



# WARRINGAH ARCHERS NEWSLETTER

## September 2014

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

**XMAS Party  
Presentation  
Night**  
15<sup>th</sup> November, 2014  
Tickets now available



### Across the desk of the Secretary / Recorder"

#### Welcome to new members:

Glenn Steele (MRV), Igor Marinov (MR), Taras Marinov (CubBR), Natalie Berry (CadGR)

### Warringah Open (6/9/14)

Well we certainly picked the weather, it was wet/cold/full rain/misty rain/soggy score sheets/umberellas/warm wooly jumpers/shivering/sweating/smiles & frowns / cold fingers, runny noses, think that about covers everybody!

Great effort to see so many club members give it a go, some of whom have only been shooting for a month or so, awesome to see. The round was a first for NSW – The

Samford round which was shot at 40m on an 80cm face. Also to Steve Salmon DOS & Andrew Crampton who helped with the Judging, and our resident cook, who made us all feel warm and fed Necktor.



### Compound Open Ladies Division:

Gold: Maria Wright (WA) Silver: Katelin Turner (WA) & Bronze: Julia Wright (WA) – clean sweep.



### Recurve Open Ladies

**Division:** Gold: Belinda Maxworthy (NOR), Silver: Tracie Down (NOR), Bronze, Tracy Bryen (SOPA)



### Open Male Compound:

**Gold:** Ian Asidera (SOPA), Silver: Tyrone Digby (NOR), Bronze: Terry McCracken (WA)

**Open Longbow Division: Gold:** Simon Lai (NOR), Silver: Craig Williams (KGB), Bronze: Russell Field (NOR)

### Recurve Open Male

**Division:** Gold: Kane Wilson (WA), Silver Josh Field (NOR), Bronze: Carmelo Aslanidis (WA).



The first for a long time Warringah shot its way to obtain all 3 perpetual trophies.



**Compound trophy (Top 4 scores)** great effort from Maria Wright / Katelin Turner / Terry McCracken & Lachlan McLeod – sorry had to compromise this photo

### Recurve trophy (Top 4 scores):

won by Kane Wilson, Carmelo Aslanidis, David Shannon & Stirling Calandrucchio



### Womens trophy (Top 4 scores):

Female trophy (4 women two of which must be Recurves) Maria Wright (C), Katelin Turner (C), Georgia Aslanidis (R) & Cynthia Leung (R).



### Annual General Meeting (13/9/14)

#### New committee members listed below:

President: Steve Jennison  
Secretary: Steve Salmon  
Treasurer: Ian Harper  
Recorder: Elizabeth Jennison  
Executive 1: Danny Stasenka  
Executive 2: Lilia Hutchinson  
Executive 3: Paul Wilson

Please join me in welcoming them onto the committee.

## Club Shoot 30<sup>th</sup> August, 2014

### Samford – 90 arrows @ 40m/80cm

Maria Wright	LCV	762 (74) Red
Stirling Calandrucchio	MR	646 (57) Blue
Simon Hayman	MRV	483 (44) Black
Kristian C-McLean	MR	415 (35) White
Cynthia Leung	LRM	273 (22)
Rachel VanDort	IntGR	270

## CLUB CHAMPIONSHIPS INDOOR 2014

### 13<sup>th</sup> September, 2014

Kane Wilson	CadBR	573 (91) GMB
Ella Hugo	U20WC	571 (108) GMB
Steve Jennison	MCV	565 (103) GMB
Terry McCracken	MCM	564 (102) GMB
Lachlan McLeod	CadBC	546 (86) GMB
Katelin Turner	LC	539 (82) Red
Carmelo Aslanidis	IntBR	501 (64) Master
Brandt Henricksson	MRM	494 (62) Red
Stirling Calandrucchio	MR	492 (61) Blue
Simon Hayman	MRV	391 (42) Black
Georgia Aslanidis	IntGR	366 (38) Blue
Cynthia Leung	LRM	345 (36) Black
Glenn Steele	MRV	290 (29) White
Nicholas McCracken	CubBC	212 (19) White
Daniel		148 (9)
Oakley McCracken	U10BR	143 (9)
Jack Cham-McLean	CubBR	86
Ethan Henderson	CubBR	83
Aaron Hayman	CadBL	41
Jessica Dalton	U10GR	27

