



# WARRINGAH - ARCHERS NEWSLETTER October 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 President

This is a new development for me as I can't really remember when I compiled a letter for our newsletter. At the completion of this one you will probably see why.

The 2014 Annual General Meeting has been conducted and it was very satisfying to see the number of members that attended as well as the volunteers that stood for positions on the Committee. Thank you one and All.

Recognition should also be given to members of the previous Executive Committee that did not stand this Year namely Katelin Turner & Danielle Tonkin.

For those of us that have been involved in the sport for some considerable time we have seen large changes in the way our sport is conducted not only at the elite (Olympics, World Championships) but also at the Club level. Participation at club level used to involve shooting long rounds or multiple shorter rounds and spending 6 hours plus at the club was not unusual. With the advent of Come N'Try and multiple other factors the sport at club level is usually conducted over a 2-3 hour timeframe. At Warringah this also coincides with Archers remaining at short range rounds for extended periods of time and not allowing themselves to develop their skills and horizons.

The Executive Committee has recognised this and endeavored to identify specific days for "Club Coaching". This is a terrific opportunity for club members to understand equipment and develop their skills and I would suggest that if you want to improve (*who doesn't*) that you take advantage of this opportunity. These events have normally been scheduled for the 1<sup>st</sup> Saturday in each month and are identified on the Club Calendar. The Executive Committee has decided that to maximize its resources (Coaches) and to ensure range safety that on the scheduled training / coaching days that the field will be closed for the duration of the coaching session.

This brings me to some general Safety and shooting etiquette guidelines. Members of the Executive Committee spend some considerable effort and time in compiling a Club shooting calendar. It is constructed bearing in mind the capacity of the membership as well as adding variety, preparing for upcoming events as well as ensuring the members have the opportunity of achieving an improving their ratings.

There are specific start times for these rounds and I think that it is reasonable to assume that if you want to participate on those days that you ensure that you are at the range in enough time to assist in

ground set up, putting gear together and being ready to shoot at the required time. I'm sure you will all agree that it is unfair on the members that arrive at the range on time to have to wait until the "late comers" are ready to shoot. If members do wish to participate in the scheduled rounds then they must ensure that they are at the club and ready to shoot at the nominated commencement time.

With the membership increasing it is even more important that we conduct the sport in a safe manner and having the range open to various shooting times, uncontrolled shooting lines is not compatible with safety guidelines and our duty of care.

One of the responsibilities of carrying out and participating in Archery at Warringah (*and elsewhere for that matter*) is to ensure that the sport can be undertaken in a safe manner for participants and spectators alike. To ensure that all safety issues are managed there must be somebody identified to control the field of play (archery venue). That person is generically called the field Captain / Director of Shooting (DOS).

To ensure the safety of all involved at Warringah Archers we must ensure that a suitably trained DOS is available at all times that the club is running scheduled events. It is also imperative that individual club members are continually aware of all their safety responsibilities involved in participating in Archery.

The Executive Committee will compile a roster of suitably qualified members that will act as the DOS and will conduct training sessions to skill club members in the duties/responsibilities of a DOS. As part of our ongoing risk management shooting will not be able to be undertaken unless one of the identified DOS is available. Obviously the more members that participate in the DOS seminars the more flexibility there will be in compiling the duty roster.

### General Safety and range etiquette.

Like Golf it is generally considered good manners to ensure that archers that are participating in shooting be given the courtesy of doing so without undue distraction. We do participate in a weapon sport and we need to ensure that we don't take this lightly, so allowing each individual to carry out their shooting with no additional distractions is paramount.

When archers have finished their allotted arrows they should first ensure that the archers that they are standing next to are not in the process of shooting, then remove themselves from the shooting line with the minimum of fuss and retire to the equipment line. Archers should then wait quietly until the DOS gives the signal to retrieve your arrows.

The Executive Committee has also recognised that Warringah Archers has a number of young members. This is great for the long term development of

archery and the Executive Committee will continue to develop and encourage our youth archers. It is important to understand that not all young have the attentional span nor understanding of potential safety issues that can impact on themselves or other members.

Whilst we want to continue to encourage our younger members it is not the responsibility of the Executive Committee nor the DOS or other members of the club to take responsibility for the care of these members.

The Executive Committee has decided that members 10 years of age and younger participating in club activities be accompanied by an adult/parent/career. These "supervisors" can look after multiple archers but should identify themselves at the registration desk prior to shooting. Unless prior arrangements have been made unaccompanied young archers will not be able to participate in the shoot. Please be aware however that the decision is made purely for safety and duty of care reasons and if any archer/parent has difficulties complying with this request then advise the Executive Committee so that appropriate action can be taken to ensure continued participation.

