



WARRINGAH - ARCHERS NEWSLETTER November 2014

www.warringaharchers.com.au

**XMAS FUN
SHOOT
20th December
Award for **Best
Dressed wear XMAS
colours****

The Clubs Presentation Night / XMAS party was held

on the 15th November, and it was great to see so many families in attendance. Big thank you to Georgia for being our MC, and to Carmelo for sharing his experiences with us while competing at the 2014 Trans-Tasman test.

The night gives us the opportunity to recognize our Outright Champions in all disciplines in the sport, such as: **Club Supporter of the Year:**
Stirling Calandruccio



Most Consistent Archer for 2014 was Terry McCracken. Terry also taking out the Most Improved Indoor Archer.



With Brandt Henricksson taking out the Most Improved Target Archer

Adbow Club Champion: Kristian Chambers-McLean

Kidbow Club Champion: Calvin Poole

Outright Field Champion: Kane Wilson

Outright Clout Champion: David Shannon

Novice Archer of the Year: Kristian Chambers-McLean

Tournament Performance Awards:

Points are awarded for placings gained in Society events 3 for 1st, 2 for 2nd, 1 for 3rd, however just to make it tricky when you shoot in a State Championship events you are awarded 5

for 1st, 2 for 2nd & 1 for – full results of placings are mentioned at ArcheryNSW Presentation night, however,

Warringah Archers keeps an honour roll of members who attain 25/50/100/150/200 points accordingly, with the following members being honoured:

For 2014 on 25 points:

Ben Calandruccio finishing on 41
Joshua Calandruccio finishing on 35

200 points: closest is Kane on 186
Though there are a couple of tournaments between now and the end of the year that will be taken into consideration.

Welcome to new club members: Sam Donlan (RIB), Petr Hajny (RM) & Andrew Booth (RM), please join me in welcoming them aboard and showing them the ropes down at the club.

Club Shoot: 26th October, 2014 Newcastle Round in preparation for Kidbow (90 arrows @ 20m/122cm)

Maria Wright	CVW	882 (70) Red
Stirling Calandruccio	RM	874 (65) Red
Brandt Henricksson	RMM	869 (62) Red
Simon Hayman	RVM	825 (46) Black
Kristian Cham-McLean	RM	814 (43) White
Nicholas McCracken	CCB	779 (34) Black
Jacob Panetta	CCB	762 (31) Black
Glenn Steele	RVM	750 (28)
Paul Wilson	RM	736 (26)
Cynthia Leung	RMW	735 (26) White
Josh Calandruccio	RIB	717 (23) White
Igor Miranov	RM	715 (22)
Calvin Poole	RCM	662 (15)
Peter Hajny	RM	580 (7)
Ben Calandruccio	RJM	569 (6)
Ethan Henderson	RCB	516
Aidan Hayman	RIB	509
Aidan Barker	RCB	500
Sam Donlan	RIB	470
Bailey Buskermolen	RIB	428
Connor Poole	RCB	390
Kathy Jones	RW	351
Andrew Booth	RM	351
Rachel Van Dort	RIG	349
Ayden Reeves	RCB	316
Xavier Wilson	RCB	306
Alexander Wilson	RCB	276

Note: Those in Bold – New Club Records

KidBow tournament 1st November, 2014, well I think we had all kinds of weather this year at the Kidbow Tournament, to windy conditions (*few arrows were lost*), extreme heat (*those water bottles came in hand*), and then the rain, just when we were mid-way through presentations and it was relentless.

Big thank you to our DOS – Steve Salmon, and Andrew Crampton for officiating.

Our friendly cook who did a bang up job Kristian.



Thanks to one of our former members Adrian Harper for the design of our eagle buckles, which went



down well will all the the juniors. Thanks Adrian. It was also great to see the Mayor of Warringah Shire Council shooting the

first arrow, scoring an '8', pictured above with one of Warringah Archers founding members Danny Stasenka & Club President.

The Mayor also stayed to watch the competition get into full swing.



Jessica & Victoria & Robbie Bobby & Oakley checking out their buckles.



Aaron, Hamish & Jack glad to have placed to win one.



State Championships Clout 2nd November by Alan Nolan

Warringah Archers had five representatives compete at the State Clout Championships and all earned

points for their Club towards the Ross Herron Memorial trophy.

Gold MedalS: Ben Calandruccio, Joshua Calandruccio, Jack Chambers-McLean and Stirling Calandruccio.

