



WARRINGAH ARCHERS NEWSLETTER April 2014

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Do you know when
your Anniversary date
is? Check your
Archery Australia
Registration Card



2014 Youth Nationals

Held throughout the Easter break have now concluded, with NSW and members and Warringah

Archers members doing extremely well. Full results can be listed on the Archery Australia's website (*though a couple of pages missing from our favourite event Clout*). This was to be Jack's last competition competing at the Youth Nationals and it was Bobby Barr-Jones first.

Kane Wilson (CadetBR): Target (7th) scoring 1184, Field (7th) Scoring 267/288 = 555, Bronze medallist in Clout (145m) Scoring 303.

Carmelo Aslanidis (IntBR): Target Bronze medalist (1234), Gold Medalist in Field, scoring 276/300 = 576 & Gold Medalist in Clout (125m) scoring 310.

Sean McCracken (IntBR): Target (6th) scoring 1197, Silver Medalist in Field, Scoring 276/271 = 547, Silver Medalist in Clout (125), Scoring 305.

Georgia Aslanidis: (IntGR) Target (10th), scoring 1103, Field (9th) 229/206 = 435, Clout (125m), 4th scoring 261.

Jack Salmon (U20BC) Target Silver medalist (1353), Gold medalist in Field 297/299 = 796, Gold medalist in Clout, scoring 341.

Ella Hugo (U20WC) Target Bronze medallist (1287)

Sean Piana: (CadB) Target Gold medalist (1377), Gold medalist in Field scoring 395/406 = 801 & Gold medalist in Clout, scoring 323.. **Sean was also named Best Allround Male Compound Archer.**

Bobby Barr Jones (IntBC) Target (8th), scoring 1041**Be able to get his 1000 Australian star with this score!!, Field (7th) scoring 216/195 = 411, Clout (8th), scoring 84.

The NSW Compound Team won the Teams Event with a total score of 12573 points, defeating ArcheryVIC with 12394 points. Our Recurve team came 2nd with a total of 10771 points, being defeated by ArcheryQLD on 11144 points.

Jack won the Compound Matchplay competition, defeating Sean Piana 141 to 139, finishing with Second place. Ella coming 3rd in the Lades Division defeating P.Vissariou 120 to 115.

Sean McCracken came 2nd in the Matchplay, with Carmelo, coming 3rd.

Here is a summary of individual events:

Event	Available	NSW	
		Silver	Bronze
Target	56	3	5
Field	54	3	5
Clout	52	9	3
Match	24	1	2
Total	186	16	15



Still to be announced Trans Tasman test: 8 NSW youth archers were provisionally selected to represent Australia at the Trans Tasman Championships to be held in Brisbane in September. Congratulations to; Mat Tonowicz, **Sean Piana**, Belinda Maxworthy, Hayden Crampton, **Ella Hugo**, Jess Greenstein, Madeline Boyle, **Carmelo Aslanidis**

The 2015 Youth Nationals will be in Penrith in April 2015. If you are interested in trying out for the state team! Please let the club know.

Club Shoot 5th/6th April, 2014

Bothwell 36 arrows @ 60/50m 122cm face

Brandt Henricksson MRM 472 (51) Blue
Stirling Calandrucio MR 393 (41) White

Goulburn 36 arrows @ 40m/35m 122cm face

Simon Hayman MRV 517 (41) Black
Andrew Catt MR 500 (38) White
George Barker MRM 378 (22)
Jacob Panetto CubBC 350 (17) White

Pooh Bear 36 arrows @ 15/10m 122cm face

Jessica Hutchinson CadGR 595 (12)
Oakley McCracke CubBR 580 (9)
Hamish Woodcoc CubBR 481

Ayden Reeves	CadBR	460
Aaron Hayman	CadBR	456
Cynthia Leung	LRM	440
Cohen Van Wijck	CubBR	387
Matthew Leong	CubBR	374
Max Kemmler	CubBR	313

CHANGES IN TARGET RATING

Bobby Barr-Joes	CubBC	32 to 34	29/3/14
Simon Haymen	MRV	39 to 40	5/4/14
George Barker	MRM	22 to 24	12/4/14
Brandt Henricksson	MRM	50 to 52	26/4/14

MAXIMUM PERFORMANCE SERIES

Maximizing Performance

Choosing a Coach/Coaching your child continued:

The Good Coach Accentuates The Positive

A Student should be told what he should do the next time, rather than what he did wrong the last time. The bad image doesn't provide a helpful feedback cue. If I say to you, "Don't do this," and initiate what you did wrong, it gives you nothing positive to work with.

Your history of learning has to be a history of success. You build the second block on top of the first, and you don't go on to block three until blocks one and two are cemented together. Showing a player what he's doing wrong can be an irresistible temptation, but the coach should realize that the improper movement results from a lesson that's been too difficult to grasp.

The sequence of skills must always be kept at the level of success of the athlete.

