



# WARRINGAH ARCHERS NEWSLETTER MARCH 2015

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



'60' @ 40m/122cm face



## Across the desk of the Recorder / Secretary

Website updates:

Updates as at 31<sup>st</sup> March, 2015

**Adbow/Kidbow Club Records / Ratings / Classifications and All Gold Awards**, last three can be purchased at any time and cost \$6.50 each.

**Welcome to new members**, please join me in welcoming them to the club and showing them the ropes: Claire Gayrard (RW), Max Butera (RUB), Ben Souchaud (RUB), Max Foley (RUB), Daniel Kwon (RM), Ji Yeong (Angela) Choi (RW)



### NSW Team announced:

**Compound:** Matt Tonowicz (Captain) SOPA, **Ella Hugo (Captain) / Sean Pianca & Bobby Barr-Jones Warringah**, Hayden Crampton &

Ichiro Gunnee (Coast), Matt McDougall (Cessnock), Johnathon Slender / Jessie-Rose Walklate & Maddie Boyle (Penrith).

**Recurve:** Belinda Maxworthy (Vice-Captain) & Nicholas Kyriazis, Northern, **Carmelo Aslanidis (Vice-Captain) / Kane Wilson & David Shannon**, Warringah, Shaun Wang & Laura Trezise (SOPA), Ali Clamback (Liverpool), Erin Waagan (Coast), Bradley Mooy (Illawarra),

**Team Management:** Andrew Crampton (Manager), Jo Murray & Alan Gunnee (Assistant Managers) & Ricci Cheah (Coach).

For those members wishing to watch the event, go onto Penrith City Archers website for link.

**2014 State Presentation Night – 28<sup>th</sup> February, saw several members of Warringah Take Out Awards.**



Kane winning the Overall Junior Boy Recurve (Les Jones Memorial trophy)

Warringah winning the Metropolitan teams trophy  
Ella / Jack & Sean

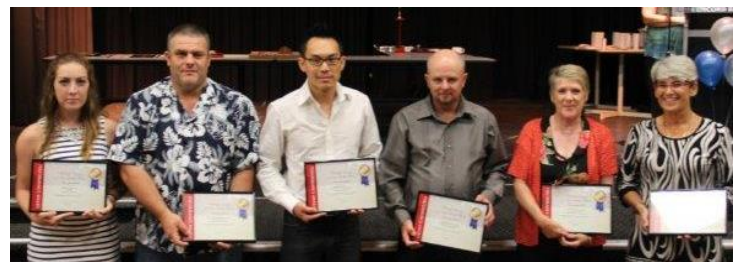


Ella Hugo Best Allround Indoor Archery, and pictured here with Nathan Rathsam from Shirewood winning the Best Allround Junior Boy & Girl Compound (Troy Adams Memorial Trophy)



Lorraine Cook Memorial Trophy, Most Improvid archer was jointly won by Carmelo Aslanidis (Recurve) and Alicia Simpson (Compound)

Several members also took out Sports Person of the Year awards in their respective disciplines – Jack (Cub Recurve Barebow) / Josh (Intermediate Recurve Barebow) / Kane (Cadet Recurve) / Stirling (Male Recurve Barebow) / Ben (Junior Recurve Barebow & Junior recurve ) / Aaron (Longbow)



**Club of the year was won by Northern**

## MAXIMUM PERFORMANCE SERIES

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

### Conditioning for Maximum Performance

#### WARMING UP AND COOLING DOWN

PERFORMANCE IS IMPROVED if the muscles have been slightly warmed up just before the activity. There are two key ideas here. *Slightly*. It does you no good to overheat or dissipate energy you'll need for the event unless you happen to be a baseball pitcher or a ballet dancer with very special needs. They are under such strain and need such extreme flexibility that a sacrifice in stamina is made to prevent injury. In other cases, if you begin to perspire heavily, you've warmed up excessively. As you become more and more overheated, your body loses more and more of its capacity to continue useful physical work. *Just before*. If you complete your warmup half an hour before our event and then sit you've all but lost the value of the warmup, and you may even stiffen up so that you are worse off than if you hadn't warmed up at all. To be most effective, a warmup should be completed no more than a minute or so before your event.

Failure to warm up before vigorous activity can risk tearing of muscle fibers from tendons. The muscles most frequently torn in this fashion are the antagonists to the muscles that are contracting to move the body. These "cold" muscles are in opposition to the fore and are at the mercy of the momentum of the action as well as the force of contracting muscles.

In our workouts, we're going to do two kinds of warmups. The first is a *general* warmup, unrelated to the performance; it prepares the body overall to function well during strenuous effort. During this warmup blood circulation increases, as does respiratory capacity. Oxygen becomes more accessible to your cells. The muscle temperature rises slightly, which facilitates a faster speed of all chemical actions, including those that transmit nerve impulses. The muscles contract and relax faster. General warmup helps to prevent muscle soreness and stiffness, and increases your capacity to move more freely.

