



WARRINGAH ARCHERS NEWSLETTER March 2014

www.warringaharchers.com.au

It's Official
Warringah
Archers Best
Performed Club
2013



Across the desk of the Recorder / Secretary

Website Updates:

- Club & Adbow/Kidbow club records @ 31st March, 2014
- Ratings @ 31st March, 2014

Classifications @ 31st March, 2014 not updated. As members have been achieving these since the beginning of the year, I have been posting in the appropriate Newsletter. First update will be done at the end of June. Remember you need to obtain 3 ratings that apply to the colour classification for your division for the classification to be valid.

Warringah won the Ross Herron Memorial trophy on 248 points. For the 2nd year in a row.

Each time a member shoots in an ArcheryNSW competition they achieve placing points for the club. These are added together and the club who has achieved the number of points at the end of 2013 – being US, US, US, wins the above award.



**Well done to all
our competition
shooters**

ArcheryNSW announced key awards at the 2014 Presentation Night on 1st March, with the following members being acknowledged:

Jack Salmon

- Outright Male Indoor Champion
- Mens Compound Target Champion
- Mens Allround Compound Champion
- Elite Gold Target & Field Classification

Ella Hugo:

- Ladies Compound target Champion
- Overall Junior Girl Compound
- Best Allround Juniro Girl Compound
- Elite Gold Target Classification

Kane Wilson:

- Overall Junior Boy Recurve Target Champion
- Best allround Ingermediate Recurve Archer
- Best Allround Junior Boy Recurve
- Elite Silver Target Classification

Also a number of Warringah Members also received Sportsperson of the Year awards namely:

Ben Calandruccio	U20MR
Ben Calandruccio	U20MRB
Ella Hugo	U20WR
Georgia Aslanidis	CubGR
Jack Salmon	Male Compound
Kane Wilson	InterBR
Kane Wilson	CadetBR
Sarina Hao	U20WRB
Sean Pianca	CadetBC & also recognized for Elite Gold Target & Field Classification

Welcome to new members: Please join me in welcoming aboard the following new members, take the time to introduce yourself to them, and show them the ropes: - Max Kemmler (CubBR), Jacob Panetta (CubBC), Cohen & Cooper Van Wijck (CubBR), Hamish Woodcock (CubBR)



ArcheryNSW Youth team announced – to represent NSW at the 2014 Youth Nationals being held in Adelaide commencing 13th April, 2014

RECURVE:

Belinda Maxworthy (NOR), **Sean McCracken (WA)**, **Carmelo Aslanidis (WA)**, **Georgia Aslanidis (WA)**, Jess Greenstein (STG), Laura Trezise (SOPA), **Kane Wilson (WA)**, Laura Salter (NEW) & Rachel King (SOPA)

COMPOUND:

Cameron Maxworthy (NOR), Mateusz Tonowicz (SOPA), Hayden Crampton (EAC), Jack Salmon (WA), Joshua Hopkins (CTA), Madeline & Lachlan Boyle (PEN) & Sean Pianca (WA).

Team Captains are Jess Greenstein & Jack Salmon

Management Team is: Steve Salmon, Steve Jennison, Anthony Maxworthy & Noeline Salter

State Records:

Ella Hugo (U20WC) 30m (80cm face) – 354 6/10/13
Ella Hugo (U20WC) 70m (122cm face) – 337 6/10/13
Ella Hugo (U20WC) 50 (80cm face) – 340 6/10/13
Ella Hugo (U20WC) Fita 70/1440 – 1376 6/10/13
Sarina Hoa (U20WRB) Newcastle – 739 2/11/13

National Records:

Ella Hugo (U20WC) 50m 80cm face – 340 6/10/13
Ella Hugo (U20WC) 70m 122cm face – 337 6/10/13
Ella Hugo (U20WC) Fita70/1440 – 1376 6/10/13

