



# WARRINGAH - ARCHERS NEWSLETTER December 2014

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

EVERYONE  
HAVE A SAFE  
LEAD IN TO  
2015



## Across the desk of the Secretary / Recorder"

### Welcome to new members:

Pierre Buskermolen (RM), Leanne Spencer (RW), Gregory Williams (RM), Hannah Williams (RUG),

Vincent Shaw (RVM), Kyle Evans-Murry (RIB), Jai Whiley (RUB)

### Website Updates:

- Adbow & Club Records @ 31<sup>st</sup> December, 2014
- Ratings @ 31<sup>st</sup> December, 2014
- Classifications @ 31<sup>st</sup> December, 2014.

The good news is, that everyone has to try to retain their classification achieved in 2014 from the 1<sup>st</sup> January 2015. 3 scores have to be attained annually.



### State Records awarded:

#### Kane Wilson (RCM)

FITA900 – 833 on 10/8/14  
24T Unmarked Fita Field (Blue peg) 352  
22/9/14

#### Carmelo Aslanidis (RIB)

45/720 – 661 on 29/9/14

#### Jack Chambers McLean (RBCB)

Double Clout – 501 12/10/14



## CITY OF SYDNEY CHAMPIONSHIPS

### 7<sup>th</sup> December, 2014 by Julia Wright

A few weeks ago myself, Clint and Maria decided to go to Coogee to shoot the Sydney Bowman competition.

We had a real mixed bag of weather for the shoot. In the morning it was very hot and sunny. Clint and I shot on the same target with one of the visiting members of the Korean Para Olympic team which was a great experience.

In the afternoon the the storm clouds rolled in and things were looking ominous with the odd bit of lightening around but we made it to the end with Clint taking out the tournament in fine style. It was quite an effort considering the number of Northern Archers members who competed.

It consisted of a double Canberra which was a total of 180 arrows that was shot over 2 sessions. One in the morning and one in the afternoon. Round: Double Canberra 30 arrows @ 60/50/40m on 122cm face

Clint walked away with the Gold medal in the Compound Division One, with a score of **869** & 852 = 1712 and gaining 3 points for the City of Sydney Cup. Julia came 4<sup>th</sup> in the Women's Compound Divn.2 with a score of 793 & 791 = 1584 with Maria Wright finishing 5<sup>th</sup> in the Womens Compound Divn.2 with a score of 767 & 807 = 1574 points.

### **BOLD:** Indicates new Club record broken

The City of Sydney Cup was won by Northern Archers on 18 points, Sydney Bowmen on 14 points and SOPA on 8 points. Each time a person places in a Division, they gain 3 / 2 / 1 points towards the Cup. It was a fun day and we would shoot it again, let's make it a club shoot in 2015!

**Important Notice:** Please check the list of rounds that members can shoot when at the club so that you ensure that you use the correct score cards. Recently a FITA 18/40cm face was shot, which is 60 arrows, all members on the day shot 72 arrows, therefore scores are VOID. Also a Geelong round is 90 arrows @ 30m on 122cm face, not 72 arrows, therefore this round was also VOID. If you notice that there are no score sheets for the round, please modify using another but ensure that the correct number of arrows is shot to save disappointment. Also let a committee member know if new score cards need to be printed.

Members shooting rounds, should place their score card in the recorders box which is located inside the club house (**ensure full name / date/round/total score/access number and signature is recorded.**) then proceed to put score boards & Pens away, please do not leave these lying around in the club house. Thanks – Recorder.

**Remember:** If you are shooting away from the club, can you please let the recorder know, so that results can then be downloaded from the website. As these affect ratings / classifications held by the club. It will be much simpler going forwards once the club is up and running with Archers Diary.

**Change to Age Groups:** Please remember that @ 1<sup>st</sup> January 2015, some members will be going up an age group. If in doubt check the front page of the Warringah website to ensure you register yourself in the correct age group.

## MAXIMUM PERFORMANCE SERIES

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

### Conditioning for Maximum Performance

## PROFILE YOUR PERFORMANCE NEEDS

You don't want to devote hours to something that isn't productive..... *continued*

First, let's identify the priorities

**Muscle mass** is determined by the size of fibers in your tissues. You need mass in order to have something to work with; you achieve it by repeating efforts of moderately high intensity – for example exercising with a load that you can lift only fifteen to twenty times. Developing the muscle mass you need is a prelude to developing muscle endurance and strength.

