



# WARRINGAH ARCHERS NEWSLETTER September 2015



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



## Across the desk of the President:

### **Annual General Meeting**

Warringah Archers hosted its Annual General Meeting on Saturday 26<sup>th</sup> September, which elected a new committee for the next twelve

months, with one casual vacancy.

### **Executive Committee made up of:**

President:	Elizabeth Jennison
Vice President:	Casual Vacancy
Secretary:	Stirling Calandrucchio
Treasurer:	Kristian Chambers-McLean
Executive Members:	Danny Stasenka Lilia Hutchinson Andrew Catto
Junior Representative:	Carmelo Aslanidis

All of these officers are familiar to you, and are at the club on a regular basis. We are currently putting together a plan for the next 2 years, therefore if you have any ideas that you feel Warringah Archers should consider, please jot them down and speak to one of us at the club, or send your ideas to either myself or the Secretary.

A **BIG THANK YOU** to those officers who have been heavily involved in the direction of Warringah Archers over several years: Steve Jennison / Steve Salmon / Ian Harper & Paul Wilson, although no longer on the executive committee, they will still be active as members in a variety of activities.

**Welcome to New Members:** Coby Reeves (RU10B), Zachary Garbutt (RU10B), Roland Ware (MR), Joshua Ware (RUB), Priscilla Chan (RW). Please take the time to show our new members the ropes and integrate them the club.

**Membership Fees:** It is important to remember your anniversary date: About 3 weeks prior to your membership ceasing. Archery Australia automatically sends you a reminder (*please do not ignore this*) The good news is as off this week, Warringah Archers is now set up electronically to have new members apply on line, and have the facility for existing members to renew...When your membership anniversary next comes up, the club will send you some easy tips to pay directly, saves double handling of funds, and cuts down the workload of club volunteers. Please remember that if you choose to ignore the reminder, you will be ineligible to compete in activities at the club until you are financial.

## **ArcheryNSW Short Distance Championships – 6<sup>th</sup> September, 2015**

Congratulations to the Gregg Barr-Jones (GOLD) in the RM Division shooting 817 gaining Black Performance award. Maria Wright (GOLD) in CVW Divn shooting 787 and gaining White Performance Award. Bobby Barr-Jones (BRONZE) in CUB Divn scoring 822 points in the Junior Canberra round. Leanne Spencer (RW) placed 5<sup>th</sup> with a score of 674.

**Electronic Scoring:** We have been trialing this for a few weeks now, with more members taking up the option. One thing we will have to be conscious off, is when members sign on, please allow enough time for us to allocate you to a target electronically, please let the officer on duty know that you have arrived. Registrations on Saturday will be open from 8.15 and will close at 8.45am this will then allow members to log on, select the archers on their target – ready to score at 9.00am.

## **State Field Championships 19/20<sup>th</sup> September:**

Although a little wet, first day went off reasonably well with some 60+ archers competing, however, the 2<sup>nd</sup> day had to be called off half way through for safety purposes.

**Bronze Medal:** Bobby Barr-Jones (CUB) scoring 280 (47), shooting from Yellow Pegs

**Gold Medal:** Gregg Barr-Jones (RM) scoring 302 (72), shooting from Red Pegs. Achieving Black FITA Arrowhead and 270 Australian Field Star. – Well done to you both.

## **Website Updates @ 30<sup>th</sup> September:**

- Adbow / Kidbow & Club Records
- Ratings
- Classifications



Congratulations are also in order for Gregg Barr-Jones who was selected to the NSW State Recurve team to contest the teams event at the Open Nationals being held late October:

## **Full Recurve Team only selected:**

### **ANSW Team for 2015 Nationals Announced**

**Team Captains:** Jaymie Murray & Kathy Kuestler

**Female Recurve:** Tayla King, Joanna Murray, Kathy Kuestler & Shenna Wu

**Male Recurve:** Gregg Barr-Jones, Alex King, Jaymie Murray & Shaun Wang

Positions 1-3 are based on Target Ranking & Position 4 on Field Ranking.

ANWS received no applications for the compound team. The ranking list cut-off date was the 7th September and includes events shot on Sunday 6th. It has taken some time for all the events to get the results into Archers Diary. This has caused a delay with publishing the list. The ranking list can be found on ArcheryNSW website.

**Casual Vacancy:** If you would like to fill this vacancy, and join a dedicated group of volunteers to grow the club, please drop me a line.

