ 40m with Kirk Blinkhorne finishing 6th (554)

Well done to Kristian Chambers-McLean who was attending the event in his capacity as Judge/Official.

JULY HANDICAP WINNER Stirling Calandruccio Recurve Master Male



2nd place, was Danny Stasenka, with 3rd place going to Gabbie Smith – Well done everyone.

State Indoor Championships: 22/23rd July, 2017 which also doubles as the National Indoor Champion



Recurve Day 1: Saw Kiri Blinkhorne, Leanne Spencer, Gabbie Smith, Kane Wilson, Carmelo Aslanidis, Jack Chambers-McLean & Stirling Calandruccio compete, with Lilia Hutchinson officiating at the event.



Gold medal award to Kane in the RU20M division, with Silver being awarded to Jack in the RIB Division.

Arrows shot Double Australian 1 – followed by a WA1, and I must admit conditions were a little chilly, I am sure someone could come up with a hat, that comes down the front that has a nose warmer, as my nose was cold ALL DAY.



Our Competitors then took the field on **Day 2**, with the club being represented by Mitchell Campbell (CUB), and Maria Wright (CV+W), both winning GOLD in their respective divisions. Next year, lets see how many members we can have competing, as the event links into the National

Championships. Leanne Spencer was part of the NSW Recurve RGB Team which finished 4th, but there was not a lot of points in it between all the RGB's. Full results can be located on the website.

In the National Rankings this saw Silver medals awarded to: Kane, Mitchell & Maria, well done.

MAXIMUM PERFORMANCE SERIES

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

TRAUMA AND THE CASUAL ATHLETE

THE CASUAL ATHLETE usually has the full-blown athletic spirit but lacks the preparation of the body that will withstand the stresses and strains of all-out competition.

The roots of this circumstance are grounded in the historic British sport ethic, which held that the true amateur met his opponent at the same level, without advantage of training. Anyone who practised – or, worse, worked out under the eyes of a coach – well, that was simply not “cricket.” You’re a good sport only if you show up every Sunday morning in the appropriate attire, ready to join fully to the game with whatever body you have. You are expected to give it everything you’ve got, and more. If you don’t exhaust yourself, that’s not “cricket” either.

The essence of this traditional amateur sportsmanship, therefore, is an invitation to traumatic injuries and submaximal performance. Players who haven’t been taught to move properly and avoid injuries are expected to give their utmost during a game.

Trauma is injury or damage to tissue due to the application of a force. When trauma occurs, the treatment consists of two basic steps: (1) ice and pressure to prevent swelling the first day and (2) heat to promote healing after twenty-four hours and thereafter.

But *anticipation* of injury is by far the best course. Injuries needn’t occur if you’re prudent-and the essence of prudence is to set a pace that’s within your capacity.

A corollary myth to the one that the last repetition gives you the most benefit is that training to complete exhaustion increases your endurance. Training to exhaustion trains you to give up. You should never exhaust during performance. You couldn’t finish if you did. The only part exhaustion plays in a training program is learning how to avoid it. When you’re fatigued to the point that your performance is

affected, that's all the pain you need to endure. You're not gaining anything beyond that point, and you're losing coordination and diminishing your desire to train.

The sign of a mature athlete is his willingness to take time out when he feels overheated or fatigued. Most of us will keep a game going rather than acknowledge to the other person that we're more tired than he is. But the game has become a dull contest of physical stamina instead of the more exciting and pleasurable expression of one's idea in terms of skill and strategy. Now we are playing the man instead of the ball, and the essence of the game is lost.

"Quit" is too heavy a word for most of us. It implies that we're inferiors, failures, weaklings. "When the going gets tough, the tough get going" is physiological nonsense. When the going gets tough for you, you should stop, rest and start in again when you're fresh.

The most fulfilling contest is a battle of skill and strategy, not fatigue.

Today, competition at high levels makes much more physiological sense than it did when the British cricket ethic prevailed. Our swimmers, runners and other endurance performers finish relatively fresh. The contribution of science to modern conditioning has been to reduce the element of exhaustion as a differentiating factor. Theoretically, the well-conditioned athlete has developed to the point that he has a reserve beyond what he'll need for his event.

