



WARRINGAH ARCHERS NEWSLETTER JANUARY 2014

www.warringaharchers.com.au



Across the desk of the Recorder / Secretary

THANK YOU to everyone who
turned up for our Education /

Coaching update day, we hope this proved beneficial to you as members. Over the next couple of weeks please take the time to spend 15 minutes and sit down and determine **WHAT DO YOU WANT TO GET OUT OF ARCHERY IN 2014**. Then we will have some **GOAL SETTING** sessions, and put a plan in place that you can work towards – say it to yourself – **IT BEGINS WITH ME**.

For those members who were unable to make it, over the next 4 weeks, there will be some time put aside to go through the information presented.

The 1st January, kicks off some age group variations as people reach those age milestones, please refer to below to ensure that you are ticking the correct age group that you should be competing – this is what kick starts the whole process of Division and records etc, that are eligible to be claimed.

Terms of Divisions: Open (any age group), Master (50-59), Veteran (60+), Cub (13 and Under), Intermediate (15 and under), Cadet (17 and Under), Junior (20 and under).

Note: Anyone turning 50 in 2014 can compete in the Masters Division from the 1st January, 2013 (*even if you birthday is not until May*) – same applies to our 60 year olds. There is also a trial division of 70+ in some tournaments, so watch out for this as well.

For our younger members, if your birthday falls throughout the year – example You turn 13 in February, then you are still a Cub until the 31st December, 2014. If in any doubt talk to a committee member.

Club T-Shirts – stock is available. Cost to members is \$30.00. It would be great if members could wear these shirts on our Handicap shoot days.

New Members: Andrew Catto (MR) Kristian Chambers-McLean (MR), Kaden Currie (IntBR)

Club Shoot 4th January, 2014

Melbourne: 90 arrows @ 50m/122cm face

Terry McCracken MRM 822 (84) Gold
Maria Wright LCV 787 (74) Red

Sean McCracken	IntBR	725 *62) M
Stirling Calandrucio	MR	626 (49) Black
Paul Wilson	MR	329 (22)
Geelong – 90 arrows @ 30m/ 122cm face		
Alexander Catto	IntBC	749 (45) Bluer
Brandt Henriksson	MRM	730 (41) White
Andrew Catto	MR	723 (40) White
Simon Hayman	MRV	637 (28)
Kristian Chambers-McLean	MR	629 (27)
Oakley McCracken	U10BR	617 (10) White
Nicholas McCracken	CubBC	611 (25) Black
Bobby Barr-Jones	U10BC	592 (23) White
Victoria Henriksson	CubGR	519 (16) White
Lilia Hutchinson	LR	490 (14)
Isobella Tremauville	U20WR	452 (8)
Jacob McPeake	IntBR	364 (3)
Jack Chambers-McLean	CubBR	358
Matt Alty	CadBR	355
Alexander Wilson	U10BR	252
Xavier Wilson	U8BR	240
Sophie Howarth	IntGR	233
Daniel Flewin	U10BR	226

ANNUAL AWARDS that are PRESENTED by Warringah Archers

MOST CONSISTENT ARCHER COMPETITION

CONDITIONS:

This event is held annually and commences on the 1st January and closes 31st October.

What do I need to do !

- Shoot a minimum of 20 rounds throughout the year (Easy)
- However, only rounds that have two or more distances involved will be considered (Yep).
- Must include a minimum of 4 handicap rounds, 3 Canberra rounds (or equivalent for Juniors), with the good news being, that the balance can be made up of whatever else the archer wishes, as long as it complies with (b) above. (OK)

A perpetual trophy is presented to the winner at the Club Presentation Night.

2013 Winner was Carmelo Aslanidis

MOST IMPROVED ARCHER TARGET & INDOOR

CONDITIONS:

Any archer having a rating at the beginning of the year will automatically qualify and/or when they first obtain one.

ArcheryNSW Tournaments & Club Tournaments 2014

The objectives of the award are:-

- to recognise the archer who has improved the most, irrespective of how good they were at the beginning of the year
- to allow for the fact that an archer rated 12 can improve in numeric terms more easily than one with a rating of 80.

