



WARRINGAH ARCHERS NEWSLETTER November 2015



www.warringaharchers.com.au



Across the desk of the President:

November, was an extremely busy month for members of the club, with several of our members shooting the State Clout / our club holding it's 15th Annual KidBow tournament on the 7th November,

training on the IMG Network system, and Archers Diary as well as both myself and the Vice President attending ArcheryNSW Ordinary General Meeting. There will be a call for expressions of interest shortly for four key positions on the Committee / Tournament Coordinator / Recorder / Officials Convenor & Coaching Administrator.

There have been several circulars come out from ArcheryNSW & Archery Australia over the last month, such as Trans-Tasman Junior selection / update from ASNSW Vice President in relation to Media / the Acting Recorder, and Youth information. Please ensure that you take the time to read these documents, so that you don't miss out on anything.

Change to Membership Fees: Following on from the AGM of Archery Australia, there will be an increase in fees of \$5. This will be effective in membership renewals commencing 1st March, 2016.

Archery Australia: National Championships Tournament Record certificates awarded to: Aaron Seng-Yip Hayman for 60m (122cm face) with a score of 144 in the Junior Longbow Mens Division at the Youth Nationals and Jack Chambers-McLean for a 100m Single Clout as a Barebow recurve bow with a score of 299 at the same event. Congratulations to you both.

Performance awards achieved also were:

Australian Stars: Jack Chambers-McLean (1000), and Bobby Barr-Jones (1100 & 1200) and All Gold @ 40m, with an All Gold & Perfect achieved in Field.

Silver Fita Star (1100) Carmelo Aslandis and an All Gold @ 145m

Planning for 2016 - Archery Instructors: Do you wish to become an Archery Instructor. Warringah Archers can apply to Archery Australia to host an Archery Instructors course at the club. Minimum of 4 archers required. Parents also wishing to become Instructors are also welcome to attend. Please let me know by the **10th December, 2015**.

How To Become A National Judge Candidate:

- Active in archery for a minimum of 12 months. Under certain circumstances this may be waived by the Officials Committee.

- Attain a minimum age of 17 years.
- Attend a Judge Seminar conducted by your RGB.
- Pass the National Judges Examination, which consists of three sections:
The pass mark is 80% in each section.
- Be a current financial member (Individual Affiliate) of Archery Australia

So do you think you would like to be a judge, please let me know by the **10th December, 2015**.

New Members: Aaron White (RUB), Mitchell White (RUB), Ben Ware (RIB), Michael Garbutt (MC), David Ashford (RUB), Mitchell Campbell (RUB).

Club Championships target – 31st October, 2015

Canberra 30 arrows @ 60/50/40m

Open Division is for all archers over the age of 15, and those that wish to shoot up.

Gregg Barr-Jones	RM	814 (82) MB
Steve Jennison	RVM	809 (80) Gold
Katelin Turner	CW	768 (71) Red
Carmelo Aslandis	RCM	763 (70) GM
Maria Wright	CVW	751 (67) Red
Brandt Henrickson	RMM	744 (66) Red
Andrew Catto	RM	736 (65) Red
Stirling Calandrucio	RM	688 (57) Blue
Pablo Mercader	RIB	683 (56) Gold
Danny Stasenska	RVM	556 (42) White
Cynthia Leung	RMW	552 (41) Black
Simon Hayman	RVM	545 (40) Black
Glenn Steele	RVM	538 (40) Black
Kristian Cham-McLean	RM	489 (35) White
Lilia Hutchinson	RMW	376 (25) White
Kiri Blinkhorne	RW	371 (25)
Isaac Robbins	BRIB	321 (20) Black
Pierre Buskermolen	RM	302 (18)
Kaden Currie	RCM	239 (12)

Short Canberra 30 arrows @ 50/40/30m

Victoria Henricksson	CIG	632 (40) Red
Jessica Hutchinson	RCW	412 (18) White
Jaxon Spinks	RIB	387 (16) White
Sam Donlan	RCM	387 (16)
Cooper Van Wicjk	RIB	344 (12)
Bailey Buskermolen	RCM	144