*Elizabeth Jennison - President*

## QRE Target - 5<sup>th</sup> September, 2015

Well done to those members who shot in the QRE. There were several of our new members who took part (which was way out of their comfort zone), but an enjoyable day was had by all. Big **THANK YOU** to Steve J for officiating at the event.

### 35/720:

Bobby Barr-Jones	CUB	(AM) 609 (54) Red (PM) 625 (58) Gold
Ayden Reeves	CUB	(AM) 445 (26) Blue
Jack Chamb-McLean	RUB	(AM) 581 (47) Red (PM) 611 (54) Gold
Cohen VanWijck	RUB	(AM) 54

### 45/720:

Cooper VanWijck	RIB	(AM) 165 (5)
Jasper Schwarz	RIB	(AM) 54

### 50/720:

Aaron Hayman	LJM	(AM) 329 (29) Black (PM) 341 (30) Blue
Alan Nolan	RVM	(AM) 482 (39) White
Simon Hayman	RVM	(AM) 423 (39) White (PM) 468 (44) Black
Kiri Blinkhorne	RW	(AM) 235 (19)
Lilia Hutchinson	RMW	(AM) 299 (26) White (PM) 315 (27) White
Cynthia Leung	RMW	(AM) 447 (42) Black (PM) 442 (41) Black

### F60/720:

Jessica Hutchinson	RCW	(AM) 251 (29) White
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### F70/720:

Gregg Barr-Jones	RM	(AM) 608 (84) Master (PM) 622 (88) GMaster
Brandt Henricksson	RMM	(AM) 538 (70) Gold
Stirling Calandrucchio	RM	(AM) 478 (61) Blue (PM) 453 (58) Blue
Andrew Catto	RM	(AM) 477 (61) BBlue
Kristian Chamb-McLean	RM	(AM) 201 (30) (PM) 72 (7)



*Kristian would like us to think he's checking out the wheels on the stramits, but really it took skill to secure his arrow in the rubber!!*

## QRE Rounds required to be shot:

Often we are asked what round you should shoot to obtain a State / National Rankings. See rounds below. You can also go onto Archery Australia's website to check out current rankings.

### WA F70/720 (122cm)

Open Recurve Men & Women / U20 Recurve Men & Women

### WA F60/720 (122cm)

Open: Barebow Recurve & Compound Men

Master: Recurve Men & Women

U20's: Recurve & Compound Men

Cadet: Recurve Men & Women

### WA 50/720 (80cm)

All compound archers Open/Masters/Veterans/U20's and Cadets Men & Women

### 50/720 (122cm)

Longbow: Open/Masters/Veteran Men & Women

U20's: Men & Women

Veterans: Recurve/Compound Men & Women,

Barebow: Open Recurve/Compound Women, Master & Veteran Recurve/Compound Men & Women, U20 Recurve/Compound Women & Cadet

Recurve/Compound Men

### 45/720 (122cm)

Longbow: Cadet Men/Women

Barebow: Cadet Recurve/Compound Women

Intermediate: Recurve/Compound Boys & Girls

### 35/720 (122cm)

Longbow: Intermediate Boys/Girls, Cub Boys/Girls

Barebow: Intermediate Recurve/Compound, Boys/Girls, Cub Recurve/Compound Boys/Girls

Compound: Boy & Girls

Recurve: Boy & Girls

Please ensure that when you are signing on to shoot, you shoot the required round, or identify clearly on the entry form which round you anticipating shooting.

## MAXIMUM PERFORMANCE SERIES

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

### THE TOTAL FITNESS PROGRAM continued HOW TO COUNT YOUR PULSE RATE

#### THREE SHORT STEPS TO FITNESS

WHAT FOLLOWS APPLIES equally to men and women.

The exercises are the same because the requirements are the same. Women need good muscles every bit as much as men do. To obtain good muscles, they must first develop a certain quantity of tissue. Then they must develop two muscle qualities, endurance and strength. Their work or sport requires both. Finally, the circulorespiratory endurance of a woman is no less vital to her health and fitness than is that of a man.

The total fitness program is best performed on alternative days – ten minutes a day. Three days a week. You can do more, but you don't have to. Each session is compact; it asks you to concentrate your

effort into one brief span. There's no way around that requirements, because you need to raise your heart rate to be fit, and only compact action does that. But the fitness program itself spreads out over twenty four weeks and continues throughout your lifetime.

Each of you will start these exercises according to your readiness for them. Each of you will make the exercises a little bit more difficult according to our individual capacity to extend. The degree of difficulty doesn't matter, so long as it's a slight overload for you. Don't compare what you're doing with what anyone else is doing.

