



## WARRINGAH ARCHERS

January 2019

[www.warringaharchers.com.au](http://www.warringaharchers.com.au)



### Across the desk of the President

Well what a mixture of weather we had during the month of January, Hot / Cold / Windy / Beautiful..., I think we had everything this

month, and saying that it is extremely important that we dress accordingly and drink plenty of water. Congratulations are in order to Lilia Hutchinson, who has now been accredited as a full National Judge, joining Kristian Chambers-McLean. I would also like to take this opportunity to say a BIG THANK YOU to Alan Middleton for closing in the club/ladies toilets and putting in some vents, this is really appreciated in making the club more secure.

Not only is the **Warringah Open on 9<sup>th</sup> February**, but Warringah will also be hosting the following day the first **Grand Prix** tournament that ANSW is running for 2019. These are great opportunities to obtain matchplay experience, as well as try out for Master Bowman, Grand Master Bowmen Classification, when you see the entry form go on line, register. It would be great if Warringah could field a Compound / Recurve & Womens team for the Warringah Open.

**GROUND CREW NEEDED:** Ground Crew is needed for both the Warringah Open & Grand Prix event, if you can give a hand, please let us know.

**FIRST AID:** I know I have mentioned this before, but if anyone would like to undertake a First Aid course, can they please let me know.

**INSTRUCTORS & JUDGES:** So that we can plan ahead if anyone is interested in becoming an Archery Instructor and/or Judge, can they please let us know, so that we can guide you through the process.

#### WHATS HAPPENING:

**NSW has distributed its State Team Selection procedures for 2019:** Summary listed below, if anyone would like a full set of the criteria, please let me know, or you could send your expression of interest to [coaching@archerynsw.org.au](mailto:coaching@archerynsw.org.au)

Archery NSW's intention is to select the strongest possible NSW team from those archers who are interested in representing our State at the 2019 Archery Australia National Championships. The team will compete in the National Teams Event across the following three events – Target, Field and Short Course: 4 Men / Women Recurve & 4 Men / Women Compound

The team is open to all ages with bow types being Recurve (freestyle and barebow) and Compound (freestyle and barebow).

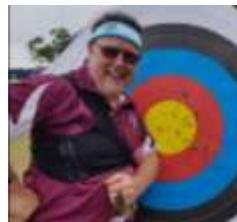
Archers qualification scores from their age division will be converted to ratings as below. Any youth archers seeking team selection must shoot the open distances for their bow type to be eligible for selection in this team

Scores from – NSW State Field Championships (two scores added together if a 2-day event), NSW State Short Course Championships and NSW State Target Championships and 2 x best World Archery Registered single 720 rounds

All the above shall be converted to a rating for the round/distance an archer will shoot at the National Championships. Ratings will be as per the AA Rating Table.

The above 5 x scores (converted to ratings) will be added together to give an archer their selection score.

Archers who represented NSW at the 2018 National Championships will automatically be included in the group seeking selection for the 2019 Senior NSW Team. Other interested archers by way of email, or team application shall **"express interest"** in NSW Team selection. No later than 90 days from the commencement of the 2019 National Championships (the event date has not yet been set). All interested archers must submit their team application along with their uniform size no later than 90 days prior to the 2019 National Championships (the event date has not yet been set).



#### HOW CHUFFED AM I

Achieved my first ALL GOLD at 70m on 122cm face, and it felt tremendous.....Going for 90m now

*Peter Whitfield (alias John McEnroe)*

**ANSW Youth Standings:** You have to ignore what is on the website, as this is for previous year. Currently the club is aware of the following from rankings distributed utilizing scores upto 28/12/18: **Mitchell Campbell**, is currently ranked No.1 in the Compound Category with an overall score of 919. Jack Chambers-Mclean (Cadet) is ranked 7<sup>th</sup> with a score of 731.