Junior Canberra – 30 arrows @ 40/30/20m

Bobby Barr-Jones	CUB	839 (68) MB
Jack Cham-McLean	RUB	705 (38) Blue
Ayden Reeves	CUB	679 (34) Black
Ethan Henderson	RUB	444 (9)
Tom Tattersall	RUB	440 (8)
Michael Garbutt	CM	374 (2)

Mini Canberra – 30 arrows @ 30/20/10m

Nathan White	RUB	653 (14) White
Mitchell White	RUB	500
Aaron White	RUB	239



**State Clout Championships:
1st November, 2015**

Last Sunday the State Clout was shot at the Penrith City Archers club grounds in St Marys, we had nine archers attend the event, with all nine collecting medals:

Gold: Joshua Calandrucchio, Jack Chambers-McLean, Cynthia Leung, Aaron Hayman and Simon Hayman **Silver:** Kristian Chambers-McLean and Lilia Hutchinson

Bronze: Kiri Blinkhorne and Stirling Calandrucchio



The event was shot in temperatures hitting 36 degrees and we just managed to complete the event front of the massive electrical storm which hit on Sunday afternoon .

Warringah Archers has done very well in all three clout events this year, of the 37 competitors we have had at the three events we have collected 33 placings as well as the Southern Clout Trophy and the County of Cumberland Clout trophy Stirling was pretty chuffed, securing his arrow in the clout (one with the yellow fletches).

Maria tells us that although stormy weather had been predicted, the weather was very hot for the event. It was only my second clout tournament, and I was keen to redeem myself from my disastrous first-time score at the Jim Scott event at Illawarra, (*which clearly reflected the fact that I really hadn't quite known then what I was doing.*) Thankfully, the day before, Steve Jennison gave me a few pointers which made me feel quite confident that I would do much better this time. Every single member of the Warringah team received a medal in their division, which was very pleasing, even though the medal ceremony was held in the sudden storm which hit just after the tournament had finished. But even more pleasing for me was that along with a gold in the Veteran Ladies division, I achieved a score of 557, which wiped out my previous bad score in the Jim Scott Clout. This proves that with determination to do better, and a little bit of coaching, anyone can achieve what they set out to do. While the scores might not be brilliant, they are the best possible for me on the day. And who can ask for more? - *Maria Wright*

Warringah Kidbow Tournament – 7th November, 2015 – The rain held off.

Full results can be viewed in Archers Diary, but well done to the kids of Warringah Archers, who competed in their first tournament, *it was a sea off maroon & white.* No-one managed to score the Perfect 900 though the highest score was achieved

by
Hayden Crampton shooting 897

BIG THANK you to our Judges on the day; Steve Salmon & Hayden Crampton

Gold buckels achieved by: Jack Chambers-McLean (RUB), Pablo Mercader (VRIB), Jasper Schwarz (RIB), Carmelo Aslanidis (RCM), Aaron Hayman (LJM), Tai Woodle (U10RB)

Silver buckels achieve by: Bobby Barr Jones (CUB), Jaxon Spinks (RIB), Jessica Hutchinson (RCW), Josh Calandrucchio (CCM), Zachary Garbutt (U10RB)

Bronze buckels achieved by: Ethan Henderson (RUB), Victoria Henriksson (CIG), Alex Jackson (RIB), Rachel Vandor (RCW), Xavier Wilson (U10RB)



Above are all the Junior members who received All Distance Golds at the event.

Well done to Hayden Crampton (CUB) who won the elimination shoot off, with Pablo Mercer (RIB)

winning the Recurve, both won themselves a \$100 voucher

Supplies Tai Woodley, one of our young archers let us know that



the KidBow was his first ever tournament.

I really didn't know what to expect and felt a little bit nervous! When I first arrived at the club to shoot, I signed onto the sheet and set up my bow just like any other Saturday or Sunday. The only difference was that many more people were shooting and some



people were from other clubs.

