



# WARRINGAH ARCHERS NEWSLETTER August 2014

[www.warringaharchers.com.au](http://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"

### Welcome to new members:

Roger Ackroyd (MR), Bailey Buskermolen (IntBR), Rachel Vandort (IntGR), Kathy Joyce (LR),

Rosalind Agar (LRM) & Isaac Robbins (IntBR)  
Please assist is in making them feel welcome and show them the ropes around the club.

## State Indoor Championships were held in Erina in conjunction with the Open Nationals 19/20<sup>th</sup> July, 2014

### Gold Medals:

Kane Wilson (CadetBR)  
Fita I: 541 – Aust I (1) 283 Aust I (2) 275

Sean Pianca (Cadet BC)  
Fita I: 568 – Aust I (1) 298 Aust I (2) 294

Ella Hugo (U20WC)  
Fita I 5568 – Aust I (1) 287 Aust I (2) 293

### Bronze Medals:

Carmelo Aslanidis (IntBR)  
Fita I: 496 – Aust I (1) 223 Aust I (2) 242

Georgia Aslanidis (IntGR)  
Fita I: 486 – Aust 1 (1) 228 Aust I (2) 208

## National Indoor championships



Ella finished 2<sup>nd</sup> in (U20WC) Divn.  
Sean won GOLD in the CadetBC Divn  
Kane won GOLD in the CadetBR Divn

**Northern FITA Star Shoot 10<sup>th</sup> August, 2014**  
Well done to Kane Wilson who took out Gold in the Open Recurve Division with a score of 833.  
Carmelo Aslanidis coming 4<sup>th</sup> with a score of 791

**COACHING DAY** – Top 5 scoring smurfsssss were:  
Papa Smurf – Jack Chambers-McLean on 23 points  
Xavier Wilson on 21 points,  
Oakley McCracken on 17 points,  
Bailey Buskercombe on 14 points ,  
with Cooper & Connor on 12 point.



## AUGUST JUNIOR DEVELOPMENT DAY

Steve Jennison recommenced our Junior Development Program for 2014/2015. It was great to see a lot of our younger members wanting to attend the Youth Nationals in 2015  
Some of more seasons archers assisted with the younger members in the club wishing to improve their archery.

Standing up straight /Follow through and anchor were the main areas that were focused. Followed by a team competition where each archer shot 3 arrows, with the highest 3 scoring arrows being deducted.

**Team ME:** Carmelo / Jack / Kaden & Cohan (club mascot) (217 points)



**Team JOSH:**  
Josh/David/Oakley/Jessica (234 points)



**Team KICK ASS:**  
Kane / Cooper / Victoria & Sean (260)

## Club Shoot 9/10<sup>th</sup> August, 2014

### Canberra – 30 arrows @ 60/50/4m (122cm)

Terry McCracken	MCM	845 (92)	Master
Maria Wright	LCV	759 (69)	Red
Merrick Nacinovich	MCV	712 (60)	Blue
Stirling Calandrucchio	MR	641 (51)	Black

### Short Canberra – 30 arrows @ 50/40/30m

Simon Hayman	MRV	620 (39)	Black
Paul Wilson	MR	527 (29)	
Lilia Hutchinson	LR	459 (23)	

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

Brandt Henricksson	MRM	802 (57)	Blue
Kristian C-McLean	MR	692 (36)	White
Victoria Henricksson	CubGR	543 (18)	White
Jessica Hutchinson	CadGR	534 (17)	White
Cynthia Leung	LRM	352	
Aaron Hayman	CadBL	239	

### Mini Canberra – 30 arrows @ 30/20/10m

Calvin Poole	CadBR	746 (31)	Black
Glenn Steele	MV	645 (15)	

Jack C-Mclean	CubBR	570 (5)
Rachel VanDort	IntGR	555 (4)
Connor Poole	CubBR	550 (3)
Cohen Van Wicck	CubBR	459
Oakley McCracken	U10BR	420
Ayden Reeves	U10BR	373
Rosalind	LRM	367
Xavier Wilson	U8BR	348
Alexander Wilson	U10BR	240
Max Kemmler	U10BR	224

**AdBOW** Club Champion: Kristian Chambers-McLean

**KidBOW** Club Champion: Calvin Poole

## MAXIMUM PERFORMANCE SERIES

### Overload: THE KEY TO TRAINING

YOU MAY RECALL the story of Milo of Crotona, who lifted a calf each day until it became a bull. The story illustrates a primary principle of training. To become more proficient at whatever you attempt, you want to do just a fraction more each day. This principle is known as "overload".

