



# WARRINGAH ARCHERS NEWSLETTER MAY 2015



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



## Across the desk of the Recorder / Secretary

Archery Australia and ArcheryNSW send out direct broadcasts to

members on new activities / updates with various links that you can go onto and read more on information being circulated. Please take the time to view these links and provide feedback to your committee if there is something written that you would like discussed further.....if your committee does know how you feel about certain procedures that are being put in place, then how can we assist!!! Give it some thought – our secretary is only an email away at: [secretary@warringaharchers.com.au](mailto:secretary@warringaharchers.com.au)

New Members: Please join me in welcoming aboard – Tom Tattersall (CubBR), Tony Butera (MR), *his son was enjoying the sport to much he just had to join in* Andrew Okely (RMM) & Olivia Okely (RIG).

### Archery League Results – Round 3:

Please find the results up to and including April, unfortunately we have 2 clubs not able to shoot Aprils round, I would like to encourage them to try to continue with the rest of the event. Even with only the 4 clubs we still had 41 archers take part, as you.

Results:	Feb & March	April	
Warringah	1741	881	= 2622
Armidale	1747	874	= 2621
KGB	1759	836	= 2595
Coast Archers	1719	824	= 2543
Illawarra	1740	-	=1740
St George	899	-	= 899

### Club Shoot – 9<sup>th</sup> May, 2015

This was the first attempt using Archers Diary

#### Canberra Round – 30 arrows@ 60/50/40m

Maria Wright	CVW	779 (73)	Red
Stirling Calandruccio	RM	724 (62)	Blue
Brandt Henrickson	RMM	700 (59)	Blue
Leanne Spencer	RW	669 (54)	Red
Claire Gayrard	RW	641 (51)	Black
Igor Mironov	RM	553 (41)	White
Jack Chamb-McLean	RUB	479 (34)	Blue
Simon Hyman	RVM	478 (34)	White
Cynthia Leung	RMW	462 (33)	White
Alan Nolan	RVM	427 (30)	White
Glenn Steele	RVM	424 (29)	

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

Kyle Evans-Murray	RIB	733 (42)	Blue
Lilia Hutchinson	RMW	605 (25)	White
Andrew Booth	RM	598 (24)	

Calvin Poole RJM 510 (15)

**Mini Canberra** – *sorry this round should have been shot @ 30/20/10, instead was shot at 25/20/15m.*

*Scores are as follows*

Ayden Reeves CUB 592

Victoria Henrickson RIG 577

Vincent Shaw RVM 490

Ethan Henderson RUB 417

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

Several members joined us from the recently finished beginners course, thank you for making them feel welcome.

Cohen Van Wicjk R10B 535 (2)

Max Foley RUB 319

Benjamin Souchaud RUB 292

Alexander Wilson RUB 287

Connor Poole RUB 275

Xavier Wilson R10B 267

#### **Beginners/Prospective members:**

Thomas Tattersall RUB 269

Tai Woodley RUB 385

Olivia Oakley RJW 404

Andrew Oakley RM 565 (5)

Edyta Jedrzejowska RW 642 (12)

Eddie Mantell RM 720 (23)

### MAXIMUM PERFORMANCE SERIES

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

#### THE FIVE REQUIREMENTS OF MINIMUM MAINTENANCE.

- 1. Allover stretch:** Turn and twist your body joints to their full range of motion. Turn your head. Reach upward and backward with your arms. Twist your trunk. Bend your waist. Use everyday situations to advantage, twisting when you're looking for something, bending or stretching when you're retrieving it. If you're alert to the opportunities, cleaning house or gardening or even shopping at the supermarket can give you your mobility exercise for the day.
- 2. Standup:** Stand for at least two hours each day. If you're supersedentary, you'll need at least three hours. Standing strengthens your bones and tones your blood circulation. So take phone calls standing up; hold some stand up conferences; and after you've been in your chair for a while, do some work on your feet.
- 3. Overload lift:** Lift something unusually heavy for a few seconds. Think of this as your daily "overload." You can maintain your muscle tone just by lifting a hefty child once a day or carrying a heavy bag or two of groceries from the market to -your car.
- 4. Heart walk:** Walk briskly for at least three minutes to stimulate your cardiovascular system.

If you're moving briskly enough to feel your heart beating in your chest, that's okay; but if you start to feel a throbbing in your head, it's time to slow down.

**5. Caloric burn:** Burn up 300 activity calories a day in physical activity.

The energy required to maintain life is called the basal metabolic rate. You use this up, whether you do anything else or not, just to keep the body going; pumping the heart, breathing, digesting, maintaining body temperature.