Just before we shot we had to have our equipment



checked. It was really fun shooting because I knew it was a competition. After we shot the Newcastle round we did some match play and was eliminated fairly quickly.



When the match play was over the awards were given out, and I was so excited that I was presented with a Warringah GOLD buckle



To prepare for Kidbow event, I had to practice shooting lots of Newcastle rounds. Overall KidBow was a fun event to attend and I am really looking forward to attending Kid Bow again next year.

MAXIMUM PERFORMANCE SERIES

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

THE TOTAL FITNESS PROGRAM continued MUSCLE BUILDUP

2. Expansion Sitbacks

This exercise will restore the muscles of your abdominal wall.

The abdominal muscles are the hardest ones to involve in beneficial exercise. They're mainly supportive muscles, not primarily designed to flex isotonically – i.e. with movement. They function isometrically, holding without moving, and that's the way they should be exercised.

Whenever you do an ordinary isotonic "situp," there's a tendency to all on two large hip flexor muscles, the psoas and the iliacus, to do most of the work, taking the load of the abdominal muscles. Some time ago I started searching for an



exercise that would overcome this problem and really give the abdominals a workout. Using electromyographic studies of the muscles during various movements, I found a simple solution: to reverse the situp process. If you started with our chest at our knees and went backward, instead of rising from the floor to your knees, the abdominals would act more strongly as supporting muscles which the body was being lowered.

In the traditional situp, it's almost impossible for the abdominal muscles to bring the shoulders up without strongly involving the psoas and iliacus muscles.

On the way back from a situp, the tendency is to relax the abdominal muscles and collapse. Consequently, it is the hip flexors, not the abdominal muscles that are getting the best workout.

In the *sitback*, it's almost impossible to lean backward without involving the abdominal muscles. You don't need an electromyograph to check those: you can do it yourself just by touching the abdominal muscles with your fingers. You'll feel them harden as they come into action, and soften as they relax.

The sitback has a psychological as well as physiological advantage over the situp. For the person who's out of condition, the situp can be all but impossible. There's no way to rescue the difficulty beyond a certain minimum. You've got to get off the floor. The sitback permits every degree of difficulty.

We're not interested in how far back you go. We're interested in exercising you to your own personal degree of effort. We define this degree as a slight overload. But you're the one who gauges that effort in terms of your own resources. When you've gone back to a point where the return will be moderately difficult, that's a good position for you

In whatever position you do the expansion sitback, remember to oppose the tendency to hold your breath. Keep breathing.

Sit on the floor. Don't hook your feet under a piece of furniture unless you have to. It's easier on your back if you don't. Fully bend your knees. Work your chest up against your knees, or as close as it will come. Let your head curl forward. Place your hands on your abdomen so that you can feel the muscle action. If you're not trained to exercise, you may not be able to bring your abdominal muscles voluntarily into action. A good way to teach your muscles to respond is by a biofeedback technique. Probe the abdominal muscles with your fingers while trying to harden them, and feel the muscles contract. Even when you're trained, this probing will cause your muscle to harden even more

Move back away from your knees until you feel your abdominal musculature coming into play to a moderate degree. To find this moderate degree, it's

necessary to explore. Start out by going back just a few inches, and then hold it. If that was easy, go back a few more inches, and hold that position. Keep it up until you've found the spot where you're getting a moderate workout. Once again, the body is a good estimator of what it can do. It may be that you'll go back too far on one occasion to a point where you can't hold it long enough. If that happens, just let yourself collapse to the floor, use your arms to get yourself into a less strenuous position and resume the exercise. Now your position for moderate exertion has been well defined.

As your condition improves, your point of moderate effort will be farther and farther backward. Eventually, your shoulder blades will nearly touch the floor.

Do only one sitback per set, starting with a degree of effort that enables *you to hold the position for fifteen to twenty seconds*. The last few seconds the belly muscles will begin to quiver. Work up to a full twenty-second sitback and next set before quivering commences, then try a deeper sitback. When your back is near the floor and you can hold the sitback for twenty seconds or more, you can proceed to "load up" the exercise by pressing harder with your fingers and pushing your abdomen harder against them. Another way of increasing sitback intensity is by folding your arms on your chest. That little change may take you back to fifteen seconds per set; you may even need to make your sitback more shallow for a few days.

