



WARRINGAH ARCHERS March 2019

www.warringaharchers.com.au



Across the desk of the President

Well we are now into Autumn, and apart from a few hot days, I don't feel we had much of a summer, with this in mind, it is still important

that members dress accordingly, as there are always those hot humid days, where one can be caught out. One important aspect is that Closed Shoes **MUST** be worn at all times, members should wear clothing that is not too baggy in the chest area, so that it won't get in the way of a string being released, Slip, Slop, Slap is still necessary, if you forget to sunscreen before you come to the club, then there is always some kept in the club house, and you should always carry water with you.

Arrows, I checked members arrows and was quite surprised at the number of members that still did not have their initials on their arrows. This is a **MUST**, so please try to ensure that you comply with Club Regulations.

Registrations: Again it is the responsibility of each member / beginner / program participants to sign in the registration book on arrival, this **MUST** (*knew I would get another must in there*) be the first thing that you do when you enter the premises, and is required for insurance purposes, please don't be lax in this area, register on arrival everyone.

Then on arrival, before you put your archery equipment together, check which round you are shooting, and then proceed to put your target out on the ground, anyone caught turning up late to not take part in this function, may find themselves unable to shoot. The club closes registrations at least fifteen minutes prior to shoot commence, to ensure that we have sufficient target butts for members to complete the round of the day.

Unfortunately, Warringah Archers were unable to have their scores included in the National Postal competition, due to not meeting the requirements of registration, something we will be mindful off going forwards, we do take this opportunity however, to thank everyone who came along and competed, I think we might have been the only club that shot the round of the 16th – as the 17th March was a rightoff with rain, rain & rain. Look out 2020 we will be competing.

Rubbish removal: Recycling of cans/water bottles. Also no food should be left down the club, anyone bringing burgers etc., to the club must take away their rubbish with them.

Use of the facilities, is now available – All Day Saturday & Sunday, Public Holidays & School Holidays. Wed for training purposes, and Mon/Tue for activities such as Clout etc., We are unable to utilize the facilities outside of the times listed above.



Shirt in recognition of their achievements.

Congratulations to Dylan who won the Last Man Standing shoot-off on the 23rd Feb, with Griff winning the Cub elimination shoot with a twist event at the weekend (3rd March).

Each received a club T-



Qualifiers for the 3rd March Adbow /Kidbow:

15m 122cm face: Dylan Hillier-MR (272) Enzo Munro-

RUB (200), Keisha Lee-RIG (198) - **15m 60cm face:** Selina Li-RIG (177) - **10m 122cm face:** Benjamin Harris-RU10B (168) - **10m 80cm face:** Paul Van der Watt-RCM (205), Griff Bondeum RUB (192), Thomas Serrano-RUB (146) - **10m 60cm face:** Ganan Stone-RIB (219) - **10m 40cm face:** Miguel Serrano-RM (251), Celeste Gilchrist-RU10G (102)

MAXIMUM PERFORMANCE SERIES

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

NEW: THE NEED FOR COMPETITION

I DON'T WANT TO PLAY with anyone who isn't trying to beat me. The worst put-down I can imagine is for someone to let me win.

The elements of winning and losing energize and enhance performance and productivity. Look at industries in which there's no competition. Without standards of comparison, there is no clear way to determine how well they're doing and how they might do better.

The very notion that you have someone to compete against motivates performance, because you know you will have a periodic evaluation, the outcome of which is either satisfaction or determination to improve. Losing in this construct can be highly motivating, too.

Man is a game-playing animal. One day recently I went to the beach with a party that included four boys, ages eight to eleven. One of them found an abandoned ball. Immediately, they began to wrestle one another for it. When they tired of that, they played dodge ball. Next came a passing game in which they made up their own rules; if you drop the ball you lose a point, but it only counts against you if the ball is thrown within your reach. Whoever makes a bad throw also loses a point. Pretty soon they had

a well-organized and regulated game going which was more fun than just fooling aimlessly around. The point is that there's no fun unless there's a structure that offers an opportunity to show a degree of skill and/or to get credit for one's performance. Even recreational skiing, the most solitary of sports, measures performance in terms of one's ability to navigate increasingly more difficult runs.