Again anyone who is interested in being selected for the state team, need to send their **expression of interest to:** [youthcoordinator@archerynsw.org.au](mailto:youthcoordinator@archerynsw.org.au)

**SLIP SLOP SLAP:**  
**Normal Fluid requirements for the child athlete.**

The normal fluid requirement for a child is approximately 50mls per kilogram per 24 hours for a child weighing between 30–50 kilograms. This

translates to about 1500mls per day for a 30 kilogram child or about 2500mls per day for a 50 kilogram child. It is reasonable to assume that this fluid intake is not consumed consistently over a full twenty-four hour period but over the daytime of approximately 10 hours. This in effect means that the normal fluid requirement of a child is at least 150mls per hour during the day.

#### **Factors that alter fluid requirement.**

Exercise and ambient temperature change fluid demands. As the intensity of the exercise increases and as the ambient temperature increases so the requirement for fluid increases. This increased demand is above the required minimum fluid requirement of at least 150mls per hour.

#### **Hydration in Sport.**

An athlete should begin competition well hydrated. Exercising athletes may lose 2–3 percent of their body weight in fluid (this equates to 600–900mls in a 30kg child) before they become thirsty and at that stage the athlete's performance is already impaired.

Coaches, trainers and parents should provide constant encouragement to junior athletes to drink prior to the onset of thirst. The intake of fluid every 20–30 minutes during exercise should be enforced. In hotter weather when fluid demands increase dramatically, the fluid consumption should occur more frequently.

**Target Archery:** the rule of thumb should be "drink something after every end".

**Field Archery:** the archer should have their own water bottle carried and tournament organizers must have refill stations with chilled water at regular intervals around the field course.

**Clout Archer:** the longer time between "ends" requires more diligent attention to fluid intake.

#### **Did you know?**

- That about 60% of your body weight is water.
- That water makes up about 72% of the weight of muscle tissue and only 20-25% of the weight of fat. Therefore the more muscular you are, the greater your total body water.
- You lose approximately 500-700mL of water a day in sweat from your skin (about two cups full).
- With every breath you expire small droplets of water into the air. Approximately 250-300mL a day (about a cup).
- You also excrete approximately 1000 to 1500mL of water each day by going to the toilet.

#### **Points to remember:**

- Thirst is not a good indicator of fluid need.
- Drink half a glass of fluid every 15 minutes before exercise and during if it is possible.
- Cold, diluted drinks are absorbed better.
- Water is the best drink of all.

#### **So how much water did you drink today?**

## **CHANGES IN INDOOR RATINGS**

Name	Old	New	Date
Middleton, Alan	xx	38	Jan-19
Frandsen, Craig	xx	79	Jan-19
Jennison, Elizabeth	xx	59	Jan-19
Llana, Mariano	xx	44	Jan-19
Whitfield, Peter	60	62	Jan-19
Tattersall, Tom	18	23	Jan-19
Campbell, Mitchell	85	87	Jan-19



### **JANUARY HANDICAP WINNER**

Congratulations to Rhys Weller – Male Longbow with a score

of 908 - 2<sup>nd</sup> place went to Peter Whitfield (905), with 3<sup>rd</sup> place going to Tai Woodley on (894), both Rhys & Peter will receive a \$20 incentive voucher for shooting over 900 Well done everyone.

Target 1 was obviously the target to be on this month, with Peter Whitfield scoring an All Gold @ 50m, Elizabeth Jennison AG @ 40m, and Craig Frandsen @ 30m\* & 18m#(Phew) pressure was on Craig there for a while, which means an All Gold @ every distance shot throughout the handicap shoot Jack also achieved an All Gold @ 30m\*, with Maria sneaking in two (1) @ 40m & (1) @ 30m\*.

## **MAXIMUM PERFORMANCE SERIES**

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

### **WHEN IT'S WIND OR ELSE**

AMERICA IS UNDERGOING today a long-overdue reappraisal of its competitive ethic. The fundamental charge is that because there can be so few winners, we wind up as a society with a multitude of losers, psychologically crippled by the experience of failing in a life game that deals only in simplistic.

Those who deplore the emphasis on winning in our culture are reacting understandably against the excess committed in its name. The most vivid memory Leonard Gross's son, Jeff, has on his return to the United States after five years in Europe was a lecture by his junior high school football coach, who wrote on the blackboard, "It's not whether you win or lose, it's how you play the game" – and then wrote across it: "B.S." A child who grows up with that lesson in mind may see nothing wrong with Watergate.

