



# WARRINGAH ARCHERS NEWSLETTER JUNE 2015



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



## Across the desk of the Recorder / Secretary

Website updates @ 3th June 2015:

- Ratings
- Adbow/Kibow & Club Records
- Classifications from 1<sup>st</sup> January to 30<sup>th</sup> June.

**Welcome to new Club Members:** Jaxon Spinks (RIB), returning from a few years break in the sport. Eddie Mantell (RM), and Paul Tattersall (RM), father & son combination, Paul used to be a junior member back when!!!

### Archery League:

Please find Mays results, As you can see things are pretty close. In the month of May 42 archers took part (*this is down a little but winter tends to cause that in Armidale at least*)

### Results Feb, March, April and May

Ku-Ring-Gai Bowmen	2595 + 905 = 3500
Warringah Archers	2622 + 858 = 3480
Armidale Archers	2621 + 859 = 3480
Coast Archers	2543 + 833 = 3376

### Club Shoot – 6<sup>th</sup> June 2015

#### Perth – 30 arrows @ 70/60/50m (122cm face)

Maria Wright	CVW	775 (80)	Gold
Brandt Henricksson	RMM	664 (62)	Red
Leanne Spencer	RW	616 (56)	Blue

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

Simon Hayman	RVM	559 (42)	Black
Kristian Chamb-McLean	RM	529 (39)	White
Cynthia Leung	RW	4646 (33)	White

#### Short Canberra – 30 arrows 50/40/30m (122)

Jessica Hutchinson	RCW	594 (36)	Black
Lilia Hutchinson	RMW	480 (24)	
Pierre Buskermolen	RM	356 (13)	

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

Jack Chamb-McLean	RUB	724 (41)	Red
Isaac Robbins	RIB	514 (15)	White
Ayden Reeves	CUB	408 (5)	

#### Mini Canberra – 30 arrows @ 30/20/10m

Cooper Van Wijck	RIB	647 (15)	White
Rachel Van Dort	RIG	565 (5)	
Vincent Shaw	RVM	564 (5)	
Cohen Van Wijck	RUB	504	
Max Foley	RUB	437	
Tai Woodley	RUB	350	
Tom Tattersall	RUB	305	
Coby Reeves	RUB	239	

## MAXIMUM PERFORMANCE SERIES

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

### THE TOTAL FITNESS PROGRAM continued HOW THIS PROGRAM DIFFERS

THE TOTAL FITNESS PROGRAM is different from any other fitness program.

All other programs measure the work you produce – the distance you run or the speed at which you run it or the number of times you can accomplish a specific task. *This* program ignores exterior accomplishments in favor of interior results. *This* system is interested in only one thing – the effect you produce on your body. *You* regulate that effect entirely. *You* produce exactly the response to effort that you wish and require.

The problem with other exercise systems is that they assign tasks that either are too difficult at the outset or become easier and easier to perform. It's all very well to run or swim faster or farther, but if your internal system is not responding to the right degree, you're not achieving fitness.

Other systems program you into specific tasks. This system offers you your choice of any activity you find enjoyable. All that matters is that the activity churns your system to a level appropriate for your particular circumstances.

You monitor that activity. You set the pace in terms of what the activity is doing to your circulorespiratory system – your heart and vessels and lungs. You do this by taking your pulse, which you'll shortly learn to do.

The loads you lift or numbers of repetitions are not equivalent to effort. They tell you nothing about the body's response to the exercise. They don't tell you if you're working hard enough or not hard enough. There is only one way to tell whether you're working at the right intensity, and that is by measuring the amount of effort directly.

In the laboratory this can be done in many ways. We can measure how much oxygen you consume while you're working, how much air you're ventilating, how much your blood pressure is rising and how fast your heart is beating. Of all these, heart rate is the easiest to measure; it has the further advantage of competing the relative effort expended by various systems of the body and coming up with a final score, which is a reliable indicator of the intensity of physiological effort.

Any change from day to day in your physiological status automatically becomes part of the consideration in determining how much physical work you have to do. When you're fatigued or not feeling well, your heart rate responds more swiftly to stress

the weaker you are, the less work required to get your heart rate up.

