



**WARRINGAH ARCHERS
NEWSLETTER
November 2017**



www.warringaharchers.com.au



Across the desk of the President:

Well there has been certainly been all kinds of weather during the month of November, and it is a reminder for everyone to dress appropriately.

Warringah Archers held its KidBow tournament first weekend of December, and a BIG THANK YOU to Sandra Wilson from Ratcliff Matthews, for opening up the event by shooting the first arrow ` scoring a `7'.



Unfortunately, we were unable to host our elimination matchplay event (sorry Jack), due to an electrical storm that was due to hit, and we just managed to complete the event before the rain hit.

Big thank you to Lilia (Director of Shooting), and Kristian for being the officials on the day. Our cooks Leanne & Carol, making a great team though I do think our BBQ needs replacing, perhaps Santa will be kind to us!!

No-one unfortunately score 900 out of 900 this year, so Warringah still holding the record. The highest compound score of the day came from Alyssa Mellema from Cessnock scoring 899, scoring a 9 in her last bracket & Brodie Hatch from Cessnock scoring 898 with a Recurve.

Our highest scoring Compound of the day was Mitchell Campbell scoring 891, with Jack Chambers-McLean scoring 872, but some great results from our new members competing in their first tournament, well done to everyone who competed.

Congratulations to:

Mitchell Campbell obtaining his Australian Field Star 345 Compound

Jack Chambers-McLean obtaining his Australia Field Star 280 Recurve & World Archery Green Arrowhead award

National Archery Australia Tournament Records awarded to:

Maria Wright (CV+W)

- WA60/1440	1124	5/10/16
- 60m 122cm face	257	5/10/16
- 50m 122cm face	290	5/10/16
- 40m 80cm face	283	5/10/16
- 30m 80cm face	294	5/10/16

- WA60/900	778	2/10/16
- Clout 165m Single	145	3/10/16
- Clout 165m Double	198	3/10/16

Archery Australia National Championships Record:

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Well done to Warringah members also who were part of the NSW State Team and WON the National Recurve Teams title – awesome Carmelo & Leanne



Full team made up of: Leanne Spencer , Belinda Maxworthy, Joanna Murray, Tayla King, Carmelo Aslanidis, Marco Giang, Nicholas Kyriazis & Victor Wei, many who are regular visitors to the club shooting in our tournaments & QRE events.

Archery Australia has released in its recent broadcast details on the following events. If you are interested in any of these events, please express interest and/or familiarise yourself with Close of Dates, there is no excuse for missing out, be proactive:

- 2018 National Youth Championships
- 2018 Youth Matchplay Championships
- 2018 Trans-Tasman
- 2018 World Archery Oceania Championships
- 2018 Youth Olympic Games

Our President/Secreary & Treasurers Team

have completed Round 2, of the Handicap days - with great results. Remember everyone' s name is put in a draw, with an Adult and Junior member being drawn to win Full Membership for 1 year. JOIN US.....

THE PRESIDENTIAL GUARD,

This team had 13 archers in Oct with 14 archer competing in November, with a combined of the bow score of **14663** and handicap score of **22817**.

THE TREASURERS TARGET TROOPERS,

Kristian's team had 13 archers in Oct with 10 archer competing in November, with a combined of the bow score of **10809** and handicap score of **18220**.

With the SECRETARY SHARP SHOOTERS

Roland's team had 3 archers competing at both the October & November events, with a combined of the bow score of **8903** and handicap score of **14096**

The last event is being held on the 16th December, following by a BBQ, and then a FUN SHOOT, lets see everyone dress up in XMAS Gear.

Performance Awards shot on the day were:

Mitchell Campbell: All Gold @ 40m /30m @ 20m, with a Perfect 60/60 @ 30m& 20m

Jack Chambers-McLean:All Gold @ 50m/40m/30m

Craig Frandsen: All Gold @ 50m/40m/30m

James Johnston: All Gold @ 50m/490m/30m/18m

David Shannon: All Gold @ 40m/18m

Kane Wilson: All Gold @ 40m

Maria Wright: All Gold @ 50m/40m



BIRTHDAYS FOR DECEMBER

John Holme & Andrew Catto (2nd) BIG '50', Simon Hayman (6th), Gregg Barr-Jones (7th), Kyle Frandsen (11th), Jasper Schwarz (22nd), Geoff Farrugia (24th), Max Harrison (25th), surely there must be cake in there somewhere!