If the load on your body is constant from one day to another, you'll gradually adapt to that load. Very soon, the load will produce less and less training effect. You'll still be better off than had you done nothing, but you won't be in nearly as good shape as you would have been had you gradually increased the load.

There are a number of ways to make certain that the benefit of training is continuous.

Recently a young man in my class on conditioning for maximum performance made a five-dollar bet with one of his fraternity brothers that within 60 days he could do 100 pushups. At the time he made the bet, he was capable of only 40 pushups. He presented the problem to the class: what was the ideal training program to help him reach his goal? Some of the students suggested that he follow a straight-line program – an extra pushup each day. But that was training by overload, back to the Milo principle. Other students reasoned correctly that he couldn't train by load alone, because he would exhaust before reaching his goal. You never train to exhaustion, because you're always pitting capacity against injury if you do. If he pulled a muscle or inflamed his tendinous tissue, his chance of reaching this goal was finished.

The next alternative suggested for the student was that he do an enormous number of pushups in an easier position. But the class concluded that the strength gained in a different position may not transfer to the standard pushup position.

Progressive overloading, it became apparent, has to be approached through a variety of means. You can't just keep adding a pound a day and you can't keep adding one more repetition each day. The day comes when you can't do more. The big mistake in any kind of training is to set a number and try to achieve that number and assume that, if you do, you've done your training. You may by chance be getting just the right training effect – but you are more probably getting either too much of a strain or too little training effect.

Finally, the class reached a consensus. The best approach would be to begin at a comfortable level of pushup exercise and intersperse repetitions of that exercise with periods of rest. This method is called *interval training*. To use it effectively, gauge the pushups in the work interval in terms of achieving a fairly heavy perceived effort rather than a number of pushups. Gauge the period of rest by the feeling of recovery rather than a number of minutes. Then experiment with these variables to see how the body responds. Change one variable, then another and another until the goal is reached.

There are three variables: intensity, duration and frequency. **Intensity** is effectively varied when each bout of an activity is performed with a shade more exertion than the previous one. To a person at a low level of fitness, this could mean something so simple as walking more briskly than he is accustomed to walking. Just that will give him the overload he needs to produce a conditioning effect. The athlete working at near capacity must employ variables in addition to intensity in order to achieve a training benefit.

The **duration** of an exercise is determined by the time required to produce a training effect or overload. In the case of a muscle contraction, the effect is almost immediate. Beyond ten seconds you're getting little additional benefit. In the case of circulo-respiratory training, the duration must be at least three minutes. The time it takes for heart to respond to the body's need for oxygen and for the chemical adjustments to be made in the working cells. Until these things happened there is little training benefit. Duration should be progressively increased until it's somewhat in excess of the durations of the event you're training for.

**Frequency** of training has to do with the time that elapses between successive bouts of exercise. After each bout, a training effect persists for about a day; then there is a gradual decline in your adaptation, and you de-adapt. If you cease training for more than three days, you're in effect losing a great deal of the benefit of the workout that you had three days before.

The training program his fellow students worked out for the young man whose goal was to do 100 pushups made use of all three variables.

First, he would cut the number of pushups he could do in half, and make that his "set" for training. Then he would double his target number: Every hour, he would do 20 pushups, until he had done 200 during the day. If he found that he couldn't do that many, he would cut the "set" until he found a number that he could do each hour until his total reached 200. Once he had succeeded at that level, he would then add one pushup a day to each set until he could do 10 sets of 20. Then he would start reducing the time between the pushups – say five minutes every hour – until he reached the point where his period of recovery was insufficient for him to maintain his sequence. Then he would increase that time slightly, and gradually add more pushups to his sets.

My student lost his bet because he caught the flu and couldn't train, but his task illustrates perfectly the application of overload: Ideal training involves

changing just one of many variables, until that variable reaches a constant. Then you change another, and then another until you reach your goal.



