



# WARRINGAH ARCHERS NEWSLETTER October 2015



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



## Across the desk of the

**President:** The last four weeks have been extremely busy, with officers meeting between each other to hand over club activities/duties, but there is light at the end of the tunnel.

To that end I am pleased to announce that Paul Wilson will join the committee of Warringah Archers in the role of Vice President.

Kristian our new Treasurer has been following through to ensure that our accounts are updated and the club will be geared up to take and complete electronic banking transactions. Most of our courses / special events and equipment purchases will also be moved to on-line, so that very little cash is taken at the club, on a week by week basis.

It is our intention between now and the end of the year to do the back end of the administrative process, so that we can be ready for the New Year ahead – WOW where did the year go!

## ANSW Update

As President I attended ArcheryNSW Constitution meeting update, and Annual General Meeting. New appointments to the Committee were – Teresa Nguyen as (Treasurer), Lisa Matton (Coaching Administrator), Adam Buoro (VP/Membership Officer) There were still several positions that were not filled therefore being declared as casual vacancies such as; VP/Publicity/Recorder/Junior Coordinator / Judges Convenor & Tournament Secretary.

These have already been filled by the following, as you would have seen from ANSW broadcast that was sent out recently:

*The new Committee has moved quickly to fill the casual vacancies and roles left open by the meeting. Thank you and welcome to Sarah Jordan - VP Publicity (Northern), Shane Baldwin - Youth (junior) Coordinator - Penrith City Archers.*

*The roles of Officials Coordinator and Recorder have also been filled as non executive positions (though I am not sure what this means in relation to the constitution?) Thank you to Jim Barber (Mountain Archers) for again stepping into the breach as Officials Coordinator and Graeme Cooper (Illawarra) for taking up the role as Recorder. We also have a new Member Protection Officer - Gab Tolentino (Shoalhaven). Which leaves the Tournament Coordinator role vacant.*

**Exam Time:** Will be nearing completion by the time this newsletter goes to print, therefore, we hope to see some of older members returning to the club to shoot on a regular basis, putting exams behind them for a few months.

## Schools Program



During the month of October, Warringah Archers also held a Community Archery Instructors Course, for 6 teachers at Northern Beaches Cromer Campus seeking accreditation, with a view to having archery introduced at the school sport.



A big thank you to Steve J, Neil Dekker, Steve Salmon & Danny for assisting the teachers to obtain this certification and allow the students to

take part in the sport of archery. Some 30 students, on a rotational basis, twice per week attended the lessons, proving valuable to the teachers.



**Fred Herbert Clout:** Last Sunday the 18th of October archers from Warringah competed in the Fred Herbert Memorial Clout held at Hunters Hill (**which also doubled as our Club Championships Clout**).

Fourteen archers from Warringah competed in various divisions and of the 14 archers 12 placed in their divisions with **6 gold, 4 silver and 2 bronze** collected.

**Gold Medalists** were Jack Chambers-McLean, Jessica Hutchinson, Josh Calandrucchio, Aaron Seng-Yip Hayman, Cynthia Shin-Ngai Leung and Simon Hayman.

**Silver Medalists** Stirling Calandrucchio, Andrew Catto, Lilia Hutchinson and Alan Nolan.

**Bronze Medalists** Leanne Spencer and Kristian Chambers-McLean.

Ayden Reeves mounted a massive second round comeback but fell just short. Kiri Blinkhorne shooting a very consistent two rounds and had a great first tournament

We have several pending NSW record scores shot by the following archers, Jack Chambers-McLean, Simon Hayman, Jessica Hutchinson, Aaron Seng-Yip Hayman, Lilia Hutchinson.



This is an awesome result, and one that everyone who competed should be proud of. As a club Warringah picked up the County of Cumberland Shield for the second time in over 50 years by accruing the highest score of any of the clubs attending, this is the first time that Warringah has held both the County of Cumberland Shield and the Southern Clout Shield won earlier in the year at the Jim Scott Memorial Clout.



This is a beautiful wooden trophy, and one that the club is proud to have displayed in the club rooms, **Well Done to Everyone.** Secretary has sent out a broadcast to all members.

### Club Championships Clout

- 1st place – Stirling Calandruccio – 535
- 2<sup>nd</sup> place - Jack Chambers-McLean – 528
- 3<sup>rd</sup> place – Leanne Spencer – 447

**In total the following classifications were achieved at the event:**

- GOLD: Jack Chambers-McLean, Stirling Calandruccio, Andrew Catto
- RED: Jack Chambers-McLean, Stirling Calandruccio
- BLUE: Ayden Reeves, Leanne Spencer
- BLACK: Leanne Spencer, Cynthia Leung, Lilia Hutchinson
- WHITE: Cynthia Leung,

### Club Shoot 3<sup>rd</sup> October, 2015

The round shot was the first two distances of the 144 arrow round, it was interesting to see many members giving the longer distances a go.