The next position is arms folded and raised away from your chest. When that has been mastered move your hands behind your head. Finally, move your arms over your head. Caution: Don't swing your arms. They're elevated for added weight, and should not be used for momentum.

Be concerned with getting the most value from each position, rather than with advancing to more difficult ones. You're getting just as much value out of the first position you use when you're in poor condition as you are from the last position you use when you're in good condition.

Important: After each set of the two muscle buildup exercises, check your pulse to be sure it isn't over your limit for your first training-pulse-rate period: 60 percent or your maximum level. If it is take it easier. After a few weeks your exercise pulse rate will be coming down because the other work you're doing will be strengthening your circulorespiratory system.

Repeat two muscle buildup exercises in the same order; again monitor your pulse. You may not be able to hold the sitback position for as long the second set. That's to be expected.

The double sets usually take less than four minutes. The remaining minutes of your ten-minute program are devoted to your hear-rated circulorespiratory conditioning.....*to be continued*

CHANGES IN INDOOR RATINGS

Bobby Barr-Jones CUB 36 to 40 24/10/15



NOVEMBER HANDICAP WINNER

**Joshua Calandruccio
Compound
Cadet Boy**

wet weather made a few of archers withdraw

Flight 1

J.Calandruccio	CCM	40	318	653	971
E.Henderson	RUB	10	535	340	875
C.Aslanidis	RCM	80	74	800	874
J.Hutchinson	RCW	35	370	498	868
A.Catto	RM	68	122	745	867
S.Calandruccio	RM	69	117	723	840
K.Blinkhorne	RW	32	403	430	833
A.Nolan	RVM	49	239	560	799
L.Hutchinson	RMW	37	348	434	782
L.Spencer	RW	67	126	535	661

Flight 2

M.Butera	RUB	00	343	517	860
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Birthdays DECEMBER –

Michael Salmon (1st),

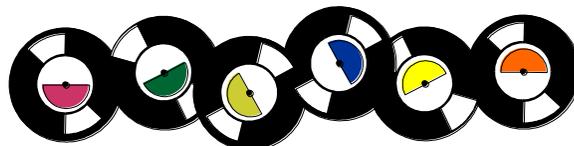
Andrew Catto (2nd),

Simon Hayman (6th),

Gregg Barr-Jones (7th),

Bailey Buskermolen (11th), Jasper Schwarz (22nd),

Always hoping someone's going to bring a cake along one day!



Records broken during the month November 2015

I.Robbins	BRIB	Canberra	321	31/10/15
V.Henricksson	CIGShort	Canberra	632	30/10/15
A.Hayman	LJM	S.Clout	145m	204 1/11/15
A.Hayman	LJM	D.Clout	145m	408 1/11/15
C.Leung	BRMW	D.Clout	125m	422 1/11/15
M.Wright	CVW	S.Clout	165m	290 1/11/15
M.Wright	CVW	D.Clout	165m	557 1/11/15
V.Henriksson	CIG	Newcastle		799 7/11/15
A.Hayman	LJM	Newcastle		672 7/11/15
L.Hutchinson	RMW	AA50/720		356 8/11/15
V.Henrisson	CIG	AA45/720		561 8/11/15

CHANGES IN TARGET RATINGS

Ayden Reeves	CUB	27 to 30	31/10/15
Nathan White	RUB	12 to 13	31/10/15
Ethan Henderson	RUB	xx to 10	7/11/15
Tom Tattersall	RUB	8 to 11	7/11/15
Ben Souchaud	RUB	xx to 9	7/11/15
Pablo Mercader	RIB	60 t 63	7/11/15
Jaxon Spinks	RIB	xx to 14	7/11/14
Ayden Reees	CUB	30 to 32	7/11/15
Nathan White	RUB	13 to 21	7/11/15
Josh Calandruccio	CCM	40 to 44	14/11/15