### THE FIRST EIGHT WEEKS: REBUILDING TISSUE

DURING THE first eight weeks your ten-minute exercise session will be divided up into three parts:

1. One minute of limbering
2. Four minutes of muscle building
3. Five minutes of any continuous activity that raises your heart rate to the desired level.

### LIMBERING

The object of these four limbering exercises is to increase your range of motion so that you can move more easily. There is no drill. Use whatever rhythm pleases you. Don't count, there's no need. Just spend about fifteen seconds on each exercise.

1. *Reach:* Reach up as high as you can toward the ceiling with one arm. Your hand should be directly over your head. It's a prolonged reach we're after. Feel the elongation all the way to your ankle, all the way along your side. When you feel all loosened up, drop your arm, and repeat the exercise with our other arm. Be a cat; reach to your outer limit.



2. *Twist:* Arms extended sideward, twist your trunk in either direction as far as you can turn. Then twist in the opposite direction. In the military, this exercise is performed with a snap. These are nonmilitary proceedings. No snaps, please.



3. *Bend:* Lean over, with knees slightly bent; grasp your thighs behind the knees with your hands, and pull your shoulders gently toward your knees. Don't use force. Don't use momentum. Just an

easy tug. Some people will get closer to their knees than others. It's all relative to your condition. If you're in terrible shape, then even gaining proximity to your knees is a triumph, and you've done yourself a world of good. If you're already fairly supple, you should soon get fairly close.



4. *Turn:* Turn your head to the side, with your chin over the top of your right shoulder. Place your right hand against your chin, on the left side of your face. Place your left hand on your head from behind. Right and

left hands now turn the head just a little farther than it can turn on its own. Gently, please. Don't try to jerk your head or snap it. Now reverse the process, with your chin over your left shoulder, your left hand against the right side of your face the right hand grasping the head from behind lowly loosen your next muscles.

In the first few sessions one performance of each of the movements is sufficient. Later you may wish to do them twice or even three times. But do them in a leisurely, languid manner.

Now that you are limbered you are ready to develop muscle tissue.....*next issue*

### Club Championships – Field Event

#### Red Pegs

Gregg Barr-Jones	RM	324 (79)	Gold*+
Katelin Turner	CW	274 (64)	Blue*+
Andrew Catto	RM	258 (60)	Blue
Stirling Calandruccio	RM	250 (59)	Blue
Leanne Spencer	RW	188 (45)	Blue
Simon Hayman	RVM	188 (45)	Black
Cynthia Leung	RMW	140 (36)	Black
Lilia Hutchinson	RMW	89 (23)	

#### Blue Pegs

Pablo Mercader	RIB	203 (34)	Blue*
Jaxon Spinks	RIB	69	
Kiri Blinkhorne	RW	48	
Alex Jackson	RIB	34	

#### Yellow Pegs

Bobby Barr-Jones	CUB	379 (82)	GM*+
Jack Chamb-McLean	RUB	210 (50)	Gold
Ayden Reeves	CUB	162 (40)	Red
Aaron Hayman	LJM	123 (32)	Blue
Tom Tattersall	RUB	79 (20)	Black
Max Butera	RUB	62 (15)	Black
Gracie Barr-Jones	RUG	25	
Coby Reeves	RUB	22	

\*All Gold Shot +Perfect Shot

### CHANGES IN TARGET RATING

Gregg Barr-Jones	RM	79 to 84	5/9/15
Aaron Hayman	LJM	27 to 28	5/9/15
Ayden Reeves	CUB	21 to 23	5/9/15

Please note that if you are shooting two rounds in 1 day, mark AM and/or PM on your score sheet as this does affect ratings.



## Birthdays OCTOBER

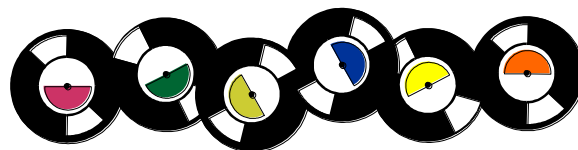
Ethan Henderson (4<sup>th</sup>),  
 Max Foley (5<sup>th</sup>), Alan  
 Nolan (7<sup>th</sup>), Jai Whiley  
 (9<sup>th</sup>), Elizabeth Jennison  
 (16<sup>th</sup>), Coby Reeves (22<sup>nd</sup>)  
 Daniel Kwon (25<sup>th</sup>), Robbie Caldwell (30<sup>th</sup>)  
*Gotta be a cake in here somewhere!!*