Silver Medal went to Alan Nolan

Bronze; Kristian Chambers-Mclean This was Alan fourth clout Alan had attempted (*with mixed results*). The company is always good and plenty of advice seems flow, and theories abound. But we all remain at the mercy of the wind!

It is remarkable, the difference in conditions from morning to afternoon shooting ,and just how much the group moves with the fluctuations in wind. Very frustrating! Everybody was in the same boat though. I'm looking forward to the clout rounds next year, maybe I'll get a little more right.



MAXIMUM PERFORMANCE SERIES

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

Conditioning for Maximum Performance

PROFILE YOUR PERFORMANCE NEEDS

TRAINING FOR MAXIMUM PERFORMANCE is exquisitely efficient. You do what you need to do, and not an ounce more. Most amateur athletes assume that staying in shape for their sport automatically includes daily bouts of jogging. Unless their sport includes a lot of movement at jogging speed, they're mostly wasting their time. Jogging might be beneficial at the outset of pre-season training to gently condition the body tissues for unusual stresses and strains, but it gives no training value for a specific event.

Suppose you're a tennis player. About the only time you move at jogging speed on a tennis court is when you're retrieving balls during your warmup. To train for tennis excellence, you train at game speed.

Whatever the sport, conditioning for maximum performance is performed in the same posture, with the same intensity and rhythm inherent in the event. But it's not *just* the event; it's the manner in which you perform that event - or wish to. If tennis is your game, do you play singles or doubles? Your conditioning program will vary, depending on your answer. Do you play or wish to play, an hour every day? Two hours twice a week? Do you play in tournaments? Are the tournaments decided in three

or five-set matches? Every response changes your program.

We're going to set up your program now in terms of your objectives. Because each person approaches his activity in a different way, determined by his age, physical capacity and objectives, each training program should be and is different.

It's up to you now to decide what kind of performer you want to be. Provide yourself with a good challenging goal – but be sure at the same time that you won't literally or figuratively break your heart.

Remember the human sense of maximum; to be as good as you can be in the time you're willing to commit.

We're going to devise your program with a convenient rating scale that will tell you at a glance where the emphasis needs to be in your conditioning, so that you spend your time and effort where it counts the most.

CONDITIONING PRIORITIES

Low – Some but minor importance. A certain degree of development necessary, but high development not needed. Usually accomplished in early conditioning.

MODERATE – Important, but not usually a limiting factor. May be called on occasionally, so needs to be developed to a fair degree.

HIGH - Of central importance, often the factor on which success or failure hinges. The primary goal of conditioning and maintenance.

ELEMENTS

Muscle Mass

Muscle Endurance

Muscle Strength

Cardiorespiratory endurance

Mobility

Durability of joints or ligaments

Toughness of skin

Ability to relax

PRIORITIES

Now we're going to show you how you would analyze your activity in terms of the demands it makes on these elements of attention. If you don't need a lot of strength for the sport, for example, there's no point in building your strength beyond your need. You're better off investing the effort and time elsewhere. Remember to consider *how* you intend to play the sport. If you're proposing to pay goalie on a soccer team, your program of conditioning will differ radically from that of the forwards on the same team. You don't want to devote hours to something that isn't productive.....*to be continued*

CHANGES IN TARGET RATINGS:

Jack Chamb-McLean	RUB	26 to 27	1/11/14
Jacob Panetta	CUB	22 to 26	1/11/14
Kaden Currie	RIB	14 to 19	1/11/14
Calvin Poole	RCM	16 to 20	1/11/14
Danielle Tonkin	RW	16 to 17	2/11/14

Andrew Catto	RM	45 to 47	2/11/14
Brandt Henricksson	RMM	64 to 72	8/11/14
Andrew Catto	RM	47 to 48	8/11/14
Igor Miranov	RM	xx to 33	8/11/14
Calvin Poole	RCM	20 to 21	8/11/14
Kristian Chamb-McLean	RM	37 to 39	12/11/14
Kane Wilson	RCM	85 to 86	12/11/14
Andrew Catto	RM	47 to 50	15/11/14
Cynthia Leung	RMW	24 to 25	15/11/14
Bobby Barr-Jones	CUB	46 to 48	19/11/14
Calvin Poole	RCM	21 t 22	22/11/14
Glenn Steele	RVM	26 to 30	22/11/14
Cythia Leung	RMW	25 to 29	22/11/14