#### Wollongong 90/70m

Gregg Barr-Jones	RM	558 (80) M
Brandt Henriksson	RMM	460 (65) Red*
Stirling Calandruccio	RM	372 (54) Black
Andrew Catto	RM	352 (52) Black
Kristian Cham-McLean	RM	108 (21)

#### Townsville 70/60m

Leanne Spencer	RW	454 (54) Blue
Alan Nolan	RVM	272 (34) White
Kirk Blinkhorne	RW	70 (3)

#### Bothwell 60/50m

Pablo Mercader	RIB	489 (51) Red
Glenn Steele	RVM	442 (45) Black
San Donlan	RCM	197 (18)

#### Goulburn 40/35m

Bobby Barr-Jones	CUB	677 (79) GM*
Jack Cham-McLean	RUB	516 (39) Blue
Victoria Henriksson	RIG	308 (14) Black*
Tom Tattersall	RUB	199 (2)
Jasper Schwarz	RIB	196 (1)
Alex Jackson	RIB	35

#### Sarah Lee 25/20m

Priscilla Chan	RW	572 (27)
Jaxon Spinks	RIB	494 (14)
Tony Butera	RM	465 (11)
Nathan White	RUB	259

#### Pooh Bear 15/10m

Tai Woodley	RU10B	595 (9)
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\*New club record shot

### Club Shoot 4<sup>th</sup> October, 2015

*Very hot today, and humid, wasn't sure anyone was going to show up! BUT.....*

#### Horsham – 36 arrows @ 40/35/30\*/25\*

Jack Chamb-McLean	RUB	902 (32) Blue
Priscilla Chan	RW	888 (300) White
Tom Tattersall	RUB	180
Tai Woodley	RU10B	51

#### Newcastle – 90 arrow @ 20m 122cm face

Ben Souchaud	RUB	347
Max Foley	RUB	122

### MAXIMUM PERFORMANCE SERIES

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

### THE TOTAL FITNESS PROGRAM continued MUSCLE BUILDUP

During the next four minutes you're going to concentrate on developing muscle fibers by pumping motions of your muscles, against resistance. As you continue to exercise, it will be easier for you to overcome the same resistance. So you should gradually increase the resistance.

You'll do two exercises, alternating them for a full four minutes. The first will expand the muscles of your shoulders, chest, and arms. The second will expand the muscles of your abdomen and back. Don't worry about your legs; they'll get all the exercise they need at the end of this session.

### 1. Expansions Pushaways

Stand a little beyond arm's reach from a wall. Put your hands against the wall at the height of your shoulders. Lean forward until your chest comes near the wall. Then push away until you're back in the starting position. If that's too hard, step in closer. Do the exercise about fifteen or twenty times, or until the exertion begins to feel heavy. This is one set.

If the exercise was a workout for you at a set of fifteen pushaways or less, keep that position the next session.

When you can do a set of twenty or more with ease, move to a position with the feet farther away from the wall.



In excessive workouts you'll be able to do more repetitions. Just keep backing away from the wall until you find the position that gives a moderate effort. If you can do a set of more than twenty pushaways before the exertion begins to feel heavy, shift to a more challenging position next time.

Some people will find at the outset that the pushaway from the wall is too easy. In that event, try a kitchen counter, or a bathroom sink, or a chest of drawers - anything that lowers the height of your hands below the height of your shoulders. If you can do only fifteen pushaways before the exertion becomes heavy, you've found your starting place. We want an exercise that begins to feel difficult after fifteen executions. At each session, you'll be adding more repetitions as your condition improves. When you can do a set of twenty with only a mild effort, increase the difficulty of the pushaway exercise.

From the counter or sink or chest of drawers, move next to a table, and repeat the same routine.

From the chair or bench, move to the floor. Put your knees on the floor. When you're able to do a set of twenty pushaways, try them with your knees off the floor. Pushaways in this floor position are commonly called "Pushups."

For the person who is in fairly good shape to begin with, twenty pushaways in the foregoing positions may soon become too easy. You can increase the resistance by positioning your feet higher than your hands. The feet are placed first on a low bench, then on a chair, then on a table, etc., until the extreme case, when the feet are directly over the head. None of us will likely get there; none of us needs to; but it's a good illustration of the many ways in which the difficulty of our pushaway exercise can be increased....to be continued.

