



**Across the desk of the President:**

Hi everyone, the cold weather is still managing to keep some of us away from the club, but at times when you stand out in the sun (*yes it does shine at Warringah*), it is quite pleasant to shoot. I have noticed that there is no targets put up where we used to allocate Target 1 & 2 and I think this is due to the trees over shadowing the area!

**Key Audit** – the club has sent out a reminder if members who hold any type of key to notify me of the number engraved on the Key – Z155 'E' key. If you have any other type (the old 'A' key), can you please advise.

July has been a busy month, as you can see throughout the newsletter, but special mention should go to Mitchell Campbell, who competed as part of the Australian team to the Oceania Championships.

There are 3 medal events at the WAO Championships, WAO Target Championships which is a 144 arrow Target round, WAO Matchplay Championships and the WAO Mixed Team Championships. Also included this year was the Olympic Qualifying Tournament for positions to the 2018 Youth Olympic Games to be hosted in Buenos Aires, Argentina from 6-18 October 2018.

Archery Australia obtained one female position at the 2018 World Youth Championships and during the WAO Championships obtained our male position. Each country can only obtain one position per gender. Mitchell came 2<sup>nd</sup> in the WA720 + Matchplay (Preliminary) 338/335 = 673 and 3<sup>rd</sup> in the 1440 arrow event 317/346/327 = 990, however, due to light issues, the 4<sup>th</sup> distance was not shot. Well done Mitchell.

**Passwords:** There has been a slight change by Archery Australia, whereby when you log onto the AA website through the icon used to process renewal of membership, although you have been provided with your User ID, you need to click on Forgotten Your Password. What this does then is issue you with a new password, which only you will see, and only you can change. The club no longer has access to any type of passwords for members.

The club has also been in the process of undertaking a new shooting shirt with the following being



approved. We have ordered the shirts, and as soon as they are available for sale, we will let members know. We might add a long sleeve sloppy joe for next Winter!

**Short Course Distance Championships 7/8<sup>th</sup> July**



Congratulations to Warringah members who competed at the Short Course distance championships at Penrith.

**Gold:** Jack Chambers-Mclean (RCM), scoring 756, and obtaining an All Gold @ 40m, should be eligible for White FITA award if not previously claimed.

Maria Wright normally shooting in the Vet+ division opted to compete in the Open and finished 5<sup>th</sup>, with a score of 797, again should be eligible to claim White FITA Award, minimum score required was 750.

**Bronze:** Stirling Calandruccio (RMM) scoring 737 and Peter Whitfield who came 5<sup>th</sup> scoring 628 in his first ever tournament, sorry he didn't provide editorial in time for newsletter due to holidays and cruising getting in the way, next time.....

**Warringah Handicap 14<sup>th</sup> July**



Congratulations to Tom Tattersall – Recurve Intermediate Boy

2<sup>nd</sup> Place – David Faustman – Recurve Male  
 3<sup>rd</sup> Place – Roland Ware – Compound Male

Both Tom & David earned \$20 incentive voucher for shooting over 900, couple were close just below, this means their rating is now adjusted.



**State Record awarded** to Maria Wright (CV+W), with a short Canberra round on 24th June 2018, scoring 835.

## Club Development Day – 19<sup>th</sup> July, 2018

During School holidays, members are encouraged to attend the club and take part in the Goal Setting Sessions, where members are encouraged to share their



goals for the year, find out where they currently are, using archers diary, and how to monitor their progress to ultimately reach their goals. Jack also showed some of the Youth members how to replace nocks / fletch arrows and repair strings, as well as squeezing in some shooting time.

## Beastwear - State & National indoor Championships 21<sup>st</sup>/22<sup>nd</sup> July.

**Bronze:** Gabbie Smith (Recurve Cadet Women), scoring 404/479 = 883, and came 11<sup>th</sup> Nationally



**Silver:** Jack Chambers-Mclean (Recurve Cadet Male), scoring 526/528 = 1054, also achieved a

Silver & Gold All Gold Award @ 18m, and came 6<sup>th</sup> Nationally  
**4<sup>th</sup>:** Stirling Calandrucio (Recurve Master Male), scoring 525/496 = 1021, just missing out on 3<sup>rd</sup> place also achieved a Silver & Gold All Gold Award @ 18m, came 15<sup>th</sup> Nationally



**Gold:** Mitchell Campbell (Compound Intermediate Boy) scoring 565/553 = 1118. Achieved a Silver & Gold All Gold Award @ 18m, and came 5<sup>th</sup> Nationally.

**Gold:** Maria Wright

(Compound Vet+ Woman) scoring 528/518=1046. Achieved a Silver & Gold All Gold Award @ 18m, and is the Australian Indoor Champion for her age group.



## MAXIMUM PERFORMANCE SERIES

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

### CONSTANT PERFORMANCE: AVOIDING INJURY AND ILLNESS:

#### RECUPERATION

THE BETTER SHAPE you're in at the time of your injury, the more quickly, you'll recover.

