



# WARRINGAH ARCHERS NEWSLETTER December 2015

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



## Across the desk of the President:

Congratulations to those archers who obtained special awards at the XMAS Party / Presentation Night.



**MOST IMPROVED  
INDOOR Archer:** Bobby Barr-Jones, with a 30.69% improvement.



**MOST IMPROVED  
TARGET ARCHER:** Leanne Spencer, with a 30.95% improvement.

**MOST CONSISTENT ARCHER:** Cynthia Leung



**BEST ALLROUND  
FIELD ARCHER:** Bobby Barr-Jones



**OUTRIGHT CLOUT WINNER:** Stirling Calandruccio



**CLUB  
SUPPORTER  
OF THE  
YEAR:** Steve Jennison



It was also my pleasure to also acknowledge our Founding members – Danny & Barbara Stasenka by recognising them as Honorary members of the club.

It was great to see so many families at this years event, from the team making the longest paperclip chain, winning bonus counters for your team..



To my favourite, the old Vaseline on the nose trip.



Where I am convinced there was some serious cheating going on! Glad we had Kelly adjudicating!



To the best dressed mummy! Stirling heard saying "Should have gone for 4 ply"



Culminating in the final challenge, which was to see who could step the most in 1 minute, with a



below representing the Blue

catch, the pedometer connected to a sweat band between Kristian (Green Team), Nigel Robbins



team and Ben White from the Red Team, who was really going for it, culminating in the Green team coming out on top with 120 steps.



A **BIG THANK YOU** to Kelly Barr-Jones (*and Gracie*) for arranging the

activities on the night, now I can see why I was demoted from doing a power point presentation this year, I don't think I will ever listen to the song of YMCA in quite the same way again – scarred for life!

Who knows what we will have in store for 2016!

**Farewell from Pablo:** I would just like to say thank you in my name and Pablo's name for your hospitality and support at Warringah Archers club while Pablo has been in Sydney. It has been great for him to be able to continue with his practice, and he has felt very well received and treated by you all at the club at all times. I hope we can reciprocate somehow in the future. If you ever need anything from us here in Barcelona / Spain please let me know. *Pere Mercader (Dad)*



## Youth Team Selection Policy

This policy is now on the website, so if you are interested in going down this path, next year or the year after you need to familiarise yourself with the guidelines.

Bullet points:

- There is no requirement to be a member of the NSW Youth Development squad or any other NSW program to be selected as part of the team.
- NSW will post notice of the selection period and the "ranking cut-off date" no less than 45 days from the National Championships of that year.
- From the official ranking list as posted on NSW website 72 hours after the "ranking cut-off" archers will use their rating to make application to the team.
- Application must be received by the advertised cut-off date.
- From the received applications, positions one to five will be allocated to the top five (5) ranking archers in Target.
- From the received applications positions six to eight will be allocated to the top three (3) ranking archers in the marked WA Field. – where an archer already holds a team position the next ranked archer will be allocated.
- From the received applications, positions nine to ten will be allocated to the top two archers who have the highest combined aggregated ranking from Target, Field & Clout events.

You can view your current ranking on Archers Diary, and if you are interested, you would need to register. Our advice would be for you to do this before the end of January.

There are quite a lot of target QRE events being held in December / January, so it's not too late to try to be considered. Warringah will put on two QRE to assist – (1) 9<sup>th</sup> January, 2016 & 30<sup>th</sup> January, 2016.

### 2016 Trans-Tasman Test – Youth Archers:

Registration for selection closes on the 1st January 2016.

The submission of MQS scores closes on the 1st February 2016

You can click onto Archery Australia's website to find out full selection/qualification process and who has currently qualified to date.

Location: Christchurch, New Zealand  
Dates: 18 to 23 April 2016



## MAXIMUM PERFORMANCE SERIES

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

### THE TOTAL FITNESS PROGRAM continued MUSCLE BUILDUP



#### CIRCULORESPIRATORY ENDURANCE 'LOPE'

You can choose any steady easy activity you want that will raise your heart rate to your proper level for five minutes during this phase.

The loping activity should be a rhythmic, continuous exercise that brings the large muscles of the legs into action.

The most obvious steady, easy endurance exercise is running in place. It's also the most boring. The second most obvious exercise is jogging. For most people it's the second most boring. Do either if you wish. Or try dancing. Dance in any way you like for five minutes. The only requirement is that your movements be energetic enough to get your pulse rate up to your moderate level by the end of the second minute, and to maintain that level for another three minutes.

If the spirit moves you, you might want to try incorporating the "fitness hop" into your movements. Hop twice on the left foot, then twice on the right foot, then twice on both feet. Repeat. If there's a radio or record player handy, tune in and turn on. Otherwise, you can hum or whistle or just think of a tune. The rhythm of "Tea for Two" is particularly effective for the fitness hop.

*Don't forget:* Move around when you take your pulse. Never come to a complete standstill. The same applies to the end of your workout.

That's your program for the first eight weeks. It should take you two or three sessions to find your patterns, positions, speed and endurance. By the end of the first week, you should have a comfortable ten-minute routine.

For the following seven weeks, your only requirement is to keep intensifying your activity. Stretch farther. Put more vigor into your workout. Change the position of your push aways and do your sit backs with more and more vigor.

On your circulorespiratory endurance lope, the intensification is automatic. You have to do more to get your pulse up to the proper rate. That's your own internal computer at work.

A reminder: Your proper rate is calculated by subtracting your age from 220, then multiplying the remainder by 60 percent. Example:  $220 - 40 = 180$ ;  $180 \times 60 = 108$ . Call it 110. That's your starting training pulse rate. But don't fall back if you've previously trained at a higher level.

