



WARRINGAH ARCHERS

February 2019

www.warringaharchers.com.au



Across the desk of the President

February started again fairly hectic, with the Commencement of the Adbow / Kidbow Program, which is included further on throughout the

newsletter, another two successful Come N'Try programs held (Thanks Jack), as well as our Annual Warringah Open, and the hosting of the 1st Grand Prix tournament, and that only took care of the first two weeks Phew! Worn out just writing it.

Arranging the Warringah Open this year, was a bit frustrating, with entries closing, and then the number of enquiries we had to field after closing date, external members, registering under Warringah Archers, and one archer who just registered like it was a club shoot. We did have a waiting list, and it was unfortunately then on the day when 2 people don't turn up and their space could have been given to someone else

Reminder – Entry forms usually come out at least 6 weeks before an event, we will endeavor to send out the link when information received, however, most tournament shooters would be aware of when some of these events are as they are marked in **BOLD** on our Club Calendar. Most have a closing date of between one or two weeks, so that club members can registered prior to the closing date. Also in some of these cases space is limited, so it is first in best dressed. Therefore, if there is an event that you are interested in, **don't leave it to the last minute**, register straight away to save disappointment.

Membership Renewals: Yes on this topic again. It is extremely important that when you are reminded by the Membership officer that your fees are due, and we seek your intention to re-register, please respond. Members will not be allowed to participate in any type of club activities when they are unfinancial, as it jeopardizes Archery Australia's insurance, therefore, please renew on time.

Qualifiers for the Adbow/Kidbow Program week 1 (3/2/19):



Week 1 of the Qualifiers saw several move to the next face size Though will have to do something about those

smiles when getting photos taken.

Kidbow Qualifiers week 1 were 10/122cm:-

Kai Stone	RUB	156
Thomas Serrano –	RUB	185
Celeste Gilchrist	RU10G	209
Elodie Wakeley	RUG	166
Ainsley Heyer	RIG	200
Tahna Taylor	RUG	198
Keisha Lee	RIG	263
Selina Li	RIG	232 (15/122)
Miguel	RM	275
Ganan Stone	RIB	246
Dylan Hiller	RM	266

42nd Warringah Open – 9th February

Again, a big THANK YOU to members who assisted in laying out the field / setting up for the event, and ensuring it all ran smoothly. Our judges Kristian & Lilia once again ensured that the competitors were educated about the dos/don't' of competition.

Our Cooks – Jasper & Adrianna made sure everyone was fed on time, though the smells floating up to me half way through the shoot, kept making my mouth water (*should have had a bigger breakfast*). Not an easy feat when there were 70 archers competing.



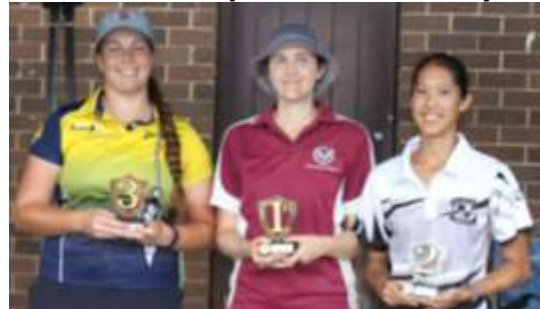
Compound Ladies Open Division won by:

1st Maryka Zawadeckyl (SOPA) – 835, 2nd Amerera Christina Lee (SOPA) – 813 & 3rd Maureen Brincat (NEW) – 802

Compound Men's Open Division won by:

1st Scott Buscombe (CES) - 865, 2nd John Hester (CES) – 860 & ,Carl Rust (SYD) - 852

Recurve Ladies Open Division won by:



1st Leanne Spencer (WAR) - 780. 2nd Miranda Tioing (NEW) - 770 & 3rd Kim Lavender (SOPA) – 767, very close competition

Mens Open Recurve Division

1st Carmelo Aslanidis (WAR) - 830, 2nd Eduardo Delos Reyes (BON) - 808, 3rd Andrew Lebrocq (FH) - 782



Open Longbow Division:

1st Kevin Curran (SOPA) – 530, 2nd Kevin Girard (PEN) - 444 3rd Craig Williams (KGB) = 182
Part of shooting in the Warringah Open in your respective division, allows you to be considered for 3 teams events that are up for grabs (Recurve / Compound / Womens Team), all you have to do is shoot. The teams events are awarded on the highest scores shot from those clubs entering their members that fulfil the criteria.