NOVEMBER HANDICAP WINNER ANDREW CATTO MALE RECURVE

A.Catto	RM	45	271	664	935
D.Tonkin	RW	16	588	333	921
C.Leung	RMW	23	506	398	904
B.Henricksson	RMM	64	143	750	893
S.Hayman	RVM	44	280	594	874
K.Turner	CW	83	64	796	860
G.Steele	RVM	26	471	369	840

Club Shoots 8th /9th November

Wollongong 36 arrows @ 90/70m

Terry McCracken	CMM	509 (72)	Red
Stirling Calandrucchio	RM	362 (54)	Black
Kristian Chamb-McLean	RM	128 (25)	

Townsville – 36 arrows @ 70/60m

Brand Henricksson	RMM	605 (80)	GM
Andrew Catto	RM	410 (49)	Black
Igor Miranov	RM	297 (37)	White

Yass – 36 arrows @ 55/45m

Simon Hayman	RVM	406 (38)	White
Glenn Steele	RVM	285 (24)	
Cynthia Leung	RMW	260 (21)	

Goulburn – 36 arrows @ 40/35m

Paul Wilson	RM	400 (25)	
Glenn Steele	RVM	400 (25)	
Lilia Hutchinson	RW	274 (11)	
Rosalind Agar	RMW	167	
Natalie Berry	RCW	121	

Sarah Lee – 36 arrows @ 25/20m

Calvin Poole	RCM	529 (22)	White
Jacob Panetta	CCB	507 (18)	White
Sam Donlan	RIB	463 (11)	White
Andrew Booth	RM	413 (5)	
Robbie Caldwell	BRIB	372	
Connor Poole	RCB	328	
Ayden Reeves	RCB	309	
Aiden Barker	RCB	285	
Ethan Henderson	RCB	285	
Alexander Wilson	RCB	217	
Taras Myronov	RCB	134	
Xavier Wilson	RCB	105	

Club Shoot 15th November, 2014

Adelaide – 30 arrows @ 60/50/40*/30*

Terry McCracken	CMM	1115 (90) M
Maria Wright	CVW	1011 (71) Red
Brandt Henriksson	RMM	994 (68) Red
Andrew Catto	RM	867 (54) Black
Simon Haman	RVM	633 (36) White
Cynthia Leung	RMW	491 (27) White
Glenn Steele	RVM	430 (23)
Igor Miranov	RM	398 (21)
Andrew Booth	RM	240 (8)4

Junior Adelaide – 30 arrows @ 40/35/30*/25*

Bobby Barr-Jones	CUB	868 (41) Blue
Nicholas McCracken	CUB	863 (41) Blue
Kaden Currie	RIB	685 (23) White
Isaac Robbins	RIB	493 (14)
Jack Chamb-McLean	RIB	382 (7)
Robbie Caldwell	BRIB	262
Roz Agar	RMW	261
Ethan Henderson	RUB	200
Bailey Buskermolen	RIB	152
Oakley McCracken	R10B	76



Birthdays

December

Michael Salmon

(1st), Andrew

Catto & Roger

Ackroyd (2nd)

Clinton Wright

(4th), Simon Hayman (6th), Gregg

Barr-Jones (7th), Aiden Hayman

(10th) Taras Myranov (20th)

Club Shoot 22nd November, 2014

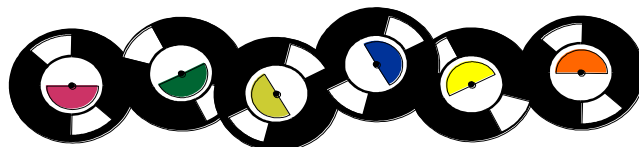
Darwin – 90 arrows @ 40m 122cm face

Terry McCracken	CMM	870 (92) GM
Maria Wright	CVW	804 (69) Blue
Brandt Henriksson	RMM	801 (68) Red
Stirling Calandrucchio	RM	766 (60) Blue
Andrew Catto	RM	716 (51) Black
Nick McCracken	CUB	632 (40) Blue
Simon Hayman	RVM	630 (40) Black
Glenn Steele	RVM	578 (34) White
Cynthia Leung	RMW	565 (33) White
Joshua Calandrucchio	RIB	492 (26) Black
Petre Hajny	RM	416 (20)
Kaden Currie	RIB	414 (19) White
Danielle Tonkin	RW	389 (17)
Victoria Henriksson	RUG	379 (16) White
Jacob Panetta	CUB	369 (15) White
Jack Chambers-McLean	RUB	350 (14) White
Sam Donlan	RIB	298 (9)
Aaron Hayman	CLM	285 (8)
Aidan Barker	RUB	106