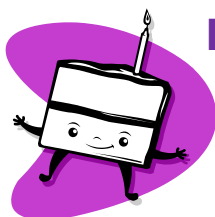
MARCH HANDICAP WINNER BRANDT HENRICKSSON MALE RECURVE MASTER

Archer	Divn	Rating	H/Cap	Score	Total
B.Henricksson	MRM	46	262	673	935
O.McCracken	U10BR	11	258	667	925
B.Barr-Jones	U10BC	31	308	616	924
A.Catto	IntBC	55	195	719	914
P.Wilson	MR	28	448	458	906
A.Catto	MR	37	348	546	894
N.McCracken	CuBBC	32	300	592	892
T.McCracken	MCM	93	37	842	879
G.Barker	MRM	22	519	356	875
A.Nolan	MRM	46	262	589	851
J.Hutchinson	CadGR	25	370	471	841
S.Calandruccio	MR	63	147	622	769
L.Hutchinson	LR	29	329	438	767
V.Henricksson	CubGR	22	402	359	761
J.Calandruccio	IntBR	39	328	398	726
A.Jackson	CubBR	12	512	111	623



Smurfs who competed, but don't have a rating were:

Aydan Barker	CubBR	343	394	737
Ethan Henderson	CubBR	343	385	728
Jacob Panetta	CubBC	343	328	671
Alex Wilson	U10BR	343	280	623
Xavier Wilson	U8BR	343	273	616
Daniel Flewin	U10BR	343	243	586
Cooper Van Wijck	CubBR	343	235	578
Ayden Reeves	U10BR	343	208	551
Matthew Leong	CubBR	343	206	549
Cohen Van Wijck	U10BR	343	142	485
Max Kemmler	U10BR	343	99	442



Birthdays April
Barbara Staseka (7th), David Shannon, Lilia Hutchinson (9th), (13th), Jack Salmon (22nd), Taurin Ghosh (26th),

Club Shoot – 15th March (URBAN FIELD), this was a great opportunity for our members to give Field faces at go and know the Maximum/Minimum distances at each face size.

RED PEGS

Terry McCracken **	MCM	329 (81) Red
*Stirling Calandruccio	MR	208 (49) Black
Brandt Henricksson	MRM	199 (47) Black
Simon Hayman	MRV	115 (30) Black

BLUE PEGS

Sean McCracken	IntBR	265 (52) Red *
Alex Catto	IntBC	242 (47) Blue*
Georgia Aslanidis	IntGR	223 (43) Red *

Sarina Hao	U20GRB	118 (20) White
Lilia Hutchinson	LR	117 (20)
Joshua Calandruccio	IntBR	111 (18) White
Aidan Hayman	IntBR	95 (14)
Kristian Chambers-McLean	MR	95 (14)
Jessica Hutchinson	CadGR	86 (11)

YELLOW PEGS

Victoria Henricksson	CubGr	164 (20) Black
Nathan White	CubBR	94
Cooper Van Wijck	CubBR	90
Jack Chambers-McLean	CubR	87
Hamish Woodcock	CubBR	70
Ethan Henderson	CubBR	50
Mathew Leung	CuBR	45
Alex Jackson	CubBR	41
Ayden Reeves	U10BR	18
Max Kemler	U10BR	15
Cohen Van Wijck	U10BR	12

* AG Highlights All Gold Field Pin Shot

** Perfect Field Pin Shot

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 II in the 6 ring scoring 18 points. Both Medallions are available to purchase at club level.



Field Perfect Pin



Field All Gold Pin

MAXIMUM PERFORMANCE SERIES Maximizing Performance

Choosing a Coach/Coaching your child continued,
The Good Coach Never Mentions Body Parts.

HE HAS ANALYZED the sport, knows the right and wrongs, sees the hundreds of things that are taking place, but transmits all this knowledge to his players in terms of a simple, workable cue. That cue is almost never expressed in terms of body parts. Instead of "Bend your knees more," the good coach says "Stay low so that you can play from under the ball."

"Move into the ball," is a cue that says nothing about the mechanics of the body, the position of the legs or the rotation of your trunk.

Keeping your eye on the ball is vital in every sport because it keeps your body in position. The way that translates in golf is usually, "Keep your head down". A bad cue, because it calls attention to a body part. Far better to say, "Focus sharply on the back of the ball until after the ball has left." That keeps your body in position without focusing attention on your body, "Focus" in this context says nothing about the eye.

