



WARRINGAH ARCHERS NEWSLETTER June 2014

www.warringaharchers.com.au

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



Across the desk of the Secretary / Recorder" Website Updates @ 30th June:

- Adbow/Kidbow & Club Records
- Ratings & Classifications / All

Gold & Perfect Awards: Anyone wishing to purchase their awards can do so from the Club Recorder

- How to obtain a rating (modified), due to changes in the classification system
- ArcheryNSW is running an Archery Instructors Course on Sunday 27th July. If you are interested in taking part in this course, please let Elizabeth know.

ArcheryNSW Records Shot:

Sean Mc-Cracken (IntBR)

AA Fita 45/720 644, 16/4/14

Single Clout 125m 334 23/2/14

Georgia Aslandis (IntGR)

AA Fita 45/720 598, 22/3/14

Sean Pianca (CadBC)

F50*/720, 695 16/4/14

Sean Pianca (JuniorBC)

24T Fita Field Unmarked (Red), 382 23/3/14

F50*/720, 695 16/4/14

Kane Wilson (CabBR)

F60/720, 619 2/2/14, F60/720 628 2/2/14

Carmelo Aslanidis (IntBR)

AAF45/720, 605 2/2/14, AAF45/720, 616 9/2/14



ROBIN HOODS:

Yes there is such a thing, and it's nothing to do with "Sherwood Forest" / "Kevin Kostner", or "Men in tights". This is what you call a sot

when you have inserted one of your arrows directly into another on the target! Well done to Jacob Panetta (CubBC), shooting this at 40m on 80cm face and



Club Shoot 7th June, 2014

Golden Gong – 30 arrows @ 30/25/20m

Brandt Henricksson	MRM	845 (63)	Red
Stirling Calandrucchio	MR	842 (62)	Red
Simon Hayman	MRV	772 (45)	Black
George Barker	MR	769 (44)	Black
Alan Nolan	MRV	766 (44)	Black
Nicholas McCracken	CubBC	760 (43)	Blue
Josh Calandrucchio	IntBR	757 (42)	Blue
Jacob Panetta	CubBC	694 (31)	Black
Cooper Van Wijck	CubBR	612 (20)	Black
Jessican Hutchinson	CadGR	588 (17)	White
Jack Chamb-McLean	CubBR	584 (16)	White
Victoria Henricksson	CubGR	561 (14)	White
Lilia Hutchinson	LR	545 (12)	
Calvin Poole	CadBC	518 (9)	
Oakley McCracken	CubBR	469 (5)	
Ethan Henderson	CubBR	421	
Alex Jackson	CubBR	421	
Aaron Hayman	CadML	366	
Cynthia Leung	LRM	363	
Cohen Van Wijck	U10BR	326	
Aiden Barker	CubBR	296	
Connor Poole	CubBR	291	
Jessica Dalton	U10GR	263	

From the Adults:

At 30m 57 was the highest score shot – Brandt

At 25m 59 was the highest score shot – Stirling

At 20m 59 was the highest score – Brandt/Stirling

From the Juniors:

At 30m 55 was the highest score shot – Josh

At 25m 56 was the highest score shot – Nicholas

At 20m 56 was the highest score shot – Nicholas

MAXIMUM PERFORMANCE SERIES

Conditioning for Maximum Performance¹⁰

REACHING MAXIMUM PERFORMANCE is a step-by-step process that produces changes in your body and in the work the body is able to do. The changes in the quality of your body have to do with fitness. The changes in the work the body is able to do have to do with skill.

Because both fitness and skill are measurable, the steps leading to them are minute but definite. The effort required to take each step should be about the same so that the body never needs to be taxed beyond its physical capacity or ability to perform.

The nervous system uses the path of least resistance. If you try to execute a motion with weak muscles, your nerves will tend to enlist stronger ones to take over if possible. This can result, for example, in a limping gait. The more you walk this manner, the weaker the unused muscles and the stronger the substitute muscles become. Ultimately the habit becomes so embedded that you hip flexors, the ideal

muscles to move your legs, are excluded from the movement altogether. The result; muscle imbalance, less than ideal movement - and possible deformity.

Any complex use of the organism magnifies these possibilities. That's why it's imperative that you build your body *prior to performing*. This doesn't mean that you have to take off for six months from your favorite sport in order to undertake a body-building regimen. It means that you should proceed in a logical fashion as you learn a sport for the first time or renew an old sport, never taking the next step until you've prepared your body for it. A world-class hurdler, for example, breaks his training into three parts; body-building, running and hurdling. Since running is part of body-building, he integrates these two phases *prior* to setting up his hurdles. By the time he approaches the hurdles, he's in top condition. If he were to start running hurdles at the outset of the season, less-than-ideal execution would be the least of his problems. Injury would almost surely result.