The athlete with the broken bone has some advantages over the nonathlete with the same injury. His well-conditioned muscle and bone tissues will not deteriorate as much as those of the nonathlete. Improved circulation in the tissue will probably speed the healing process. And his habit of physical activity will stand him in good stead during his period of rehabilitation. If his leg is broken, he'll take this opportunity to develop and maintain the upper body musculature, and do what he can, as well, to retain the condition of his uninjured leg. Within days after the break, he'll even start exercising the undamaged portion of his injured leg to the greatest extent possible, so as to prevent atrophy and loss of strength. He'll get an assist in this instance from the surgeon who has specialised in sports medicine and uses types of casts that permit movement of uninjured parts.

The athlete's leanness is also advantageous. Fat accumulation hampers surgery and slows recovery.

But the difference between an athlete and nonathlete isn't so great that the treatment can't be similar. Who except the malingeringer wants to be incapacitated, prevented from enjoying daily life and maintaining his earning power? The best rule during recuperation is to be as active as you can be, consistent with your injury.

#### PERFORMANCE AND HEALTH

IF INJURY REDUCES performance potential, so does illness. Staying healthy is as much a part of maximizing performance as is it avoiding injury.

There's a bit of the sybarite in all of us. Rather than flagellate myself for my sybaritic tendencies, I try to make sure I stay in good health so I can enjoy my indulgencies. But I try not to become a deteriorated sybarite. I guard against the conditions in a highly industrialized society that promote deteriorative change: overstimulation, overfeeding, overmedication, and under exercise.

Some people are genetic gems. They seem to have the ability to abuse their bodies – smoking, eating, drinking and carousing to their heart's content – and get away with it. Most of us aren't like that.

A positive attitude toward health makes for good health. If you insist on being a healthy person and refuse to accept less than perfect function, you can maintain a much higher quality organism – physically, mentally and spiritually – than if you neglect yourself and wait until you get sick before you do something about it.

Because we're celebrating animals, it's easy for us to develop unnecessary concern for body processes that, left alone, do quite well.

Respiration is an outstanding example. If you don't think about your breathing, the rate and depth of your respiration are adjusted very well to the body's need for oxygen, as well as its need to expel carbon dioxide. Yet it wasn't all that long ago that we were all taught to open the window wide each morning, stand in front of it and

take several deep breaths. Breathing exercises to expand the chest and strengthen the diaphragm were a part of every gymnasium routine. Today we know that such exercises perform no useful function because the healthy human system is endowed with ample lung capacity to begin with. Even in the most severe exertion, the lung probably never approaches its full capacity to exchange air.

Elimination is another body process about which needless concern is expressed. Our acculturation conditions us to be proud of substantial bowel movements, to fear constipation and extol regularity. We arrange our diets, consume laxatives and make certain that we eat a huge serving of bran each day because we are told that tribes with extremely high-fibre diets seem to have less problems with cancer of the bowel. It could well be that life expectancy in such tribes is so short that most of the members die before the cancer years.

Digestion and elimination do proceed apace if the diet contains some roughage, such as fresh fruits and raw vegetables. Roughage is part of a normal, natural diet. If your diet is so lacking in roughage that it needs to be supplemented, then it just makes good sense to add some. But to ply yourself with roughage in order to guarantee frequent large bowel movements makes little sense.

We know now that due to variations in water intake, climate and activity, bowel movements normally vary from day to day, and that there is nothing unhealthy about a day without a bowel movement. One cause of constipation is the anxiety developed in worrying about it. Worry can contract your sphincters, making emptying of the bowel impossible.

I know many people who are so overconcerned with nutrition that they make themselves sick. Each week they read about a new mineral or chemical that ought to be added to their diets. One week they're zinc eaters. The next week they're chromium eaters. They are engaged in a futile attempt to work out a diet with all the elements in proper amount to achieve perfect nutrition. We do not have the knowledge to program a computer that might digest all the information available on vitamins, amino acids, fatty acids and carbohydrates, and the way you use each of them, and come up with as good a guide as is provided by your own innate intelligence, manifested by your hunger, appetite and thirst.

If you were simply to eat and drink widely from the abundance of nutritious foods and beverages available to you, according to your hunger, appetite and thirst, avoiding nothing but excessive amounts, you would guarantee yourself the best possible nutrition.

### Northern Fita Star-29<sup>th</sup> July:



Figliuzzi from SOPA, with Callum Ingley from Newcastle coming 1<sup>st</sup>

**Bronze;** Jack Chambers-McLean – Male Recurve – 766 (White performance award), just missing out on 2<sup>nd</sup> place by 1 point from Frank

### BIRTHDAYS FOR AUGUST



**Jessica Hutchinson (2<sup>nd</sup>), Joanna Woo (4<sup>th</sup>) Jasper Kay (7<sup>th</sup>), Bryan McGuire (10<sup>th</sup>), Emma Brady (14<sup>th</sup>), Charlotte Thompson (16<sup>th</sup>), Kristian Chambers-McLean (20<sup>th</sup>), Lachlan McLeod**

**(21<sup>st</sup>), Paul Wilson (22<sup>nd</sup>), Louis Croudace (26<sup>th</sup>), Massimo Llano (27<sup>th</sup>),** will all these birthdays, there must be at least a nibble of a cake to be eaten?