Isaac Robbins	RIB	313 (31) Black
Jessica Hutchinson	RCW	307 (30) Black
Joshua Calandrucchio	RCM	228 (21) White
Aaron Hayman	LJM	228 (21) Blck
Andrew Booth	RM	211 (18)
Sam Donlan	RCM	208 (18)
Lilia Huthinson	RMW	173 (19)
Tom Tattersall	RUB	163 (12) White
Tai Woodley	RU10B	140 (8)
Alex Jackson	RIB	100
Bejamin Calandurrio	RM	87



## SEPTEMBER HANDICAP WINNER Leanne Spencer Recurve Lady

First batch of placings are those who have a handicap rating. The second batch are for our newer members who do not have a rating as yet, therefore, have no handicap



## Records broken during the month September, 2015

J.Hutchinson	RCW	F60/720	251	5/9/15
A.Hayman	LJM	F50/720	329	5/9/15
G.Barr-Jones	RM	F70/720	608	5/9/15
B.Henricksson	RMM	F70/720	538	5/9/15
A.Hayman	LJM	F50/720	341	5/9/15
G.Barr-Jones	RM	F70/720	622	5/9/15
C.Leung	RMW	24T FF Red	140	12/9/15
G.Barr-Jones	RM	24T FF Red	324	12/9/15
J.Cham-McLean	RUB	24T FF Yellow	210	12/9/15
B.Barr-Jones	CUB	24T FF Yellow	379	12/9/15
S.Hao	BRJW	Junior Handicap	592	19/9/15
T.Woodley	RU10B	Pooh Bear	634	20/9/15
B.Barr-Jones	CUB	AA 35m/720	659	25/9/15
A.Hayman	LJM	Fita Indoor I	228	26/9/15

### Flight 1

L.Spencer	RW	64	143	738	881
S.Calandrucchio	RM	69	117	763	880
C.Leung	RMW	42	298	567	865
S.Hao	BJW	35	272	592	864
A.Catto	RM	68	122	736	858
G.Steele	RVM	44	280	566	846
B.Henricksson	RMM	72	104	736	840
V.Henricksson	RIG	22	402	432	834
J.Cham-McLean	RUB	48	177	655	832
D.Stasenska	RVM	71	109	714	823
K.Wright	CVM	77	85	737	822
S.Hayman	RVM	49	239	581	820
M.Wright	CVW	81	72	738	810
T.Tatterson	RUB	8	557	244	801
J.Hutchinson	RCW	35	272	479	751
A.Jackson	RIB	9	546	149	695
Cooper V.Wijck	RIB	18	208	470	678

### Flight 2

T.Woodley	RU10B	xx	343	471	811
C.Van Wijck	RU10B	xx	343	236	579

## Club Championships Indoor 26<sup>th</sup> September, 2015

Although the weather looked like it was going to rain, it stayed off (with only a slight drizzle appearing), so that we could compete in our Club Championships Indoor event. Moving to electronic scoring was great also, as I think this is the first time that everyone was able to access. Well done to everyone.

Katelin Turner	CW	539 (75) Gold
Stirling Calandrucchio	RM	507 (65) Red
Leanne Spencer	RW	495 (61) Red
Andrew Catto	RM	482 (58) Blue
Pablo Mercer	RIB	465 (56) Gold
Simon Hayman	RVM	460 (54) Blue
Danny Stasenska	RVM	425 (48) Black
Claire Gaynard	RW	417 (46) Black
Cynthia Leung	RMW	400 (43) Black
Jack Chamb-McLean	RUB	390 (42) Red
Paul Tattersall	RM	315 (31)

## CHANGES IN FIELD RATING

Stirling Calandrucchio	RM	50 to 54	12/9/15
Bobby Barr-Jones	CUB	72 to 79	12/9/15

## CHANGES IN INDOOR RATING

Simon Hayman	RVM	33 to 43	26/9/15
Jessica Hutchinson	RCW	16 to 23	26/9/15

## WHAT'S COMING UP

- 10/11<sup>th</sup> OCT: State Target Championships, Penrith  
 17<sup>th</sup> OCT: Warringah Handicap  
 18<sup>th</sup> OCT: Fred Herbert Clout Championships (*which also incorporates Warringah Archers club clout Championships*)  
 31<sup>st</sup> OCT: Club Championships Target Event  
 7<sup>th</sup> NOV: Waringah KidBow Tournament  
 14<sup>th</sup> NOV: Warringah Handicap  
 21<sup>st</sup> NOV: Club Presentation Night – XMAS Party. *This will be a night filled with recognition / fun & Games so be ready to party!*

**Flyer will be sent out shortly.**