When you train you're accomplishing two things. First, you're increasing your body's capacity to do more - the muscles to contract more strongly, the circulorespiratory system to endure a higher level of activity for a longer period of time. Second, you're increasing your ability to use a greater degree of your available capacity.

The second aspect-which may well be more important than the first-combines two factors. One is motivation. The other is training. Motivation is simply your desire to do something. The more you desire to do it, the more you're willing to extend yourself - a point that, obvious as it may seem, is critical to training. By performing within a limit beyond which you feel you shouldn't go, you experience a certain degree of comfort. You might stay there forever, were it not for motivation. Now additional motivation is needed to carry you to higher levels. Because the experience of getting to your present level was so redeeming and well within your capacity, you're willing to go a step farther. Success at each step is critical; you must avoid the experience of exhaustion, injury or failure, lest you lose your desire to improve. This is why you must be content to take your time if you want to use more and more of your capacity. Ideally, the progression is so gradual you scarcely realize that one of your capacity is being utilized.....*to be continued..*

CHANGES IN TARGET RATING

Brandt Henriksson	MRM	58 to 60	7/6/14
George Barker	MRM	35 to 39	7/6/14
Josh Calandruccio	IntBR	39 to 40	7/6/14
Jacob Panetta	CubBC	xx to 21	7/6/14
Cooper Van Wijck	CubBR	15 to 17	7/6/14
Jack C-McLean	CubBR	12 to 14	7/6/14
Kristen C-McLean	MR	34 o 36	9/6/14
Andrew Catto	MR	45 to 57	14/6/14
Jack C-McLean	CubBR	14 to 17	21/6/14
Stirling Calandruccio	MR	65 to 69	28/6/14
Jacob Panetta	CubBC	21 to 22	28/6/14

JUNE HANDICAP WINNER STIRLING CALANDRUCCIO MALE RECURVE 14/6/14



Must be the month for shooting Robin hoods!!!

S.Calandruccio	MR	65	138	702	840
G.Barker	MRM	39	328	509	837
S.Hayman	MRV	48	246	475	721
A.Barker	CubBR	xx	xxx	525	525
E.Henderon	CubBR	xx	xxx	506	506
C.Leung	LRM	xx	xxx	461	461
D.Tonkin	LR	xx	xxx	436	436

Club Shoot 15th June, 2014

Slight drizzle, but managed to squeeze the round in before the rain hit!

Golden Gong - 30 arrows 30/25/20m

Andrew Catto	MR	794 (50) Black
Kaden Currie	IntBR	607 (19) White
Calvin Poole	CadBR	478 (5)

Birthdays JULY

Cameron Maxworth

(5th), Sam Shennan

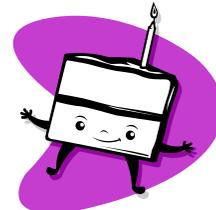
(12th) 1/4 of a century

made it!, Aaron Haymen

(15th), Jessica Dalton (16th), Josh

Calandruccio (22nd) & Callum

Overton (24th)



Come on Waringah Archers juniors if I can do it so can YOU!

Although I didn't write this in time for the last newsletter, I thought it would be COOL to

share with the Waringah Juniors due to the notice about a Youth Squad being developed and what a great idea it is to be involved.

I've only been shooting for just over 12 months, my dad used to be an archer (*and was pretty good, a long time ago, representing NSW several Times, absolute Legend and all round top bloke*) and he encouraged me to have a go, and although I do other sports, I enjoy my archery. I had improved enough that I asked Dad to take me to the Youth Nationals in Adelaide, then I began shaking in my shoes.....but it was great, I learned so much.

- Boy it was the biggest shoot in Australia and had the most archers competing that I had ever seen on the line at one time.
- You get to meet other people from other states and make new friends
- You rub shoulders with World Champions, snag a few autographs! I got a hat given to me and signed by the top compound shooter in Australia and ex world champ (Pat Couglin who runs Pat's Archery in Adelaide)
- You also get to check out and see what your competition is! how others are shooting and maybe what you yourself could improve on
- Believe it or not it was **THE BEST FUN EVER**

What did I achieve? PB's – I got my 1000 Australian Star for a Cub Boy compound, and an ALL Gold in Field (won't tell you what the distance was though?) There were 7 other cub boy compounds to shoot with

To wind down we went go-carting on one of our days off. The days are long and I was pooped at the end of each day, but so excited when I woke up in the morning, seeing everyone, and wondering how I would go.

PS: Got a new quiver from Dad, for shooting really well.