If you have just enough energy to finish your race in a state of exhaustion, it means that in the last few moments of the race you've been poorly coordinated-running with the bears grabbing you. Once again, that's why training for an event by practicing the event will never get you to your maximum. You'll never develop the reserve that permits you to finish strongly.

Exhaustion, in itself, is not a hazard to a healthy person. When I was at Harvard, my well-trained colleagues and I performed an experiment to perceive the effects of daily exhaustion on the body. Every day we ran uphill on a treadmill as fast as we could until we literally dropped. Fellow subjects caught one another so they wouldn't be thrown to the floor. Aside from some shin splints and blisters, there was no damage to the body. All systems, particularly the cardiovascular system, received an advanced training effect from the work.

The hazard, then, is not exhaustion itself but how you misuse your body when you are near exhaustion. You begin to move awkwardly, calling on muscles that shouldn't be employed. You try to run at full speed when your muscles can no longer elongate fast enough. It's then that the classical hamstring injury occurs.

The skier who takes one last run when he's tired risks more on that run than he's risked all day. The tennis player who plays one more set after the onset of fatigue is more likely to develop tennis elbow or other trauma from that set than from all the rest of his play. It's in the closing moments of an event that injuries are most likely to occur. Fatigue invites carelessness and poor body mechanics. Some guidelines to avoid injury....next edition.

Now this is what I call a birthdaycake, and it was delicious, thanks Carmelo



Birthdays for August

Jessica Hutchinson (2nd), Brian McGuire (10th), Emma Brady & Christopher Whitley (14th), Thoraiya Dywer (16th), Kristian

Chambers-McLean (20th), Lachlan McLeod (21st), Paul Wilson (22nd), Massimo Llana (27th), **for September:**

George Barker / Thomas Dalton / Katelin Whitley (1st), *yes change of name just recently married.*, Neil Dekker (5th), Marian Llana (7th), Steve Salmon (16th), Sam Donlan (19th),

2018 WORLD FIELD CHAMPIONSHIPS

Cortina, Italy - 4 to 9 September 2018

Up to 3 archers will be selected in the following categories:

- Recurve Women & Men
- Compound Women & Men
- Barebow Recurve Women & Men
- Junior Recurve Women & Men
- Junior Compound Women & Men
- Junior Barebow Recurve Women & Men

For selection athletes must shoot a minimum of two MQS scores for the respective division between 1st June 2017 & 1st March, 2018 and register with Archery Australia by the 1st March, 2018

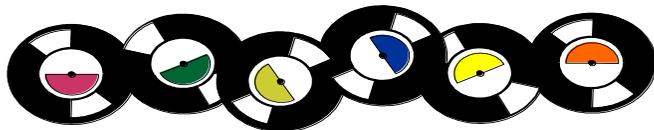
Division	Marked Field MQS 24 targets	WA Round (MARKED only)
MR	340	Red Pegs
WR	330	Red Pegs
RJM	300	Red Pegs
RJW	295	Red Pegs
CM	400	Red Pegs
CW	380	Red Pegs
CJM	380	Red Pegs
CJW	350	Red Pegs
BM	320	Blue Pegs
BW	280	Blue Pegs
BJM	285	Blue Pegs
BJW	240	Blue Pegs

Selection will be determined by the combined scores of Marked & Unmarked Field scores from the Australian Field Open Championships held in 2018. *Full details & conditions can be located on Archery Australia's website*

Westlakes Field Shoot 6th August: Saw Mitchell Campbell shoot in the (CIB) division and scored 321.

Metropolitan Championships 12/13th

August: Silver Medal went to Leanne Spencer Divn 2 (RW), which earned her a Australian 720 Star 590. Maria Wright Divn 3 (CW): came 5th & Mitchell Campbell Divn 3 came 5th, this is a really good event for our newer member to take part in, keep this in mind for 2018.