**Muscle endurance** enables you to contract your muscles many times without developing fatigue.

**Muscle strength** is the brute force you can apply in an all-out rapid single contraction of a muscle.

**Circulorespiratory endurance** is the ability of your heart and lungs to keep you moving for a long time.

**Mobility** is your body's flexibility – ability to reach, turn and bend.

**Durability of joints or ligaments** enables you to withstand sudden jolts and repeated shocks.

**Toughness of skin** relates to ability to withstand friction or tearing.

**Ability to relax** is the capacity to release excess tension in the body.

Now, let's rate each of the elements in terms of its importance to an event – **L** for low, **M** for moderate and **H** for high – and record each rating alongside the element. Suppose, for example, we were analyzing tennis for someone who played competitive singles.

Does tennis require muscle mass? A certain amount, but not an exceptional amount. So we'd place an **M** in the rating column.

Muscle endurance? Absolutely. A lot of running jumping and movement of the arms. An **H** would be marked in the rating column.

Muscle strength? A great deal in the hand and forearm, a moderate amount in the rest of the body. We'll put our **H** in the rating column, but make the note "forearm" alongside as a reminder that the need for strength is localized.

Circulorespiratory endurance? Tennis is not a continuous all out event like a mile run, but there are enough periods of prolonged rallies involving successive starts and sprints to tax any one's stamina. So we need an **H** here to be sure we have this stamina when we need it.

Mobility? We'll give this one a "high." It's important, but not maximally important as it would be to a gymnast or a swimmer.

Durability of joints or ligaments? A great deal of strain, requiring much preparation. An **H** in the rating column.

Toughness of skin? Tennis has a terrific tendency to cause blisters. It's important to toughen the hands and feet. An **H** in the rating column.

Ability to relax? A fairly important element, so it rates an **H**.

Summing up your program if you were trying to achieve proficiency in tennis, here's what you would do:

Concentrate more on muscle endurance than on developing muscle bulk or strength, except for the strengthening of the hand and forearm.

Develop circulorespiratory endurance by working up to game speed and a little higher for a period a little longer than the length of an extended match.

Give a healthy amount of attention to developing your mobility; total attention to exercise that build up the knee and ankle joints and ligaments, careful attention to fitting your shoes and gradually toughening the skin of your hands and feet; and a respectable amount of attention to learning to relax.

One important caution: The need for various qualities depends on the manner in which you play

your game, the intensity and your expectations. The priorities assigned here are for the average player who wants to improve and is willing to work at it.

Later on, after we've learned how to condition for maximum performance, we'll help you put the process into the perspective of your own sport. All that's important to remember at this point is the principle that training should correspond to your need.

### CHANGES IN TARGET RATINGS:

Carmelo Aslanidis	RIB	77 to 80	8/11/14
David Shannon	RJM	61 to 62	26/11/14
Bobby Barr-Jones	CUB	48 to 51	29/11/14
Clinton Wright	CM	100 to 101	7/12/14
Danielle Tonkin	RW	17 to 25	7/12/14
Jacob Panetta	CIB	26 to 31	13/12/14
Igor Miranov	RM	33 to 35	13/12/14
Glenn Steele	RVM	30 to 31	13/12/14
Kaden Currie	RIB	21 to 22	13/12/14
Jessica Hutchinson	RCW	21 to 24	27/12/14

### DECEMBER - Wayne Jarrett Memorial HANDICAP WINNER JACOB PANETTA Cub Boy Compound

J.Panetta	CUB	26	359	638	997
P.Buskermolen	RM	xx	634	351	994
K.Currie	RIB	21	531	410	941
I.Miranov	RM	33	391	549	940
G.Steele	RVM	30	424	500	924
S.Donlan	RIB	9	546	350	896
A.Catto	RM	50	230	661	891
C.Wright	CM	100	24	861	885
J.Wright	CW	82	68	802	870
K.C-McLean	RM	39	328	535	863
K.Turner	CW	83	64	794	858
Coh.V.Wijck	RUB	4	353	499	852
B.Barr-Jones	CUB	51	223	595	818
J.C-McLean	RUB	27	350	450	800
P.Hajny	RM	20	424	373	797
B.Buskermolen	RUB	2	623	168	791
D.Tonkin	RW	25	370	414	784
Con.Poole	RUB	3	610	163	773
C.V.Wijck	RIB	18	447	313	760
A.Barker	RUB	6	578	148	726
R.VanDort	RIG	4	316	408	724
A.Reeves	RUB	xx	353	354	707
R.Caldwell	RBIB	15	228	427	655
I.Robbins	RIB	12	250	385	635
J.Dalton	RUG	2	334	154	488

### 20<sup>th</sup> December, FUN SHOOT

Yep it was that time of the year again, and as you notice we had a special visitor shooting with the club



this year – None other than Santa Clause (*was he really checking the list to see which members were naughty and who was nice?*). Shame on you Brandt for nailing the President to the target.