The calculation is simple and is applied to everyone with a rating as at the beginning of the shooting year; *or from when an archer first obtains a rating.* The person with the highest improvement rating wins the award.

Maximum Rating = 120

Improvement Rating = $((120 - \text{Rating at beginning of year}) / (120 - \text{Rating at end of year})) * 100$

Example: Archer A goes from a rating of 7 to 22 while Archer B goes from 91 - 95. Who is "the most improved"? Archer A whose rating went up by 15 or Archer B whose rating went up by 4

Archer A = $((120 - 7) / (120 - 22)) * 100 = (113 / 98) * 100 = 115\%$

Archer B = $((120 - 91) / (120 - 95)) * 100 = (29 / 25) * 100 = 116\%$

In this example, Archer B is the most improved archer because it is harder to increase by 4 at the top end of the rating.

The best part is that you don't have to worry about it, because all the work will be undertaken by the Club Recorder and the winning archer announced at our Club Presentation later in the year.

All you have to do is SHOOT and of course ensure your score sheet is correctly marked.

Winner for 2013–Indoor – Jack Salmon
Winner for 2013–Target – Glen Dwyer

Club Shoot 11th January, 2014

Samford – 90 arrows @ 40m 80cm face

Maria Wright	MCV	762 (74)	Red
Ken Wright	MCV	728 (68)	Red
Stirling Calandrucchio	MR	645 (56)	Blue
Yoshi Imiya	U20BR	624 (54)	Blue
Brandt Henricksson	MRM	586 (50)	Blue
Andrew Catto	MR	444 (37)	White
Kristian Chambers-McLean	MR	287 (24)	
George Barker	MRM	232 (18)	
Lilia Hutchinson	LR	200 (15)	

Jodie Joker – 90 arrows @ 20m 80cm face

Jessica Hutchinson	CadGR	481 (12)	
Ben Calandrucchio	U20MR	470 (11)	
Finn Starr	CadBR	437 (8)	
Matt Alty	CadBR	368 (2)	
Aiden Barker	CubBR	298	
Jarod McIntyre	CadBR	284	
Jack Chambers-McLean	CubBR	262	
Daniel Flewin	U10BR	235	
Alex Jackson	CubBR	1701	
Ethan Henderson	CubBR	157	

Tournaments External to the club:

1. Warringah Archers where possible will distribute to club members electronically, so please check your mail regularly.
2. Tournaments on ArcheryNSW Calendar, are listed on our club calendar in **BOLD**. Entry forms/events are where possible advertised in the club newsletter, however, most entry forms are placed on ArcheryNSW website, therefore you should keep as a favourite – archerynsw.com
3. It is the responsibility of Club Members to enter themselves and pay all associated fees when entering competitions outside of the club.
4. Should a member enter an event / then not turn up, unfortunately there are restrictions to refunds that are available. ArcheryNSW does have a tournament policy with strict guidelines for clubs to follow for late entries / non attendance / withdrawing from events. Again these can be found on ArcheryNSW website.
5. Clothing to be worn: When you are competing in a tournament on the ArcheryNSW Calendar, where possible your club uniform should be worn (ie Hat / Club T-Shirt, white / maroon / navy or white pants).
6. Registering at the event: When you turn up at an event, the first thing you should do is **REGISTER**. This then lets the organising committee know that you are there. Failure to register may mean that the organising committee starts shuffling target allocations and space then may not be available for you.
7. You may be asked to produce your Archery Australia Registration Card at the time you sign on for an event. Please ensure you keep this with you.
8. Most importantly – check the division that you are competing in **before** the competition starts, and request appropriate changes at that time if necessary.
9. At the completion of the shoot – make sure your score card has your full name on it – division / club / total score / hits / X / 10's and please, please sign it and have it witnessed. Check your score is **CORRECT**. Again failure to comply may mean all your hard work in competing can be discarded, or relegated to a lower placing due to score being added up incorrectly.
10. Warringah Archers hosts two events annually – Warringah Open in March and the Warringah Kidbow which is November. These are free of charge to members, however, if you enter and

you do not turn up, then payment for these events will be required.

