



Across the desk of the President:

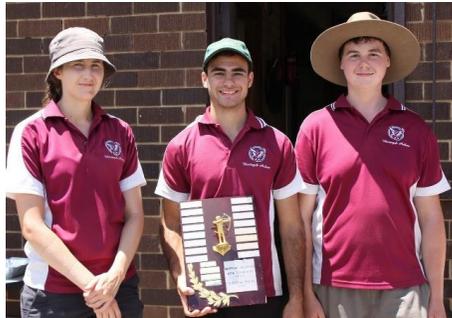
The club held another very successful Warringah Open this year on the 3rd Feb, although it was a bit touch and go whether or not the weather would be kind to us, setting up in the rain, was not pleasant, however, by the time the event commenced, two gorgeous rainbows appeared and the rain went away – Magic.



I can't remember the last time that I shot, and this is the first time that I had ever shot Compound in competition, even though I came last in my division, I achieved 4 of the 5 goals that I set myself for the day. I had a great time, I shot with Tyrone Digby from Northern & Drew Thomas from Newcastle, all I have to do now is decide which event I am going to compete in next.



Ladies Team
 Perpetual Trophy won by Warringah Archers, consisting of



Leanne Spencer, Marie Wright, Elizabeth Jennison & Gabbie Smith
Recurve Teams Trophy won by Warringah Archers:

Carmelo Aslanidis, James Johnstone, Leanne Spencer & Jack Chambers-McLean



Mens Recurve:

- 1st Carmelo Aslanidis (WAR)
- 2nd James Johnston (WAR)
- 3rd Andrew Lebrocq (FH)

Visitors Callum Ingley placed 2nd outright MR & Miranda Tiong place 1st outright LR from Bowmen of Melville



Female Recurve:

- 1st Leanne Spencer (WAR)
- 2nd Chevyone Cheah, (SOPA)
- 3rd Ameera Lee (SOPA)

ACT Championships was held on the

Long weekend in January with over 80 + competitors, very impressive display of archers on the shooting line.



Mitchell Campbell won Gold in the Intermediate Boy Compound division with a score of 1352, and won gold in the Youth Matchplay, winning \$40 in cash, shooting 664 for his AA40/720 round. Mitchell obtained an All Gold @ 20m/30m/40m & 50m, and a Perfect @ 20m '60', and earned him a 1350 Australian



Star & 720 Australian Star (645).

James Johnston shot in the Ranking round scoring 600 near for his WA70/720 round and obtaining his Australian 720 Star (590)



February Handicap Winner – 10/2/18



Glenn Steele Recurve Veteran Male

2nd place went to Geoff

Farrugia – Male Recurve, and 3rd place going to Rhys Weller Recurve U20 Male. In keeping with the incentive for this event, there were 5 archers who achieved over 900:

Glenn on 958 points, Geoff on 925, Rhys on 921, with Alex Ware shooting 913, and Gabbie Smith shooting 910, all will receive a \$20 incentive voucher

Coast Archers Youth Tournament 11th

February some 26 competitors competed in this event. It was disappointing that the entry form for this event was not distributed, unless you went onto Archery Australia website, and/or received a notice by being part of the Youth Development Squad, you would not have known the event was being held. This event was not registered in the original ArcheryNSW tournament calendar distributed in December last year, therefore we apologize to any juniors that would have liked to have taken part.



The good news was that both Mitchell Campbell & Jack Chambers-McLean represented the club at the event.

Jack won Gold in Cadet Male Recurve division, shooting the WA60/900 round and scored 752 points

Mitchell taking out Gold in Intermediate Boy Compound division, shooting the Short Canberra and scoring 848.

Well done to you both.

MAXIMUM PERFORMANCE SERIES

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

SOME SIMPLE PRECAUTIONS

A BURRO WON'T CHANGE the speed at which he moves even if you beat him or throw rocks at him. Put him with another burro or in a pack of burros and they will collectively establish a pace of their own which is near that of the slowest burro and collectively refuse to go any faster. You will probably never see an exhausted burro. We know for sure that we don't have such a mechanism to control our effort. Accordingly, we have to watch for certain signals: hard breathing, a pounding pulse, excessive perspiration. Any one is a signal that if we don't slow down, the end of our effort is imminent.