I plan to be part of it next year – why not join me.

Club Shoot 21st June, 2014

Wollongong 36 arrows @ 90/70m (122cm)

Terry McCracken MCM 615 (93) M
Sitrling Calandrucchio MR 382 (56) Blue

Townsville 36 arrows @ 70/60m (122cm)

Alan Nolan MRV 293 (37) White
Simon Hayman MRV 292 (37) White

Bothwell 36 arrows @ 60/50m (122cm)

Paul Wilson MR 302 (30)
Josh Calandrucchio IntBR 218 (21) White
Kristian C-McLean MR 195 (18)

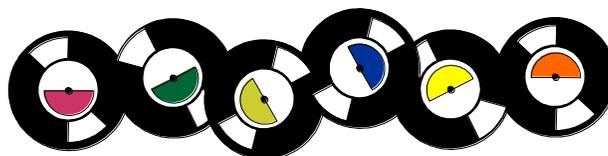
Sarah Lee 36 arrows @ 25/20 (122cm)

Jack Chamb-McLean CubBR 524 (21) Black
Jessica Hutchinson CadGR 524 (21) White
Aidan Hayman IntBR 513 (19) White
Lilia Hutchinson LR 485 (15)
Kaden Currie IntBR 484 (14)
Ben Calandrucchio U20MR 467 (12)
Aaron Hayman CadBL 350
Oakley McCracken U10BR 349
Alex Jackson CubBR 339
Cynthia Leung LRM 331
Connor Poole CubBR 325
Ethen Henderson CubBR 311
Aiden Reeves CubBR 211
Xavier Wilson U10BR 112
Alexander Wilson U10BR 106

Note: It is extremely important that members ensure that they have the following listed on their score card.

- Full Name & Date Round being shot
- The round / distance being shot
- Access number (not Archery Australia number).
- Total / Sign & Witness

Place in the recorders score box inside club rooms.



Records broken month of May / June:

K.Wilson	CadBR	70m 122cm	316	15-4-14
G.Aslanidis	IntGR	FF48T Mrk (B)	435	18/19-4-14
B.Barr-Jones	CubBC	FF48T Mrk (Y)	411	18/19-4-14
J.Salmon	U20MC	Clout 180m	341	17-4-14
S.Pianca	CadBC	F50*/730	695	16-4-14
B.Barr-Jones	CubBC	F35/720	578	16-4-14
S.McCracken	IntBC	F45/720	644	16-4-14
C.Leung	LRM	Mini Handicap	479	4/5/14
M.Wright	LCV	Launceston	620	10/5/14
M.Wright	LCV	50m 80cm	293	10/5/14
J.Hutchinson	CadGR	Lukie Last	477	10/5/14
O.McCracken	U10BR	Lukie Last	230	10/5/14
S.Calandrucchio	MR	Golden Gong	846	17/5/14
B.Henricksson	MRM	Golden Gong	835	17/5/14
J.Pantella	CubBC	Golden Gong	635	17/5/14
J.Dalton	U10GR	Golden Gong	279	17/5/14
B.Barr-Jones	U10BC	Short Sydney	1050	18/5/14
T.McCracken	MCM	Samford	843	31/5/14
B.Henricksson	MRM	Samford	668	31/5/14
B.Henricksson	MRM	Golden Gong	845	7/6/14
N.McCracken	CubBC	Golden Gong	760	7/6/14
J.Hutchinson	CadGR	Golden Gong	588	7/6/14
T.McCracken	MCM	Wollongong	615	21/6/14
J.Calanruccio	IntBR	Bothwell	218	21/6/14
J.Calandrucchio	IntBR	50m 122cm	125	21/6/14
O.McCracken	U10BR	Sarah Lee	349	21/6/14
T.McCracken	MCM	Ballina	821	28/6/14
J.Hutchinson	CadGR	Kiwi Chatter	679	28/6/14

HOW MANY OF YOU WARM UP AND/OR STRETCH BEFORE SHOOTING!

FLEXIBILITY TRAINING

WHY: The main reasons for stretching muscles are:

- to decrease the risk of injury,
- to enable full development of opposing muscle groups,
- to increase mobility and decrease problems of lack of mobility with increasing age,
- to improve blood circulation by allowing a free flow of blood through relaxed muscles of the body,
- to improve relaxation and decrease stress.

WHEN: As part of a total body warm-up. It is important to ensure that muscles are warm before they are stretched, because a sudden extension of a COLD muscle may cause strains or tears.

HOW: Stretching should be either **STATIC** or **RANGE OF MOTION**.