## AUGUST HANDICAP WINNER Kristian Chambers-McLean Male Recurve

Archer	Divn	Rating	H/Cap	Score	Total
K.C-McLean	MR	36	357	549	906
B.Henriksson	MRM	60	165	732	897
T.McCracken	MCM	94	36	844	880
B.Barr-Jones	U10BC	46	189	671	860
N.McCracken	CubBC	51	155	690	845
M.Nacinovich	MCV	73	100	736	836
S.Calandruccio	MR	69	117	698	815

### Club Championships Field Shoot – 23<sup>rd</sup> August

Kane Wilson	CadBR	Red	302 (72)	GM
Carmelo Aslanidis	IntBR	Blue	278 (560)	Gold
Lachlan McLeod	CadBC	Red	275 (65)	Gold
Katelin Turner	LC	Red	263 (62)	Blue
Brandt Henriksson	MRMR	Red	249 (58)	Blue
Georgia Aslanidis	IntGR	Blue	215 (42)	Red
Stirling Calandruccio	MR	Red	214 (51)	Black
George Barker	MRM	Blue	170 (32)	White
Jack C-McLean	CubBr	Yellow	162	(20) Black
Kristian C-McLean	MR	Blue	161 (30)	
Paul Wilson	MR	Blue	153 (28)	
Josh Calandruccio	IntBR	Blue	147 (27)	Black
Victoria Henriksson	CubR	Yel	126 (12)	White
Cooper Van Wick	CubBr	Yel	126 (12)	White
Jessicca Hutchinson	CadGR	Blue	117 (20)	White
Isaac Robbins	IntBR	Yel	98	
Rachel VanDort	IntR	Yel	52	
Aidan Barker	CubBR	Yel	51	
Cohen VanWijk	U10BR	Yel	47	
Ethan Henderson	CubBR	Yel	38	
Jessica Dalton	U10GR	Yel	37	
Alexander Wilson	U10BR	Yel	26	
Xavier Wilson	U8BR	Yel	16	

Well done to those members who gave it a go, and it was their first time being introduced to Field Shooting. **Overall Field Champion: Kane Wilson**

### ArcheryNSW Youth Team

#### Selection - Selection period:

From the start date of the previous Youth National Championships up until approximately 4 weeks before the start date of the next Youth National Championships.

The actual closing date for qualifying scores to be advised on the Youth NSW web pages when full details of the next Youth National Championships are published.



New South Wales archers selected for the team must wear Archery NSW Uniform and comply with Team Management directives at the event.

All Archery NSW Team and Representative Archers will be included in any State activity at the event.

#### Selection Process

As in previous years 10 Compound and 10 Recurve archers, regardless of sex are selected and named as the New South Wales Team.

Only scores shot at ArcheryNSW & Archery Australia sanctioned events will be considered. Rounds shot at these events must comply with the following

Archers may shoot on their current age group or any higher are group.

The highest score shot during the qualification period from either Target, Field or Clout shall be used. Archery NSW Youth Team Selection, Version 2012-1.

The team will be selected by ranking the:

- top five (5) archers in Target,
- top three (3) archers in marked Fita Field and
- top three (2) archers in Clout, rotating until the team is filled.

Age	Bow Type	Target	FITA 144	F720	24 Target Field	Single Clout
Cub	REC	Horsham	35	Yellow	100	
	COM	Horsham	35	Yellow	125	
INT	REC	Intermediate	45	Blue	125	
	COM	Intermediate	45	Blue	125	
CAD	F.REC	F60	60	Blue	125	
	M.REC	F70	60	Blue	145	
	F.COM	F60	50,60	Blue	145	
	M.COM	F70	50,60	Blue	165	
U20	F.REC	F70	70	Red	145	
	M.REC	F90	70	Red	165	
	F.COM	F70	50,70	Red	165	
	M.COM	F90	50,70	Red	180	

The current Archery Australia rating tables will be used to;

- adjust 720 target scores to the equivalent FITA (144 arrow) score,
- adjust scores shot in a different age group than that required to be shot at the Youth National Championships.

