



WARRINGAH ARCHERS NEWSLETTER July 2014

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your Anniversary date
is? Check your
Archery Australia
Registration Card

JULY COACHING & MATCHPLAY TOURNAMENT 5th July, 2014

The day started with a coaching session where members were allocated a coach to go through form analysis / equipment set-up. Followed by a ranking shoot, and elimination matchplay, which was the first



time some of our members had experienced this. There were only 3 points between the two finalists Josh & George, with George

coming out on top. Thank to Yoshi / Danny / Ian & Lachlan for your help. Several incentives were given out on the day by the coaches and we now have a new PAPA SMURF in Jack



SILVER MEDALS: Jack Chambers-McLean / Joshua Calandruccio
BONZE: Oakley McCracken, who shot really well in his first major competition. Encouragement awards were acknowledged for Nick McCracken, Alex Jackson & Hamish Woodcroft.



Congratulations to you all.

Club Shoot 12th July, 2014

Samford -90 arrows @ 40m/80cm face

| | | |
|-----------------------|-------|----------------|
| Terry McCracken | MCM | 830 (91) M |
| Stirling Calandruccio | MR | 659 (58) Blue |
| Simon Hayman | MRV | 515 (43) Black |
| Andrew Catto | MR | 475 (40) White |
| Alan Nolan | MRV | 467 (39) Black |
| Lilia Hutchinson | LR | 264 (22) |
| Ben Calandruccio | U20MR | 232 (18) |

Newcastle 90 arrows @ 30m/122cm face

| | | |
|---------------|-----|----------|
| Roger Ackrody | MR | 646 (12) |
| Cynthia Leung | LRM | 595 (8) |

YOUTH GOLDEN GONG – 8TH July, 2014



A great day was had by everyone competing at the Youth Golden Gong held by Illawarra Archers in Wollongong, medals presented by John Chaplin, club president.



GOLD Medals were won by: Ben Calandruccio, Jessica Hutchinson & Teagan Mullis/



MAXIMUM PERFORMANCE SERIES

Conditioning for Maximum Performance

THE MIRACLE OF TRAINING

MANY PEOPLE, probably most people, are turned off by the thought of training because they believe that it becomes progressively tougher. The trust is that as you train you perform better and better without any increased degree of exertion. If you're training properly, it may even seem that, day by day, you're getting the same workout. You can do more, you can do it faster, but your degree of exertion isn't any greater. Once you realize this, you've made a fantastic discovery.

The world-class champion doesn't train any harder than the novice. They're both exerting the same amount of effort. In fact, the novice may be knocking himself out more than the world-class champion, because the champion has come to

recognize the degree of discomfort beyond which no further benefit will accrue. So he doesn't extend himself any farther.

When you start to train, you'll exert yourself, and four months later you'll exert yourself, but your perceived exertion at four months will be no greater than it was at the outset. You'll simply be getting more done.

Your greatest risk in this phase is over effort. You won't get where you want to go any faster by hurting yourself through over effort than you will be working up to the point gradually, so that your body at all times is able to tolerate the new limits of your performance. This is the key to exhaustion-free exercise training – that you are always exerting at an effort that relates to your ability to exert. You never do less or more exercise than you need to achieve and maintain your desired level of fitness to perform at your best. Your guide is not the amount of work you do, but what your body signals tell you about the effect the work is having on you.

Any increase in activity to which you're unaccustomed excites your systems. Your heart rate and blood pressure increase. You breathe harder. Your muscles become more active. All these things feed back into your senses and tell you how much effort you are expending, and how close you are to your limit of exertion.

Let's use some round figures to comprehend this relationship. Ordinary manual labor is usually conducted at less than 50 per cent of your capacity to exert. Fifty percent is a moderate effort, something you can do all day long. Once you go to 60 percent, this great effort produces a slight strain on your organism. An untrained person can't work comfortably at this rate throughout the day without taking some rest periods.