## MAXIMUM PERFORMANCE SERIES

By Laurence E. Morehouse, Ph.D & Leonard Gross

### Conditioning for Maximum Performance

### Total Fitness & Maximum Performance

OUR BOOK, *Total Fitness: in 30 Minutes a Week*, established a dynamic new concept of fitness. You didn't need to kill yourself trying (and usually failing) to conform to some idealized notion of the conditioned body; you needed only to condition yourself to live life fully *at your level of existence*. That is, if you weren't employed by a professional football team, you didn't need a professional football player's strength or stamina. You were totally fit, we said, if you have enough energy to fully live your working day, to enjoy your evenings and recreation and to have a reserve for ordinary emergencies.

Anyone who wants to maximize his/her performance must begin with a certain base of fitness. How one achieves this fitness base will be old hat to readers of *Total Fitness*. Those who have not read that book, or those who have and wish to review its principles, will find a brief summation in the next chapter.

We're starting with the assumption that you're not atrophied or weak or in poor circulorespiratory condition, that you're not overweight and don't have any joint problems. If you do have any of these problems, then you should start with a medical checkup and the *Total Fitness* program.

That program ends at a maintenance level that enables you to retain fitness for daily life activities which are not strenuous. If you are going to perform

activities that require strength and endurance beyond what you've been needing in ordinary life situations, these capacities can be built in the same way that you built your strength and endurance from a subfit to a totally fit level.

Fitness relates precisely to your need for it.

Example: In golf and tennis, you need a little more strength than you would require if you weren't playing these games. But you don't need the strength of a weight lifter.

Whether you're working on your muscles or developing circulorespiratory endurance, your need determines your degree of exercise. Even three long sets of tennis or eighteen tough holes of golf don't require the endurance you'd need to run a marathon.

Running fifty miles or chinning a thousand times demonstrates your capacity to perform these stunts, but it says little about your circulorespiratory condition or your muscle strength. If you don't intend to do these things, you don't need the fitness they require. You can't use strength that isn't needed. If you're wrestling or weight lifting or playing the line in football, strength is usable to its utmost. Otherwise, if you're giving all your effort to getting stronger than you need to be, you're wasting your time.

Let's now apply this elastic concept of fitness to maximum performance.



## SEPTEMBER HANDICAP WINNER

Cooper Van Wijck  
Cub Boy Recurve

## Club Shoot 20<sup>th</sup> September, 2014

### Launceston – 36 arrows @ 50/30m (80cm face)

Clinton Wright	MC	673 (96) GM
Terry McCracken	MCM	667 (93) GM
Maria Wright	LCV	604 (74) Red
Stirling Calandrucchio	MR	558 (64) Blue
Julia Wright	LC	542 (61) Blue
Kenneth Wright	MCV	531 (59) Blue
Brandt Henricksson	MRM	528 (59) Blue
Simon Hayman	MRV	406 (42) Black
Joshua Calandrucchio	IntBR	358 (37) Blue
George Barker	MRM	301 (30) White
Kristian Chamb-McLean	MR	288 (29)
Paul Wilson	MR	243 (23)
Glenn Steele	MRV	237 (22)
Lilia Hutchinson	LR	176 (14)

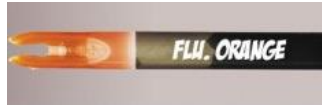
### Lukie Last 36 arrows @ 25/20m (80cm face)

Nicholas McCracken	CubBC	532 (22) White
Igor Miranov	MR	519 (20)
Cynthia Leung	LRM	478 (13)
Calvin Poole	CadBR	367
Ben Caladrucchio	U20MR	351
Rosalind Agar	LRM	286
Jacob Panetta	CubBC	280
Connor Poole	CubBR	256
Ethan Henderson	CubBR	253
Oakley McCracken	CubBR	242

