



WARRINGAH ARCHERS NEWSLETTER JULY 2015

www.warringaharchers.com.au



Jack

Perfect Shot '60'



Across the desk of the Recorder / Secretary

With Club Championship events, just around the corner, please ensure that you earmark these important dates in your diary:

Saturday 22nd August - Adbow/Kidbow Club Championships – these are for members who have been competing for less than 12 months. An invitation will be extended to you shortly to compete, and you will shoot a round suitable for the length of time you have been with the club.

Saturday 12th September - Club Championships Field: Over the last couple of months we have been introducing members to field faces, so that you understand what faces you should shoot at what distances. It would be great to see as many members competing in this event as possible. As members are allocated the peg they should be shooting from, there is a best allround trophy up for grabs as well as divisional awards.

Saturday 26th September - Club Championships Indoor: Again there is a Most Improved Indoor award that is presented annually, and several of our members have been shooting indoor rounds during the last couple of months. This event will be held at the conclusion of our Annual General Meeting which will be held just prior, more details will come out about this in due course.

Sunday 18th October - Club Championships Clout: This will be held in conjunction with the Fred Herbert Clout, and members will be required to register for this event, when the entry form is distributed. We encourage as many members to compete as possible, as there is usually a limited entry. The event also includes the Cumberland Shield which Warringah has won once in its 52 years of history, and teams events are also included (Junior & Senior). To help those who have not shot clout before we earmarked so far: **Sunday 16th August, 2015** for Clout practise @ 1.30 Stirling will be coordinating this event.

Saturday 31st October - Club Championships Target. This will be the Canberra Round and also includes an Open Novice division.

XMAS Party / Presentation Night – The premier event of the year is being held on Saturday 21st November, 2015.

**PARENTS & MEMBERS
PLEASE PUT THESE DATES IN YOUR DIARY
NOW, SO THAT YOU DON'T MISS OUT.**

QRE – 5th September, 2015 – host Warringah.

As per request from the members Warringah have allocated a Qualification Ranking Event (QRE) Target on the club calendar on the above date, which would have been our club Coaching day, therefore all members are encouraged to attend, however, please ensure that you register on the entry form provided on the club notice board.

Welcome to new Club Members: Associate members: Shenna Wu, and Pablo (who is spending 6 months in Australia from Spain). Kiri Blinkhorne (RW), Jasper Schwarz (RIB)

Archery League June Results:

1 Ku-Ring-Gai Bowmen	3500 + 855 = 4355
2 Armidale	3480 + 829 = 4309
3 Warringah	3480 + 811 = 4291
4 Coast Archers:	3376 + 831 = 4207

Club Coaching Day: 7th July,



Big thank you to Steve for taking



members through a session of string making, it was great to see the interest shown.



Members were then taking through form

guidelines, for an hour, broken up into teams where the Gold Game was played, well done to Jessica / Lilia / Glenn & Joshua for winning on the day.



Club Shoot 28th June, 2015

Jodie Joker – 90 arrows @ 20m, 80cm face

Eddie Mantell	RM	703 (36) White
Max Butera	RUB	363 (2)
Tai Woodley	RU10B	166
Tom Tattersall	RUB	110

Archery League July – 11th July, 15

Holt – 90 arrows @ 50m 80cm face

Maria Wright	LCV	736 (80) M
Leanne Spencer	RW	661 (68) Red
Stirling Calandrucchio	RM	643 (66) Red
Pablo Mercader	RIB	586 (60) M
Andrew Catto	RM	585 (60) Red
Cynthia Leung	RMW	451 (58) Blue
Kristian Chamb-McLean	RM	416 (45) Black
Jack Chamb-McLean	RUB	396 (43) Red
Glenn Steele	RVM	364 (40) Black
Simon Hayman	RVM	342 (38) White
Lilia Hutchinson	RMW	250 (30) White
Jessica Hutchison	RCW	212 (26) Black
Kaden Currie	RCM	152 (18)

Jodie Joker – 90 arrows @ 20m 80cm face

Eddie Mantell	RM	696 (35) White
Tom Tattersall	RUB	449 (9)
Vincent Shaw	RVM	415 (6)
Kiri Blinkhorne	RW	410 (6)
Alex Jackson	RIB	306
Jasper Schwarz	RIB	217
Tai Woodley	RU10B	204



Note: Each member that obtained an ALL GOLD on the day was given a raffle ticket, with the winning competitor on the day, receiving their highest classification badge. Well done to Maria who is current GOLD Class.