### Club Shoot 10<sup>th</sup> October, 2015

#### Grange – 90 arrows @ 60m 122cm face

Leanne Spencer	RW	725 (71) Gold*
Brandt Henriksson	RMM	707 (68) Red
Stirling Calandrucchio	RM	679 (64) Blue
Andrew Catto	RM	658 (61) Blue

Alan Nolan	RVM	553 (49) Black
Cynthia Leung	RMW	465 (41) Black*
Glenn Steele	RVM	419 (38) White
Simon Hayman	RVM	387 (350) White

#### Melbourne – 90 arrows @ 50m 122cm face

Pablo Mercader	RIB	600 *46) Blue
Kiri Blinkhorne	RW	538 (40) Blue'
Lilia Hutchinson	RMW	398 (28) White
Aaron Hayman	LJM	388 (27) Black*
Sarino Hao	BCW	316 (21) White*
Isaac Robbins	RCM	290 (18) White
Kaden Currie	RCM	242 (14)
Sam Donlan	RCM	181 (7)

#### Darwin – 90 arrows @ 40m 122cm face

Priscilla Chan	RW	637 (41) Black
Ayden Reeves	CUB	546 (31) Black
Peirre Buskermolen	RM	439 (21)
Jaxon Spinks	RIB	246 (4)

#### Geelong – 90 arrows @ 30m 122cm face

Vincent Shaw	RVM	
Ben White	CM	745 (44)
Cooper VanWicjk	RIB	594 (24) White

#### Newcastle – 90 arrows @ 20m 122cm face

Victoria Henriksson	CIG	777 (34) Black*
Nathan White	RUB	677 (17) White*
Ben Souchaud	RUB	612 (9)
Tai Woodley	RUB	523
Bailey Buskermolen	RCM	304
Josh Calandrucchio	CCM	311
Zachary Garbutt	RUB	460
Alex Jackson	RIB	359
Coby Reeves	RUB	263

#### \*Depicts those who shot Club Records

Sam Donlan obtained All Gold @ 50m & Victoria Henriksson, All Gold @ 20m



**OCTOBER  
HANDICAP WINNER  
KIRI BLINKHORN  
LADY  
RECURVE**

#### Flight 1

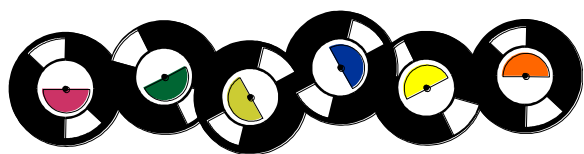
K.Blinkhorne	RW	22	519	424	943
B.Henriksson	RMM	72	104	775	879
C.VanWicjk	RIB	21	413	463	876
N.White	RUB	12	512	343	855
K.Cham-McLean	RM	45	271	581	852
A.Catto	RM	68	122	729	851
G.Steele	RVM	44	280	571	851
L.Spencer	RW	67	126	723	849
J.Cham-McLean	RUB	48	177	666	843
S.Donlan	RCM	25	370	466	836
G.Barker	MRM	40	318	506	824
K.Currie	RCM	29	436	377	813
L.Hutchinson	RMW	37	348	460	808
B.White	CM	62	153	667	820
J.Huthinson	RCW	35	272	498	770

#### Flight 2

J.Schwarz	RCM	0	632	331	963
M.Foley	RUB	0	343	577	920
B.Souchaud	RUB	0	343	565	908
A.Barker	RUB	0	632	240	872

R.Vandort	RCW	0	343	422	765
C.VanWicjk	RUB	0	632	101	733
M.White	RUB	0	343	330	673
A.White	RUB	0	343	274	617

\*Leanne Spencer All Gold @ 40m



## Records broken during the month October 2015

B.Barr-Jones	CUB	Goulburn	677	3/10/15
B.Barr-Jones	CUB	40m 122cm	332	3/10/15
B.Barr-Jones	CUB	35m 122cm	345	3/10/15
B.Henricksson	RMM	Wollongong	480	3/10/15
B.Henricksson	RMM	90m 122cm	218	3/10/15
V.Henricksson	RIG	Goulburn	308	3/10/15
L.Spencer	RW	Grange	725	10/10/15
C.Leung	RMW	Grange	465	10/10/15
S.Hao	BRJW	Melbourne	316	10/10/15
A.Hayman	LJM	Melbourne	388	10/10/15
N.White	RUB	Geelong	745	10/10/15
V.Henricksson	CIG	Newcastle	777	10/10/15
R.Vandort	RCW	Mini Handicap	422	17/10/15
J.Cham-MLean	BRUB	Dbl Clout 100m	528	18/10/15
L.Spencer	BRW	Sin.Clout 125m	243	18/10/15
L.Spencer	RBW	Dbl Clout 125m	447	18/10/15
S.Hayman	BRVM	Sin.Clout 145m	144	18/10/15
S.Hayman	BRV	Dbl Clout 145m	241	18/10/15
A.Jackson	BRIB	Aust Indoor I	44	24/10/15
M.Wright	CVW	Aust Indoor I	268	24/10/15
B.Barr-Jones	CUB	Aust Indoor 1	261	24/10/15