Excessively hard breathing – often referred to as hyperventilation – is a somewhat ambiguous signal when

it occurs at high altitudes. Positively, it's a means of gaining more oxygen at levels where oxygen is thin. But most novices tend to hyperventilate too much, which can cause sickness-dizziness and sports before the eyes. Wherever the symptoms occur, the remedy is the same; slow down, and slow your breathing for a while until the unwelcome sensations disappear. Then you can take your mind off your breathing.

Skill development is a protective means. A person who is well skilled in his event tends to be injured less because he uses the proper mechanics. Poor mechanics result in self-inflicted injuries – locking your elbow in the follow-through of a throw, for example, or wrenching your back in the middle of an awkward swing. The force doesn't have to be great. Accordingly, to a law of trauma, it's not the force of the blow that produces damage, it's the position of the joint when the blow is struck. The body tissues have great resistance to force. But the human anatomy is strung out. We have long arms and legs, which makes us quite susceptible to injury if a blow is applied while these extremities are extended.

If you fall on an extended arm, you're almost sure to damage it or your shoulder. But if you've accustomed yourself to falling – as anyone should who plays a sport in which falling is likely or even possible - you automatically curl up or go into a rolling motion to dissipate the forces. Practise that motion early in your training. It's not hard, and it doesn't hurt. If you learned to do somersaults as a child, you can learn to curl and roll now.

The problem in most children's sports is the lack of understanding of kinesiological principles on the part of volunteer coaches, as well as the propensity on the part of both the young players and the coaches to emulate the toughness and skills of the professionals. That's not a good idea. A Little Leaguer, for example, shouldn't try to throw a curve ball, because there's a tendency to hyperextend the elbow in the follow-through. The momentum causes the ends of the bones at the elbow to snap against each other. Unless the child can learn to follow through without hyperextending the elbow, he should be discouraged from throwing curves. Growing children are susceptible to joint injury, particularly to repeated stress. Every shock produces a slight injury which may go unnoticed or appear as a negligible soreness. This should not be neglected, however, as these multiple small injuries or microtraumas often don't heal properly because of the repeated insults. Trying to "work them out" is the worst possible remedy. Until after the age of fourteen the epiphysis, or covering of the bone end, is not fully developed, the tissue is sensitive to irritation, and the bone ends can be permanently damaged. This not only would put the young player out of action, but would keep him from top performance for the rest of his life.

Equipment – the best equipment – is mandatory. In a contact sport, it's a matter of self-defence. I wish that weren't true. When I'm in a contact sport, my equipment should also protect you. My helmet should be soft, my shoulder pads rounded. Nothing on my person should be a weapon against you. We have the materials, particularly slow-recovery plastics used now in test-pilot helmets with great success, that would protect the opponent as well as the wearer. But somehow this

concept of the function of equipment doesn't sit well with our subconscious cultural notion that football, like bullfighting, is an affirmation of manliness.

Consequently, the only way to protect yourself now is to wear something heavier, sharper and more abusive than your opponent is wearing. The result: we both get hurt. How primitive!

If you jog or run, wear shot-absorbing shoes. With the exception of sprints, the heel receives the first impact of foot strike. This impact force as the heel receives the body's weight is greatly magnified by the momentum of the body's downward fall. For a person weighing 150 points, this could be tenfold or 150 pounds while jogging with a jolting gait, wearing shoes with only a thin sole beneath the heels, and jogging on hard surfaces.

Almost anyone who jogs gets shin splints, tears of the bone covering called periosteal tissue. This tearing is through to be caused by the tugging of the muscle that's fastened into this tissue each time your heel strikes, as well as the pull of that muscle in preventing the ball of the foot from slapping the ground as an aftereffect of the heel strike.

Just as you spread the force of a fall by rolling, so you can spread the jolt of your heel strike with a cushioned rocker heel.

