



WARRINGAH ARCHERS NEWSLETTER January 2016

www.warringaharchers.com.au



Across the desk of the

President: The 1st January, kicks off some age group variations as people reach those age milestones, please refer to below to ensure that you are ticking the correct age group that you should be

competing – this is what kick starts the whole process of Division and records etc, that are eligible to be claimed.

Terms of Divisions: Open (any age group), Master (50-59), Veteran (60+), Cub (13 and Under), Intermediate (15 and under), Cadet (17 and Under), Junior (20 and under).

Note: Anyone turning 50 in 2016 can compete in the Masters Division from the 1st January, 2016 (*even if your birthday is not until May*) – same applies to our 60 year olds. Inclusion of VeteranPlus, following the 2-year trial of the Class. There is currently a survey doing the rounds of members (over 50 yrs) about what the Class could or should be called, so if the results are known soon enough and a change approved by the Board, the name will be included in the January edition of the Rules.

For our younger members, if your birthday falls throughout the year – example you turn 13 in February, then you are still a Cub until the 31st December, 2016.

Changes in how divisions look? Due to changes within Archery Australia the way your division looks has changed (example R (Recurve) C (Compound) L (Longbow). So this will always come first, followed your division 'M' Master 'V' Veteran 'J' Junior 'C' Cadet 'I' Intermediate & 'U' cub (I know this one is a curve ball), followed by your Sex 'M' Male 'F' Female. An editorial change recently by Archery Australia has removed references to Men/Women/Boy Girls, which were considered somewhat old-fashioned and replaced with Male / Female this also aligns with World Archery terminology.

Recurve Open Male – RM
Compound Master Female – CMF
Recurve Intermediate Female – RIF
Longbow Cadet Male - LCM

Archery Australia Changes to Clout Scoring

Process – to ensure (as happens in any other archery event), that archers stay around to witness the scoring and not return to the shooting line until all arrows are scored. Not sure what penalties will be put in place if this is not complied with.

Club T-Shirts – stock is available. Cost to members is \$30.00. It would be great if members could wear these shirts on our Handicap shoot days.

Signing On: All members should sign on in the registration book every time they shoot at the club.

ANNUAL AWARDS that are PRESENTED by Warringah Archers

MOST CONSISTENT ARCHER COMPETITION

CONDITIONS:

This event is held annually and commences on the 1st January and closes 31st October.

What do I need to do !

- Shoot a minimum of 20 rounds throughout the year (Easy)
- However, only rounds that have two or more distances involved will be considered (Yep).
- Must include a minimum of 4 handicap rounds, 3 Canberra rounds (or equivalent for Juniors), with the good news being, that the balance can be made up of whatever else the archer wishes, as long as it complies with (b) above. (OK)

A perpetual trophy is presented to the winner at the Club Presentation Night.

MOST IMPROVED ARCHER TARGET & INDOOR

CONDITIONS:

Any archer having a rating at the beginning of the year will automatically qualify and/or when they first obtain one.

The objectives of the award are:-

- to recognise the archer who has improved the most, irrespective of how good they were at the beginning of the year
- to allow for the fact that an archer rated 12 can improve in numeric terms more easily than one with a rating of 80.

The calculation is simple and is applied to everyone with a rating as at the beginning of the shooting year (1st January); *or from when an archer first obtains a rating*. The person with the highest improvement rating wins the award.

Maximum Rating = 120

Improvement Rating = $((120 - \text{Rating at beginning of year}) / (120 - \text{Rating at end of year})) * 100$

Example: Archer A goes from a rating of 7 to 22 while Archer B goes from 91 - 95. Who is "the most improved"? Archer A whose rating went up by 15 or Archer B whose rating went up by 4

Archer A = $((120 - 7) / (120 - 22)) * 100 = (113 / 98) * 100 = 115\%$

Archer B = $((120 - 91) / (120 - 95)) * 100 = (29 / 25) * 100 = 116\%$

In this example, Archer B is the most improved archer because it is harder to increase by 4 at the top end of the rating.

The best part is that you don't have to worry about it, because all the work will be undertaken by the Club Recorder and the winning archer announced at our Club Presentation later in the year.

ArcheryNSW Tournaments & Club Tournaments 2016

Tournaments External to the club:

1. Warringah Archers where possible will distribute to club members electronically, so please check your mail regularly.
2. External Tournaments on ArcheryNSW Calendar, are listed on our club calendar in **BOLD. State events will be highlighted in Blue.** Entry forms for events are wherever possible distributed by the Secretary, however, most entry forms are placed on ArcheryNSW website, therefore you should keep as a favourite – <http://www.archerynsw.org.au/>
3. It is the responsibility of Club Members to enter themselves and pay all associated fees when entering competitions outside of the club.
4. Should a member enter an event / then not turn up, unfortunately there are restrictions to refunds that are available. ArcheryNSW does have a tournament policy with strict guidelines for clubs to follow for late entries / non attendance / withdrawing from events. Again these can be found on ArcheryNSW website.
5. Clothing to be worn: When you are competing in a tournament on the ArcheryNSW Calendar, where possible your club uniform should be worn (ie Hat / Club T-Shirt / maroon-navy or white pants).
6. Registering at the event: When you turn up at an event, the first thing you should do is **REGISTER**. This then lets the organising committee know that you are there. Failure to register may mean that the organising committee starts shuffling target allocations and space then may not be available for you.
7. You may be asked to produce your Archery Australia Registration Card at the time you sign on for an event. Please ensure you keep this with you.
8. Most importantly – check the division that you are competing in **before** the competition starts, and request appropriate changes at that time if necessary.