18/19th July,

2015 (Recurve Day 1 – Compound Day 2). Round was a FITA1, followed by a

Double Australian Indoor 1. This event also acted as the State Championships. Members of Warringah who competed:

Compound: Gold medal – CVW Divn (State), went to Maria Wright scoring 509 & 535 = 1044 points finishing 4th (Nationally)

Ken Wright – CVM Divn came 4th (State) scoring 475 & 448 = 923 points and 12th Nationally)

Recurve: Silver Medal – RCM (State) & (Nationally), went to Kane Wilson, scoring 560 & 542=1102 points Carmelo Aslanidis (RCM) came 6th (State) scoring 474 & 508 = 982 points, finishing 14th Nationally.

Gregg Barr-Jones (RM) came 6th (State) scoring 529 & 534 = 1063, and placing 25th Nationally with Stirling Calandrucchio (RM) coming 8th (State) scoring 524 & 493 = 1017 points and 38th (Nationally) Well done to everyone.

MAXIMUM PERFORMANCE SERIES

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

THE TOTAL FITNESS PROGRAM continued

ALL ABOUT YOUR PULSE

THE PULSE IS A PRESSURE WAVE initiated by the heart. It travels throughout your arterial system each time your heart beats.

It indicates the change in the condition of your artery at the end of each heartbeat, at the point at which you feel the change.

In most people, the pulse can be felt wherever a large artery lies near the surface – at the temple, in the throat, at the wrist, inside the thigh, on top of the foot. When you read a pulse you're not reading the amount of blood flowing out of the heart into the body, nor are you reading blood pressure. The pulse is nothing more nor less than an accurate index of how many times the heart is beating against the column of blood in your circulatory vessel.

But what a wonderful index it is! It informs you of every change that is taking place in your person. It tells you if our body temperature is rising or if you're cooling down. It tells you how fast you're burning up energy and using oxygen from the air. It tells you how your body is handling the chemical wastes in your blood. It tells you how your muscles are involved and working. It even tells you about the state of your emotions and attitudes. It pulls all of these things together, weights them and comes out with a single signal that reports your overall condition.

The pulse is so simple to measure, and yet it's the body's most important single indicator of well-being, stress or illness.

Not only is the pulse a simple and reliable index, it's easy to locate and count. After light exercise, it's impossible to miss.

After moderate exercise, you don't even have to search for it. If you just sit quietly, you can feel it beating.

Your pulse rate changes throughout the day. It is lowest after you have been asleep about six hours. On awakening it will increase five to ten beats per minute. During the day your resting pulse rate gradually increases, and at bedtime it is probably another five to ten beats per minute higher. Any activity, such as eating, elevates the pulse rate. A bout of unusually hard work, such as a Shooting or heavy gardening, can cause the pulse rate to be elevated for the rest of the day and much of the night.

An accelerated pulse rate in itself isn't dangerous. Nor does it indicate that there's something necessarily wrong with you. All it means is that the body is working under a heavy load. The efficiency of the body can be measured by how much external work is being accomplished at a moderate heart rate of about 120. If it takes very little physical work to produce this kind of heart rate, that means you're "inefficient." Your system is probably deconditioned due to lack of exercise. The accompanying table indicates the approximate pulse rates that are reached at various intensities of continuous exercise.

Scale of perceived exertion	Pulse rate	
1	Very, very light	Under 90
2	Very light	90
3	Light	100
4	Fairly light	110
5	Neither light nor heavy "moderate)	120
6	Somewhat heavy	130
7	Heavy	140
8	Very Heavy	150
9	Very, very heavy	160

How to count you pulse rate-in August edition..

CHANGES IN INDOOR RATING

Stirling Calandrucchio	RM	63 to 65	5/7/15
Maria Wright	CVW	69 to 74	5/7/15
Carmelo Aslanidis	RCM	63 to 64	18/7/15
Stirling Calandrucchio	RM	65 to 67	18/7/15
Lilia Hutchinson	RMW	New to 27	19/7/15
Simon Hayman	RVM	32 to 33	19/7/15



Birthdays AUGUST

Jessica Hutchinson (2nd)
Andrew Booth & Nathan
White (3rd), Kristian
Chambers-Mclean
(20th), Lachlan

McLeod (21st), BIG 18 might be his turn
to shout a beer!, Paul Wilson (22nd),
Benjamin Calandurio (23rd) BIG 21,
Bjorn acobson (29th), Ella Hugo (30th),

Club Field Shooting 18th July, 2015

We did something different on this day, where we set up the minimum and maximum distances that archers would shoot in field on the 40cm faces and bugs eyes. This gave members the opportunity to understand when they are allocated A/B/C/D on a target what face they shoot when they are up first or second on a particular target. There were some incentives up for grabs on the day when members achieved a Field ALL GOLD and/or PERFECT end, it was looking a bit slim there for a while, but as members relaxed into the shoot, perfect ends started to be shot – it was really great to see. No ratings could be given out for this shoot.