But there's a more certain way to avoid jogging injuries, and that is to change the way you jog.

...Next edition – Cruising: A better way to jog



BIRTHDAYS FOR MARCH

Alexander Godfrey (2nd)

Tod Logan (5th), Roland

Ware (10th), Luca

Kecskes (12th) Steve

Jennison (20th), Adam Vrandich

(22nd)



State Records awarded to:

Mitchell Campbell (CUB),
AA 720 (30m) 701 (am) 705 (pm) –
29/12/17

A720/40m – 671 29/12/17

Also Judges Course being advertised:

Could clubs please inform their members that we are taking expressions of interest from people wishing to do the Judges exam. The first part is an open book that you have 4 weeks to complete, followed by a group practical exam at a later date.

Can any interested members please email me

officials@archerynsw.org.au

Thanks

Kathy Vaughan (Officials Convenor)

Welcome to new members:

Adam Vrandich, Nicole Degani (U20RW), visitor from Italy, please join me in making them feel welcome



FROM A JUDGES PERSPECTIVE

Equipment inspection

Of all the queries we receive from the archery community, the largest number are about whether equipment is 'legal'. We get comments like, 'the judges at one event allowed this (piece of equipment) but others at the next event did

not. Could you please give me the answer?'

The first point to make is that most archers will be using equipment that has been purchased and is commercially available and from that point of view, is likely to be legal within the Rules. However, it is possible to use the wrong piece of equipment for the bowtype without realising, e.g. a recurver uses his recurve finger tab with a shelf to shoot his longbow, thinking 'a tab is a tab'.

Interesting, the Rules specify what IS NOT allowed on a Compound bow, and what IS allowed on all the other bowtypes.

General: No equipment in any discipline may be electric or electronic. Arrow diameter is limited in all divisions to 9.3mm (9.4 for the point), except in the Australian Indoor event where the maximum shaft size is 10.72mm and 10.82mm for the point. All arrows being shot should be fletched the same and have the same coloured nocks and have the archer's initials on the shaft.

Compound bows are limited to a draw weight of 60lb and may have an overdraw of no more than 6cm, i.e. to the pressure point of the arrow rest, measured from the pivot point of the bow. Anything else is allowed, as long as it does not compromise safety of the archer or other competitors. Arrows used must be identical in any one end. Multiple sight pins are permitted for Target and Marked field. Scope designs and modifications are limited in Unmarked field.

*See Compound equipment rules at WA 11.2 and Field scope restrictions in the WA Judges GuideBook Appendix 1.14.

Recurve equipment rules state what IS allowed. If not stated in the Rules, then it is not allowed in this discipline. See equipment rules for Recurve in WA 11.1 Essentially, judges are checking that the serving on the string does not end within the archer's view at full draw, that there is only one attachment to the string (lip or nose mark ... though rarely used these days), the clicker if used is not electric or electronic and only provides one draw check ... either visual or audible but not both. The sight tunnel can be a maximum of 2cm in the horizontal plane and an optical fibre if used may also be 2cm in length, measured separately, before it bends out of the archer's field of view. Arrows must be identical in any one end. Finger tabs may have a shelf but no device to assist in drawing or releasing the bowstring. Shooting gloves with a wrist strap are allowed.

Barebow recurve equipment rules are found in the Field Book 4 as World Archery does not recognise this bowtype for target events (see WA 22.3). The archer must be able to pass a 122mm ring over the bow when it is unbraced. This does not mean you ask every barebow to unbrace their bow, but have the ring on hand for any bows you are doubtful of. Bows cannot have shoot-through risers and may only have an arrow rest, plunger buttons are ok, nothing else on it, though any markings that may be used as sight guides must be covered up. The serving on the string must not end within the archer's view at full draw. Weights if used must also pass through the ring when attached to the bow and be attached directly onto the riser, below the grip. Arrows used throughout the event must be identical.