Bailey Buskmolen	IntBR	194
Aidan Barker	CubBR	187
Alexander Wilson	U10BR	109
Xavier Wilson	U8BR	52
Taras Miranov	U8BR	26

## DID YOU KNOW

Recently some of our members have been having trouble keeping their nocks / fletches on the arrow. Some tips from manufacturers:



### Plastinock:

Gluing plastinock with AAE Fastset

1. Put a small bead Fastset around arrow taper.
2. Place nock on taper, rotate, align, and push down!

**Caution:** Fastset glues almost instantly. Be sure to align nock quickly! DO NOT USE FLETCH-TITE – this type of glue is not chemically compatible and will cause nock distortion.



**Warning:** Inspect nocks prior to use! These types of nocks are manufactured from high-grade materials and has been designed to withstand the forces and loads of normal use. However, damage to the nock can occur through strikes from other arrows, blows

against objects, or the use of solvents or improper adhesives which could attach the materials cause a nock to fail. Carefully inspect all nocks prior to each use, Remove and destroy any nocks that are cracked, broken, crazed or otherwise damaged. Nocks carry very high loads upon the release of the arrow. A damaged nock could fail, possibly resulting in a misfire or the bowstring, and potential breakage or other damage to the bow or arrow and/or injury to the archer.

### Easton Gluing Diamond Vane:

Using Fstset Adhesive

1. **Do not wipe the base of the vanes with anything.**
2. Clean shaft only with an abrasive cleanser such as Ajax cleanser. Rinse and let dry. **Do not use acetone or any other chemical on the shaft.**
3. Place vane in clamp and apply small bead of Easton Quick bond or Fastset Gel along the center of the vane.
4. Place clamp on jig and press vane on shaft firmly. Hold for 10 seconds.
5. Repeat process for the other vanes.

Using a Solvent based Glue:  
(Saunders NPV or Fletch-tite).

1. Wipe base of vane with acetone
2. Follow steps 2, 3 above using the solvent based glue, but leave clamp on vane until glue has set

Both of these processes will give excellent adhesion on aluminium and carbon shafts.

## ArcheryNSW Open Team

To represent NSW at the Open National Championships being held in Victoria 19-22<sup>nd</sup> October 2014



### Compound Team:

Dennis Carson (Armidale)  
Scott Buscombe (Cessnock)  
Paul Simpson (Illawarra)  
Grahame Benson (Southern Highlands)  
Diann Benson (Southern Highlands)  
Fiona Hyde (Illawarra)  
Pat McLoughlin (Illawarra)  
Ella Hugo (Warringah)

### Recurve Team:

Jaymie Murray (Sydney Olympic)  
Alex King (Sydney Olympic)  
Greg Nguyen (Sydney Olympic)  
Jonathon Wong (Northern)  
Joanne Murray (Sydney Olympic)  
Kathy Kuestler (Northern)  
Tayla King (Sydney Olympic)  
Belinda Maxworthy (Northern)

**Team Manager:** Ricci Cheah

## Club Shoot 27<sup>th</sup> September, 2014

### Yass 36 arrows @ 55/45m (122cm face)

Terry McCracken	MCM	676 (92)	GM
Brandt Henricksson	MRM	591 (68)	Red
Alan Nolan	MRV	383 (35)	White
George Barker	MRM	376 (34)	White
Kristian Chamb-McLean	MR	291 (25)	
Glenn Steele	MRV	201 (14)	

### Goulburn 36 arrows @ 40/35m (122cm face)

Julia Wright	LC	651 (71)	Red
Igor Marinov	MC	530 (43)	White
Simon Hayman	MRV	521 (41)	Black
Nicholas McCracken	CubBC	516 (41)	Blue
Bobby Barr-Jones	CubBC	497 (37)	Blue
Jacob Panetta	CibBC	311 (15)	White
Aidan Barker	CubBR	135	