- Progressing from major joints to more specific joints, to ensure adequate support for all muscle groups involved.
- Should be carried out immediately before, after and during a sports event.
- Stretching exercises should be carried out slowly without forcing tight muscles to overstretch. If pain is felt, the muscle should be slightly relaxed until only a mild tension is felt.
- Stretches involving hyperextension of the lower

back should be avoided.

STATIC Stretching

Involves the gradual stretching of a muscle to a position where it is held, **without bouncing** from 10 to 30 seconds. **The muscle should not be taken beyond the point of mild discomfort.**

Static stretching is a safe and effective way of stretching muscles and connective tissue.

RANGE OF MOTION (ROM) Stretching

Involves moving a muscle through its full range of motion, and increasing this range of motion with increasing repetitive movements.

RULES FOR STRETCHING

- Breathe slowly, deeply and evenly,
- Do not stretch to a point where breathing becomes unnatural,
- Hold a stretch in a comfortable position; tension should subside as the stretch is held;
- Warm up by walking briskly, or lightly jogging on the spot, before starting a stretch,
- Concentrate on the area being stretched to ensure that a proper stretch is being felt,
- Do not overstretch, particularly in the early stages, remember that each day is different, and what stretch you could hold yesterday, may not be the level of stretch today.

STRETCHES

NECK (ROM) standard stretch.

Uses; There are six basic movements of the neck. These are:

- Neck flexion, or bending of the neck forwards
- Extension or bending backwards
- Side flexion to the left and right
- Rotation of the head to the right and left.

All of these movements can be stretched using a series of different stretches. The neck should never be stretched by a single rotation movement that takes it through its entire range of motion.

Description: Stand with the legs shoulder width apart; bend the head forward and then backwards. Continue the sequence of stretches by rotating the neck from left to right and conclude by lowering the head to the left side and then to the right side.

Treat the neck with extreme caution; do all the stretches slowly and comfortably. Never do complete neck rotations.

SHOULDERS AND ARMS - Standard shoulder stretch

Users; Stretches posterior muscles of the shoulder and the middle portion of the upper back.

Description; Stand with the feet shoulder-width apart. Bend one arm and rest the hand on the opposite shoulder. Now, with the other hand pull the elbow towards the opposite shoulder.

Variations; Place one hand as far as possible down

the back and if possible grasp the other hand that is positioned up the back and hold or place one hand down the back and push on the elbow with the other hand or start by placing the palms of the hands in the small of the back (lumbar area) and try to bring the elbows together.

A good compound stretch that stretches the shoulders, lateral trunk muscles, the lower back and the groin. Start the stretch with the feet slightly wider than shoulder-width apart, the legs bent and the hands resting on the knees. Now straighten one arm and push down on the knee, while at the same time bending the other arm.

UPPER BACK - Cat stretch

Users: Stretches and mobilizes the entire spine with special emphasis on the middle and upper back.

Description: Crouch on all fours, raise the spine slowly upwards, then relax and let the stomach drop slowly. While doing this stretch concentrate on arching the upper spine.

Variations: Stand with the feet shoulder-width apart, the knees slightly bent and raise the arms above the head, now bend forward, clasp the sides of the knees and pull up by arching the upper back. **or** stand with the legs bent and the feet shoulder width apart. Support the upper body with the hands on the thighs and spread the shoulder blades.

Club Shoot – 28th June, 2014

Ballina – 90 arrows @ 55m

Terry McCracken	MCM	821 (90) M
Sitrling Calandruccio	MR	645 (74) Red
Andrew Catto	MR	542 (45) Black
Alan Nolan	MRV	477 (39) White

Elizabeth – 90 arrows @ 45m

Simon Hayman	MRV	562 (39) White
George Barker	MRM	482 (31) White
Kristian Cham-McLean	MR	482 (31)
Lilia Hutchinson	LR	361 (20)

Fortress – 90 arrows @ 35m

Jacob Panetta	CubBC	525 (24) White
Cooper Van Wijck	CubBR	435 (18) White
Aidan Barker	CubBR	269 (1)

Kiwi Chatter – 90 arrows @ 25m

Jessica Huthinson	CadGR	679 (29) Black
Josh Calandruccio	IntBR	661 (26) Black
Ben Calandruccio	U20MR	523 (10)
Aaron Hayman	CadBL	441 (2)
Hamish Woodcock	CubBR	401
Kaden Currie	IntBR	362
Alex Jackson	CubBR	340
Oakley McCracken	U10BR	300
Cynthia Leung	LRM	295

Ricker Treat – 90 arrows @ 15m

Calvin Poole	CadBR	768 (24)
Bailey Buskermolen	CubBR	647 (4)
Connor Poole	CubBR	603
Cohen Van Wijck	U10BR	567
Max Kemmler	U10BR	269