Mens Compound

Team: Won by Northern made up on Tryron Digby / Matthew Page / Paul Handley & Andrew Wood, unfortunately they were absent, however, trophy was picked up by Russell Field to pass on.

Mens Recurve
Team: Won by Warringah

Made up of Carmelo Aslanidis / Leanne Spencer / Peter Whitfield & Wayne Moore (Due to travel, Wayne was not available for a team photo, but we picture him below.



The Women's Teams event is required to be made up of 4 members (of which 2 must be Recurve), and Warringah Archers won it again this year. Well done to Elizabeth Jennison (Compound), Leanne Spencer (Recurve), Maria Wright (Compound) & Gabbie Smith (Recurve).



While we were working on the placings / teams event, an Elimination Matchplay event, with Shenna Wu taking out the Recurve defeating Andrew Lebrocq, and Mitchell Campbell taking out the Compound, defeating Scott Buscombe. Needless to say Mum took possession of the bottle of wine, but did leave the CASH for Mitchell. I think he wanted to keep the wine till he turned 18! But mum had other plans...Very nice wine too we hear!



How cool is this shot: Bryan robin hooded an arrow on Sunday. The arrow that was robin hooded was un damaged and once the nock was replaced it was able to be reused! Lucky

MAXIMUM PERFORMANCE SERIES

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

MEASURING THE CHALLENGE: IS IT FUN? IS IT SCARY?

WHEN I WAS A YOUNG MAN, I spent one summer as a swimming instructor and conducted a swim meet every Saturday. My most vivid memory is of the mother who wouldn't enter her son in a race unless she knew for sure that he could win. If she saw the name of a child on the signup sheet who might be able to beat her child, she pulled her child from the race. Her child had a reputation to protect; he had never lost a race. Nor, of course, had he ever tested his capacity.

The person who has never made a mistake or lost a race has never discovered his limits and has never really joined the human race. Man is not designed to live an error-free existence. Every one of his internal functions – breathing, body temperature, and too-low limits. In all our behaviour, we hover between too-much and not-enough, too-far and too-near, too-fast and too-slow. At every moment, we are bumping against our physiological limit settings, locating what's right by finding what's wrong.

Why, then, should we feel bad if we make a mistake, or even make the same mistake twice? That's the way we learn the nature of the world. What makes sense is to touch these error limits lightly, not bump against them so hard that we get hurt. "Well I overdid it a little," is the recognition of

an informative error that serves as a good guide for the next try. Being content to win a few and lose a few is a very human posture.

We are all searching for the best ways to spend our life. Like everyone else, I have an almost infinite choice of opportunities. I make my commitments on the basis of two rules. First: Is it fun? Second: Is it scary? I know that if these two elements are present, I'll stick to what I've started. Without them, I'll never get around to doing the necessary work.

The first ingredient is self-evident. But why should something be scary? Because it turns on that marvellous shower of impulses from the reticular activating mechanism of the brain. This shower of impulses modifies your state of awareness, just as a strong water shower makes you feel more lively. Your nerves prick your muscles into action. You stand taller, assume an on-your-toes stance, poised for attack.

We do our young people a disservice today when we insulate their lives from risk. I find myself doing it all the time. If my children need help, I help them. If someone attacks them, I defend them. It would be unnatural not to, but the degree to which we do it deprives them of the adventure they need for development.

A sheltered, effete life is not as ideal as it may seem. There have been many anthropometric studies to see if the skeletal structure of blacks is enough different from whites to explain their superiority in so many athletic events. Although some differences have been established, they aren't sufficient to explain the predominance of blacks in sports in numbers totally disproportionate to their population. Nor are their reflexes that much different from the population of whites. The best answer we can give to the apparent superiority of the black athlete is that he comes from a culture where he had to excel to be recognized. Sports gave him the opportunity he was denied elsewhere.