Scores shot were: *Indicates All Gold arrows in 5&6.

Andrew Catto	RM	313*****
Leanne Stirling	RW	304**
Petr Hajny	RM	268****
Andrew Catto	RM	250 (shot 2 nd round)
Kristian Cham-MLean	RM	243**
Alan Nolan	RVM	240**
Cynthia Leung	RMW	217*
Simon Hayman	RVM	212*
Paul Tattersall	RM	208*
Jessica Hutchinson	RCW	201
Pablo Mercader	RIB	199*
Jack Cham-McLean	RUB	181
Alan Nolan	RVM	169 (shot 2 nd round)
Lilia Hutchinson	RMW	159
Sam Donlan	RCM	135
Isaac Robbins	RIB	131
George Barker	RMM	126
Maddi Turley	RCW	104 (Beginner)
Jaxon Spinks	RIB	93
Kim Blinkhorne	RW	83 (Beginner)
Tom Tattersall	RUB	75
Andrew Emery	RIB	61
Tai Woodley	R10B	54
Max Butera	RUB	43
Aidan Barker	RUB	24



JULY HANDICAP INNER ANDREW BOOTH Male Recurve

First batch of placings are those who have a handicap rating. The second batch are for our newer members who do not have a rating as yet, therefore, have no handicap

Flight 1

A.Booth	RM	20	424	590	1014
P.Buskermolten	RM	18	565	377	942
A.Nolan	RVM	47	255	666	921
A.Catto	RM	60	165	753	918
C.Leung	RMW	41	307	609	916
S.Donlan	RCM	25	370	545	915
G.Steele	RVM	44	280	608	888
L.Spencer	RW	62	153	734	887
J.Cham-McLean	RUB	44	202	676	878
A.Leung	LCM	24	495	366	861
C.Aslanidis	RCM	80	74	786	860
K.Wright	RVM	77	85	745	830
C.Gayrard	RW	55	195	622	817
L.Hutchinson	RMW	37	348	460	808
M.Wright	CVW	81	72	786	808
S.Hayman	RVM	47	255	523	778
K.Currie	RCM	29	436	328	764
C.VanWijck	RIB	18	208	515	723
J.Hutchinson	RCW	35	370	347	717
V.Shaw	RVM	6	578	134	712

Flight 2:

Jasper Schwarz	RIB	0	643	306	1049
Ayden Reeves	RUB	0	643	394	1037
Jaxon Spinks	RIB	0	353	600	953
Tom Tattersall	RUB	0	643	274	917
Kiri Blinkorne	RW	0	643	271	914
Tai Woodley	RU10B	0	353	468	821
Coh.VanWijck	RUB	0	353	412	765

Club shoot: 26th July, 2015

Grange – 90 arrows @ 60m/122cm face

Brandt Henrickson	RMM	672 (63) Red
Leanne Spencer	RW	632 (58) Blue
Glenn Steele	RVM	374 (34) White

Darwin – 90 arrows @ 40m/122cm face

Eddie Mantell	RM	525 (29)
Kiri Brinkhorne	RW	278 (8)
Maddie Turley	RCW	146

Pooh Bear – 36 arrows @ 15m & 36 @ 10m

Jack Chamb-McLean	RUB	681 (37) Blue
Ben Souchand	RUB	553 (3)
Max Foley	RUB	547 (2)
Tai Woodley	R10B	542 (1)
Jaxon Spinks	RIB	514
Jasper Schwarz	RIB	511

Indoor Rounds throughout

Fita Indoor – 60 arrows @ 18m/40cm

Maria Wright	CVW	535 (79) Gold
Stirling Calandrucchio	RM	517 (68) Red
Ken Wright	CVM	449 (53) Black
Eddie Mantell	RM	281 (28)
Kiri Brinkhorne	RW	108
Maria Wright	CVW	519 (72) Red
Ken Wright	CVM	482 (60) Blue
Lilia Hutchinson	RMW	324 (33) White
Jaxon Spinks	RIB	149 (10) White
Stirling Calandrucchio	RM	470 (56) Blue

Leanne Spencer	RW	450 (52)	Blue
Lilia Hutchinison	RMW	302 (30)	White
Paul Tattersall	RM	227 (21)	
Tom Tattersall	RUB	110 (3)	
Glenn Steele	RVM	463 (55)	Red
Simon Hayman	RVM	331 (34)	White
Lilia Hutchinison	RMW	273 (26)	White
Kiri Brinkhorne	RW	194 (16)	
Tom Tattersall	RUB	180 (14)	White

STABILIZERS - DO YOU NEED THEM!