*Specific* warmups relate to the actual movements of your event. They rehearse the nervous systems that control movement. You become familiar with the complex movements of a contest, especially those that use your newly developed skills. Using the implement with which you intend to play or throwing a ball in a manner that duplicates play, is a specific warmup.

To repeat, if your specific warmup is so intensive that your body temperature is raised too high, the endurance with which you perform will be diminished. A moderate warmup is always superior to a heavy warmup except, again, for people like pitchers and ballet dancers.

Don't be like the runner who leaves his race in his sweat suit. Take yours off the moment you feel warm.

Effort to increase your range of motion should follow, not precede, vigorous exercise. The manner will be detailed in a later chapter. Here, let's just

note that if you do extensive stretch-outs and *then* go into a hard workout, you're going to wind up tighter than you are when you started. Forceful stretching should be done when you're warm, not when you're cold.

If one of your warmup exercises has been to dive down and touch your toes without bending your knees, you've probably shortened your range of motion rather than increased it as you'd hoped. And you can hurt your back that way. The same result occurs if you've jerked your arms rapidly from side to side or performed high kicks. Any rapidly executed, forceful stretching motion excites nerve sensors, the muscle spindles, and Golgi tendon organs, which send signals back to the central nervous system. In this case the signal is an alarm: your joints are in danger. They're being violently used. Result: our muscles tug at the joint to limit the motion and to prevent further violence. At the same time, your ligaments, tendons and fascia, the tendinous sheaths of the body that protect it against overextension, are irritated. So the result of your violent stretching exercise may be a shortening of these tissues and a decrease in your range of motion.

Increasing the range of motion is a desirable objective of exercising. A flexible body requires less energy and can move to extreme ranges. The type of exercise you do at the end of the end of your workout soothes those reflexes that say "that's enough." These stretching exercises break adhesions and elongate tissues. If that's the sole purpose of your workout – to increase flexibility you should have an endurance workout of ten minutes minimum preferably twenty minutes, allowing your body to store heat and raise your body temperature, and then proceed to your stretching exercises. If the weather is cool, this is the time to wear sweat garments. Like the pitcher or dancer, you know you're going to lose endurance by raising your body heat, but you accept this loss of capacity as a compromise, in order to increase your range of motion and diminish your risk of injury.

These are the theories involved in conditioning for maximum performance. Next, for those of you who need it, we'll review the principles laid down in *Total Fitness*. Then, in the chapter after that, we'll set up your program for maximum performance.



Hi just smashed it at the Golden Gong. From jack – One happy gold medalist ...and unimpressed placers!



Full results can be located on Archers Diary:

<http://archersdiary.com/ViewResults.aspx?id=2039>





## Birthdays April

Lilia Hutchinson (9<sup>th</sup> – BIG 50), now as master archer, Alf Sellers (10<sup>th</sup>), & Stuart Craker (10<sup>th</sup> BIG 50), another Master!, David Shannon (13<sup>th</sup>), Igor Miranov (14<sup>th</sup>) Glen Steele (17<sup>th</sup>), Isaac Robbins (20<sup>th</sup>)

Gotta at least be a cake 1 week down the club! Some very special milestones!



**MARCH HANDICAP WINNER**  
**18<sup>th</sup> March**  
**Leanne Spencer Lady Recurve**  
**(bang goes my rating)**

L.Spencer	RW	41	307	716	1023
I.Mironov	RM	45	271	611	882
A.Catto	RM	59	170	709	879
S.Hayman	RVM	46	262	603	865
S.Calandruccio	RM	69	117	720	837
A.Booth	RM	16	588	229	817
C.Leung	RMW	34	379	432	811
L.Hutchinson	RW	30	424	378	802
G.Steele	RVM	41	307	466	773
A.Nolan	RVM	47	255	349	604
C.Gaynard	RW	xx	xxx	539	539

Quite a close competition, with Igor coming in 2<sup>nd</sup>, and Andrew finishing 3<sup>rd</sup>



## CHANGES IN TARGET RATING

Jack Chamb-McLean	RUB	38 to 40	15/3/15
Aaron Hayman	LJM	17 to 19	15/3/15
Leanne Spencer	RW	41 to 49	21/3/15
David Shannan	RJM	66 to 67	28/3/15
Simon Hayman	RVM	46 to 47	28/3/15
Glenn Steele	RVM	41 to 42	28/3/15
Leanne Spencer	RW	49 to 52	28/3/15
Lilia Hutchinson	RMW	30 to 34	28/3/15
Kyle Evans-Murray	RIB	xx to 23	28/3/15
Pierre Buskermolen	RM	8 to 17	28/3/15
Sam Donlan	RCB	12 to 16	28/3/15
Isaac Robbins	RIB	xx to 13	28/3/15
Maria Wright	CVW	79 to 81	29/3/15

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.