In the old way of exercising, you had to perform a certain task a certain number of times. It made no allowance for the condition of your system at the moment you performed the exercise. The new way automatically compensates for our condition by using your very own computer. On days when you're not feeling well, it takes less work to obtain the desired heart rate or level of physiological activity. So if your program is to maintain a heart rate of 130 beats per minutes *for five* minutes. If you're fatigued, then you have to put out less work to reach the same effort level. As training takes place, then you have to do more work to produce the same effort.



## Birthdays JULY

Ian Stokes (5<sup>th</sup>),  
Ben Souchaud (6<sup>th</sup>),  
Rosalin Agar (8<sup>th</sup>),  
Callum Overton  
(14<sup>th</sup>) Jessica  
Dalton (16<sup>th</sup>), Aaron  
Hayman (15<sup>th</sup>),  
Rachel VanDort &  
Tony Butera (20<sup>th</sup>), Josh Calandrucchio (22<sup>nd</sup>),



## JUNE HANDICAP WINNER SAM DONLAN Cadet Boy Recurve

S.Donlan	RCM	18	447	534	981
L.Spencer	RW	56	188	717	905
J.Cham-McLean	RUB	44	280	625	905
C.Leung	RMW	34	379	518	897
K.Turner	CW	83	64	821	885
M.Wright	CVW	81	72	809	881
S.Calandrucchio	RM	69	117	745	862
A.Catto	RM	59	170	692	862
A.Nolan	RVM	47	255	593	848
J.Hutchison	RCW	35	272	558	830
C.VanWijck	RIB	18	447	314	821
P.Hajny	RM	29	436	373	809
L.Hutchinson	RMW	37	348	437	785
K.Currie	RCM	29	329	455	784
K.Cham-McLean	RM	45	271	511	782
A.Jackson	RIB	12	512	228	740
D.Tonkin	RW	28	448	269	717

Other members who competed, but don't have ratings as yet, therefore no handicaps:

Vincent Shaw	RVM	697
Olivia Oakley	RIG	578
Andrew Oakley	RM	578
Jaxon Spinx	RIB	469
Tom Tattersall	RUB	455
Tai Woolley	RU10B	304
Jai Whiley	RUB	117

## Jim Scott Memorial Shoot 14/6/15:



15 Archers from Warringah travelled down to Wollongong to compete in the Jim Scott Memorial

Clout hosted by Illawarra Archers, there were several archers that had either never shot a tournament before or have changed divisions. All the archers from Warringah contributed to Warringah winning the Jim Scott Memorial Clout Trophy which we have never held by Warringah Archers in the trophies 15 year history. Looks like a great time was had by everyone.



**Gold** medals were collected by Jack Chambers-Mclean, Jessica Hutchinson, Joshua Calandrucchio, Aaron Seng-Yip Hayman, Cynthia Shin-Ngai Leung and

Maria Wright.

**Silver** medals were collected by Ayden Reeves, Max Butera, Kaden Currie, Lilia Hutchinson and Alan Nolan.

**Bronze** Medals were collected by Andrew Catto and Stirling Calandrucchio. Kristian Chambers-Mclean and Benjamin Calandrucchio finished in 4th and 5th in the very heavily contested Male Barebow division.



## Maria Wright shares her thoughts!

It was a perfect day, with none of the expected wind, and everyone seemed to be having a good time. Most of the Warringah team excelled, with many PBs. This was my first clout tournament, so I was not actually surprised with my rather low scores, caused by a problem with my "equipment" (*she says, pointing to her head*). Now that I have worked out the right technique, at last, I can really SMASH my PB in the next tournament. This is no bad thing. You have to be in it to win it. It was especially pleasing that so many Warringah members received medals. Warringah also received the Jim Scott Perpetual Trophy for the club with the most participants. I would encourage everyone to do this enjoyable tournament next time, for a chance at a medal, and to retain the Jim Scott Perpetual Trophy.

