



WARRINGAH ARCHERS NEWSLETTER May 2017

www.warringaharchers.com.au



Across the desk of the President:

I attended ArcheryNSW OGM meeting & workshop this month, which gave further insights on how IMG Network works. Warringah Archers currently use the

database for on line membership, and I was surprised how many other clubs were still using paper methods and/or entering the information into the membership database from membership forms received. The IMG system can offer much more, such as sending out reminders / invoices / and providing supporting reports for QRE / Tournaments and it was interesting to note that through the IMG system so far this year in Come N'Try & Beginners courses some 450 interested parties have visited Warringah Archers and utilized our facilities.

The committee is currently looking at what systems we can put in place to minimize volunteer workload, and certainly using some of the automatic processes the above can offer, will be a start.

Not sure how many of our members go onto the club website (*hopefully most of you will have it as a Favourite*), if not the link is at the top of this page. A **BIG THANK YOU** to Mariano who has been assisting the committee behind the scenes in bringing our site up to date. It is important for us as a Club to know the history surrounding some of our awards, who has won what, so that the history is not lost, therefore if there are any ideas and/or information you would like our site to display / link to, please let a member of the committee know.

What we would like to do is also put more information into our history section (ie Olympians / World Championships / Tran-Tasman Representation / State Team Open & Youth teams, that's where you come in! the committee is seeking your assistance, that if you have any photos or supporting documentation, that will help us to fill in the gaps, can you please send them to us

Facebook, are you linked to Warringah Archers facebook page, as from time to time we would like to encourage members to place editorials on the website, especially when they are competing away from home, so that we can share in your achievements. Check out the page, as we have a fair few of our members who are RGB ranked No. 1 in their various disciplines, members who have won events, so its great to give them encouragement and tick on liked!!!! Getting good with this button

This month also saw Kane Wilson compete in the World Cup in Shangai, China with Steve Jennison attending as one of the Coaches for Australia, details on Kane's performance, can be located on the World

Archery Website, small editorial below. Thanks to everyone who keeps supplying us with editorials.

As we all know Andrew Catto is a Scout leader, and recently went to Belanglo, see if you can pick him out from this group.



The club then held its **Skins Tournament**, originally this was set down for a Newcastle round, however, after a group discussion, the round was changed to a Jodie Joker, so that members could also shoot individual 80cm faces (*we thought this would save arrow damaged*). Members were then ranked into current ratings, then placed on the appropriate target - \$2 for the CASH Pot was collected, with the club matching the amount of funds taken. After shooting 6 arrows, scored, the lowest score moved down a target, with the highest scoring moving up. Twice El



President made it to target 2 only to shoot on the wrong target (*twice*), but we won't tell anyone about that? blooming heck,



if there was a tie on the target, then those concerned went into a 1 arrow shoot off, and there were a few of them.

Andrew & Elizabeth going into a 1 arrow shoot-off to see who would make it to target 1 – Andrew winning by a milli-milli-milli closest to the centre, just ask Nick as well, was on target 1 nearly the whole event, only to be pipped in the last end, Oh! Dear, we all had a bit of a chuckle at each other, especially, near the end, when you were so close to being on Target No. 1



The winner on the day was Leanne Spencer, 2nd Stirling Calandrucchio & 3rd Jack Chambers-McLean. center

Watch this space for the next one.....
The Black Snake



Challenge 14th May, 2017,

Was held on Mothers Day at Liverpool (so Mitchell did the right thing and invited his mum to come along! She was so excited). Each competitor was given a souvenir mug so you guessed (this was given



to it Mum so she could drink tea at the clubhouse)

We did 2 rounds of 12 field targets shooting from a different distance on the second round. I was in a group with 3 Long Bowers. Although I was the only Cub competing, and achieved a gold medal – I was really chuffed with my score, pretty decent actually. We never saw the “black snake” which is meant



to live at target 3.

Field archery is a lot of fun because of the variety of terrain in the bush and all the different distances. It's fun when you go and do a course you haven't been to before. A summary of what face sizes to shoot and pegs to shoot off are at the bottom of this newsletter.

Welcome to new members: Luca & Maja Keckes (RUG), Connor Dalton (RUB), Max Harrison

(RUB) & Robert Harrison (RM), please join me in welcoming them aboard.