Left alone, man will usually organise a competition. Even those persons who enjoy doing things by themselves set goals that they try to meet and perhaps surpass. So long as the standards are reasonable and don't produce too much tension, they effectively organise response.

You need a worthy opponent. If you don't have an opponent to try your skills against, you haven't expressed yourself fully.

The recent spate of criticism of our society for its winning is-the-only-thing syndrome is well taken. But the proposed corrective – winless competition-goes too far. We don't need to eliminate winning. We simply need to put it in a more rational perspective.

What you're basically doing in competition is seeking your position in the social order. When you compete, you can expect to be inferior to some and superior to others. It is not necessary to always be at the very top in everything to enjoy a comfortable position in society.

The real point to competition is not so much to conquer another person as it is to defeat your lesser self.

Accept the fact of your present level of attainment. Enjoy your performance at that level. Relish the satisfaction that comes from even tiny improvements in your performance and your position. In this game, you're a constant winner.

It bears saying once more: The world-class performer always practices in an atmosphere of success. He knows exactly, what he's doing at all times. He takes it in tiny increments. Each day he succeeds at what he sets out to accomplish. By the time he approaches his meet, it's with the serene belief that he can win.

But winning in competition is only one of his rewards. He is constantly being rewarded throughout his training. Winning, to him, is much broader than the conquest of someone else. What most enriches him is the conquest of himself.

If you are to approach your own potential, the same would be true of you.

A new way to keep score.....next edition.



BIRTHDAYS FOR APRIL

Tanha Taylor (1st) Leanne Spencer (2nd), Barbara Stasenka (7th), Matthew McGregor & Ganan Stone (8th), Gabbie Smith (9th), Lilia Hutchinson (11th),

David Shannon (13th), Glenn Steele (17th), Isaac, Alistair Munro (27th).



National Matchplay Series by Carmelo Aslanidis

Aslanidis

Over this summer I competed in the National Matchplay Series. The NMS consists of 6 legs: QLD, WA, SA, ACT, VIC, NSW (in that order), I competed in the last four legs of the NMS.

Matchplay for those who don't know is head to head competition. For recurve, we use the set system.

Each archer shoots 3 arrows per set and the highest score of those 3 arrows gains them 2 set points, if there is a tie, 1 set point is awarded to both archers, 0 for a loss. There is a maximum of 5 sets and the archer who reaches 6 set points wins the match, if there is a tie after 5 sets, i.e. each archer has 5 set points there is a one arrow shoot-off, with the winner be determined - closest to the middle.

For Compound, they shoot 5 ends of 3 arrows and whoever has the highest score after those 5 ends wins, if there is a tie in the score, then the archers will do a one arrow shoot-off closest to the middle.

I wanted to compete in this series to gain a higher level of matchplay experience that I could in Australia, as well as this being the first year I could afford to travel for the series. In this series my goal was simply to improve my level of shooting in competitions to bring the level and scores that I shoot in practice into an official competition. By the end of the NMS I had definitely improved my shooting overall.

At the end I ranked 6th in points only just missing out on making the finals and throughout the series I have achieved 2/3 of the qualifying scores for Youth Worlds, for my first time competing in this series that's a pretty good result!

SA leg - 7th

ACT leg - 4th

VIC leg - 5th

NSW leg - 2nd

For anyone at Warringah who wants to take their shooting to the next level this series should be on your radar, it also makes it cheap the bigger the group we can travel in.

A big THANK YOU to members of Warringah who supported me financially to realise my goals.



9th March, Urban field

Course: is always a good one for members to participate (especially if they have not shot field before. Next time you see this on the calendar flag it as a TO DO!



**MARCH
HANDICAP
WINNER-
2/3/19
Peter
Whitfield
Male Recurve
Master**



Smack on 900, with 2nd place going to Rachel Whitfield 896 (*I nearly had him*), and 3rd place going to Alan Nolan on 890

WE10/3/19:

Ganan Stone (RIB) **10/40cm** (160) Paul Van der Watt (RCM) **10/60cm** (161)



15m/122cm
face: Miguel Serrano-RM (272) & Alistair Munro-RMM (260)

15m 80cm
face: Dylan Hillier-RM (236), Keisha

Lee-RIG (168) - **15m 60cm face:** Enzo Munro-RUB (144) & **15m 40cm face:** Selina Li-RIG (157)



**News from ArcheryNSW:
NSW Indoor Team & Senior Team
policies: Expressions of Interest
Close as follows:
National/State Indoor Archery**

Championships 20th and 21st July 2019.