November Handicap Winner

Lucas Farrugia
Recurve Cub By

2nd place – Mitchell Winfry (RCM)

3rd place – Jasper Schwarz (RCM)

All boys shot over 900, well done

CHANGES IN FIELD RATINGS:

Name	Old	New	Date
Aslanidis, Carmelo	75	79	Nov-17
Shannon, David	59	64	Nov-17
Johnstone, James	68	73	Nov-17
Spencer, Leanne	66	69	Nov-17
Wright, Maria	59	63	Nov-17

CHANGES IN TARGET RATINGS:

Name	Old	New	Date
Baker, Aiden	8	9	Oct-17
Ware, Alex	35	38	Oct-17
Shannon, David	72	23	Oct-17
Smith, Gabbie	40	44	Oct-17
Steele, Glenn	53	55	Oct-17
Chambers-McLean, Jack	69	72	Oct-17
Llana, Mariano	42	50	Oct-17
Llana, Massimo	xx	22	Oct-17
Winfry, Mitchell	20	22	Oct-17
Jennison, Elizabeth	57	61	Oct-17
Campbell, Mitchell	77	81	Oct-17
Barker, Aiden	9	16	Nov-17
Souchard, Ben	37	48	Nov-17
Aslanidis, Carmelo	83	87	Nov-17
Frandsen, Craig	78	83	Nov-17
Shannon, David	73	74	Nov-17
Smith, Gabbie	44	46	Nov-17
Farrugia, Geoff	xx	36	Nov-17
Chambers-McLean, Jack	72	74	Nov-17
Schwarz, Jasper	39	49	Nov-17
Spencer, Leanne	82	83	Nov-17
Farrugia, Lucas	xx	24	Nov-17
Llana, Massimo	22	25	Nov-17
Campbell, Mitchell	81	84	Nov-17
Winfry, Mitchell	22	24	Nov-17
Woodley, Tai	11	12	Nov-17

Nock, Nocking Point and String Relationships

How tight should your nock snap on the string? Should you sue two nocking points or just one? What material should you use for your serving and nocking points? Although these items may seem trivial, they can give you a lot of extra points if you follow various rules.

Have you been shooting and the person next to you loads an arrow and when they snap their nock on the string it sounds like a cannon going off? Obviously they have a tight string-to-nock relationship. You would not want to be at full draw ready to come through your clicker when they snap that nock on the string! As we have all read, it is wise to be able to slip the nock on with a very light snap fit. An easy way to check this is if you load your bow and put the string horizontal to the ground, the nocked arrow should stay on the string and if you tap the string just a little bit, the arrow should fall to the ground. However, that does not always work for some archers. The above test and nock fit is the norm, but not a requirement.

The main reasons to have the nock fit slightly snug on the string is to keep it in place while at full draw. Many people have the tendency to move their fingers during the draw, thus moving the nocked arrow slightly. This is a cause of significant inconsistency. However, if you keep the nock on really tight, then the arrow doesn't leave the string at the moment in time it should. In this case you get a poorly flying arrow.

One of the ways people have found to keep their nocks in place while drawing the string back is to have two nock sets (one above and one below the nocking

point). It is important to give the two nock sets enough distance to make sure that the two nock sets do not pinch the nock while at full draw. Since the string angle is rather sharp this will give you inconsistency as well.

The top part of the nock set will push on the top inside throat of the nock while the bottom part of the nock set will push on the bottom back side of the nock. Give the two nock sets around an extra 1/8th inch gap so that they will both lightly touch the nock at full draw.

Do you really need two nock sets Most people do. An easy way to find out is to put on the other nock set and see if your arrows impact in the same location. If they do, it is probably not necessary for you to use two. If your arrows impact low when you add the extra nocking point, it means that that the nock was slipping down while at full draw when you were using just one. So keep two nocking points on!



The serving of the string material is important as well. Most recurve archers do not use monofilament and rightly so.. Not only is it very hard on the fingers. It is very slippery, thus causing archers to "dry fire" their bows if the nock and string serving relationship is not just

right. Many of the new braided plastic materials used today are fine. These materials come in many different thicknesses and smoothness. Find one that fits your nocks properly and that feels comfortable on your fingers.

Serving thickness is determined by the number and thickness of the strands of the string material you use and the material of the serving itself. Most people use Spectra material or something similar (Fast Flight, Dyneem etc.,) It is important to use enough strands in the string so that it does not elongate or stretch. This takes a little bit of testing to find just the right number of strands. Once you have determined the right number of strands, then you can determine the thickness of serving to use. I know that it takes a little time to experiment with this, but once you determine the correct number of strands and the right serving thickness, you will not have to do another test for a very long time. It is well worth the time you spend on this now so that you have exactly what you need.

0.088" or 0.098"
-1 or -2



Generally nocks come in two throat thickness. The first is close to 0.088" and the second is 0.098". Beiter uses the terminology of -1 or -2. The 1 being small throat and the 2 being the larger throat. Most young and smaller archers will probably use the smaller throat due to the string thickness.

relationship so you can find the best setup.

Another concern in this area is the relationship between the nock and string fingers. Many archers "pinch" the nock. This may cause the arrow to "jump up" upon release causing them to miss the target high. Just remember that the main reason that the arrow jumps up when shot is that you are dropping your elbow while coming through the clicker, thus forcing the arrow up without realizing it. (Yes, the middle finger is pressing the nock up, thus the miss. When the clicker clicks, there is no more restraint on the arrow and it will jump up.)