At 70 percent of maximum exertion, the work feels a little bit heavy. It's not something you want to keep up for very long, whether it's playing basketball or shoveling sand. Half an hour to an hour at a time will do for most of you.

Eighty percent exertion is very heavy work. The maximum time you'd want to spend on this work would vary between one minute and half an hour at a time. Chopping wood is a good example of an 80 percent effort for all but a lumberjack.

Ninety percent effort is extremely heavy. Thirty to sixty seconds at that rate is about all you can take, unless you are trained for it.

One hundred percent effort can't be endured for more than 30 seconds by the untrained person.

The magic in training is twofold: What required a 80 percent effort for a particular task at the outset needs only a 60 percent effort for the same task in short order, primarily due to an improvement in skill. And your ability to sustain a fairly heavy effort for a longer period of time increases, mostly due to an improvement in fitness.

We said at the outset that one objective of maximizing performance is to get twice as much done with half the effort. Just practicing the event itself will improve both skill and fitness somewhat, but won't give you that extra we're working for to make the difference between a mediocre and a maximal

performance. The event itself probably does not stress the various systems of the body adequately to produce an optimal training effect. It is necessary to supplement the practice of the event with our activities

Club Shoot 19th July, 2014

Holt – 90 arrows @ 50m/80cm

| | | |
|------------------------|-----|----------------|
| Stirling Calandrucchio | MR | 546 (56) Blue |
| James Dunne | MC | 545 (56) Black |
| Simon Hayman | MRV | 334 (38) White |
| Kristen Cham-McLean | MR | 233 (28) |

Drake – 90 arrows @ 30m/80cm

| | | |
|----------------------|-------|----------------|
| George Barker | MRM | 613 (41) Black |
| Joshua Calandrucchio | IntBR | 537 (33) Black |
| Paul Wilson | MR | 489 (29) |
| Lilia Hutchinson | LR | 348 (17) |
| Jacob Panetta | CubBC | 343 (17) White |
| Jack Cham-McLean | CubBR | 312 (14) White |
| Kaden Currie | IntBR | 300 (13) |
| Oakley McCracken | CubBR | 243 (7) |
| Aidan Barker | CubBR | 91 |

Jodie Joker – 90 arrows @ 25/80cm face

| | | |
|------------------|-------|----------|
| Cynthia Leung | LRM | 471 (11) |
| Bailey Buskender | IntBR | 389 (3) |
| Cooper VanWijck | CubBR | 346 |
| Rachel Van Dort | IntGR | 331 |
| Cohen Van Wijck | U10Br | 192 |
| Vincent Shaw | MRV | 178 |
| Alexander Wilson | U10BR | 76 |



**JULY
HANDICAP
WINNER
MERRICK
NACINOVICH
MALE COMPOUND VETERAN**

Club Shoot 26th July, 2014

Canberra -30 arrows 60/50/30m

| | | |
|------------------------|----|---------------|
| Stirling Calandrucchio | MR | 727 (63) Blue |
| Kristian Cham-McLean | MR | 378 (25) |

Junior Canberra – 30 arrows @ 40/30/20m

| | | |
|--------------------|-------|----------------|
| Merrick Nacinovich | MCV | 679 (34) |
| Jack Cham-McLean | CubBR | 494 (13) White |
| Hamish Woodcock | CubBR | 349 |

Brave members who shot while it was raining!!!

Birthdays AUGUST

Cameron Maxworth

(5th), Sam Shennan

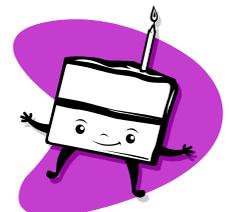
(12th) ¼ of a century

made it!, Aaron Haymen

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

Calandrucchio (22nd) & Callum

Overton (24th)



CHANGES IN TARGET RATING

| | | | |
|---------------|-----|----------|---------|
| George Barker | MRM | 39 to 40 | 19/7/14 |
|---------------|-----|----------|---------|