### Welcome to new members:

Reginald (Bill) Barnes (RVM), Matthew McGregor (RM), Pilard Shephard (RUG), Joanna Woo (RIG), Brian Woo (RUB), Su Reem Park (RW), Wayne Moore formally from Frog Hollow will be joining us also (RVM), please join me in welcoming them onboard and showing them the ropes.



### FROM A JUDGES PERSPECTIVE

It has been a busy few months on the Tournament Schedule. Each event has its own characteristics from a judges perspective. No event is the same with different circumstances arising, as are the variables including athletes, equipment, timing, venues,

weather and rounds shot.

As I have noticed more of our Warringah Archers attending tournaments, I thought to provide some insight to some recent examples (not by Warringah members). In this instalment, Number of Arrows Shot, Timing and Consequences at outdoor target events.

**Note:** A judge will not purposely seek out infringements and penalise, however WILL ensure that all athletes compete fairly in the spirit of sportsmanship.

Example1. Archers completed shooting and the signal to move forward and score. Upon scoring judges noticed an arrow sticking in the ground behind a target. The archer's target has 6 scoring arrows in the butt. Does that mean he shot a miss?, and therefore knowingly shot an extra arrow to make up for the miss, i.e. total 7 arrows shot?? When questioned about the extra arrow, the archer explained the arrow was lost during the practice ends.

### What would you do??

During muster before scoring, Judges did not instruct archers to advise of missing arrows. Judges were not 100% certain the arrow was shot on the scoring end or left from practice. What about the other archers in the division that did not shoot a miss and scored with 6 arrows, is that fair?

Judges had to use discretion and give benefit of doubt to the archer in question, as not 100% certain. Archer's 6 scoring arrows were valid.

**Rule WA Book 3 CH14, 14.2.2 If more than the required number of arrows be found in the target butt, or on the ground near the butt, only the lowest 6 in value may be scored. Athletes found to repeat this may be disqualified.**

An announcement followed that all missing arrows be reported to judges. This ensures fairness to all and no extra arrows shot and scored. Also is common sense to notify, so grounds crew can locate missing arrow at end of day and return it to the owner.

Example 2. Archers completed shooting and the signal to move forward and score. Judge noticed archer with 7 arrows in quiver during shooting, though walking to target face, had no arrows in quiver. Monitoring the target face noticed archer pulled 7 arrows. upon questioning, the archer was unaware he shot 7 arrows.

What would you do?

The judge is aware mistakes happen, it was the first scoring end, straight after practice. Benefit was given to archer, Lowest 6 scoring arrows were recorded.

**Rule WA Book 3 CH14, 14.2.2 If more than the required number of arrows be found in the target butt, or on the ground near the butt, only the lowest 6 in value may be scored. Athletes found to repeat this may be disqualified.**

Example 3. Archer shoots an arrow after the signal to stop shooting.

What would you do?

To be fair to all other archers, the arrow should not score.

**Rule WA Book 3 CH15, 15.2.3 An arrow shot before the start signal or after the stop signal or out of sequence in alternate shooting, shall be considered to be part of that end shall cause the archer to lose the highest scoring arrow which shall be scored as a miss.**

#### Summary:

- if shot more than 6 arrows, only 6 lowest values recorded.
- if shot an arrow out of time the highest scoring arrow is record as a miss

#### Multiple Violation:

- if shoot more than 6 arrows and the last was out of time, only 6 lowest values recorded AND the highest of those recorded values is then marked as a miss!

#### Oceania Championships report from Mitchell:

We arrived and visited the archery range on the way from the airport. As you entered the range the flags of the countries were all flying in the wind (*maybe not a good sign*) and the view was pretty with mountains in the distance beyond the targets. 2 days later we had the



opening ceremony and official practice - hot and sunny shooting into the sun but a great buzz of everyone being there. The Opening ceremony took a long time as it was in English and French for the New-Caledonians.

First day of competition was the 1440 round and we had the challenge of rain and wind. Even the rain felt different on your skin! Alternate shooting made the round drag on and at 3.45 when we hadn't even started 4<sup>th</sup> bracket/last distance and the judges called the end of the event.



First distance of 50m let me down but my 40m was strong and I scored above my NZ competitors. Not enough to come out ahead so I got the bronze medal.

Ranking round was the next day with the weather better I ranked 2<sup>nd</sup>. I then waited for matchplay all day only to be told it's deferred to next day. My form felt good but unfortunately I lost 2 points in the first end and never caught back up so again another bronze. I then got to be an "agent" for the intermediate and cadet girls in their gold medal matches which was great supporting my teammates and experiencing the tension of the match as we scored their arrows. They both won gold so it was rewarding to have been involved.

Overall I found it harder than I had expected



competing away from home in this new environment. Meeting new competitors from the other countries and age groups was such a good experience and swapping my AUS shirt for a New-Caledonian one was a really great moment as the Aussie shirts were in very high demand!