#### Team members must:

- Must be members of Archery NSW
- Compete in all three disciplines at the Nationals
- Shoot the discipline that they gained selection in
- Comply with all current ArcheryNSW / Archery Australia Tournament & Shooting Rules & Team Guidelines
- Register an intention to be selected

#### CHANGES IN TARGET RATING

George Barker	MRM	39 to 40	19/7/14
Kane Wilson	CadBR	83 to 85	10/8/14
Carmelo Aslanidis	iNTbr	70 TO 73	10/8/14

## CHANGES IN FIELD RATING

Kane Wilson	CadBR	70 to 71	23/8/14
Brandt Henriksson	MRM	47 TO 52	23/8/14
Georgia Aslanidis	IntGR	35 to 38	23/8/14

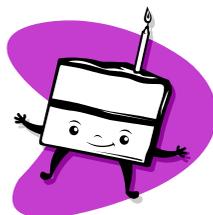
## CHANGES IN INDOOR RATING

Georgia Aslanidis	IntGR	35 to 47	19/7/14
Kane Wilson	CadBR	76 to 81	19/7/14
Sean Pianca	CadBC	105 to 107	20/7/14
Ella Hugo	U20WC	94 to 96	20/7/14

## Birthdays

### SEPTEMBER

**Katelin Turner & George Barker (1<sup>st</sup>), Carl Saunders (4<sup>th</sup>), Georgia Aslanidis (6<sup>th</sup>), Steve Salmon (16<sup>th</sup>), Matt Alty (26<sup>th</sup>), Kathy Joyce (30<sup>th</sup>)**



## UPDATE ON CLASSIFICATIONS

### TARGET CLASSIFICATIONS

WHITE: Kristian Chambers-McLean  
ELITE SILVER: Kane Wilson

### INDOOR CLASSIFICATIONS:

RED: Georgia Aslanidis  
GOLD: Carmelo Aslanidis  
Elite Bronze: Kane Wilson  
Elite Gold: Sean Pianca  
Elite Bronze: Ella Hugo



Wilson won gold in the CadetBR Recurve Divn shooting 788 F60/900, and Carmelo won Silver

## ArcheryNSW Short Course Distance Championships – 31<sup>st</sup> August, 2014

Only 3 archers competed from Warringah. Kane



in the same division with a score of 729. Georgia finishing 4<sup>th</sup> in the InterGR Divn shooting 623 for the F50/900 round. Weather was sunny for a change with a slight breeze.

# Advertisement

## Supertuner

Tuning your bow is a time-consuming exercise, and many archers will often put it into the 'too-hard basket', or consider it a task to be undertaken when there's nothing better to do! Well relax, manual bow-tuning is now a thing of the past. The Far-Fledged engineers have developed a machine that truly thrusts archery into the technological age. Archers raise your glasses to the Supertuner.



This is the machine that truly does it all! The illustration shows the Supertuner in diagnostic mode with a bow inserted.

The machine is set up approximately 30m from a target. After punching in your details regarding draw length etc. into the on-board computer, you remove pressure buttons, knocking points and stabilisers.

Your fletched and bare-shaft arrows are fed into separate

hoppers and the machine takes over, with an hydraulic arm drawing and releasing the arrow. On the Supertuner model illustrated each shot is tracked by laser sensors, however, a similar model is now available which directly interfaces with our Intellibutt and Smart Point Systems. Both Supertuner models make progressive shot adjustments until tuning is complete. Then three beeps are sounded – just like your microwave oven, and the bow diagnosis is printed. It only remains for you to reinstall your bow accessories, carefully following the recommended pressures; measurements and tiller settings, and you're half way to miraculously perfect scores!

And for those archers who dream of pitting their skills against the world's elite – dream no more. When the machine's control bow and arrows are installed, the Supertuner is a more than formidable opponent! No club should be without a Supertuner. For further details and leasing opportunities, please write to:

### Far-Fledged Enterprises

*(The Archery Innovators)*

*P.O. Box B84689C - Stimarts -NSW*

## DATES TO REMEMBER

SEPT 6 <sup>th</sup>	Warringah Open <i>(if you have not entered this event the club will be closed until event completed.</i>
SEPT 7 <sup>th</sup>	Warringah Handicap
SEPT 13 <sup>th</sup>	Club Annual General Meeting, followed by Club Championships Indoor
SEPT 20/21 <sup>st</sup>	State Field Champs - Tuggernong
SEPT 27/28 <sup>th</sup>	Newcastle Challenge