**Max Butera** - The clout tournament was great fun. On Saturday dad & I drove up to Wollongong and checked in to our hotel. The next day we got up and checked out of our hotel, went to the park and got my equipment out ready to shoot. I enjoyed coming up to Wollongong and I saw some pretty cool stuff, some people had umbrellas that had a target printed on it and some people had chairs that they fold up and then they were bow bags. I personally think i could have done better when I was shooting but it was still a very fun experience, I was up against Jack Chambers Mclean when the places were announced I was called out as 1st place but it turned out Jack won. The clout tournament was a very good experience and it was very fun and I recommend try.



James William Scott  
8th June 1944 - 27th  
July 2000. Jim always  
wanted archers to  
have a go at clout. He  
felt we had a natural  
urge to shoot an  
arrow up into the sky  
and watch its flight.  
As a coach , he gave  
freely of his time and

energy to share his knowledge with others. Jim had a great love of Archery and its history.

## Australian 720 Star

Archery Australia 720 Stars are new for 2015  
(sample of Star below)

These are available to all members who shoot a 720 round in either a registered tournament or QRE. Each year there will be a new 720 Star available so you can strive to maintain your level each year or achieve a higher level award.

Archery Australia 720 Stars are available for Recurve shooting the 70m 720 round (122cm target face) and Compound 50m 720 round (80cm 5 ring target face).

## How to Claim an Australian 720 Star?

When you shoot the score indicate your intention to make a claim on the scorecard and contact your Club Recorder. These awards may also be available for sale at some tournaments, check with the tournament organisers.

### RECURVE (White):

**Starts at 570 /590 / 610 / 630 / 645 & 660**



### COMPOUND (Black)

**Starts at 615 / 635 / 650 / 665 / 675 & 685**

## Australian Field Stars

Australian Field Stars are new for 2015  
(Sample set out below)

Australian Field Stars are available to all archers competing in a registered World Archery 24 target Field Tournament or QRE. The award is an annual award intended for all age categories, Gold – Recurve, Red – Compound, Blue Barebow (Recurve and Compound) and Green – Longbow.

### How to Claim an Australian Field Star?

When you shoot the score indicate your intention to make a claim on the scorecard and contact your Club Recorder. These awards may also be available for sale at some tournaments, check with tournament organisers.

**RECURVE (YELLOW) – Start @ 260/280/  
300/315/330/340/350/360/370**



**COMPOUND (RED) – Start @ 290/310/330  
/345/360/370/380/385/390**



**BAREBOW RECURVE & COMPOUND (BLUE)  
Start @ 155/185/210/225/240/250/260  
/270/280**



**LONGBOW (GREEN) start at: 145/175/200/  
215/ 230/240 250/260/270**



**CHANGES IN TARGET RATING**

Jessica Hutchinson	RCW	34 to 35	6/6/15
Sam Donlan	RCM	18 to 21	14/6/15
Vincent Shaw	RVM	xx to 6	20/6/15
Isaac Robbins	RIB	16 to 21	20/6/15
Sam Donlan	RCM	21 to 22	20/6/15
Gregg Barr-Jones	RM	74 to 79	27/6/15
Andrew Catto	RM	59 to 60	27/6/15
Claire Gayrard	RW	51 to 55	27/6/15
Sam DonLAN	RCM	22 to 25	27/6/15

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.

**Club Shoot 20<sup>th</sup> June, 2015**

**Launceston – 36 arrows @ 50m/30m (80cm)**

Maria Wright	CVW	256+331=587 (70)	Red
Stirling Calandrucchio	RM	257+309=566 (66)	Red
Andrew Catto	RM	219+282=501 (55)	Blue
Leanne Spencer	RW	212+286=498 (54)	Blue
Claire Gayrard	RW	189+249=438 (46)	Black
Alan Nolan	RVM	165+221=386 (40)	Black
Simon Hayman	RVM	93+214=307 (31)	White
Cynthia Leung	RMW	129+173=302 (30)	White
Peter Hajny	RM	71+223=294 (29)	
Isaac Robbins	RIB	72+197=269 (26)	Black
Sam Donlan	RCM	46+206=252 (24)	White
Lilia Hutchinson	RMW	58+167=225 (21)	