Several years ago Warringah Archers ran a development programme for it's youth archers that were interested in attending the Youth Nationals. This proved very successful with Warringah not only having the largest number of participants but also having the largest contingent in the state team. Archers such as Carmello Aslanadis, Kane Wilson, that were in that squad are now starting to represent at the next level are testament to the value of conducting that programme. Warringah has again initiated youth development training to hopefully encourage our archers to participate at the 2015 Youth National at Penrith in April. If you would like to know more about this programme, conditions & dates can be downloaded from our website, or please don't hesitate to contact me.

Our Christmas function is just around the corner so please ensure that you and your family obtain tickets and participate in a great night. This night also gives us the opportunity of recognising our Club members performance throughout the year. If you have any questions or ideas that will improve/sustain participation as a club member please ensure that you talk to a member of your Executive Committee. I look forward to seeing you all on the shooting line soon

Steve Jennison (President)

### UPDATE ON CLASSIFICATIONS:

**Elite Silver Target:** Carmelo Aslanidis (RIB)

**Grand Master Target:** Clinton Wright (CM)

**Gold Class Target:** Maria Wright (CVW)

**Red Class Target:** Julia Wright (CW), Bobby Barr-Jones (CUB)

**Blue Class Target:** Jack Chambers-McLean (RIB)

**White Class Target:** Cynthia Leung (RMW)

**Blue Class Clout:** Joshua Calandruccio (RIB), Stirling Calandruccio (RM)

**Red Class Clout:** Stirling Calandruccio (RM)

### Update to website:

Club, Adbow/Kidbow Club Records / Ratings & Classifications @ 30<sup>th</sup> September, 2014

### Director of Shooting Course is being held on Saturday 22<sup>nd</sup> November, 2014.

The will be held in conjunction with the Saturday morning shoot and will cover and will go for about 1.5 hours:

- . Role of the Director of Shooting (DOS)
- . Ground set up for safety
- . Checks and signals
- . Archer equipment and attire
- . Warnings, suspensions
- . Timing gear.

All committee members, as well as adult members / parents are welcome to attend that can assist the club in this role going forwards.



### State Championships Target

**4th October** was set down for the Juniors/Masters & Veteran, with some of our juniors competing for the first time at State Championship level.

**CubBR:** Bronze Medal for Cooper Van Wijck who scored in a Horsham round: 577

Cohan Van Wijck came 4<sup>th</sup> with a score for a Horsham round of :141

**CubGR:** Gold Medal awarded to Jessica Dalton who scored 142 in her Horsham.

**MCM:** Terry McCracken came 7<sup>th</sup> with a score of 1212 which will gain him his Fita Star for a F70/1440

**LCV:** Maria Wright came 4<sup>th</sup> shooting 1196 for a F60/1440 round.

### In the Open Category 5<sup>th</sup> October

LC: Katelin Turner finished 6<sup>th</sup> with a score of 1176 for a F70/1440.

MC: Clinton Wright finished 13<sup>th</sup> with a score of 1276 for a F90.1440.

### CLUB CHAMPIONSHIPS TARGET 2014 11<sup>th</sup> October, 014

#### Canberra 30 arrows @ 60/50/40m (122cm)

Clinton Wright	MC	855 (95) GM
Cameron Maxworthy	U20MC	851 (95) GM
Terry McCracken	MCM	847 (92) GM
Lachlan McLeod	CadBC	835 (88) EB
Katelin Turner	LC	813 (810) Red
Mari Wright	LCV	812 (81) Gold
Kane Wilson	CadBR	796 (77) EB
Julia Wright	LC	787 (75) Gold
Carmelo Aslanidis	RIB	779 (73) EB
Steve Jennison	CVM	772 (71) Red
Belinda Maxworthy	RCW	769 (71) EB
Stirling Calandruccio	RM	724 (62) Blue
Alan Nolan	RVM	614 (48) Black
Kristian Cham-McLean	RM	528 (39) White
Simon Hayman	RVM	481 (34) White
Igor Mironov	RM	444 (31)
Paul Wilson	RM	432 (30)
Cynthia Leung	RMW	389 (26) White
Glenn Steele	RVM	299 (18)

Joshua Calandruccio	RIB	295 (18) White
Lilia Hutchinson	RW	229 (11)
Rosalind Agar	RMW	82