<http://archerynsw.org.au/News/ArtMID/13900/ArticleID/2061461/NSW-Indoor-Team-and-Senior-Team-Policies>

Team Application

If you are interested in representing NSW at this event, please email to Coaching Administrator by 5pm 31/4/19 – coaching@archerynsw.org.au

Team Notification

The NSW Open Team will be selected sixty (60) days prior to the 2019 National Indoor Championships. The team will be published by 8pm on this date (60 days prior to the National Championships).

Senior team

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, but is mooted to be around early November). All interested archers must submit their team application along with their uniform size no later than 90 days prior to the 2019 National Championships.

If any of the NSW Championships (Target, Short Course or Field) are within sixty (60) days of the 2019 National Championships the archers score/rating shall be used from their most recent equivalent “official” event since and including the 2018 National Championships. Please download the qualification criteria so that you are not disappointed.

NSW Youth Squad Announced on facebook;

Compound: Anthony Allan (U20)-Coast, Saskia Boe- (Cub) SOPA, Madeline Boyle (U20)-Penrith, **Mitchell Campbell (Intermediate)-Warringah**, Claire Crampton (Intermediate)-Coast, Josie Hatch (Cub)-Armidale, Brodie Hatch (U20)-Armidale, Alyssa Mollema (Cadet)-Cessnock, Eva Norton (Intermediate)-Penrith & Matilda Thomas (Intermedaite), Newcastle

Recurve: Ella Rose Carson (Cadet)-Armidale, **Jack Chambers-McLean (Cadet)-Warringah**, Cheyone Cheah (Cadet-SOPA, Jamie Hatch (Intermediate)-Armidale, Henry Malin (Cub) SOPA, Isabella Mavlian (Cadet)-SOPA, Elizabeth Parrington (Cadet), SOPA, Brenden Tse (Cub)-SOPA, Ammrutha Vashetharan (Cub)-SOPA & Giorgio Vasiliades (Intermedaite)-SIOPA

State Presentation Night – saw the following members recognized for their achievements throughout 2018:

Sportsperson of the Year awards: Ben Souchaud

(Barebow Recurve Inter. Boy), Jack Chambers-McLean (Recurve Cadet Male), Mitchell Campbell (Compound Inter.Boy) Gabbie Smith (Barebow Recurve Cadet Woman), Maria Wright



(Compound Veteran+Woman) Mitchell Campbell won the Best Allround Intermediate Compound (donated by Warringah Woodsmen), as well as the CCS Trophy for the Best allround compound junior. Mitchell also received his Elite Bronze for Field, his Elite Gold for



Target, and won the Lorraine Cook Memorial trophy for the Most Improved Archer for 2018 – Awesome

achievement. Carmelo winning Recurve U20 Male & Elite Bronze Target award.



Kristian Chambers-McLean was awarded with the Kerry Sykes Memorial trophy for his services to officiating / judging for 2018, which was well deserved, seen here with the President of ArcheryNSW, keeping it in the family Jack Chambers-McLean was named the Best Allround Cadet Recurve Archer (Les

Jones Memorial trophy).. Awards were also made to those archers who competed in the Grand Prix events throughout 2018 and were recognized on the night. Well



done to Maria



Wright, who won the Compound Division seen here with Kerry Heath from Coast Archers, with Jack winning silver in the recurve Division.

Golden Gong: 17th March: Congratulations to Maja Kesckes who achieved a Gold Medal at the event, in extremely wet weather conditions.

Capt. Phil Oliveria Clout – 23rd March, 2019, a few members attended, with various results



Gold: Stirling Calandrucio (RMM), 165m – 280



and achieving an ALL GOLD

@ 165m - AWESOME

Gold: Ben Souchaud (BRIB)-100m scoring 244



Maria Wright (C70+W) 165m Scoring 286 Silver: Maja

Kesckes (RUG) 100m - 236 Bronze: Kristian Chambers-McLean (BRM) 145, 76



Adbow /Kidbow Update – 24th March.

Congratulations Seline for shooting 30 out of 30 at 15m on 80cm face on 24/3/19 – Great Achievement.