An office worker who rides to her job, takes an elevator to her floor and sits all day uses 800 calories above her basal metabolic level for these functions. Supposing her basal metabolic rate is 1500, she's burning 2300 calories doing next to nothing. If the food she's consuming exceeds that amount of calories even slightly, she's going to get fat. If she could step up her activity enough to balance her calorie intake, she would arrest this insidious accumulation of fat.

When you're been leading an otherwise sedentary life, any physical movement that increases your pulse rate twenty beats above resting level significantly steps up your metabolic rate. Walking, lifting, carrying, climbing, sexual activity any of these will do it. Even making ordinary motions more vigorously than you normally make them will burn activity calories.

If you want to use your 300 calories up in our hour or less, you can play tennis, dig in the garden, chop wood, and so forth. The alternative, if any of these it too arduous, is to work the burning of these calories into the day you're almost surely burning your extra 300 calories.

Minimum maintenance is dynamic. As your condition improves you can do more and more without increasing your effort. Out subsequent programs are based on the premise that you will incorporate minimum maintenance into everyday life.

**Next Total Fitness....**

## **CLOUT PRACTISE – 18<sup>th</sup> MAY, 2015**



*Big thank you to Stirling for organizing some Clout practice for members, with Both Kaden & Lilia managing*



*to hit the Clout ! Awesome....Don't forget the Jim Scott Clout Memorial shoot is coming up in June, so we would like to see as*

*many members as competing as possible. If your not sure what to do talk to Stirling or join us at the next practice session*



## **Birthdays JUNE**

Yoshiki Imiya (9<sup>th</sup>), Danny Stasenka (19<sup>th</sup>), Carmelo Aslanidis (22<sup>nd</sup>), Alexander Wilson (27<sup>th</sup>), Aiden Barker & Cynthia Leung (29<sup>th</sup>), Greg Williams (30<sup>th</sup>),

## **MAY HANDICAP WINNER KADEN CURRIE Cadet Boy Recurve**



K.Currie	RCM	23	506	476	982
A.Hayman	LJM	24	495	470	965
I.Miranov	RM	46	262	642	904
L.Spencer	RW	55	195	666	861
G.Steele	RVM	44	280	581	861
M.Wright	RVW	81	72	784	856
C.Gayrard	RW	47	255	597	852
C.Leung	RMW	34	379	471	850
S.Hayman	RVM	47	255	594	849
C.Aslandidis	RCM	80	74	773	847
S.Calandruccio	RM	69	117	728	845
J.Hutchison	RCW	34	379	464	843
L.Hutchinson	RMW	34	379	331	710
A.Nolan	RVM	47	255	443	698
J.Calandruccio	RCM	40	318	290	603
A.Reeevs	CUB	xx	xxx	252	252



## **CHANGES IN TARGET RATING**

Gregg Barr-Jones	RM	68 to 74	2/5/15
Igor Miranov	RM	45 to 46	2/5/15
Jack Chamb-McLearn	RUB	40 to 44	2/5/15
Claire Gayrard	RW	44 to 47	9/5/15
Kyle Evans-Murray	RIB	23 to 31	9/5/15
Andrew Booth	RM	17 to 20	9/5/15
Kaden Currie	RCM	23 to 26	16/5/15
Leanne Spencer	RW	55 to 56	23/5/15
Claire Gayrard	RW	47 t 51	23/5/15
Petr Hajny	RM	28 to 29	23/5/15
Pierre Buskermolen	RM	17 to 18	23/5/15
Bobby Barr-Jones	CUB	63 to 64	31/5/15
Lilia Hutchinson	RMW	34 to 37	31/5/15

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. Also your current rating must improve by 2 points for it to change, must be able to divide the improvement.

## CHANGES IN INDOOR RATING

Brandt Henriksson	RMM	46 to 51	17/5/15
Bobby Barr-Jones	RUB	24 to 36	17/5/15

## Archery League – Drake round

90 arrows @ 30m 80cm face

Maria Wright	CVW	827 (78)	Red
Stirling Calandrucchio	RM	759 (62)	Blue
Brandt Henriksson	RMM	732 (57)	Blue
Leanne Spencer	RW	731 (57)	Blue
Claire Gayrad	RW	728 (56)	Blue
Jack Chamb-McLean	RUB	621 (42)	Red
Kristian Chamb-McLean	RM	611 (41)	White
Josh Calandrucchio	RCM	539 (33)	Black
Lilia Hutchinson	RMW	529 (33)	White
Kaden Currie	RCM	519 (32)	Black
Petr Hajny	RM	507 (31)	
Jessica Hutchinson	RCW	498 (30)	Black
Eddie Mantell	RM	403 (22)	
Danielle Tonkin	RW	400 (21)	
Pierre Buskermolen	RM	376 (19)	
Ethan Henderson	RUB	233 (6)	
Ben Sachoud	RUB	114	
Max Foley	RUB	89	
Alex Jackson	RIB	76	
Tom Tattersall	RUB	55	
Tai Woodley	RUB	42	

## CHANGES IN FIELD RATING

Stirling Calandrucchio	RM	XX to 50	30/5/15
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## Club Shoot – Urban Field – 30/5/15

This was the first time that many of our members had been introduced to field faces / shooting, so was quite an experience for most. Well done to Stirling & Lilia for obtaining an ALL GOLD, no easy feat a 24T Marked Fita Field course. Bit of competition going on between Mr & Mrs Hayman, with Cynthia winning by a slight margin!!