The consequences are devastating in ways we least expect. In a personal defence against the abhorrence of losing we take a safe position in the spectators' gallery, set up mental models of excellence in our favourite athletes and vicariously join the arena with them. They are so beyond our own capacity that, knowing we can't be like them, we prefer to let them function as our surrogates. The consequence is that we don't train or perform or compete, which leads to

physical and emotional deterioration. Our self-image cheapens. Our life diminishes. We lose the capacity to perform not simply in the events we forsake, but in everything else we do. We can't even swizzle a dry martini with the same finesse and éclat as we could if we were fit.

I've never had much patience for the dying-civilization perception of America, but one parallel to Rome does give me pause. Not only are we not performing ourselves, we are importing performers to create spectacles for us. Kenyans and Jamaicans outnumber the Americans on several major U.S. track teams. A Brazilian is the leading player on one of the country's best basketball teams. Our fledgling soccer teams have more foreigners than Americans, with new starts from abroad being signed up monthly. And professional ice hockey, of course, is played almost exclusively by Canadians. These gladiators only further widen the distance between the spectacle of the elite performer and our own ability to perform, and further discourage us from performing ourselves. We don't even fantasize any longer about our own accomplishments. Fantasy stimulates us to perform well, by helping us visualize a wish. But before anything, we need the desire – and desire diminishes as the distance increases between reality and wish. To the extent that we let others win in our behalf, we're widening the gap.

How did winning become so paramount?

The ultimate in performance, as we suggested earlier, is a life and death matter. People will pay a good deal of money to see a man developed to a high degree of perfection who risks destruction in order to win. Bullfighting, prize fighting, daredevil cycling, automobile racing and professional football are a few obvious examples. Fencing and wrestling are more symbolic but no less valid.

Death is the theme of most sport. Symbolically, a score is a kill. Play is nature's way of preparing us for survival: that's why animals, including humans, play at killing.

Television didn't manufacture the overpowering interest in professional football; it took advantage of an interest already there. Nor did the American competitive ethic produce this fascination with symbolic combat; societies with ethics totally different from ours are at least as enthusiastic about soccer as American fans are about football.

Man appears to have a need to win and a need to test his capacity. These two needs sometimes conflict, but they can work together.

Measuring the challenge.....next edition

### ACT Championships Australia Day Weekend:



I attended this event (*though I had no idea what I was letting myself in for*), as the most arrows I had shot leading up to the event was 90 arrows, and here I am entering a major tournament interstate, 144 arrows + sightings, and to top it off the weather was going to be through the roof! **And it was!**, joining me was Leanne Spencer (LR), Peter Whitfield (RMM), Carmelo Aslanidis (RM), Mitchell Campbell (CCM) & Eduardo (Associate member – RM)

I thought I could tough it out at the start off with, and felt excited about competing, and



believe it or not shot OK, however, where you stand to shoot was on a concrete slab, and you could feel the heat coming up through the concrete, so after practice, it was – wet hat / wet towel around neck / wet towel on seat, so that when I returned from scoring a could have a rest and cool my back / water intake, drink after every end / bugg off – to stop those nasty crawlies attacking me / Sun screen yes, must replenish / lollies - suger fix was need, when ran out, pinched from youth archers on next target. I really thought I wasn't going to make it after lunch, but rallied, it was great having Leanne & Peter close together where we were shooting, and I achieved a PB (5 actually), and came away with a silver medal. Scored 1236 (311@50m) (315 @ 40m), (290 @ 30m (80cm face need to work on this one) and (320 @ 20m 80cm\* plus an All gold to boot), Yippeee.



The last time I competed at the ACT Championships was Recurve in 1987, so this was a real eye opener for me.

The organising committee was great, they have

shade / water – very cool / and allowed sufficient break times after each distance, but wasn't too long, so the event went really smoothly – would I go next year – have to think about that one, but maybe my arm could be twisted....after all I have a PB to break!

