

WARRINGAH ARCHERS NEWSLETTER February 2016

www.warringaharchers.com.au



Yep
Easter is
Early!



Across the desk of the President:

What a weekend we have just had, and another great job for everyone involved in making the Warringah Open a success. Warringah got at least one of every placing to obtain – First / Second and a third, with our Warringah Ladies securing the teams event.

Compound Teams

Trophy won by SOPA – Ian Asidera, Jonathan Milne, Clinton Wright & Lisa Matton



Longbow Open Division:

Won by David Onslow (Northern), 2nd Aaron Hayman (Warringah)

Compound Men Open – clean sweep for SOPA – Ian Asidera, 2nd Jonathon Milne, 3rd Clinton Wright

Compound Women Open

Lisa Matton, 2nd Bianca Gibbons (Liverpool),



3rd Julia Wright (SOPA) **wecurve Men Open:** Victor Wei (SOPA), 2nd David Coultard

(Northern), 3rd Carmelo Aslanidis (Warringah) – PS Collected by Tryon Digby



Recurve Women Open:

Leanne Spencer (Warringah), 2nd Joanne Murray (SOPA), 3rd Cath de Souza (Northern)



Souza (Northern)



Elimination Matchplay Shoots were won by: Victor (Recurve) – shooting off against Carmelo and Clint (Compound) – shooting off against Jonathan



Recurve Teams

Trophy won by SOPA – Victor Wei, Joanne & Jaymie Murray & Frank Figliuzzi

Ladies Team Perpetual Trophy won by Warringah Archers. Consisting of Leanne Spencer, Lilia Hutchinson, Marie Wright & 14 year old Victoria Henrickson



Awesome shooting line. Thanks to members for helping to clear the field after the elimination shoot. BIG THANK

you to Steve J for DOS & Kathy Vaughan for helping with the Judging (I certainly learned a few things)! To our Residnt Chef – Kristian for another great BBQ., Awesome job Leanne for ensuring results and placings were available before elimination shoot finished, and our ladies in the Canteen, Simone / Katie & Maddy



THANK YOU ALL

Congratulations: To Steve Jennison & Lilia Hutchinson, who have completed their Club Officials Certification endorsed by Archery Australia

Welcome to new members: Adrian Bartlett (BRMM), Mark Smith (RMM) & Sam Mei (RM), Charlotte Thompson (RCW), Lachlan Devereux (RUB) & Lachlan Sherlock (RUB) please join me in welcoming them aboard and showing them how various activities work at the club.

Membership Fee Increase: As mentioned late last year, Archery Australia fees will increase by \$5.00 per individual person and \$10 per family from 1st March, 2016. Our membership link will be updated automatically for on line payments. All renewals due on this date will incur the new fees.

Greetings from Barcelona: Most of you would have shot with Pablo while he was studying over here for a short period of time: Pictures taken at Montjuic castle in Barcelona, where Pablo's club trains the outdoor field season.



Pablo seen here with his Warringah archers shirt (*the only one in Barcelona, we believe*), and with his new bow (apparently it is working quite well J).

Best regards from us and hello to all the Friends at Warringah (Pablo & Pere)



The 2016 Club Challenge is an Archery Australia sponsored and promoted tournament aimed directly at the average club archer with the scores and results nationally managed.

The 2016 Club Challenge will be what used to be known as a Postal Shoot but will be internet based with live and up to date results using Archery Australia Archers Diary Scoring and Results system.

The 2016 Club Challenge will be conducted in two forms:

1. Individual Handicap
2. Club Team

The 2016 Club Challenge will also give members the opportunity, experience and understanding of the Archery Australia Rating and Handicap System while being given the opportunity to claim Classifications, Medals and Awards.

The 2016 National Club Challenge will be conducted by clubs at clubs over the weekends of the:

- 5 and 6 March 2016
- 12 and 13 March 2016
- 19 and 20 March 2016
- 26 and 27 March 2016

The rounds to be shot are the Canberra / Short Canberra & Junior Canberra. Warringah Archers will put these events on the club calendar for the month of March (excluding handicap day), and will be dependant on your age category (sorry there is no Mini Canberra being offered in this comp).

The Club has registered that it wishes to take part in the event, all that needs to happen now is for club members to register. To cover costs there will be a \$10.00 entry fee for each competitor, irrespective how many times they shoot. It is the responsibility of each person to enter the event using Archers Diary. The Club Recorder or designated Club Official shall ensure each person is entered before adding scores to the official event in Archers Diary. The Club will collect the entry fee and each club will be invoiced by Archery Australia.

Based on the above figure and projects cost of medals, awards, prize money and expanding Archers Diary to accommodate this event we will require a minimum of 300 entries to break even.

Individual Handicap - Archery Australia will present special 2016 Club Challenge medals to each winner.