11. **Awards:** When competing in events outside of the club and you wish to claim an award, please mark this on your score sheet. The NSW Recorder will then distribute appropriate awards to the club, which in turn will be passed onto you.
12. Warringah members: Should always have with them sun block out – **REMEMBER: SLIP, SLOP, SLAP**/ water / and a comfy seat as these are not always provided at tournaments.

Club Shoot 18th January, 2014

Victoria – 90 arrows @ 70m 122cm face

Stirling Calandrucchio MR 482 (51) Black

Melbourne – 90 arrows @ 50m 122cm face

Alexander Catto IntBC 766 (60) Gold
 Maria Wright LCV 761 (69) Red
 Ken Wright MCV 745 (66) Red
 Brandt Hendricksson MRM 649 (42) Black
 Andrew Catto MR 639 (41) White
 Lisa Webb LR 613 (38) White
 George Barker MRM 537 (30) White
 Lilia Hutchinson LR 400 (18)

Geelong – 90 arrows @ 30m 122cm face

Jacob McPeake IntBR 486 (13)

Newcastle – 90 arrows @ 20m 122cm face

Aiden Barker CubBR 503
 Ethan Henderson CubBR 258

Financial Assistance to Club Members

Financial assistance will be eligible to be claimed for club members competing in State & National Teams.

Bronze recognition: Members who are selected into a State Team will be eligible to claim \$50.00

Silver recognition: Members who are selected into a National Representative Team to compete in overseas events identified by Archery Australia will be eligible to claim \$75.00
 (Trans-Tasman Junior Test / World Cup etc.,)

Platinum recognition: Members who are selected into an Australian Team to compete at World Championships events (Junior/Target/Field/Indoor) and/or Olympic Games will be eligible to claim \$100.00.

Payments will be made at the annual club presentation night following representative status.

Club Shoot 25th January, 2014

Ricker Treat – 90 arrows @ 15m/122cm face

Aiden Barker CubBR 649 (4)
 Oakley McCracken U10BR 532
 Alex Jackson CubBR 355
 Daniel Flewin U10BR 320

Kiwi Chatter – 90 arrows @ 25m /122cm face

Yoshi Imiya U20MR 856 (66) Red

Bobby Barr-Jones U10BC 663 (26) Black
 Ben Calandrucchio U20MR 530 (11)

Fortress – 90 arrows @ 35m / 122cm face

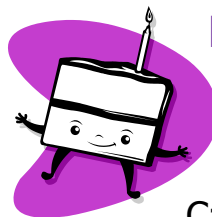
Nick McCracken CubBC 622 (35) Blue
 George Barker MRM 565 (28)
 Lilia Hutchinson LR 466 (19)

Elizabeth – 90 arrows @ 45m/122cm face

Maria Wright LCV 762 (68) Red
 Alexander Catto IntBC 617 (45) Blue
 Andrew Catto MR 551 (38) White
 Lisa Webb LR 488 (31) White

Bellingen – 90- arrows @ 65m/122cm face

Terry McCracken MCM 793 (91) GM
 Stirling Calandrucchio MR 583 (57) Blue



Birthdays February

Tegan Mullis (6th),
 Daniel Sun (9th) Lisa
 Webb (10th) Stirling

Calandrucchio (11th), Rory
 Graham (12th), Daniel Flewin (14th)
 Ben White (15th), Bobby Barr-Jones
 (20th) Kane Wilson (21st), David
 Stokes (22nd) Ayden Reeves / Molly
 Graham & Ben Wood (24th), Oakley
 McCracken (25th), Brandt Hendrickson
 & Will Rickwood (28th)

Hopefully we might see a cake or two down the club????

CLASSIFICATION MEDALS – Yep as at the 1st January, archers are required to re-classify.