Mitchell came away with a gold Medal in the Cadet Compound Boys Division – scoring: 1352 for the



WA70/1440 round, which he was really chuffed about shooting up a division.

Leanne Spencer achieved a Bronze in the Ladies Recurve division with a score of 1212 in the WA70/1440 round, achieving her WA 1200 Star.



I can tell you at the end of the day the first thing I wanted to do was have a cool shower! Eat a nice salad, and put my feet up as that was

the end of the competition for me. Medal winners below from Day 1



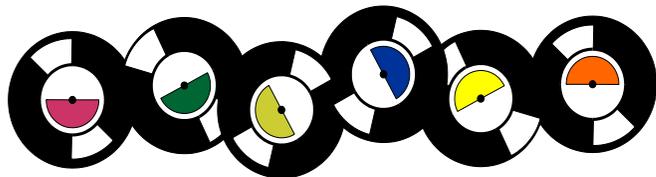
Then some of our experienced archers, and those too new to know better (Peter), lined up for the National Matchplay on day one.

Some really good results were achieved on the ranking round - Carmelo shooting 638 (RM), Leanne Scoring 592 (RW), Peter Whitfield 563 (RMM), and Mitchell Campbell shooting 646 in the (CM) division. Peter Whitfield came away with a Silver in the



Matchplay Competition, in the Recurve Masters Male Division, and his very first Matchplay event. Well done to everyone who competed and to Canberra Archery Club for putting on a great event.

### Records broken since last recorded:



Archer	Class	Round	Score	Date
M.Campbell	CIB	Canberra	862	29/12/2018
G.Smith	RIG	Bellingen	278	30/12/2018
M.Kecskes	R10G	Kiwi Chatter	619	30/12/2018
M.Campbell	CIB	Samford	843	12/01/2019
M.Kecskes	RUG	Jodie Joker	696	12/01/2019
E.Jennison	CMW	Kiwi Chatter	818	12/01/2019
E.Jennison	CMW	Kiwi Chatter	825	13/01/2019

### Welcome to New Members:

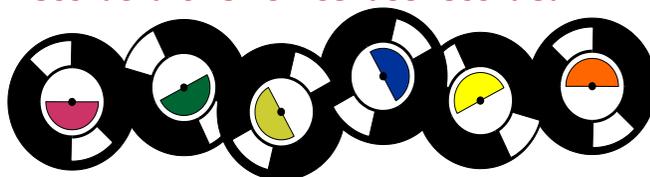
Please join me in welcoming the following members, and help them understanding how things work at the club:

Craig Page (RM), Anton Van der Watt (RorCM), Celeste Gilchrist (RU10G)

### CHANGES TO TARGET RATINGS:

Name	Old	New	Date
Souchard, Ben	37	38	Jan-19
McGuire, Bryan	65	66	Jan-19
Aslanidis, Carmelo	88	89	Jan-19
Johnson, Cody	xx	15	Jan-19
De Luca, Gemma	30	31	Jan-19
Chen, Gerard	47	49	Jan-19
Kecskes, Maja	30	32	Jan-19
McGregor, Matthew	26	29	Jan-19
Campbell, Mitchell	99	102	Jan-19
Whitfield, Peter	63	70	Jan-19
Whitfield, Rachel	26	27	Jan-19
Harrison, Robert	xx	2	Jan-19

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### BIRTHDAYS FOR FEBRUARY



Jack Cowle & Brian Woo (1<sup>st</sup>), Alan Middleton (4<sup>th</sup>), Stirling Calandruccio (11<sup>th</sup>), Kane Wilson (21<sup>st</sup>), Lucas Farrugia (22<sup>nd</sup>) Mitchell Campbell (24<sup>th</sup>), Tai

Woodley (26<sup>th</sup>)

Surely there has to be a cake in there somewhere!

**NOTE TO MEMBERS:** When your membership falls due, can you please renew on time. If you are not anticipating returning, please let us know, our club membership officer Carol, is doing a great job sending out reminders, and we would love to capture everyone membership status.