# Advertisement

## BOW-SIT

For the true archery enthusiast, no day is complete without shooting a quota of arrows. But for those at the elite and regular competition levels, daily shooting is absolutely essential. While this requirement to stay at peak condition might be obvious to many people, what is not quite so evident is the need for the archer's equipment to maintain a similar prime level.

So what happens when an archer goes on holiday and the bow must remain at home? Well wonder no more! We now announce a world first:



## Toxophilus Bow-Sit Lodge

Using this service is exactly the same as checking into a motel.

You and your bow are met on arrival by one of our trained consultants, at which time you will tell us of any special equipment needs - such as the frequency of string waxing, or how many arrows should be shot each day.

Then you depart on holiday and leave the rest to us. Our skilled operators undertake to not only use your equipment daily in accordance with your directives, but at the end of each shoot we disassemble all parts and provide a thorough cleaning. Where necessary arrows are re-fletched and strings re-served. All equipment is stored overnight in air conditioned and humidity controlled storage suites, which are patrolled by our own security officers. Your bow is kept happy!

One of our long-standing customers eloquently described this comprehensive bow-sitting service as 'bow heaven'! What more can we say?

Short and long term rates are available.

For more information and details of the lodge nearest you, please write to us at:

### **Far-Fletched Enterprises**

*(The Archery Innovators)*

*P.O. Box B84689C - Stimarts – NSW*

## **CHEST GUARDS:**

Not only women archers need chest guards to protect themselves from the string, men also need them so the string doesn't get caught in any loose clothing. Ideal for all archers regardless of what type of equipment you shoot.



## Club Shoot – 28<sup>th</sup> March, 2015

How long was the shooting line on Saturday it seemed to go forever



### Archery League – Darwin round

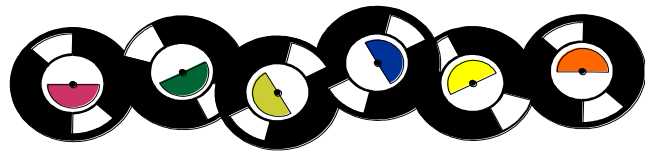
90 arrows @ 40m 122cm face

Maria Wright	CVW	854 (84) M
Kane Wilson	RCM	853 (84) GM
Carmelo Aslanidis	RCM	817 (72) GM
David Shannon	RJM	804 (69) GM
Brandt Henricksson	RMM	786 (64) Red
Stirling Calandrucchio	RM	782 (64) Blue
Claire Gayrard	RW	769 (61) Red
Leanne Spencer	RW	740 (55) Blue
Bobby Barr-Jones	CUB	710 (50) Red
Simon Hayman	RVM	700 (49) Black
Igor Miranov	RM	668 (44) White
Glenn Steele	RVM	663 (44) Black
Kristian Chamb-McLean	RM	660 (43) White
Lilia Hutchison	RMW	628 (39) Black
Alan Nolan	RVM	619 (38) White
Jack Chamb-McLean	RUB	618 (38) Blue
Kyle Evans-Murray	RIB	558 (32) Black
Pierre Buskermolen	RM	495 (26)
Sam Donlan	RCM	422 (20) White
Isaac Robbins	RIB	408 (19) White
Aaron Hayman	LJM	373 (16) White
Kaden Currie	RCM	366 (15) White
Greg Williams	MR	294 (9)

Newcastle – 90 arrows @ 20m 122cm face

Calvin Poole	RJM	699 (20) White
Aiden Reeves	CUB	510
Max Foley	RUB	402
Bailey Buskermolen	RIB	388
Connor Poole	RUB	279
Robbie Caldwell	RIB	259
Ben Souchaud	RUB	256
Max Butera	RUB	241

It was the glorious weather and throughout the shoot, we gave away some incentives, well done to Carmelo / Lilia / Brandt & Kane. We finished the day off with an elimination shoot between Kane & Stirling who shot a great end to be in the final, however Kane finished out on top 29 points to 28, very well deserved WIN.



### Records broken during March 2015

L.Spencer	RW	Golden Gong	811	14/3/15
J.Hutchinson	RCW	Golden Gong	734	14/3/15
C.Leung	RMW	Golden Gong	722	14/3/15
A.Hayman	LJM	Golden Gong	639	14/3/15
M.Wright	CVW	Grange	773	22/3/15
K.Wilson	RJM	Darwin	853	28/3/15
A.Hayman	LJM	Darwin	373	28/3/15
M.Wright	CVW	Darwin	854	29/3/15

## CLASSIFICATION PINS

### White through to Gold

The club now has stock of the Target / Field & Clout awards and these can be purchased for \$6.50 each



### Master Bowmen & Grand Master Bowmen

classifications – rules are that one of these must have been shot in a tournament.

**Elite Bronze / Silver / Gold:** These can only be obtained by shooting the required score in tournaments and are monitored by ArcheryNSW and Presented at the State Presentation Night.



Well done to those who achieved Elite status in Target throughout 2014:

**Silver:** Carmelo Aslanidis

**Gold:** Sean Pianca / Jack Salmon / Ella Hugo & Kane Wilson