### Sara Lee 36 arrows @ 25/20m (122cm face)

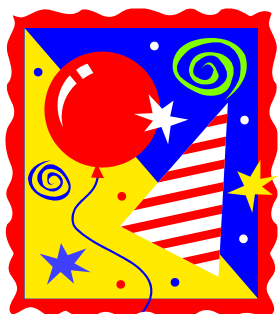
Lilia Hutchinson	LR	509 (18)	
Calvin Poole	CadBR	496 (16)	
Jack Chamb-McLean	CubBR	492 (16)	White
Rosalind Agar	LRM	454 (10)	
Ben Calandruccio	U20MR	435 (8)	
Aiden Hayden	IntBR	411 (5)	
Isaac Robbins	IntBR	393 (3)	
Connor Poole	CubBR	320	
Oakley McCracken	U10BR	315	
Aaron Haymen	CadBL	297	
Taras Mironov	U8BR	76	

## CHANGES IN TARGET RATING

David Shannon	U20MR	60 to 61	6/9/14
Cynthia Leung	LRM	New 15	20/9/14
Brandt Henricksson	MRM	60 to 64	27/9/14
Calvin Poole	CadBR	New 15	27/9/14

## CHANGES IN INDOOR RATING

Ella Hugo	U20WC	96 to 102	13/9/14
Terry McCracken	MCM	81 to 91	13/9/14
Lachlan Mcleod	CadBC	65 to 75	13/9/14
Kane Wilson	CadBR	81 to 86	13/9/14
Steve Jennison	MC	New o 83	13/9/14
Katelin Turner	LC	73 to 77	13/9/14
Carmelo Aslanidis	IntBR	62 to 63	13/9/14
Simon Hayman	MRV	New to 32	13/9/14
Brandt Henriksson	MRM	New to 46	13/9/14



## Birthdays OCTOBER

**Ethan Henderson**  
(4<sup>th</sup>), **Alan Nolan**  
(7<sup>th</sup>), **Martyn Clegg**  
(8<sup>th</sup>), **Connor Poole**  
(10<sup>th</sup>) **Elizabeth**  
**Jennison** (16<sup>th</sup>)

**Timothy Brandt** (29<sup>th</sup>) **Robbie**  
**Caldwell** (30<sup>th</sup>)

## UPDATE ON CLASSIFICATIONS

### TARGET CLASSIFICATIONS

BLACK: Julia Wright (LC)

BLUE: Joshua Calandruccio (IntBR), Julia Wright (LC)

### OR CLASSIFICATIONS:

Master Bowmen: Carmelo Aslanidis (IntBR)

### CLOUT CLASSIFICATIONS:

White & Black: Stirling Calandruccio

## National Championship Records:

### Jack Salmon U20MC

Clout 180m Single – 341 17/4/14

### Sean Pianca – CadetBC

Fita 50/720 -- 695 16/4/14

Fita 50/720 – U20MC 695 16/4/14

### Sean McCracken – InterBR

AA 45/720 – 644 16/4/14

## TRANS-TASMAN COMPETITION – QLD

Carmelo Aslanidis, IntBR

Ranking Round: Came 1<sup>st</sup> with a score of 338 & 323 = 661, then went on to win the GOLD Medal in the Matchplay shoot off



## Ella Hugo in the U20WC Division

Score 319 & 317 = 636 18 7 – 3<sup>rd</sup> in the ranking round & Silver in the Matchplay event.



Sean Pianca – CadetBC, finished 2<sup>nd</sup> in the Ranking Round with a score of 330 & 334 = 664, unfortunately knocked out in the elimination rounds



## 2014 TRANS TASMAN ARCHERY CHAMPIONSHIPS AUSTRALIA V NEW ZEALAND



**THE RADIO TARANAKI  
TRANS-TASMAN TROPHY WINNERS  
WELL DONE AUSTRALIA**



## DATES TO REMEMBER

- 5<sup>th</sup> October – Warringah Handicap
- 11<sup>th</sup> October – Club Championships Target
- 12<sup>th</sup> October – Fred Herbert Clout which includes Club Championships Clout
- 25<sup>th</sup> October – Warringah Junior Development Day, club members
- 1<sup>st</sup> November – Warringah KidBow Tournament
- 2<sup>nd</sup> November – State Clout & Warringah Handicap