ABOVE ALL THE GOOD COACH KEEPS THE ANALYSIS TO HIMSELF - THE COACH KNOWS

an enormous amount about why things happen – but he never communicates that knowledge to you. He knows that too much knowledge will turn his players into motor idiots. It's not necessary for you to know what you're doing wrong, or the mechanics of it, for you to change your stroke. When the teacher talks to a player in terms of body mechanics, bone levers and muscle function, he's not teaching performance, he's teaching kinesiology. That knowledge might be fascinating, but it does nothing for the person's play, and almost certainly hinders him.

It's a characteristic of a naïve instructor to try to teach too much. Instead of taking one aspect that is basic, rehearsing and perfecting it, the novice instructor tries to take the sport from every aspect and teach and drill in too many elements. Now he's being an analyst rather than a coach.

He might discover from analysis of high-speed motion pictures and sessions with a kinesiologist that a pitched ball is released well before the arm is fully extended. This is important knowledge to him. Now he knows not to tell his pitcher to do anything with his wrist or hand when the arm is near full extension, whereas before he probably told his pitcher to flick his wrist and hand at the

end of the delivery on the assumption that this is what made a baseball curve. He knows that a curve comes solely from finger placement. His cue to the athlete is only a fraction of the above – how to place his fingers on the ball. The athlete doesn't need to know why. To explain the why of performance to an athlete is over coaching. You're messing up his neuromuscular coordinator.

There is a great temptation for the novice or parent coach to violate this principle. They try to tell all they know to the person being taught.

Club Shoot 12th April, 2014

Managed to finish the shoot in the wet!!!!

Samford – 90 arrows @ 40m 80cm face

Terry McCracker	MCM	786 (79)	Red
Sitrling Calandrucchio	MR	528 (44)	White
Jacob Panetta	CubBC	322 (27)	Black
George Barker	MRM	320 (27)	
Josh Calandrucchio	IntBR	206 (q5)	White
Ben Calandrucchio	U20MR	145 (7)	

Jodie Joker – 90 arrows @ 20m 80cm face

Cooper Van Wijck	CubBR	471 (11)	White
Oakley McCracken	CubBR	402 (5)	
Cohen Van Wijck	U10BR	192	

Classification updates:

BLUE: Brandt Henricksson MRM

WHITE: Simon Hayman MRV, Josh Calandrucchio IntBR



**APRIL
HANDICAP
WINNER**

**Terry
McCracken**

Male

Compound Master

T.McCracken	MC	93	37	849	886
A.Hayman	IntBR	27	154	724	878
O.McCracken	CubBR	17	215	657	872
N.McCracken	CubBC	45	72	793	865
S.Hayman	MRV	40	318	499	817
C.Leung	LRM	XX	343	405	748
A.Hayman	CadBL	XX	343	274	617

Birthdays MAY

Jarod McIntyre (1st)

Sean Pianca &

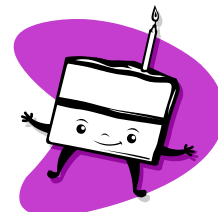
Kaden Currie (11th)

Timothy Channon

(21st), Cohen Van Wijck

(22nd) Youki Rosewarne &

Jacob McPeake 25th





EASTER FUN SHOOT YEP

we were at it again!, with the Rampaging Rabbits on 2270 taken out the HOP HOP

TITLE, well done Brandt Jack, Tim & Aidan, who narrowly defeated the We Didn't Cheat team on 2915 points.



On the



Golden Egg special target you had to shoot 6 arrows, Hit the sparkle of the Egg 50 points,



Hit the centre egg 25 points & each other egg was worth 5 points



In the Easter Bag shoot, there were hidden score behind each bag. Plus & Minus...couple of double your score, and divisions this proved to be a tricky target. Bugs Bunny was swinging on this target. Face was scored as normal, but if you secured the Bunny to the target you got bonus points. Pity about the wind!!!

Club Shoot 26th April 2014

Melbourne – 90 arrows @ 50m 122cm face

Terry McCracken MC 842 (90) GM

Brandt Henriksson MRM 666 (54) Blue

Geelong – 90 arrows @ 30m 122cm face

George Barker MRM 506 (15)

Victoria Henriksson CubGR 400 (6)

Aidan Barker CubBR 224

Kaden Currie IntBR 175

Newcastle – 90 arrows @ 20m 122cm face

Oakley McCracken U10BR 584 (7)

Questions Beginners Usually Ask

Why does the arrow fall off the rest?

One reason the arrow may fall off the rest is due to nervousness on the part of the archer and inexperience in drawing.

An instructor should watch the archer's drawing hand to see that he is not cupping his hand which causes the drawing fingers to curl in towards his face causing the string to twist counter clockwise in right handed archers causing the arrow to so move and fall off the rest.

To correct this have the archer set the hook of the fingers at more than right angles to the hand. This will then allow for the natural extension of the fingers as the weight is applied to them during the draw. The slight straightening or extension which occurs assists in keeping the arrow against the rest during the draw, anchor, and hold stages of the shooting sequence.

Care should be taken to see that the back of the hand, wrist, and third section of the fingers are in a straight line (see diagram below).