Jim Scott Clout Memorial Shoot: 21st May, 2017

A few of our intrepid archers competed in the Jim Scott Memorial shoot and yes, you guessed, all came away with medals,

Gold: Maria Wright (CV+W), Simon Hayman (BRVM), Ben Souchaud (RUB), Jack Chambers-McLean (BRIB), Ben Calandrucchio (BRM), Cynthia Leung (RMW), Lilia Hutchinson (BRMW)

Silver: Stirling Calandrucchio (RM), Alan Nolan (RVM), and the **JIM SCOTT memorial trophy, well done everyone.** Also well done to Maria Wright who also scored an All Gold @ 165m which is no mean feat



Birthdays for June



Danny Stasenka (19th), Oliver Deakin (20th), Carmelo Aslandis turning 18 (22nd June), Cynthia Leung, Ben & Alex Ware & Ronald Harrison (29th), there's gotta be a birthday cake in their

somewhere!

MAXIMUM PERFORMANCE SERIES

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

Your maximum Performance Program

4. COMPETITION

HEALTH

Gauge your opponents, and apportion your effort. Be cautious. Do what's necessary to win without injuring yourself. Don't invite staleness or over fatigue by playing all out in every encounter. Orchestrate your effort so that it peaks when you get to the championships. If you go all out at all times prior to the championships, you're inviting micro trauma, small injuries that will keep you from your goal.

FITNESS

Continue your training program at 90 percent effort, or gradually move up to 100 percent if it's an all-out strength or endurance event.

Maintenance of specific acclimatization is important now if you plan to compete at altitudes or

temperatures different from those in which you've trained. To whatever extent you can, duplicate the conditions of the new environment every other day.

Any circulorespiratory training should correspond exactly to the requirements of your event. Train at the speed of the event, for the duration of the event, with the same active rest intervals that you get in the actual event. This adjustment of the training load to match peak completion efforts with no further overloading is called *tapering*.

SKILL

You've got it now – at least all you can or should try to get before your important competition.

This is not the time to make changes. Avoid all analysis. Anything that needs changing will be done after the season. To change now would be to risk your chances of winning.

FOCUSING ON YOUR SPORT

NOW THAT you understand the characteristic of training for maximum performance, let's put those principles into specific terms, so that you can be certain you're making maximum use of your training time.

Of the more than 300 sports, we've selected 30 that are either popular or serve as good examples of many other sports (Only Archery has been identified below). What follows are brief guidelines that show what to concentrate on in preparing yourself physically for the activity of your choice. Now's the time for you to rate each of the required elements with a low, medium or high priority, as we did for tennis in Chapter 13. To assist you, we've rated each sport in terms of the needs of the average player. Our ratings are not exact for every condition; you should change them up or down, depending on your manner of play and your expectation.

Each of the sections also includes guidelines on what general principles of learning and skill we've previously discussed will help you improve your game.

ARCHERY

A BRACHIATING SPORT: You'll need arm, shoulder, and back strength, meaning that you'll want to concentrate on the exercises found in previous newsletters (*Kangaroo Hop / Heal & Toe Raises / Bench Stepping / Half Squats Eight-Count Pushup / Arm Curls / Arm Stepping / Pushbacks / Arm Isometrics & Half-Lever*). Isometric arm exercises, shown are especially applicable to preparation for archery performance.

But archery requires skill more than it does strength, so you'll want to give 75 percent of your time to the perfection of the art. Skill in archery is enhanced by establishing a Zen-like interrelationship between the archer, bow, arrow, course and target (*refer to Zen Performance in previous issues*)

Conditional Priority

Muscle Mass	M
Muscle endurance	M
Muscle strength	H
Circulorespiratory endurance	L
Mobility	M

Durability of joints & ligaments	M
Toughness of skin	L
Ability to relax	M

Next edition-Avoiding Injury & Illness



MAY HANDICAP WINNER

Hugh Triglone

Recurve Cub Boy

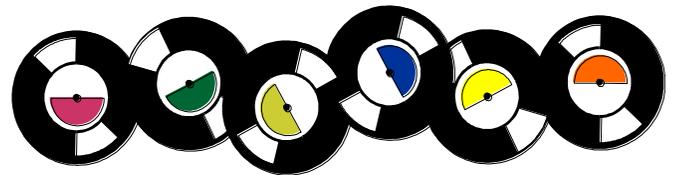
2nd place was

Tai Woodley & 3rd place went to Ben Souchaud, all boys shooting over 900 in the competition, which

will



mean a rating change



Records broken during the month of April...Congratulations

Archer	Class	Round	Score	Date
Maria Wright	CMW	Bothwell	646	1/04/2017
Brandt Henriksson	RMM	Bothwell	613	1/04/2017
Cynthia Leung	RMW	Bothwell	479	1/04/2017
Kiri Blinkhorne	RW	Bothwell	331	1/04/2017
Jaxon Spinks	RCB	Goulbourn	488	1/04/2017
Jessica Hutchinson	RJW	Goulbourn	460	1/04/2017
Gabbie Smith	RIG	Darwin	501	9/04/2017
Clinton Wright	CM	Canberra	884	16/04/2017
Kane Wilson	RJM	70/720	650	17/04/2017
Mitchell Campbell	CUB	Drake	730	20/04/2017
Mei Yifan	RM	Bellingen	742	23/04/2017
Emma Brady	RCW	Elizabeth	242	23/04/2017