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

Jessica Hutchinson	RCW	388
Isaac Robins	RIB	258
Kaden Currie	RIB	221
Bailey Buskermolen	RIB	120
Rachel VanDort	RIG	96

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

Bobby Barr-Jones	CUB	750 (45) Red
Nicholas McCracken	CUB	717 (40) Blue
Jack C-McLean	RUB	611 (26) Black
Connor Poole	RUB	285
Ethen Henderson	RUB	282
Jessica Dalton	RUG	205
Oakley McCracken	RUB	197
Xavier Wilson	RUB	129
Alexnader Wilson	RUB	119
Taras Myrnov	RUB	71

**Northern Clout – 12<sup>th</sup> October, which also doubled as the Club Championships Clout.**



On Sunday we had 8 archers from Warringah Archers compete and finish the day with medals at the Fred Herbert Clout held at Hunters Hill, this is considered by many of the archers as a warm up event for the State Clout to be held on the 2nd of November. The morning session was held in almost ideal conditions however the afternoon session

was very trying with a strong wind and a substantial smoke haze across the field. There was a total of 6 gold, 1 Silver and 1 Bronze medals picked up, with David Shannon, Benjamin Calandruccio, Carmelo Aslandis, Joshua Calandruccio, Jack Chambers-McLean and Stirling Calandruccio collecting gold medals, Kristian Chambers-McLean picked up a silver medal and Alan Nolan picked up a strongly contested bronze medal.



**Here's a report from Kristian Chambers-McLean on his thoughts for the day!**

Within the Fred Herbert Clout event is included the competition for the County of Cumberland Shield, which Warringah won for the first time in 2013 in (52 years)

This particular discipline has a cult following with traditional toxophilites and compounders from many clubs. The keen devotees from Warringah Archers were looking forward to the annual Fred Herbert event.

The most challenging (read as FRUSTRATING) part was to land the arrows on the field 145m in front of you - at the Clout.

This was my second clout event ever, and having a wooden spoon from the previous, I had to stop the digs from my son Jack and co-conspirator Stirling. This time with more practice up my sleeve, extra wood polish for the bow and giving my arrows an early night, I was ready to to regain ground.

On arrival, the courteous introductions and friendly banter with other clubs helped to settle in. Most people knew each other, which is common once start attending different events. This is a great day of shooting with a morning and afternoon session - Double Clout.

The challenge is against yourself and the elements. I could not wait to get up to the clout and see where all arrows landed after each shoot.

The weather was fine and warm for the majority of the day and pre defined sight settings and angles delivered results. In the afternoon a slight wind prevailed with an occasional gust, sending arrows on a random course.

For better or worse I volunteered to help with scoring. I now know why, no one else volunteered. Double scoring consisted of 2 separate scorers, each comparing arrow scores and totals for 25 archers for each of the 72 ends, confirming each others calculations when different, while under time pressure. Definitely NOT boring, was too busy, even to sledge the opposition.

Our hosts, the Northern Archers, organised a fantastic day, shouted BBQ lunch with salads and softies throughout the day.

At the end of the day..the money end...I collected Silver..woohoo.

As mentioned although we only fielded 8 Archers with 8 taking home medals for their prize cabinet and man caves. Warringah also picked up the Fred Herbert youth cup with the rounds shot by David, Jack and Carmel scoring 1504 points, however unfortunately we had to hand back the County of Cumberland Shield to Northern who tallied the highest club scores on the day.

See you all at the Clout next time...the shooting line will look intimidating with a sea of maroon Warringah Club shirts. Let's show them we can do it next year..oh! and get that trophy back.



**Birthdays  
NOVEMBER**

Xavier Wilson & Calvin Poole (7<sup>th</sup>)  
Jim Barber (9<sup>th</sup>),  
James Dunne (10<sup>th</sup>),  
Natalie Berry (11<sup>th</sup>)  
Jacob Panetta (13<sup>th</sup>), Ian Harper (15<sup>th</sup>)  
Jack Chambers-McLean (21<sup>st</sup>)