If you are looking for maximum accuracy, then the correct stabiliser set up is essential. Unfortunately there is no 'Golden Rule' that we can use to select the best stabilisers for you. The vast array of options only proves that.



Sometimes archers stumble across a set up that works for them, but they don't really know why. They might say it just 'feels right'. Not very helpful, I know, but actually very valid.

There is something to be said for 'feel', though it is hard to define. If your stabilizer set up does feel right, then you are halfway there. But by 'feel' I don't necessarily mean low vibration. Of course, low vibration is good, but it should not be your primary concern.

The two important areas affected by stabilizers are 'aim' and 'bow reaction'. That is why 'feel' is as good a term as any to describe it. You can't measure how well you aim, but you can feel it. You can't see what your bow does after the shot, but you can feel it.



If you have a stabilizer system that helps you to hold steady, then naturally you will shoot more accurately. The bow itself hasn't become more accurate.

Simply, the stabilizers are allowing you to shoot more accurately. The way a bow moves on the instant of loose and after the shot is dramatically affected with stabilizers. Ultimately, the bow needs to remain perfectly stable as the arrow is pushed through the bow. A good stabilizer system can reduce the affects of a bad shot. It will still be bad. Just...less bad. But because of the uneven nature of your hand pressures and draw angle, the perfectly balanced position of a bow at full draw is different to that at brace. So well stabilized bows always seem forward weighted when just held naturally.

This manifests itself after the shot, when you see the bow roll forward. And this bow reaction is another key feature of stabilizers. It can give the archer valuable feedback. You can change how the bow moves after the shot. How it feels. (That word again.. 'feel'...) If the bow is given a direction to move in, forced to move in, then that momentum can help rescue a shot.

Help keep the bow straight through the shot and assist with follow through.

v-bars & mounts



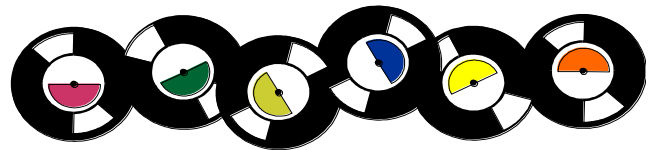
So stabilization is a very subjective thing. Hard to measure and different for everybody. Although I have not been able to help you choose the right stabilizer system, I hope I have helped explain what they can do.

Plus they are also good for propping up the bow and giving your arm a rest.

CHANGES IN TARGET RATING

Leanne Spencer	RW	56 to 62	11/7/15
Cynthia Leung	RMW	34 to 41	11/7/15
Alan Nolan	RVM	47 to 48	25/7/15
Andrew Catto	RM	60 to 61	25/7/15
Cynthia Leung	RMW	41 to 42	25/7/15
Pierre Buskermolan	RM	18 to 20	25/7/15
Tom Tattersall	RUB	New to 5	25/7/15
Andrew Booth	RM	20 to 25	25/7/15

Please note that if you are shooting two rounds in 1 day, mark AM and/or PM on your score sheet as this does affect ratings.



Records broken during July 2015

M.Wright	CVW	Fita Indoor I	535	5/7/15
M.Wright	CVW	Holt	736	11/7/15
L.Spencer	RW	Holt	661	11/7/15
C.Leung	RMW	Holt	451	11/7/15
J.Cham-McLean	RUB	Holt	396	11/7/15
V.Shaw	RVM	Jodie Joker	415	11/7/15
S.Hao	BJW	Handicap	401	25/7/15
L.Spencer	RW	Grange	632	26/7/15
J.Cham-McLean	RUB	Pooh Bear	681	26/7/15
J.Spinks	RIB	Pooh Bear	514	26/7/15
T.Woodley	RU10B	Pooh Bear	542	26/7/15

CUB DEVELOPMENT DAY - 26th July

First part of the morning was



archers measuring groups with a tape measure to see who could improve throughout the day, and I must admit every one managed to tighten their groups. We then finished off the day with a round. Jack obtaining a '60' @ 10m, with several achieving All Gold's



Jack C-McLean	RUB	681 (37)	Blue
Ben Souchaud	RUB	553 (3)	
Max Foley	RUB	547 (2)	
Tai Woodley	R10B	542 (1)	
Jaxon Spinks	RIB	514	
Jasper Schwarz	RIB	511	