Instructions should be conveyed in terms of a movement or a goal or a feeling.

"Move your clubhead through the ball" says nothing about the physics or the body parts involved, even though both are involved in the movement. "Take your racket back" doesn't make you think of your back and shoulders, even though the objective

of taking the racket back is to cause the body to turn in a windup motion so that the powerful back and shoulder muscles can assist your stroke.

The body responds better to suggestion than it does to specific detail. Suppose you want to convey to someone that he should be lighter on his feet while dancing. You wouldn't want to tell him to rise on his toes or moves with his knees flexed, chest elevated and elbows raised slightly from his sides, even though these are postures characteristic of persons who are light on their feet. You'd say, instead, "Behave as though you weigh less. Feel that you're all but flying." The changes you're seeking to induce would then come about naturally and automatically.

Movement comes from the suggestion of how it's going to feel and what the result is going to be. That integrates the whole organism, gets it synchronized and brings forth the proper co-ordination. It takes care of postural adjustments. Taking each one of these things separately in an anatomical and physical way destroys the sense of what you're trying to do. The only time you may need to do that is when a beginner is so confused that he needs to be led through the basic movements or positions. But it should be emphasized that mentioning body parts is an artificial means to get started and will be dismissed as soon as the student gets the feel of the action.

At the outset, teaching without mentioning body parts may seem impossible to coaches used to more traditional methods, but every sport can be taught better using imaginative analogies, and once a coach is convinced of that point, he can become quite creative.....to be continued.

Club Shoot 21st / 22nd March, 2014

Holt – 90 arrows @ 50m 80cm face

Terry McCracken	MCM	769 (86)	Gold
Maria Wright	LCV	723 (77)	Gold
Alexander Catto	IntBC	565 (58)	Red
Alan Nolan	MRV	475 (50)	Blue
Andrew Catto	MR	410 (44)	White

Samford – 90 arrows @ 40m 80cm face

Stirling Calandrucchio	MR	641 (56)	Blue
Brandt Henricksson	MRM	606 (5)	Blue
Nick Calandrucchio	CubBC	489 (41)	Blue
Simon Hayman	MRM	397 (33)	White
Paul Wilson	MR	317 (26)	
Kristian C-Mclean	MR	217 (17)	
Victoria Henricksson	CubGR	189 (13)	White
Joshua Calandrucchio	IntBR	172 (11)	
Ben Calandrucchio	U20MR	170 (11)	

Jodie Joker – 90 arrows 2 @m 80cm face

Sarina Hao	U20WRB	624 (25)	Black
Oakley McCracken	U10BR	603 (23)	Black
Aiden Barker	CubBR	270	
Cynthia Leung	LR	209	
Ehan Henderson	CubBR	181	
Xavier Wilson	U8BR	172	
Matt Leung	CubBr	145	
Alexander Wilson	U10BR	115	
Ayden Reeves	U10BR	98	
Max Kemmler	U10BR	29	

CHANGES IN TARGET RATING

Andrew Catto	MR	37 to 38	1/3/14
Alexander Catto	IntBC	55 to 56	8/3/14
Brandt Henricksson	MRM	46 to 48	8/3/14
Bobby Barr-Jones	U10BC	31 to 32	8/3/14
Oakley McCracken	U10BR	11 to 12	8/3/14
Nick McCracken	CubBC	32 to 38	9/3/14
Carmelo Aslanidis	IntBR	68 to 70	9/3/14
Sean McCracken	IntBR	69 to 70	9/3/14
Georgia Aslanidis	IntGR	44 to 51	9/3/14
Maria Wright	LCV	75 to 76	16/3/14
Alexander Catto	IntBC	56 to 57	21/3/14
Andrew Catto	MR	38 to 41	21/3/14
Brandt Henricksson	MRM	48 to 50	22/3/14
Nick McCracken	CubBC	38 to 39	22/3/14
Alan Nolan	MRV	46 to 48	22/3/14
Okley McCracken	U10BR	12 to 17	22/3/14
Georgia Aslanidis	IntGR	51 to 58	22/3/14
Nick McCracken	CubBC	39 to 45	26/3/14

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.