Newcastle – 90 arrows @ 20m 122cm face

Calvin Poole	RCM	717 (23) White
Connor Poole	RUB	542 (3)

Note: Those in Bold – New Club Records



records tumble.....during month of September / October /November 2014

L.McLeod	CCM	Samford	762	6/9/14
K.Wilson	RCM	Samford	795	6/9/14
C.Aslanidis	RIB	Samford	709	6/9/14
D.Shannon	RJM	Samford	687	6/9/14
E.Hugo	CJW	Fita Indoor I	571	13/9/14
K.Wilson	RCM	Fita Indoor 1	573	13/9/14
K.Wilson	RCM	F60/720	645	14/9/14
T.McCracken	CMM	Launceston	667	20/9/14
C.Leung	RMW	Lukie Last	478	20/9/14
O.McCracken	RU10B	Lukie Last	242	20/9/14
K.Wilson	RCM	F60/720	647	22/9/14
B.Henricksson	RMM	55m 122cm	298	27/9/14
B.Henricksson	RMM	45m 122cm	293	27/9/14
T.McCracken	CMM	55m 122cm	335	27/9/14
T.McCracken	CMM	45m 122cm	341	27/9/14
J.Wright	CW	35m 122cm	335	27/9/14
T.McCracken	CMM	Yass	676	27/9/14
B.Henricksson	RMM	Yass	591	27/9/14
J.Wright	CW	Goulburn	651	27/9/14
I.Miranov	RM	Goulburn	530	27/9/14
N.McCracken	CUB	Goulburn	516	27/9/14
R.Agar	RMW	Goulburn	454	27/9/14
B.Henricksson	RMM	Intermediate	1198	27/9/14
B.Henricksson	RMM	35m 80cm face	301	27/9/14
C.Aslanidis	RIB	Dble Int'med	2603	2-3/10/14
M.Wright	CVW	Fremantle	1196	4/10/14
M.Wright	CVW	50m 80cm	293	4/10/14
M.Wright	CVW	Canberra	812	11/10/14
T.McCracken	CMM	Geelong	895	18/10/14
C.Wright	CM	Geelong	894	18/10/14
M.Wright	CVW	Geelong	829	18/10/14
B.Henricksson	RMM	Geelong	815	18/10/14
M.Wright	CVW	Newcastle	882	26/10/14
B.Henricksson	RMM	Newcastle	869	26/10/14
B.Henricksson	RMM	Townsville	605	8/11/14
N.Berry	RCW	40m 122cm	57	8/11/14
N.Berry	RCW	35m 122cm	64	8/11/14
N.Berry	RCW	Goulburn	121	8/11/14
L.Hutchinson	RW	Goulburn	274	8/11/14
R.Agar	RMW	Goulburn	167	8/11/14
C.Poole	RCM	Sarah Lee	529	8/11/14
C.Leung	RMW	55m 122cm	124	9/11/14
C.Leung	RMW	45m 122cm	136	9/11/14
C.Leung	RMW	Yass	260	9/11/14
T.McCracken	CMM	F50/720	647	12/11/14
C.Wright	CM	F50/720	660	12/11/14
T.McCracken	CMM	Adelaide	1115	15/11/14
M.Wright	CVW	Adelaide	1011	15/11/14
B.Henricksson	RMM	Adelaide	994	15/11/14
B.Barr-Jones	CUB	Jun Adelaide	868	15/11/14
K.Currie	RIB	Jun Adelaide	685	15/11/14
R.Agar	RMW	Jun Adelaide	261	15/11/14
O.McCracken	RU10B	Jun Adelaide	76	15/11/14
M.Wright	CVW	F50/720	545	19/11/14
B.Henricksson	RMM	F70/720	505	19/11/14
B.Barr-Jones	CUB	35/720	582	19/11/14
T.McCracken	CMM	Darwin	870	22/11/14
M.Wright	CVW	Darwin	804	22/11/14
A.Hayman	LCM	Darwin	285	22/11/14

Qualification Ranking Shoots (QRE) Three off these were held during the month of November, to try to assist our junior archers in obtaining qualifying scores for the World Youth Championships, well done to **Kane Wilson & Ella Hugo**, who have managed to obtain their MQS Minimum Qualifying scores, to be eligible to be considered for the Australian team, pending results at final selection shoots.