Affluent whites have little need to seek their social position in the athletic arena. Accordingly, most of them don't – and as a consequence most of them will experience life without the remotest notion of where their performance limits lie. The need for competition...next issue.

FEBRUARY HANDICAP WINNER

Rachel Whifield –Recurve Cadet Girl with a score of 972



2nd place went to Wayne Moore scoring 930, with Rhys Weller finishing 3rd

with 918 & Peter Whitfield also scored 908, with all members received \$20 incentive voucher for shooting over 900. Remember next handicap day is the 2nd March.....so you need to be there to win incentives.

Grand Prix Tournament, ASNSW 1st one for the year was hosted by Warringah Archers.



This was a ranking round followed by Matchplay, which gave some of our member more experience in shooting Matchplay, imagine Jack's surprise when he was knocked out by Maja, who was heard mumbling – I'll need to watch her next time! Needless to say Maja was

chuffed (Jack caught looking cheeky)



ASNSW Records broken

Congratulations to Maria Wright Compound Veteran+ Women

AA720 (50m) score of 620 –

16/9/18 & AA720 (50m) score of 630 – 16/9/18

National Championships - Archery Australia Records achieved:

Compound Veteran+ Women: WA 24 Field Red Marked = 300 4/11/18 Short Canberra -- 844 6/11/18

30m (80cm face) equal = 336 5/11/18

And in the Veterans Women's Compound section, also secured the Short Canberra round of 844 6/11/18



Week 2: Adbow/Kidbow:

There is some really good scores being achieved by our newest group.



Week 2 Qualifiers (not everyone stayed for photos):

10/122cm face: Lyndal (RW) 239, Paul (RCM), 184, Griff (RUB) 227, Julia (RU10B) 143, Luca (CU10G), 201 & Tahna (RUG) 197.

10/80cm face: Dylan (RM) Scored 258. Miguel (RM) 242, Keisha (RIG) 242 & Celeste (RU10G) 178.

15/122cm face: Craig (RM) 254

15/80cm face: Alistair (RMM) 210, Selina (RIG) 198, Arwen (RIG) 162, Enzo (RUB) 135,

A few of them could start giving the Royals a few tips by now.

Even Royalty gave archery a go.

Trying their hands at archery at the Changlimithang National Archery Ground in Thimphu, Bhutan, on April 14, 2016



TIPS FOR SUCCESS WITH FOOD

- Concentrate on carbohydrates. Every meal and snack you eat should be based upon complex carbohydrates. (Rice, pasta, bread, cereals, fruit, vegetables, and legumes.
- Eat at least two fruits and five vegetables each day. Include yellow, red and orange fruits and vegetables which provide the vitamins A and C. Include green leafy vegetables and dried fruit for their high iron content.
- Fill up on fibre - from rice, wheat, wholegrains and vegetables, fruits and legumes.
- Eat at least five to six times a day. Avoid skipping meals and have a light snack about two hours before exercising to help you through.
- Have 300 to 600 ml milk per day or two portions of cheese or yogurt. Remember a small bowl of ice cream is not that bad for you, provided it is the only dairy intake of the day.
- Drink lots and lots of fluid (preferably water).
- Be realistic if your family goes to the Pizza Hut for dinner, enjoy, but control yourself and don't do it every night, make it a treat.
- Learn how to make your own meals and snacks, experiment till you find what you like.
- Make a healthy choice all but once a day, example. At morning tea pick the apple not the cake, at lunch pick the salad sandwich not the meat pie, at dinner pick the chicken with vegetables not the pizza, but for a treat allow yourself a chocolate fredo frog etc.,

Weekend away to Armidale – The Junior squad visited Armidale weekend 23/24th Feb, to shoot the Field QRE

Starting off with the boring 6 hour journey from Sydney to Armidale roaring up the motorway, there were plenty of great views, trees and more dead grass than at our club. The New England highway was a small experience though a tougher environment than Sydney. Several of the club junior squad went to Armidale to test out the field course and hoping, against hope that we would come back with a full set of arrows. Aiming for a better understanding on how to shoot field. Wanting high

scores for some and not missing the target for others, and having a good best experience from that long distance is what we wanted. The Armidale field



course was not what some expected (especially me). It is very **different from our superior Warringah field course**. When we arrived on the first day we set up in the sun, a mild day. Not too hot. Not too cold, we shot and realised that we should have done more strength

practice before but it didn't put our hopes down.