9. At the completion of the shoot – make sure your score card has your full name on it – division / club / total score / hits / X / 10's and please, please sign it and have it witnessed. Check your score is **CORRECT**. Again failure to comply may mean all your hard work in competing can be discarded, or relegated to a lower placing due to score being added up incorrectly. A recent member shot a QRE and score 327/318, but totaled and signed for 326

10. Warringah Archers hosts two events annually – Warringah Open in February (13th) and the Warringah Kidbow which is November (12th). In 2016 there will be a small fee introduced for members competing.

11. **QRE Events:** The club will also be hosting these for 2016. Currently these are free to members, however, if the member does not turn up to shoot then a penalty fee of \$10 will apply.

12. **Awards:** When competing in events outside of the club and you wish to claim an award, please mark this on your score sheet. The NSW Recorder will then distribute appropriate awards to the club, which in turn will be passed onto you.

13. Warringah members: Should always have with them sun block out – **REMEMBER: SLIP, SLOP, SLAP** / water / and a comfy seat as these are not always provided at tournaments.

CLASSIFICATION MEDALS – Yep as at the 1st January, archers are required to re-classify.

What Classification you achieved in 2015 will shortly be uploaded onto the website:



Target – White / Black / Blue / Red / Gold – Classification medals are held at Club level for Target / Indoor / Field & Clout, these are available at a cost of \$7.00 each.

Master Bowmen & Grand Master Bowmen: One score must be shot in a Tournament, with the two remaining scores eligible to be shot at club level. Once achieved these are claimed from ArcheryNSW by the club quarterly on your behalf.

Once you reach GMB Level, the club pays for this award on your behalf.

ELITE bronze, silver and gold: The three scores required to obtain these awards, must be shot in tournaments. ArcheryNSW Recorder will monitor the attainment of these scores, and archers will be recognized for their achievements annually at the State Presentation Night.

There is no cost for these awards, costs are being borne by ArcheryNSW

Financial Assistance to Club Members

Financial assistance will be eligible to be claimed for club members competing in State & National Teams.

Bronze recognition: Members who are selected into a State Team will be eligible to claim \$50.00

Silver recognition: Members who are selected into a National Representative Team to compete in overseas events identified by Archery Australia will be eligible to claim \$75.00. (Trans-Tasman Junior Test / World Cup etc.,)

Platinum recognition: Members who are selected into an Australian Team to compete at World Championships events (Junior/Target/Field/Indoor) and/or Olympic Games will be eligible to claim \$100.00.

Payments will be made at the annual club presentation night following representative status.



Birthdays FEBRUARY

Jaxon Spinks (4th),
Stirling Calandruccio
(11th), Ben White (15th),
Bobby Barr-Jones (20th),

Kane Wilson (21st), Ayden Reeves
(24th), Zachary Garbutt & Tai
Woodley (27th), Brandt
Henriksson & Andrew Okely(28th)

MAXIMUM PERFORMANCE SERIES

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

THE TOTAL FITNESS PROGRAM continued The Second Eight Weeks: Building Stamina

Now you've got some muscles, not to look bulky - you won't - but to hold your frame erect, give you some confidence in yourself and move you where you want to go. Our next job is to give those muscles a capacity for *endurance*, so that any sudden situation requiring extra effort won't throw you off schedule for a week

We're also going to move up a notch in our circulorespiratory conditioning. Again, the aim is endurance.

MUSCLE ENDURANCE

We no longer have to worry about expansion - the building of muscle tissue. By now, you've got all the bulk you need. Nor do we need to worry about range of motion. If you're doing enough stretching in your minimum maintenance program, that's plenty. However, you may want to do the limbering routines as a warmup before your workouts in this period.

The second eight weeks require a new series of training methods to achieve the new objectives. We'll utilize the first four minutes for muscle endurance training the last six for circulorespiratory endurance training. Now that we have an improved heart and circulation, we're going to start pushing the new capillaries into skeletal muscles. This will induce the chemical and structural changes necessary to give the muscle cells the endurance they need for prolonged activities such as tennis, skiing, carpentry, gardening and so on.

We're also going to take up interval training, which helps us get the heart rate up to gather levels without fatigue. But first, let's work on the muscles.

1. Endurance Pushaways

Your first exercise is to do twice as many pushaways as you were doing in the first eight weeks, and feel that the exertion is moderate at the end - not light, not heavy. In order to do that many without a heavy effort, you'll have to lighten the resistance considerably from what it was at the end of the first eight weeks, when you were exercising for muscle bulk. It may be that you had worked your way from the wall through all the stages to the floor. Nonetheless, it would be a good idea to go back to the wall the first time you try to do about forty pushaways. If that's too easy try the next hardest level the next time you exercise.