Other archers curl their fingers while coming through the clicker causing the arrow to fall off the rest and land a bit short of the target. This is due to excessive finger tension. If you are curling your fingers to get through the clicker and the clicker clicks, there is no more restraint, thus the miss low and usually left (*if you are right handed*). Tests run in the 1980s proved that the better the archer, the more relaxed their draw forearms were. Since your forearm holds all the muscles that work your fingers (*fingers are made up of lots of tendons, bone and fat*), those tests showed that the relaxed forearm was more consistent and probably a better method to develop the consistency needed for higher scores.

The bottom line is that you need to be consistent with your finger tension, get the right fit been the string and nock, use the proper number of strands in your string and practice for consistency.

The more you know about your equipment, the more comfortable you will be knowing it is right! Good shooting.

CHANGES IN INDOOR RATINGS:

Name	Old	New	Date
Blinkhorne, Kiri	53	55	Oct-17
Hutchinson, Lilia	41	42	Oct-17
Woodley, Tai	10	17	Oct-17
Nolan, Alan	53	54	Nov-17
Baker, George	52	59	Nov-17
Chambers-McLean, Jack	66	67	Nov-17
Llana, Massimo	xx	21	Nov-17
Hao, Sarina	27	28	Nov-17

Club Presentation Night – XMAS Party

was held 25th November, 2017, with some very special awards being given out as well as some fun events. My thanks to Kiri who helped me set up the room for the night, and to Carol for helping with the Fun Goodie bags, which was filled with interesting material which was used throughout the night. Congratulations to the Winning team





Most Consistent Archer was presented to **Andrew Catto**. This goes from 1st Nov to 31st October annually, archer must shoot a minimum of 20 rounds which includes at least 4 handicap/3 Canberra rounds and the balance made of of events on the Club Calendar.

Outright Field Trophy: was presented to **Mitchell Campbell**. This is awarded to the archer who obtains the highest score at the Club Field Championships regardless of Peg shot / Sex.



Best Allound Clout Champion awarded to Jack Chambers-Mclean. Again this awarded to the archer who obtains the highest score at the Club Championships clout event, as everyone is already handicapped by their age –v- the distance that they shoot.



Best Allround Tournament

Shooter, This year went to Carmelo Aslanidis, which is a year round affair presented by our



founding & Life members Danny & Barbara Stasenka. **Most Improved Indoor Archer**, went to Jack Chambers-McLean, and the **Most Improved Target Archer** went to Mariano Llana.



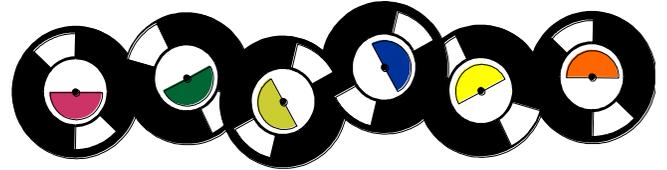
Club Supporter of the Year was presented to Kristian Chambers-McLean, well deserved recipient of this award



Full list of awards and photos from the night will be on our Website shortly.

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Records broken since last published:

Leanne Spencer	RW	Newcastle	891	7/10/2017
Carmelo Aslanadis	RJM	Newcastle	883	7/10/2017
Stirling Calandrucchio	RMM	Newcastle	869	7/10/2017
Mitchell Campbell	CUB	Newcastle	888	7/10/2017
Gabbie Smith	RIG	Bothwell	419	15/10/2017
Jack Chambers-MacLean	RIB	Bothwell	606	15/10/2017
Emma Brady	RCW	Goulbourn	356	15/10/2017
Mikayla Frandsen	CUG	Goulbourn	411	15/10/2017
Jack Chambers-MacLean	RIB	40/720	644	21/10/2017
Sarina Hao	BRW	50/720	308	21/10/2017
Bobby Barr-Jones	CIB	40/720	622	21/10/2017
Mitchell Campbell	CUB	30/720	692	21/10/2017
Ben Souchaud	RUB	30/720	564	21/10/2017
Bobby Barr-Jones	CIB	40/720	651	22/10/2017
Gabbie Smith	RIG	40/720	543	22/10/2017
Mitchell Campbell	CUB	Newcastle	891	4/11/2017
Carmelo Aslanadis	RJM	Townsville	644	11/11/2017
Gabbie Smith	RIG	Launceston	460	11/11/2017
Mitchell Campbell	CUB	Launceston	623	11/11/2017
Craig Frandsen	CM	Ballina	827	26/11/2017

All Gold/Perfect Awards: Remember if anyone wants to claim an All Gold (10/9 and or '60 perfect) awards these can be purchased from the club. Just see either the President and/or Recorder at the club who can assist as stock is limited.

Joke of the Month: *This little kid (below) was really doing some thinking. It appears to me that he must have thought that his teacher was "dense"!!* A teacher was giving a lesson on the circulation of the blood. Trying to make the matter clearer, she said, 'Now, class, if I stood on my head, the blood, as you know, would run into it, and I would turn red in the face.' 'Yes,' the class said. Little Johnny then said - 'Then why is it that while I am standing upright in the ordinary position the blood doesn't run into my feet?'