Qualifiers were:

10m/40cm: Paul Van der Watt (RCM) 155

10m/60cm: Tahna Taylor (RUG) 156 & Tomas Serrano (RUB) 172

10m/80cm: Benjamin Harris (RU10B) 155, Kai Stone (CUB), 161, Lyndel Stone (RW), 214

15m/122cm: Ganan Stone (RIB) 258

15m/80cm: Miguel Serrano (RM) 256

15m/60cm: Dylan Hillier (RM) 233 & Arwen Moran (RIG) 134.



CHANGES TO FIELD RATINGS

Ware, Alex	xx	34	Feb - Mar 2019
Ware, Ben	xx	25	Feb - Mar 2019
Kecsckes, Maja	xx	21	Feb - Mar 2019
Campbell, Mitchell	87	92	Feb - Mar 2019
Ware, Roland	xx	50	Feb - Mar 2019

CHANGES TO INDOOR RATINGS

Name	Old	New	Date
McGuire, Bryan	xx	53	Feb - Mar 2019
Farrugia, Geoff	xx	36	Feb - Mar 2019
Chen, Gerrard	xx	42	Feb - Mar 2019
Farrugia, Lucas	xx	33	Feb - Mar 2019
Llana, Massimo	25	34	Feb - Mar 2019
Catto, Michelle	xx	19	Feb - Mar 2019
Whitfield, Peter	62	64	Feb - Mar 2019

CHANGES TO TARGET RATINGS

Name	Old	New	Date
Ware, Alex	46	47	Feb - Mar 2019
Watt, Anton	xx	70	Feb - Mar 2019
Ware, Ben	36	41	Feb - Mar 2019
Souchard, Ben	38	42	Feb - Mar 2019
McGuire, Bryan	66	67	Feb - Mar 2019
Murray, Cameron	27	30	Feb - Mar 2019
Aslanidis, Carmelo	89	93	Feb - Mar 2019
Page, Craig	xx	25	Feb - Mar 2019
Chambers-McLean, Jack	78	79	Feb - Mar 2019
Kecskes, Maja	32	49	Feb - Mar 2019
Catto, Michelle	xx	13	Feb - Mar 2019
Campbell, Mitchell	102	106	Feb - Mar 2019
Whitfield, Peter	70	76	Feb - Mar 2019
Whitfield, Rachel	27	30	Feb - Mar 2019
Moore, Wayne	71	72	Feb - Mar 2019

QRE target event 30 th March, 2019

Big thank you to Steve for marking out the field course, and to Kristian for officiating at the event. Although the weather was extremely wet leading up to this event, it stayed dry for the completion. There were quite a few members that didn't turn up on the day which was slightly disappointing. Needless to say the Skins Tournament didn't go ahead either, as Kane was the only one that turned up. It is always worthwhile passing by the club to see what the weather is doing to that you don't miss out shooting. With a few Master Bowman / Grand Master Bowmen and Elite Bronze being achieved.



Claytons Clout @ Penrith 31st March



Several members went over to this event, and came away with 3 gold & silver award, with several gaining their classification awards:



Gold: Maria Wright-165m (CV+W),



198 (Black /260 (Red) = 458, Stirling Calandruccio=165m 251 (Red) / 273 (Gold) = 524, Mitchell Campbell (CIB)145m 316/316 Elite Bronze for both = 632 (CIB) – Achieving an All Gold @ 145m Silver: Maja Kecskes-100m (RUG) 214 (Black) /227 (BLue) = 441

AdBow/KidBow program 31st March

We split the group into 2 this week, with those who had qualified shooting a Pooh Bear which was 36 arrows @ 15m & then 36 arrows @ 15m, while all other members completed in their Qualifying rounds. Think Pilard was happy with her score, though you would never pick it!



We also say farewell to Selina,



who is moving back to Malaysia, so hopefully when she comes back to AUS for a



holiday she will pop in and see us.

Results are in:

Selina Li (RIG) 636*

Dylan Hillier (RM) 617*

Piers Moran (RCM) 617** Paul Van der Watt (RCM)

567, Ganon Stone (RIB) 588 & Keisha Lee (RIG)

553* Pilard Sheppard (RU10G) 536 & Arwen Moran (RIG) 532, **AG @ 15m

*AG @ 10m – Well done Everyone, back to qualifiers next week.