## CHANGES IN TARGET RATINGS

Bobby Barr-Jones	CUB	71 to 75	5/10/15
Tai Woodley	RUB	xx to 9	5/10/15
Leanne Spencer	RW	64 to 67	10/10/15
Ayden Reeves	CUB	23 to 27	10/10/15
Nathan White	RUB	8 to 12	10/10/15
Kiri Blinkhorne	RW	22 to 32	18/10/15

## CHANGES IN INDOOR RATINGS

Bobby Barr-Jones	CUB*	36 to 40	24/10/15
Jack Cham-McLean	RUB*	New to 21	24/10/15
Brandt Henriksson	RMM*	51 to 55	24/10/15
Jessica Hutchinson	RCW*	23 to 27	24/10/15
Lilia Hutchinson	RMW	27 to 28	24/10/15
Bobby Barr-Jones	CUB*	36 to 40	24/10/15
Jack Cham-McLean	RUB*	21 to 28	24/10/15
Brandt Henriksson	RMM*	55 to 62	24/10/15
Simon Hayman	RVM	43 to 47	24/10/15
Jessica Hutchinson	RCW*	27 to 35	24/10/15
Cynthia Leung	RMW	New to 33	24/10/15
Tom Tattersall	RUB	New to 10	24/10/15

\*It was interesting to note that 5 members improved on their ratings from AM to PM shoot – WELL DONE!



Some 29 competitors finished the round full results can be seen on archers diary. In the afternoon shoot (as morning was treated as a warm up), each time a member achieved an ALL GOLD they were given a raffle ticket to win an award well done to Maria / Brandt & Andrew. With Maria walking away with the spoils.



## Birthdays NOVEMBER

**Joshua Ware (3<sup>rd</sup>),  
Andrew Emery (5<sup>th</sup>),  
Xavier Wilson (7<sup>th</sup>), J<sup>h</sup>, im  
Barber (9<sup>th</sup>), Natalie Berry (11<sup>th</sup>),  
Ian Harper (15<sup>th</sup>), Jack Chambers  
(21<sup>st</sup>), Olivia Okley (29<sup>th</sup>)**

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

## CUB COACHING DAY – 25<sup>th</sup> October

OH! No I forgot I hear some of you say.....don't forget the next date!!! Check your calendar.

At this session, we went through Goal Setting, due to the Youth Nationals being held at Penrith in 2016 (25-29<sup>th</sup> March), over Easter, so Warringah needs to start planning now, or more so to the point – YOU need to start planning.



### From Nathan White

The training that we did at the weekend was really worthwhile. It suited me because unlike shooting normally on a Saturday comp you have someone watch you and correct your technique. I learned that I was releasing outwards away from my face, rather than drawig inwards using my back, once I made the change, I started shooting way better immediately. The day had a fun element to is as well, we shot the Gold Round. You had to shot 6 arrows, and retrieved only those that were outside of the gold, until we got all six arrows in the gold, then we went to '10s', then we went to "inner 10" (*didn't manage to get six in*) but was pretty pleased with my efforts.. Then we went back to the 15m line and we scored ends, taking the time to write down our sight settings, everyone enjoyed the day. I'm so glad that I came to the coaching day because I learned a lot and improved my technique, and would encourage all junior members of Warringah to come along to the next one. Who knows what Elizabeth has in mind!!!

## 2015 Open Nationals

Only one member competed in this event from Warringah, and was a member of the NSW State team – Gregg Barr-Jones.

### Short Distance Championships.

Gregg Barr-Jones Finished (12<sup>th</sup>) with a score of 804, achieving Fita Performance Black Award. Came 11<sup>th</sup> in the **Target** event with a sore of 1136, achieving 1100 Fita Star award. Finishing his final day with 9<sup>th</sup> in the **Field** scoring 302, which will give him a BLACK Arrowhead award. Well done Greg look forward to hearing how your week went in the next newsletter.