CHANGES IN FIELD RATING

Georgia Aslanidis	IntGR	27 to 35	15/3/14
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CHANGES IN INDOOR RATING

Maria Wright	LCV	66 to 69	29/3/14
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CLASSIFICATION UPDATES:

TARGET RED: Georgia Aslanidis (IntGR)

TARGET BLUE: Stirling Calandrucchio (MR), Nick McCracken (CB)

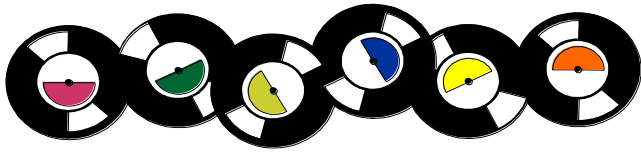
TARGET BLACK: Alan Nolan (MRV)

TARGET WHITE: Oakley McCracken (CubBR)

Club Shoot 29th March, 2014

FITA INDOOR I – 60 arrows @ 18m/40cm face

Terry McCracken	MCM	532 (77)	Red
Maria Wright	LCV	520 (72)	Red
Sean McCracken	IntBR	479 (57)	Gold
Stirling Calandrucchio	MR	437 (48)	Black
Brandt Henricksson	MRM	381 (39)	White
Nick McCracken	CubBC	361 (37)	Blue
Bobby Barr-Jones	CubBC	345 (34)	Black
Paul Wilson	MR	341 (34)	
Sarina Hao	U20WRB	307 (29)	Black
Kristian Chambers-McLean	MR	277 (25)	
Aidan Hayman	IntBR	266 (24)	White
Simon Hayman	MRV	244 (21)	
Lilia Hutchinson	LR	241 (21)	
Finn Starr	CadBR	211 (17)	
Matt Alty	CadBR	196 (15)	
Oakley McCracken	CubBR	191 (14)	White
Kaden Currie	CadBR	187 (14)	
Jessica Huthcinson	CadGR	177 (12)	
Jackson Wilde	XCadBR	159 (10)	
Victoria Henricksson	CubGR	148 (8)	
Cynthia Leung	LR	127 (4)	
Aiden Barker	CubBR	117 (3)	
Cooper Van Wijck	CubBR	107	
Cohen Van Wijck	U10BR	74	
Alexander Wilson	U10BR	38	
Xavier Wilson	U8BR	37	
Ethan Henderson	CubBR	27	



Records broken since 1st January to 31st March, 2014 – WELL DONE

B.Henricksson	MRM	Geelong	730	4/1/14
T.McCracken	MCM	Melbourne	822	4/1/14
Y.Imiya	U20MR	Samford	624	11/1/14
S.Calandruccio	MR	Samford	645	11/1/14
L.Hutchinson	LR	Samford	200	11/1/14
K.Wright	MCV	Samford	728	11/1/14
M.Wright	LCV	Samford	762	11/1/14
F.Starr	CadetBR	Jodie Joker	437	11/1/14
D.Flewin	U10BR	Jodie Joker	285	11/1/14
J.Hutchinson	CadetGR	Jodie Joker	481	11/1/14
B.Calandruccio	U20MR	Jodie Joker	470	11/1/14
N.McCracken	CubBC	F35/720	467	17/1/14
J.Wright	LC	Samford	754	18/1/14
S.Calandruccio	MR	Victoria	482	18/1/14
J. Hutchinson	CadGR	Jun.H'cap	497	19/1/14
Y Imiya	U20MR	Kiwi Chatter	856	25/1/14
B. Barr-Jones	U10BC	Kiwi Chatter	663	25/1/14
N.McCracken	CubBC	Fortress	622	25/1/14
M.Wright	LCV	Elizabeth	762	25/1/14
B.Henricksson	MRM	Geelong	743	26/1/14
M.Wright	LCV	Sarah Lee	639	27/1/14
K.Wright	MCV	Sarah Lee	657	27/1/14
M.Wright	LCV	Fita Indoor I	456	2/2/14
J.Hutchinson	CadetGR	Lukie Last	328	8/2/14
O.McCracken	U10BR	Lukie Last	225	5/2/14
K.Wilson	CadetBR	F60/720	624	9/2/14
G.Aslandis	IntGR	F45/720	504	9/2/14
G.Barker	MRM	Sara Lee	576	22/2/14
N.McCracken	CubBC	Sara Lee	574	22/2/14
J.Hutchinson	CadGR	Sara Lee	566	22/2/14
L.Plant	U20WR	Sara Lee	504	22/2/14
X.Wilson	U8BR	Sara Lee	204	22/2/14
D.Flewin	U10BR	Sara Lee	173	22/2/14
O.McCracken	U10BR	Mini H'cap	667	8/3/14
N. McCracken	CubBC	F35/720	548	9/3/14
G.Aslandis	IntGR	F45/720	571	9/3/14
S.Hao	U20WRB	24FFMrk Blue	118	15/3/14
M.Wright	LCV	Holt	723	16/3/14
B.Henricksson	MRM	Samford	606	22/3/14
N.McCracken	CubBC	Samford	489	22/3/14
J.Calandruccio	IntBR	Samford	172	22/3/14
S.Hao	U20WRB	Jodie Joker	624	22/3/14
O. McCracken	U10BR	Jodie Joker	603	22/3/14
G. Aslandis	IntGR	F45/720	598	22/3/13
M.Wright	LCV	Fita Indoor I	520	29/3/14
S.Hao	U20WRB	Fita Indoor I	307	29/3/14