Why am I hitting my arm?

The reason for hitting the arm is inadequate string clearance. In order to get the maximum string clearance the elbow is rotated down and back.

One method of achieving this is to have the archer raise the bow to shoulder height, arm extended towards the target. Bend the bow arm at the elbow and bring the handle of the bow in against the chest. Extend the bow towards the target again without rotating the elbow.

Another method, is to have the archer raise the bow, shoulder height, arm extended towards the target, roll the whole arm from the shoulder so that the bow now is horizontal with the ground. Straighten the bow to a vertical position by twisting the wrist only without moving the rest of the arm.

Why should you not draw and release a bow without an arrow in it?

You should not draw and release a bow without an arrow because it causes the limbs to travel forward more than they normally would causing undue stress on the lamination of the bow and

thus could cause breakage of the bow and injury to the archer.

How do I find my arrow length?

Arrows should be slightly longer to eliminate the danger of overdrawing and injury to an archer, this is especially true in the case of a beginner. The length should be approximately the distance between the chin and the tips of the fingers with the arms extended outward from the archer, or between the breast bone and the tips of the fingers.

What equipment should I buy?

When the first purchase of equipment is made, one should be aware of the fact that it is seldom necessary to have a bow of high cost or great durability.

Once the basic principles of form and shooting are learned archers frequently go onto a heavier and more efficient type of bow which will fill the archer's requirements. Often it is asked why not purchase the better bow in the first place so as to eliminate a seeming unnecessary expense? Often the more efficient bow has larger recurves and greater cast both of which makes the mastering of the necessary basics more difficult. Also, a new archer is often unaware of how his inept first attempts can cause damage to the bow during stringing and use, possibly making it less efficient and shortening its effective life.

Weight must be kept to a minimum in the early stages. Also, this further restricts its later use at long ranges.

Arrows for the first few lessons need not be more than inexpensive aluminium arrows chosen for their adequate draw length and safe shootable condition. All other accessories should be chosen to fill the needs of safety and protection to the archer and reasonable initial outlay.

What is a stabilizer?

It is a weight or rod added to the bow handle at any point and in any direction. These attachments are added to increase the mass weight and decrease bow movement or torque during release.

Why does the arrow slap the bow?

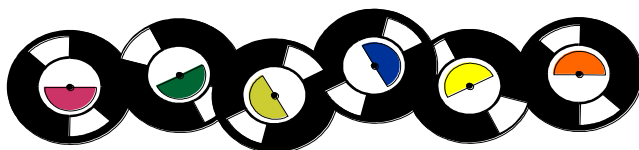
This may be caused by the archer torquing the bow. Horizontal pressure is often called torque and consists of pressing off center on the axis of the bow which divides it in half across the width of the limb. Most bows are designed to have the handle in the center of the bow width-wise, allowing the archer to exert left (positive) or right (negative) torques as we wish. However, some bows have handles that are off-set to produce a positive torque if held absolutely straight. This can be a desirable factor, especially when using plastic

vanes or this eliminates the arrow slap on the bow window giving more consistent shooting. Seldom, if ever, is negative torque required, this is often responsible for many of the problems of arrow clearance.

Why do you anchor?

Unless you have a consistent anchor, the arrow would not be in a uniform place each time the archer shot and would not produce consistency on the target.

A position must be chosen at which to anchor that will give the archer full coverage of sighting and be easily duplicated. The position many free style archers use is the form of "nose and chin" which holds the arrow low enough for long range shooting and enables the string to be held firmly on the face. This position is ideally suited to apply continuing pressure upon release to pull the fingers off the string without moving the relative location of the string on the face.



Records broken month of April (excluding Youth Nationals):

J.Hutchinson	U20WR	Pooh Bear	595	5/4/14
A.Hayman	IntBR	Pooh Bear	456	5/4/14
C.Leung	LRM	Pooh Bear	440	5/4/14
J.Panetta	CubBC	Goulburn	350	6/4/14
T.McCracken	MCM	Samford	786	12/4/14
C.Van Wijck	CubBR	Jodie Joker	471	12/4/13
N.McCracken	CubBR	Mini H'cap	793	13/4/14
C.Leung	LRM	Mini H'cap	405	13/4/14
T.McCracken	MRM	Melbourne	842	26/4/14

CONGRATULATIONS to Steve Jennison

Australian Archery Hall of Fame 2014 Inductees



Twenty two legends of archery have already been inducted into the Australian Archery Hall of Fame witnessed by guests and archers from all disciplines of the sport. The 2014 seventh induction Banquet held on the 5th April, 2014 in Queensland, honored the service and

contributions to the development of archery nationally and internationally of three inductees through induction to the Australian Archery Hall of Fame, hosted by The Archery Alliance of Australia. Ella Hugo was on hand to present Steve's achievements / involvement over the years.

- Gretel Dabovich OAM – Administrator, Archer & Judge from South Australia
- Robert (Bob) Dover – Administrator Bowhunder & Archer
- **Stephen Jennison** – Administrator, Archer & Coach.