It was great to see Santa also had a little helper this year to share his jokes with!!! Enough said about that, though we might ask members to start thinking



of some for next year.

It was great to see so members turn up to shoot this year, however, round about November 2015 we will start our education program on Dress code – Red & Green for the Christmas shoot! Paul Wilson walked away with Best Dressed on the day, wonder if you can guess what colour he wore?

Scores were **WE WILL WIN** (4895), well they didn't sorry, **SANTAS SLEIGHERS** (3875) **KETCHUP CRUSADERS** (3380) **WARRINGAH RAINDEERS** (232888 *think there was some creative accountancy on this score?*) **TOTALLY HAVE NOT BEEN CHEATING** (7700)

Yeh Sure! &

**AWESOME**

**ARCHERS** (5455).

Of course these totals didn't really matter, as a shoot off was held to declare the winning team.

IGOR's team won this year, going down to the line with BRANDT's team where they had to stump each other out at cricket – WELL DONE Team



## Club Shoot – 27<sup>th</sup> December, 2014

**Sydney round – 30 arrows @ 70/60/50/40m**

**Clinton Wright CM 1146 (102) GM**

Julie Wright CW 1048 (79) Gold

Brandt Henricksson RMM 913 (61) Red

Stirling Calandruccio RM 894 (59) Blue

**Intermediate Sydney-30 @50/40/30/20m**

**Bobby Barr-Jones CUB 962 (49) Red**

Jessica Hutchinson RCG 747 (28) White

**Jack Cham-McLean RUB 616 (17) White**

**Victoria Henricksson RUG 598 (16) White**

**Ben Calandruccio RJM 569 (14)**

Lilia Hutchinson RM 440 (4)

**BOLD: Indicates new Club record broken**



## Birthdays January

**Kyle Evans-Murray (1<sup>st</sup>),  
Robert Caldwell & Bailey**

**Buskermolen (11<sup>th</sup>), Merrick Nacinovich (12<sup>th</sup>), Nicholas McCracken (13<sup>th</sup>) Maria Wright (19<sup>th</sup>), Max Kemmler (21<sup>st</sup>), Ken Wright (22<sup>nd</sup>), BIG Milestone '70', Victoria Henricksson (22<sup>nd</sup>), Terry McCracken (23<sup>rd</sup>), Danielle Tonkin (28<sup>th</sup>),** *Note: You know I am partial to cakes, with a large group of members having birthdays in January, hows about sharing a cake!!!!*

## Advertisement

### ARROW DEGAUSSER

Arthur Bendbacon – the great playwright, once remarked that magnetism moves in mysterious ways. How right he was – particularly when it relates to archery. The 'magno-arrow' effect on shooting is a little known but well documented phenomenon. However, its effects are frequently passed off in more esoteric terms like 'poor release', or 'clicker malfunction'. To combat 'magno-arrow' our engineers have successfully developed the Arrow Degausser



Before appreciating the benefits of the Arrow Degausser, it's important to discuss the three principal causes of the magno-arrow problem. Firstly, how often towards the end of a lengthy tournament, have archers complained their arrows are losing direction? The answer to this more likely lies in the continual movement of the arrows through the air causing them to self-magnetise. Secondly, the same self-magnetising occurs when arrows rub against each other in the quiver. Thirdly – and most importantly, archery ranges are ideally aligned east/west or west/east, which places magnetic north at right-angles to the line of shooting. It's that invisible magnetic pull on increasingly magnetised arrows that heavily influences their course variation.

And the solution is blindingly simple – de-magnetise the arrows!

Our research indicated arrows should be degaussed about every forty shots. Given that this might be needed during a field shoot, our engineers have made the Arrow Degausser to be dual-powered – solar, and re-chargeable battery. This is true flexibility! The Arrow Degausser is manufactured in both club and personal versions. The club version is illustrated above. It accommodates three arrows and takes 30 seconds to complete the task.

The Arrow Degausser is an absolute 'must have' for every club.

For further details please contact:

Far-Fledged Enterprises  
(The Archery Innovators)

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