The objective is to do twice as many *and do them fast*.

You'll adjust the intensity by moving your feet away from the wall. Start at just beyond arm's length. Once again, if that's too hard, step in closer. The important thing is to be able to do about forty pushaways. If you can easily do more than fifty, you're standing too close. Once you've found the position that enables you to just barely get forty without the exercise becoming heavy, maintain that position until you can get a moderate exertion at about fifty. Then move to the next position. As you step away from the wall, you automatically increase the load.

Pushaways from the wall can be very easy if you stand next to wall, but if you get back far enough you'll find them an interesting challenge.

Doing forty to fifty pushaways isn't a rigid rule. It's just an order of magnitude. In order to gain endurance, you have to do rapidly for a greater number of times. If you quit before twenty, you're not doing an endurance exercise. If you get thirty-five and have to stop, or if you get sixty without feeling tired, fine, that's your workout for the day. Make

adjustments the next time you exercise. Stand closer or farther away; go faster or slower.

2. Endurance Sitbacks

Assume the same position you did for the regular sitback – on the floor, knees bent, head forward, chest near knees.

Now lean back just a little, about a third of the way to the floor. Hold that position for forty or fifty seconds if you can. If that was easy; move back a notch the next time you exercise so that you're approximately halfway between your starting position and the floor. Try again to hold for forty to fifty seconds; If that wasn't enough, next time move back to the three-quarter position, and try to hold that for forty to fifty seconds.

While you're leaning backward, probe the abdominal muscles in all areas, low and high, with your hands. This helps to keep the muscles hardened.

When the exertion starts to become heavy, your belly will begin to quiver. That's your signal to straighten up or relax backward onto the floor.

It may take you a few days to establish just how far back you should go. If you're back too far, you'll start to quiver before thirty seconds. If you're too far forward, you won't quiver until after forty seconds.

As soon as you've finished the sitback, do another bout of endurance pushaways.

When you've finished the second bout of endurance pushaways, do another endurance sitback.

Two sets of the two exercises should take you about four minutes. Don't hurry yourself, but try to develop to a point where you can do the two sets without four minutes.

Reminder: Check your heart rate every two minutes. Keep it within prescribed limits. Your upper limit during this second period is now $220 - 40 = 180$; $180 \times .70 = 126$. The nearest interval of ten is 130. You can go to 130 beats a minute, or 13 beats in 6 seconds. No higher, please – unless you've been used to exercising at a more advanced TPR....*to be continued*

ALL GOLD & '60 PERFECT AWARDS

Six Gold badges are awarded for shooting all 6 arrows of an end into the Gold zone of the target face during a competition. Each badge has an insert for the distance shot from 10m to 90 m in target and from 100m to 180m in clout

Perfect End (60) badges are awarded for shooting all 6 arrows of an end into the 10 scoring zone of the target face. Each badge has an insert for the distance shot in meters. In 10m to 90m in target and from 100m to 180m in clout. The cost for these awards is \$7.00 each.

BRONZE Medals are presented by your Club Recorder



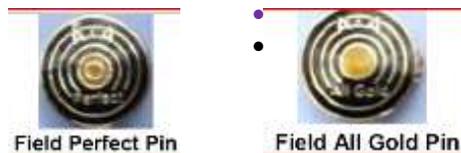
SILVER Medals can be claimed when achieved in a State Tournament, GOLD when you compete in National Championships, and must be marked on your score sheet.



When we record these on our club notice board those identified with an '*' means it was shot on 80cm face

Field All Gold Pins: For a FITA Round where the 3 arrows on the one target are all in the GOLD scoring 5s or 6s, regardless of the distance being shot

Field Perfect Pin: For a FITA Field Round where the 3 arrows on the one target are all in the 6 ring scoring 18 points. Both Medallions are available to purchase at club level. The cost of these awards is \$6.00 each



ONLINE TRAINING FOR CLUB OFFICIALS

Archery Australia has introduced its first online training course for Club Officials. This course is designed to ensure that anyone who is running a club shoot or event has an easy way to gain the knowledge required to ensure the event is run in a safe manner and that they know what rules should apply to the event. The course will be available to members after the 1st January 2016. It can be completed at your leisure from home and done over a number of sessions to suit the students needs.

All existing QRE Officials will be required to complete the course before the end of March 2016 if they wish to continue to remain accredited from that time onwards. They can then reapply using the new QRE Officials forms and procedure located on the AA website.

Any new QRE Officials will also be required to complete this course prior to becoming accredited.

The course is also highly recommended to anyone who is in charge of, or running a club shoot and is available free of charge to any current AA members. Other training courses will become available over time and this will include an alternative way of training for Judges as well as the existing seminar type training that is currently available.

The Board would like to offer its thanks to both the IT Committee and the Officials Committee for working together to make this happen. The course can be found at www.archeryeducation.com.au after the 1st January 2016.

Once the course is successfully completed you will obtain a certificate .