Barebow compound is a category recognised in Australia so is not covered by WA rules (please see Archery Australia Rules 8.3 for the complete description). It differs from freestyle compound because no shoot-through risers are allowed, a stabiliser with weights, if used, may be no longer than 305mm and must be attached directly to the bow without mounting devices. If fitted with holes for a low cable guard, this is the position that must be used. The serving on the string must not end within the archer's view at full draw. Release aids are not permitted, but finger tabs with the same restriction as for barebow recurve are allowed. As is the case for freestyle compound, however, arrows must be identical in any one end.

Longbow as shot in Australia is under Archery Australia's rules, as WA recognises this bowtype only for 3D Field, not Target. A complete description of what is allowed for this bow type can be found at AA 8.2. All arrows used must be fletched with natural feathers and identical for any one end. In Australia we allow wooden, or more commonly aluminium, arrows but not carbon. The onus is on the competitor to use legal equipment. Judges provide Equipment Inspection as a courtesy; it also means every archer is seen at the one time. Should an archer not present for Equipment Inspection, make sure you find them and check them on the line! And do random visual checks during shooting, as some people will change or add items that have not been inspected (see Case Study 95.5 below).

Should a competitor attend Equipment Inspection and fail to pass, the judges should give them the opportunity to alter the equipment, e.g. wind down compound poundage, write initials on shaft not fletches, reduce the length of an optical fibre to 2cm for recurve. If this is not possible, e.g. cannot change 3

overdraw because arrows will not be long enough in compound, then the archer can still participate in the event but scores will not count for the competition. Make sure you follow up on anyone who needs to alter their equipment, before the event begins.

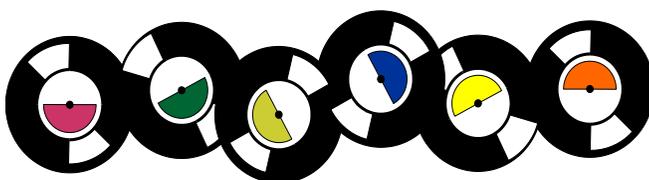
So, as a judge at Equipment Inspection, there is a lot to consider. It is not just a matter of checking for initials on arrows and looking at finger tabs. Please take the time before every event to read up on the Equipment rules so you have a firm idea of what you are looking for. See also WA Judges GuideBook 3.7.1.

CHANGES IN INDOOR RATINGS:

Name	Old	New	Date
Smith, Gabbie	40	52	Feb-18
Holme, John	xx	41	Feb-18
Wright, Maria	76	85	Feb-18

CHANGES IN TARGET RATINGS:

Name	Old	New	Date
Middleton, Alan	xx	33	Feb-18
Aslanidis, Carmelo	87	88	Feb-18
Smith, Gabbie	44	46	Feb-18
Farrugia, Geoff	40	41	Feb-18
Steele, Glenn	56	61	Feb-18
Llana, Massimo	31	39	Feb-18
Winfry, Mitchell	24	29	Feb-18
Weller, Rhys	xx	29	Feb-18
Harrison, Robert	xx	2	Feb-18



Records broken during February to date

Archer	Class	Round	Score	Date
G.Smith	RCW	Samford	529	3/02/2018
C.Shorten	CMW	Australian Indoor I/II Combined	346	4/02/2018
K.Blinkhorne	RW	Australian Indoor I/II Combined	468	4/02/2018
G.Smith	RCW	Australian Indoor I/II Combined	464	4/02/2018
M.Campbell	CIB	AA 40/720	680	18/02/2018
A.Catto	RMM	Short Adelaide	1043	24/02/2018
M.Campbell	CIB	Short Adelaide	1117	24/02/2018
O.Deakin	CIB	Mini Adelaide	1046	24/02/2018
M.Llana	RUB	Mini Adelaide	978	24/02/2018
M.Llana	RUB	Sarah Lee	648	25/02/2018

Congratulations to Andrew Catto



Who could be heard down the club at the weekend, saying "One off Again", until he finally nailed an



All Gold @ 40m (122cm) face & 20m (80cm) face. Couldn't wipe the smile from his face. Gotta get a '60' now