Individual Handicap

For the Individual Handicap event, scores will be converted to a "Handicap Score", that is the "Off the Bow" score shot, plus the allowance. The allowance is calculated automatically by Archers Diary using the person's current rating .

As Archers Diary will be used for scoring and results it has the facility to automatically calculate each person's Handicap Score as well as update the rating each time they shoot a round.

For the Individual Handicap all usual division will be recognised.

To be eligible for the Individual Handicap event a person must have obtained their handicap rating either in advance as determine by Archery Australia Policies and Procedures or during the 2016 Club Challenge shooting a minimum of three rounds.

If a person does not have a current rating they will not be eligible for the competition as an accurate handicap rating can not be determined.

Following the completion of the 2016 Club Challenge after all scores are entered, the Highest, Second Highest and Third Highest handicap scores in each division will be declared 1st, 2nd and 3rd place.

Club Team – Plaque for 1st, 2nd and 3rd which can be displayed at the clubhouse.

The second event will be a 2016 Club Team Challenge. Scores will be based on each person's Handicap Score.

The highest Handicap Score shot during the 2016

Club Challenge by each Club Member (an individual registered through that club) is then added together and divided by the number of club members who participated for that club.

The club then receives an average Handicap Score. This average Handicap Score is then compared to all other clubs who participated; the winning club will be the club with the highest average handicap score.

Ties will be broken by adding the total number of 10's together and dividing by the number of club members who participated will determine ties. If still a tie the process will be repeated using Xs.

In addition there will be a cash prize of 1st \$500, 2nd \$250 and 3rd \$100 to the winning clubs.

OK – Warringah members, let's give this a shot, handicap shoots are always fun.



New South Wales team event has been selected under the new format of rating rankings. The following members will contest the teams event at the 2016 Youth Nationals being held in Penrith over the

easter holidays:

Compound Team

Alicia Simpson (ILL), Hayden Crampton (CA) (Vice Captain), Jesse Gerhardt (ILL), Madeline Boyle (PEN), Annaleigh Carter (NEW), Blake Hayes (PEN), Ichiro Gunnee (CA), Jonathon Slender (PEN), Alyssa Mollema (CES) & Claire Crampton (CA)

Recurve Team

Belinda Maxworthy (NOR) (Captain), **Carmello Aslandis (WAR)**, Nicholas Kyriazis (SOPA), (Captain)

Erin Waagon (CA), (Vice Captain), Ali Clamback (LIV), Brad Mooy (ILL), Dylan Baldwin (PEN), Laura Trezise (SOPA), **Jack Chambers MacLean (WAR)**



CHANGE IN TARGET RATINGS

Name	Old	New	Date
Spencer, Leanne	72	74	30/01/2016
Wright, Maria	81	82	30/01/2016
Robbins, Isaac	22	26	30/01/2016
Booth, Andrew	28	30	7/02/2016
Steele, Glenn	52	53	7/02/2016
Garbutt, Michael	xx	20	7/02/2016
Foley, Max	10	14	13/02/2016
Henriksson, Victoria	63	64	13/02/2016
Hutchinson, Lilia	38	39	13/02/2016
Ware, Roland	xx	13	13/02/2016
White, Nathan	21	25	13/02/2016
Calandrucchio, Josh (compound)	xx	47	20/02/2016
Spencer, Leanne	74	76	20/02/2016
Ware, Roland	13	16	21/02/2016

MAXIMUM PERFORMANCE SERIES

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

THE TOTAL FITNESS PROGRAM *continued*

THE THIRD EIGHT WEEKS: ADDING STRENGTH

NOW, WE'RE GOING to put more quality into your program. We're moving up to 80 percent of all-out effort. These are energetic, fast workouts. You can't move well with your brakes on. You can't get speed unless you're relaxed. Excess tension acts as a brake on the body's ability to perform work.

MUSCLE STRENGTHENING

You've gained muscle mass during the first eight weeks. You've gained muscle endurance in the second eight weeks. The final ingredient is muscle strength.

We've already seen some increase in strength during the previous periods. Inevitably, the exercise you've done have made once dormant muscles stronger. But to bring muscle strength up to a respectable level, you've got to do exercises designed for that purpose. Remember, you can't work effectively for mass, endurance and strength at one. You can only work for one at a time.

Basically, training for strength takes less time during your workout session than building for bulk or endurance. You achieve strength by using heavier loads and fewer repetitions. These exercises take only two minutes out of our ten-minute program, leaving eight minutes to complete our circulorespiratory endurance training. Once again, you may want to do the limbering routines as a warmup before your workouts.

1. **Strength Pushaways**

The first exercise for muscle strength is the pushaway. But the exercise takes on decidedly different characteristics. For the endurance pushaway, we went to an easier position so that we could do forty pushaways. Now we want to make things so difficult that we can do no more than five. So we may have to do floor pushups with some adjustments.