THE SECOND EIGHT WEEKS; BUILDING STAMINA  
next edition.....



## Birthdays JANUARY –

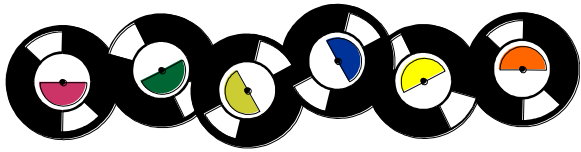
Kyle Evans-Murray (1<sup>st</sup>),  
Alex Jackson (4<sup>th</sup>), Tom  
Tattersall (11<sup>th</sup>), Merrick  
Nacinovich (12<sup>th</sup>), Kiri  
Blinkhorne (15<sup>th</sup>), Maria Wright  
(19<sup>th</sup>), Victoria Henricksson & Ken  
Wright (22<sup>nd</sup>) Angela Choi (26<sup>th</sup>),

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



**DECEMBER**  
**WAYNE JARRETT**  
**MEMORIAL SHOOT**  
**WINNER**  
**Glenn Steve**  
**Recurve Veteran**  
**Male**

Name	Div	Rating	Score	Hcap	Total
<b>Flight 1: Warringah Handicap</b>					
Steele, Glenn	RVM	44	684	280	964
Schwarz, Japser	RIB	24	572	381	953
Spinks, Jaxon	RIB	20	515	424	939
Spencer, Leanne	RW	67	778	126	904
Mercarder, Pablo	RIB	63	755	147	902
Tattersall, Tom	RCB	11	375	523	898
Leung, Cynthia	RMW	42	597	298	895
Robbins, Isaac	RBIB	21	464	413	877
Hutchinson, Lilia	RMW	37	528	348	876
Shaw, Vincent	CVM	9	601	274	875
Wright, Maria	CVW	81	800	72	872
Catto, Andrew	RM	68	744	122	866
Turner, Katelin	CW	83	791	64	855
Calandrucchio, Stirling	RM	69	733	117	850
Chambers-McLean, Jack	RCB	48	671	177	848
Hutchinson, Jessica	RCW	35	561	272	833
Nolan, Alan	RVM	49	586	239	825
Van Wijck, Cooper	RIB	21	306	413	719
Currie, Kaden	RCB	29	266	436	702
Hayman, Aaron	LJM	34	318	379	697
Jackson, Alex	RIB	12	168	512	680
White, Nathan	RCB	21	251	413	664
<b>Flight 2</b>					
Ware, Roland	RM	0	363	632	995
Bartlett, Adrian	RCB	0	624	343	967
White, Mitchell	RCB	0	594	343	937
Turley, Maddison	RCW	0	302	632	934
Ware, Ben	RIB	0	583	343	926
Smith, Mark	RM	0	514	343	857
White, Aaron	RCB	0	492	343	835
Van Wijck, Cohen	RCB	0	132	632	764
Ware, Joshua	RCB	0	412	343	755
Thompson, Charlotte	RCG	0	106	343	449



**Records broken during since the last update late Nov/earlyDecember 2015**

S.Hao	BRJW	Drake	285	21/11/15
M.Garbutt	CM	Jodie Joker	596	21/11/15
B.Barr-Jones	CUB	AA35/720	665	22/11/15
A.Hayman	LJM	Canberra	427	28/11/15
S.Donlan	BRCM	Sht.Canberra	274	28/11/15
I.Robbins	BRIB	Snt.Canbera	360	28/11/15
V.Henricksson	CIG	AA45/720	569	5/12/15
J.Hutchinson	RCW	Fita 60/720	269	5/12/15

**CHANGES IN TARGET RATINGS**

Glenn Steele	RVM	40 to 44	21/11/15
Aaron Hayman	LJM	29 to 30	28/11/15
Victoria Henrickson	CIG	XX to 43	28/11/15
Jasper Schwarz	RIB	XX to 19	28/11/15
Aaron Hayman	LJM	30 to 34	5/12/15
Victoria Henrickson	CIG	43 to 49	5/12/15
Jasper Schwarz	RIB	19 to 20	5/12/15
Jaxon Spinks	RIB	14 to 24	5/12/15
Ben Souchaud	CUB	9 to 10	5/12/15
Jaxon Spinks	RIB	20 to 21	12/12/15
Jasper Schwarz	RIB	24 to 26	12/12/15
Glenn Steele	RVM	44 to 48	12/12/12

**XMAS FUN SHOOT** It was great to see so many of our members compete at this years event,



and getting into the XMAS spirit. There was even a surprise from Santa.



Members, shot at a variety of targets, with some creative accountancy being display. Some struggled with the bonus points to spell Merry Chistmas. The breeze just

came up as



Lilia was shooting, thus not securing a red star to the target.



It was certainly an impressive sight to see so may archers shooting at fun targets, laughing their way through them all.



With the Winning Team of "Brutally Honest Not Lying Truth Gods" coming out on top with 8,317 points made up of Andrew (Captain), George, Isaac & Josh – well done.



Now most of you know the drill..., look out next FUN SHOOT

**LAST CUB COACHING DAY** held on Sunday 20<sup>th</sup> Dec. At this session cubs were taken through score sheets, how to fill them out correctly, what to do and what not to do (*especially with some of them competing in tournaments away from the club*) & what awards they could claim for. Bit of coaching, then a

**CHALLENGE** – Yep President had to shoot 6 arrows, while 6 competitors had to shoot 1 arrow each. *Note in book was last shot in 2011 – however, rusty though I was – scored 54 to the teams 47 –*

**AWESOME ME** .....I'm sure I'll get some mileage out of this next year! ...then we did some team matchplay, thanks Yoshi. Jack/Tai & Max coming out on top. We hope you can join us at these sessions in 2016