**Red Pegs**  
Stirling

Calandrucchio	RM	230 (54)	Black
Leanne Spencer	RW	220 (52)	Black
Alan Nolan	RVM	159 (39)	White
Cynthia Leung	RMW	122 (31)	White
Simon Hayman	RVM	120 (31)	White



## Blue Pegs

Andrew Booth	RM	123 (21)
Lilia Hutchison	RMW	120
Petr Hajny	RM	145



It was great to see most of our younger members giving this ago, considering some of them have only been shooting for a few weeks. A summary of faces sizes / distances to be shot is attached.

## Yellow Pegs

Ayden Reeves	CUB	75
Tom Tattersall	RUB	51
Vincent Shaw	RVM	42
Alexander Wilson	RUB	37
Tai Woodley	RU	28
Coby Reeves	RUB	21
Andrew Emery	RIB	21
Xavier Wilson	RUB	13



Xavier was really chuffed about getting his arrow in the GOLD!

## Club

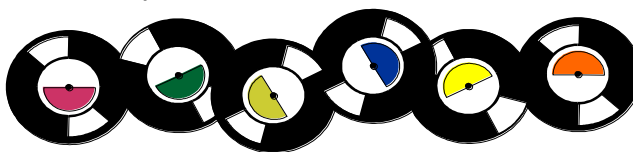
## Shoot – Urban Field – 31/5/15

**Melbourne round – 90 arrows @ 50m/122cm**

Lilia Hutchinson	RMW	539 (40)	Black
Maria Wright	CVW	811 (80)	Master
Brandt Henriksson	RMM	733 (64)	Red

**Newcastle round – 90 arrows @ 30m/122cm**

Ethan Henderson	RUB	559 (5)
Andrw Okely	RMM	512



## Records broken during May 2015

G.Barr-Jones	RM	Melbourne	811	2/5/15
J.Chams-McLean	RUB	Melbourne	614	2/5/15
M.Wright	CVW	Drake	827	23/5/15
B.Barr-Jones	CUB	35/720	645	31/5/15
L.Hutchinson	RMW	Melbourne	539	31/5/15
M.Wright	CVW	Mebourne	811	31/5/15

## Membership Fees

Anniversary membership dates. When you receive a notice for club payments, please ensure you respond. Warringah Archers will be going on line shortly, so that members can register on line when their membership falls due, more details to follow

## WELCOME TO FIELD ARCHERY:

**24T Fita Field is being made up of 3 x 8 targets made up of:**

20cm target faces – 4 rows of 3 secured to a target butt

40cm target faces – 4 secured to a target butt

60cm target faces - secured to a target butt on its own

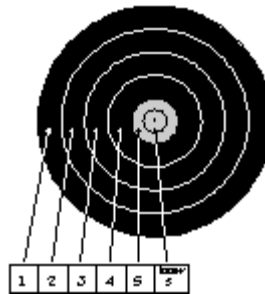
80cm target faces – secured to a target butt on its own

Minimum distances Marked Round:

6	20cm	10-15-20m	5-10-15m	5-10-15m
6	40cm	20-25-30m	15-20-25m	10-15-20m
6	60cm	35-40-45m	30-35-40m	20-25-30m
6	80cm	50-55-60m	40-45-50m	30-35-40m

### Scoring:

The target faces have six scoring zones as shown on the diagram below



3 arrows are shot at each target. Points are awarded for – Yellow Spot 6, 5, then 4, 3, 2, 1 points.

The Inner 6 is marked with an X for compound archers. However, if all competitors mark it the same way, it is used in situations when a tie occurs.

Archers are named A, B, C, & D on a target. You remain in this sequence throughout the shoot. A & B shoot first, then C & D, the next target C & D shoot first, then A & B

When you are faced with three or four rows of bugs eyes for the first time and A & B are up first:

A shoots row 1

B shoots row 3

C shoots row 2

D shoots row 4

When C & D are up first:

C shoots row 1

D shoots row 3

A shoots row 2

B shoots row 4

When you are faced with 4 targets on a butt:

A & B up first would shoot, the top target

C & D up first would shoot, the bottom targets and vice versa.

Remember if you shoot on the right at the beginning of the shoot stay on this side throughout the competition, although you can always move your feet to secure footing.