Records broken during the month of July & August. Congratulations

Archer	Class	Round	Score	Date
Aaron Hayman	LIM	Aust. Indoor 25m	114	1/07/2017
Stuart Fathers	LM	Lukie Last	472	2/07/2017
James Johnstone	RM	Canberra	836	9/07/2017
Gabbie Smith	RIG	Darwin	508	16/07/2017
Mikayla Frandsen	CUG	Darwin	430	16/07/2017
Lilia Hutchinson	RMW	AA 60/720	360	23/07/2017
Mikayla Frandsen	CUG	Fortress	644	30/07/2017
Mei Yifan	RM	Ballina	750	30/07/2017
Gabbie Smith	RIG	Ballina	465	30/07/2017
Kane Wilson	RJM	FITA Indoor 18m	568	22/07/2017
Mitchell Campbell	CUB	FITA Indoor 18m	528	22/07/2017
Sarina Hao	BRW	Short Canberra	530	5/08/2017
Gabbie Smith	RIG	Samford	423	6/08/2017
Mikayla Frandsen	CUG	Jodie Joker	726	6/08/2017
Jack Chambers-MacLean	RIB	Bellingen	628	20/08/2017
Jack Chambers-MacLean	RIB	Adelaide	982	27/08/2017
Craig Frandsen	CM	Junior Adelaide	1088	27/08/2017
Mikayla Frandsen	CUG	Junior Adelaide	834	27/08/2017
Thomas Dalton	RM	Mini Adelaide	951	27/08/2017

CHANGES IN TARGET RATING

Name	Old	New	Date
Brady, Emma	23	27	Jul-17
Campbell, Mitchell	70	74	Jul-17
Frandsen, Mikayla	16	34	Jul-17
Smith, Jeff	17	21	Jul-17
Souchard, Ben	31	32	Jul-17
Ware, Roland	33	34	Jul-17
Frandsen, Mikayla	34	35	Aug-17
McGuire, Bryan	35	41	Aug-17
Souchard, Ben	32	37	Aug-17

CHANGES In FIELD RATINGS

Name	Old	New	Date
Campbell, Mitchell	50	58	Aug-17

CHANGES IN INDOOR RATING

Name	Old	New	Date
Aslanidis, Carmelo	64	69	Jul-17
Baker, George	37	40	Jul-17
Campbell, Mitchell	56	74	Jul-17
Chambers-McLean, Jack	60	66	Jul-17
Hayman, Simon	50	53	Jul-17
Nolan, Alan	52	53	Jul-17
Smith, Gabbie	xx	11	Jul-17
Spencer, Leanne	70	71	Jul-17
Ware, Alex	xx	33	Jul-17
Woodley, Tai	8	10	Jul-17
Ware, Roland	31	32	Aug-17



AUGUST HANDICAP
Winner Mitchell Winfry (Cadet Recurve Male)

Illawarra Field 26th August:

Silver: Mitchell Campbell (CIB) achieving Australian Field Star 295 & Field All Gold six times, with Jack



Chambers-McLean (RIB) achieving Australian Field Star 270 + Field Perfect Score 18 & shot Field All Gold Twice

of Blue pegs

Gabbie Smith (5th) RIG shooting Field Perfect Score 18 & shot Field All Gold (Blue Pegs), in her first field tournament. Well done

South Coast Field 27th August:

Silver: Mitchell Campbell (CIB), Australian Field Star 335, Field Perfect Score 18, and Field All Gold 5 times.

New Members: Please join me in welcoming: Jasper Kay (RIB), Alexander Godfrey (RUB), take the time to show them the ropes down the club.

Joke of the Month: *(Sorry about these ones)*

- I was at an ATM yesterday when a little old lady asked if I could check her balance, so I pushed her over.
- I start a new job in Seoul next week. I thought it was a good Korea move.
- Statistically, 6 out of 7 dwarfs are not Happy.
- My neighbour knocked on my door at 2:30am this morning, can you believe that, 2:30am?! Luckily for him I was still up playing my Bagpipes.