YOUTH ARCHERY

The ArcheryNSW Youth Development Squad is open to all NSW junior archers (Under 21) who are affiliated with Archery NSW. It exists for young

archers who have the desire and commitment to improve their archery.

Our "year" starts soon after the Youth Nationals and continues up to and including the next Youth Nationals. We encourage all Squad members to enter the Youth Nationals - we compete as an inclusive Squad and a great time is always had by all. Development Days are held regularly at different NSW clubs. They can include talks on the mental and physical aspects of the sport, form analysis and appraisal, individual development planning, individual coaching, previews of Nationals venues and always include fun.

Youth archers are expected to have progressed past beginner/novice stage, have a personal "coach", and be willing to attend development days and major tournaments. See the [Programme Requirements](#) document.

Joining is free - simply fill out the [Registration form](#). Qualifying scores start at the previous Youth Nationals. Last day for shooting a qualifying score is around 4 weeks prior to the Youth Nationals. Actually date to be confirmed.

Ratings:

Ratings tables are used to adjust 144 arrow target scores shot outside of your relevant age group. Scores shot in ranking rounds (720 rounds) must be shot in the age group relevant to the next Youth Nationals. Only double 720 rounds (total 144 arrows) are eligible.

For example, assume the Youth Nationals are in 2014. For an archer who is an Intermediate in 2013 and a Cadet in 2014

- Intermediate 144 arrow scores shot in 2013 will count and be adjusted down
- Intermediate 144 arrow scores shot in 2014 will not count
- Cadet 144 arrow scores shot in 2013 and 2014 will count unchanged
- Junior 144 arrow scores shot in 2013 or 2014 will count and be adjusted up.

Concentration - a Zen story about success:

After winning several archery contests, the young and rather boastful champion challenged a Zen master who was renowned for his skill as a Zen Archer.

The young man demonstrated remarkable technical proficiency when he hit a distant bull's eye on his first try, and then split that arrow with his second shot. "There" he said to the old man "see if you can match that!"

Undisturbed, the master did not draw his bow, but rather motioned for the young archer to follow him up the mountain. Curious about the old fellow's intentions, the champion followed him high into the mountain until they reached a deep chasm spanned by a rather flimsy and shaky log. Calmly stepping out onto the middle of the unsteady and certainly perilous bridge, the old master picked a faraway tree as a target, drew his bow, and fired a clean, direct hit. "Now it is your turn," he said as he gracefully stepped back onto the safe ground.

Staring with terror into the seemingly bottomless and beckoning abyss, the young man could not force himself to step out onto the log, no less shoot at a target.

"you have much skill with your bow" the master said sensing his challenger's predicament. "But you have little skill with the mind that lets loose the shot".

– Author Unknown and greatly appreciated!