You can make the pushup exercise more difficult by elevating the feet – placing them on a chair, or a stair, or a table, or even up against the wall until you are doing pushups in a handstand position.

Ideally, you would make the exercise so difficult that you could do only one pushaway or pushup. With the same degree of difficulty, you would then try to train up to five. Then you'd intensify it even further so you can do only one again.

2. **Strength Sitbacks**

Same position as earlier sitbacks – on the floor, knees drawn up, head forward.

Now assume a position you can hold without trembling for only six to ten seconds. After ten seconds, let yourself go down to the floor, and rest.

There are two basic ways to create that much difficulty for yourself. The first is to press your hands against your abdomen and push the abdomen against your hands as hard as you can for 6 to 10 seconds.

After each push, shift your fingers to a new area of your abdomen and repeat. The second way is to extend your arms over your head, hold a weight in your hands or in your arms, folded across your chest. Obviously, a deep sitback may very well be enough at first to give you a good challenge. But if it isn't, try your arms in different positions. If that isn't enough, add weight. A heavy dictionary or encyclopedia or a heavy utensil will do.

When you've finished your strength sitback, do another bout of strength pushaways. Then another sitback, another pushaway, another sitback. Three times for each exercise, alternating.

You're going to be falling all over the place at the outset. Don't worry about it. It's only for two minutes. It may seem arduous, but it's also amusing. What's remarkable is that by the third you'll be doing harder things than those you were unable to do in the first week.

You'll feel it when you've given a sufficient effort; it's at the onset of trembling of your abdominal muscles. No need to go beyond that. The effort of the first week will be insufficient for the third week to give you a strength workout, because you're getting stronger. Once again, you'll feel it and make the necessary adjustments.

Reminder: Don't exceed your training pulse rate. It's now 80 percent of 220 minus your age. That's high enough.

CIRCULORSPIRATORY SPRINT INTERVALS

In the next eight minutes we'll use a more energetic form of interval training.

At 80 percent of maximum, a 50- to 60-year old person by this point can exercise at a training pulse rate of 130. A 40-year old person can go to 140.

To achieve these levels, you're going to shorten your sprinting interval to fifteen seconds.

Alternate slow lopes and fast sprints each fifteen seconds for eight minutes.

Again, it will take two or three minutes to work your heart rate up to your goal. Take your pulse after two minutes, four minutes and six minutes, and make the appropriate adjustments so that you are exercising at 80 percent of maximum pulse rate.....to be continued



FEBRUARY Handicap Winner Cynthia Leung Women Recurve Master

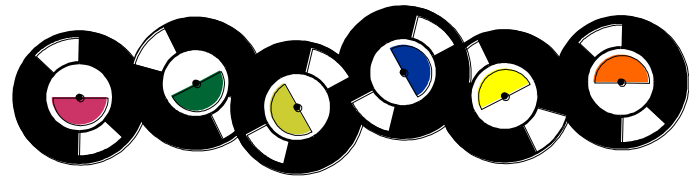
This handicap shoot was very close, with both ladies finishing on the same score, both had the same number of 10's, however, Cynthia got (14) '9' -v- Kiri shooting (10) '9', therefore Cynthia is declared the winner. Full results can be located in Archers Diary. This is the same process that would apply if you were competing in a Tournament away from the club

In the event of a tie the following rule applies

12.9.1 Ties shall be decided as follows irrespective of whether the competition is comprised of one or more rounds or only part of a round:

- By the greatest number of tens (which includes 'x')
- By the greatest number of nines

Following this if the athletes are still tied, they shall be declared equal.



Club Records broken for the month of February

Name	Div	Round	Score	Date
Maria Wright	RVW	Launceston	632	24/01/2016
Leanne Spencer	RW	Samford	754	7/02/2016
Michael Garbutt	CM	Jodie Joker	674	8/02/2016
Victoria Henriksson	CIG	Samford	702	13/02/2016
Jessica Hutchinson	RJW	Samford	388	13/02/2016
Aaron Hayman	LJM	Samford	325	13/02/2016
Serina Hao	RBW	Samford	367	13/02/2016
Lilia Hutchinson	RMW	Samford	488	13/02/2016
Victoria Henriksson	CIG	Short Canberra	746	20/02/2016
Leanne Spencer	RW	Holt	720	21/02/2016
Adrian Bartlett	RBMM	Jodie Joker	360	21/02/2016

Cub & Intermediate Coaching Day 21st Feb



At the session we introduced indoor faces and took members through what the rules were regarding shooting Indoor, then we

buddied the team into pairs (Jack & Charlotte), (Josh & Max), then the (Ben Boys - yep Ben & Ben). We started up close to the targets moving



back and forwards, and everyone now putting in a score end. Archers were giving some coaching tips to work on, finishing off with the team who had the highest score, shoot off against one another. Ben Ware won by 2 points. Hopefully we may get a few



more of you the next time.