Joke of the Month:

One day a little girl was sitting and watching her mother do the dishes at the kitchen sink. She suddenly noticed that her mother had several strands of white hair sticking out in contrast on her brunette head. She looked at her mother and inquisitively asked, 'Why are some of your hairs white, Mum?' Her mother replied, 'Well, every time that you do something wrong and make me cry or unhappy,

one of my hairs turns white.' The little girl thought about this revelation for a while and then said, 'Mummy, how come ALL of grandma's hairs are white?'

Northern Junior Challenge- 28th May,

Participation was slim this year for the above event, with only 3 taking part, therefore, we were ineligible to contest the Teams event, perhaps next year. Well done to Jack & Mitchell for winning Gold, and for Gabbie who competed in her first major tournament for winning Bronze – Well done.



Shangai World Cup – by Kane Wilson

On the 11th of May I departed for Brisbane to attend a preliminary training camp for final preparation for the World Cup in Shanghai. Along with the rest of the team I was fortunate enough to have our own super coach Steve Jennison to attend the trip in his coaching/managerial/ anything he needed to be role.

Arriving in China to step foot inside a stadium you would associate with world class athletes was awe inspiring, and if that wasn't enough the target I was assigned meant I was shooting with two exceptional Archers in Takaharu Furukawa who won Silver at the London Olympics and Sjef Van Den Berg who has had an extremely strong presence in recent international competitions.

When shooting got underway I quickly realized how much of a small fish in a big pond I was. In all honestly I didn't shoot as well I had hoped, but on the same token I didn't feel the stinging disappointment that I was expecting. I looked around at the marvelous opportunity I had received, I was alongside



Archers I had been watching and idolizing since I was 12 years old. And being honest with myself I don't believe I've ever succeeded at something of which I

haven't failed at previously a dozen times over. There were times shooting at the competition where I felt as if I had been put on earth for the sole purpose of shooting a bow and those incredibly brief moments are seriously addictive. I've got a feeling I'll be training harder just to experience that again.

There's something about standing among the best in the world that is beyond anything I could ever try to explain. And if there is ever a motivator to train, it would be to experience that feeling again.

Little did I know that when I first did my beginners course with Elizabeth at the ripe old age of 9 I would go on to represent Australia on the world stage. There's little to no chance I could ever be shooting at this level without the support of Warringah Archers – Thanks Everyone

WELCOME TO FIELD ARCHERY:

24T Fita Field is being made up of combinations:

20cm target faces—4 rows of 3 secured to a target butt
 40cm target faces—4 -secured to a target butt
 60cm target faces-secured to a target butt on its own
 80cm target faces-secured to a target butt on its own

Minimum /Maximum distances Marked depending on what Peg you shoot:

Face size	Red Peg	Blue Peg	Yellow Peg
20cm	10-15-20m	5-10-15m	5-10-15m
40cm	20-25-30m	15-20-25m	10-15-20m
60cm	35-40-45m	30-35-40m	20-25-30m
80cm	50-55-60m	40-45-50m	30-35-40

Scoring: - The target faces have six scoring zones 3 arrows are shot at each target. Points are awarded for – Yellow Spot 6, 5, then 4, 3, 2, 1 points.

The Inner 6 is marked with an X for compound archers. However, if all competitors mark it the same way, it is used in situations when a tie occurs.

Archers are named A, B, C, & D on a target. You remain in this sequence throughout the shoot. A & B shoot first, then C & D, the next target C & D shoot first, then A & B

When you are faced with three or four rows of bugs eyes for the first time and A & B are up first:
 A shoots row 1 - B shoots row 3–
 C shoots row 2 - D shoots row 4

When C & D are up first:
 C shoots row 1- D shoots row 3
 A shoots row 2 - B shoots row 4

When you are faced with 4 targets on a butt:
 A & B up first would shoot, the top target
 C & D up first would shoot, the bottom targets and vice versa.

Remember if you shoot on the right at the beginning of the shoot stay on this side throughout the competition, although you can always move your feet to secure footing.

Give it a go, next time you see it on the club calendar