A few of the club members stayed with the Carson family, with a first in best dressed for beds! Needless to say Tom & Ben Souchaud got



the best deal. Then we all caught up for dinner at the RSL, with the whole group coming along. The morning of the Field QRE it was very very cold. Massimo decided it was a good idea to bring a camouflage jumper to field and had to take it off and battle the cold as well as the course (He'll remember



not to do that next time!). We all had a great shoot. Some of us even managed to come of the course with our full set of arrows, however, three of us sadly lost some. Out of all the anger and frustration I figured out what went wrong with my shooting with the help from Steve, so I still have some practice to

do over the next month. That night we all met up and had a Barbie with some of the Armadale Archers members and had a great night, thanks to the cooks.



On Sunday morning before the target QRE started we went through the field course again, looked at each target and discussed what we did well and what we didn't do so well on. The targets we felt we needed practice on we shot again with help from Steve, while others went and shot the whole course again. In the end we all had a great time. We all managed to figure out how to adjust our sights due to the inclement and declining slopes of the target, and not forgetting how cold it gets up there. It was a great experience, we all got along really well, and have a great support network. I think most of us are all very confident in preparing for nationals by Cameron Murray

Week 3 of qualifiers:



10/80cm face: Ganan (RIB) 194
10/60cm face: Keisha (RIG) 183, Tahna (RUG) 160, Dylan (RM), 263, Miguel (RM) 254
10/40cm face: Selina (RIG) 198
15m/80cm face: Pilard (RU10G) 175

National Matchplay Competition!

The Easton Australian Open and the Hoyt National Matchplay Series finals are upon us.



While the finalists for the National Matchplay Series

are becoming clearer, the Open is still anyone's title to take. At the Sydney Leg of the competition saw Carmelo win Silver, being defeated by Peter Boukouvalas & 3rd pace going to Alexander Smith

Set in the beautiful Victor Harbor, the eliminations will be happening at the club grounds located at Lower Inman Valley (or Back Valley to the locals), whilst the finals will be located in the heart of South Australia's premier tourist town, beneath the shady Norfolk pines with the iconic vista of the harbour and Granite Island in the background.

For those of you who are interested - Stay posted for updates on Archery Australia's Facebook page and/or Pats Archery You Tube Channel.



BIRTHDAYS FOR MARCH

Bill Barnes (8th), Roland Ware (10th), Natayla Munro (11th), Cheryl Shorten (12th), Steve Jennison (20th), Adam

Vrandich (22nd) Lyndal Stone (27th), surely there must be a cake around the corner! Keep trying.

Welcome to New Members:

Piers Moran (RCM) & Arwen Moran (RIG), please join me in welcoming them aboard, and showing them the ropes down the club.

Joke Corner

An elderly couple had just learned how to send text messages on their mobile phones. The wife was a romantic type and the husband was more of a no-nonsense guy.

One afternoon the wife went out to meet a friend for coffee. She decided to send her husband a romantic text message and she wrote:

"If you are sleeping, send me your dreams. If you are laughing, send me your smile. If you are eating, send me a bite. If you are drinking, send me a sip. If you are crying, send me your tears..... I love you."

The husband texted back to her:

"I'm on the toilet. Please advise."

QRE Officials:

In 2016, Archery Australia required all QRE Officials to complete the first Online Training Module, called 'Club Official', in order to stay accredited as a QRE Official. It is now a requirement that all existing QRE Officials complete the second Online Training Module, 'Principles of Judging', by April 1, 2019. This information Module is examined by multiple choice questions at the end of each section. Access to this training Module is at

www.archeryeducation.com.au under the course category of 'Judges'. There are currently two other Modules available, 'Target & Indoor' and 'Clout', with 'Field' on its way to complete the suite. If you are interested, why not give it a go!