## Club Shoot 18<sup>th</sup> October (to be counted in Postal League)

### Geelong 90 arrows @ 30m (122cm face)

Terry McCracken	CMM	895 (97)	GM
Clinton Wright	CM	894 (96)	GM
Julia Wright	CW	846 (70)	Red
Maria Wright	CVW	829 (64)	Blue
Stirling Calandrucchio	RM	824 (63)	Blue
Brandt Henriksson	RM	815 (60)	Red
Bobby Barr-Jones	CUB	729 (41)	Blue
Igor Mironov	RM	694 (36)	White
Troy Urquhart	RIB	676 (33)	Black
Jack Cham-McLean	RUB	659 (31)	Blue
Glenn Steele	RVM	653 (30)	White
Danielle Tonkin	RW	626 (27)	
Jacob Panetta	CUB	591 (23)	White
Jessica Hutchinson	RCW	551 (19)	White
Calvin Poole	RCM	523 (17)	
Cooper Van Wijck	RUB	515 (16)	White
Kaden Currie	RIB	509 (15)	White
Isaac Robbins	RIB	498 (14)	
Ben Calandrucchio	RJM	483 (13)	
Victoria Henriksson	RIG	403 (7)	
Connor Poole	RUB	361 (3)	
Oakley McCracken	RUB	358	
Sam Donlan	RCM	343	
Andrew Booth	RM	310	
Peter Hajny	RM	247	
Natalie Berry	RCW	244	
Cohen VanWijck	RUB	214	
Ayden Reeves	RUB	206	

## MAXIMUM PERFORMANCE SERIES

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

### Conditioning for Maximum Performance

#### SPECIFICITY

IF YOU WANT TO MAXIMIZE YOUR GAME – whatever it is – you are increasing your fitness needs. This means that you will need to, and want to condition to meet those needs. It means working a little longer than you would if you only wanted to keep fit to live your day fully, enjoy your recreation and have a reserve for emergencies. Above all, it means working *specifically* to develop the strengths you need for the game you want to play.

“Specificity” means the special adaptation that is made to the type of demands being imposed. It applies to work or play. Just because you are - conditioned to engage in a sport doesn’t mean you’re conditioned to chop wood or clean a house. In *Total Fitness*, we described the women who returned after a skiing vacation superbly conditioned – for skiing the first day she cleaned her house, she trained her muscles.

The body responds to demands imposed on it. Form follows function. As you function habitually in a certain way your

Getting in shape for one event doesn’t get you I shape for another. A basketball player who increases his running endurance during this season doesn’t increase his swimming endurance proportionately. A competitive swimmer can’t run up and down a

basketball court much more effectively at the end of the swimming season than at the beginning.

Conditioning for maximum performance is a program in itself. The best single way to train for a sport is to practice the sport. But if your goal is to move into a higher class of play, there’s more to it than that.

When you play a match every day, you improve up to a point, particularly if you play against better and better players. But in doing so, you’re using the limit of your present strength and endurance capacities and skills in every game. You’re fatigued at the end and feel that you’ve given your all. But you’re not improving your condition as well as you could.

When you’re using all you have in the latter part of the contest – the point where winning takes place – you miss the crucial shots because of the fatigue that inevitably comes before exhaustion. Psychologically, you’re further handicapped. You know from experience that you’re not at your best in the closing moments of a contest. So you lose your confidence.

The maximum performer does it another way. In training, he concentrates on all the elements he needs to develop a reserve of strength, endurance and whatever else the game demands. During the match, he plumbs but never empties that reserve. He finishes his match with ease; even though he’s played his best, he’s never exhausted.....to be cont.



## OCTOBER HANDICAP WINNER Cynthia Leung RMW

C.Leung	RMW	15	478	557	1035
G.Steele	RVM	17	576	438	1014
J.C-Mclean	RIB	17	458	409	867
B.Barr-Jones	CUB	46	139	672	861
J.Wright	CW	82	68	786	854
S.Hayman	RVM	48	246	604	850
K.Currie	RCM	14	489	229	718

## CHANGES IN TARGET RATING

Carmelo Aslanidis	RIB	73 to 77	3/10/14
Glenn Steele	RVM	xx to 16	5/10/14
Cynthia Leung	RMW	15 to 21	5/10/14
Lachlan McLeod	CCM	81 to 84	11/10/14
Maria Wright	CVW	78 to 79	11/10/14
Alan Nolan	RVM	46 to 47	11/10/14
Kristian C-McLean	RM	36 to 37	11/10/14
Cynthia Leung	RMW	21 to 23	11/10/14
Glenn Steele	RVM	16 to 17	11/10/14
Jack ChAM-McLean	RUB	17 to 21	11/10/14
Terry McCracken	CMM	94 to 95	18/10/14
Troy Urquart	RIB	31 to 31	18/10/14
Jack Cham-McLean	RUB	21 to 26	18/10/14
Glenn Steele	RVM	17 to 23	18/10/14
Danielle Tonkin	RW	xx to 19	18/10/14
Calvin Poole	RCM	15 to 16	18/10/14
Kaden Currie	RIB	xx to 14	18/10/14