**Lukie Last – 36 arrows @ 25/20m (80cm)**

Paul Tattersall	RM	281+279=560 (40)	White
Tom Tattersall	RUB	135+175=310 (8)	
Vincent Shaw	RVM	80+198=278 (5)	
Olivia Okely	RIG	105+164=269 (4)	
Ben CalandurrIO	RM	86+114=200	
Andrew Okely	RM	54+111=165	
Andrew Emery	RIB	29+55 = 84	
Tai Woodley	RUB	41+42 = 83	

**CUB COACHING DAY – 21<sup>st</sup> June, 2015**

Although the weather wasn't the best we had nine young cub archers attending the information session at the club. Cubs were taking through what a rating means and how you obtain a handicap. Classifications were discussed and small reference cards handed out. Goal Setting was the main theme of the session, where cub archers can then decide and prepare for their weekend shooting by understand the rounds that apply to them, how many arrows to shoot and at



what face sizes. Then to assist with their goal setting link back to score & classifications they could achieve.

Any cub archers who were unable to attend,

I have sent out the same information, and am more than happy to discuss with them next time they are at the club. Further coaching sessions will be placed on the calendar – Elizabeth  
Cub archers then proceeded to shoot 5m & 10m, and measure their groups of six arrows on the target face. There were clearly some tight groups achieved, and some that need some more work, but that's the aim –

**TO IMPROVE**

Next target group will be Intermediates / Cadets & Juniors.

**Archery League – Samford round**

**90 arrows @ 40m 80cm face**

Gregg Barr-Jones	RM	806 (83)	M
Maria Wright	CVW	785 (79)	Gold
Carmelo Aslanidis	RCM	731 (69)	M
Stirling Calandrucchio	RM	729 (68)	Red
Andrew Catto	RM	684 (62)	Blue
Claire Gayrard	RW	664 (59)	Blue
Leanne Spencer	RW	647 (57)	Blue
Bobby Barr-Jones	CUB	622 (54)	Red
Glenn Steele	RVM	475 (40)	Black
George Barker	RMM	434 (36)	White
Lilia Hutchinson	RMW	355 (30)	White
Jessica Hutchinson	RCW	350 (29)	Black
Joshua Calandrucchio	RCM	347 (29)	White
Sam Donlan	RCM	333 (28)	White
Pierre Buskermolen	RM	177 (12)	
Tony Butera	RM	144 (7)	
Alex Jackson	RIB	73	

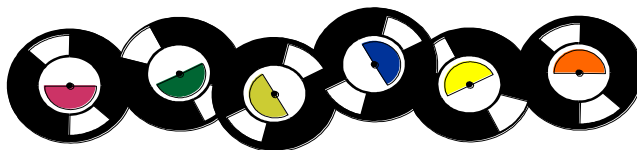
**Newcastle – 90 arrows @ 20m – 122cm face**

Tom Tattersall	RUB	624 (10)	White
Vincent Shaw	RVM	549 (3)	
Jaxon Spinks	RIB	469	
Aidan Barker	RUB	368	
Tai Woodley	RU10B	335	

**Club Shoot 28<sup>th</sup> 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	



**Records broken during June 2015**

M.Wright	CVW	Perth	775	6/6/15
R.Van Dort	RIG	Mini Canberra	565	6/6/15
B.Henricksson	RMM	Victoria	587	8/6/15
L.Spencer	RW	Victoria	477	8/6/15
J.Hutchinson	RCW	Junior Handicap	558	13/6/15
J.Chamrs-McLean	BRUB	Dble Clout 100	383	14/6/15
J.Hutchinson	BRCW	Dble Clout 125	365	14/6/15
A.Hayman	LJM	Dble Clout 14	212	14/6/15
C.Leung	BRMW	Single Clout 125	229	14/6/15
C.Leung	BRMW	Dble Clout 125	401	14/6/15
M.Wright	CVW	Single Clout 165	158	14/6/15
M.Wright	CVW	Dble Clout 165	301	14/6/15
A.Nolan	BRVM	Single Clout 145	130	14/6/15
A.Nolan	BRVM	Dble Clout 145	237	14/6/15
G.Barr-Jones	RM	Samford	806	27/6/15
L.Spencer	RW	Samford	647	27/6/15
E.Mantell	RM	Jodie Joker	703	28/6/15