What Classification you achieved in 2013 can be located on the website:

Target – White / Black / Blue / Red / Gold – Classification medals are held at Club level for Target / Indoor / Field & Clout, these are available at a cost of \$6.50 each

The following members have reclassified, or shot their classification for the first time, and/or improved their classification in the month of January:

Brandt Henricksson	MRM	White
Andrew Catto	MR	White
Nick McCracken	CubBC	White/Black
Maria Wright	LCV	Red
Alexander Catto	IntBC	Blue
Terry McCracken	MCM	Master Bowman

Master Bowmen & Grand Master Bowmen: One score must be shot in a Tournament, with the two remaining scores eligible to be shot at club level. Once achieved these are claimed from ArcheryNSW by the club quarterly on your behalf.

Once you reach GMB Level, the club pays for this award on your behalf

ELITE bronze, silver and gold: The three scores required to obtain these awards, must be shot in tournaments. ArcheryNSW Recorder will monitor the attainment of these scores, and archers will be recognized for their achievements annually at the State Presentation Night.

There is no cost for these awards, costs are being borne by ArcheryNSW

MAXIMUM PERFORMANCE SERIES

Maximizing Performance

Choosing a Coach/Coaching your child continued:

THE PLAY'S THE THING

SINCE CHILDHOOD, we've used play as a means of expression, development and communications. When you examine it, play is a serious thing: when you're playing a game to your utmost, it's no laughing matter. But it is fulfilling, and it does provide a harmony of spirit in action.

In this age of science and industrialization, however, there is a strong tendency to make the conditioning process for maximum performance a production-line experience. Every step of the way is rigidly prescribed and formally executed. This method contradicts and at times annuls the play element of sports, and thereby inhibits learning.

There are scientific principles that lead to improvement of the body and its performance. We'll be getting to them in this next chapters. But these principles don't have to be practiced in an industrialized way to be effective. If they are so practice, they may prove to be self-defeating.

I always loved to run. The rhythm, the air rushing past my ears, the sense of progression as I rushed toward my goal gave me a joyous feeling that nothing else could duplicate. Both my high school., and college coaches told me that I had an excellent running style and could be a champion if I worked on it. They prescribed rigid training programs - and running was suddenly a business. I no longer enjoyed it and soon gave it up. Looking back, I think that if my coaches had been like the people in my home, and had just let me run, finding my own rhythm and style in the process, I might have become a first-rate performer.

Conditioning and skill development should enhance the sport, not take the fun out of it. We have the phenomenon today of girl swimmers, champions at fifteen, retiring from the sport. They've been in the water since they were eight. Now they're at an age when social relationships are changing and important. They say, "Now I m going to live a full life. No more life-consuming practices." The proper conditional should help to shorten practice periods, make them more enjoyable and enable the competitor to live a full life in addition to her conditioning program.

Roy Cochran won his Olympic gold medal working out just an hour a day. You may not have to ru9in your life to perform to you r maximum or become a great performer.

Today's world-class performers resists the kind of coach's schedule that calls for repetitions of a given

distance or execution of a performance at a prescribed pace monitored by computers. They are so wise. There is a scientific basis for believing that if you adjust your work to what's going on inside you, you're most apt to do the amount of work that's required for ideal. Training, whereas if you train by external measures, you do either too little or too much.

A child doesn't analyze or pay attention to his mechanics. All he knows is what he wants to accomplish. This innocence is the ideal frame of mind without which to approach performance. Somehow, we want to get back to that child like innocence and wonder, trusting our bodies to do what we ask of them. For sheer performance, and even rapid learning, we need the wholeness, the positiveness and the zest for exploration of children.

As far as I'm concerned, it's an appreciation of these attitudes that most distinguishes the good coach, whether it's you or a professional. From this attitude flows the most constructive approach to teaching.

Now for its particulars.....*to be continued*



JANUARY HANDICAP WINNER JESSICA HUTCHINSON- CADET GIRL RECURVE

Archer	Divn	Rating	H/Cap	Score	Total
J.Hutchinson	CadGR	22	402	497	899
N.McCracken	CubBC	28	149	738	887
S.McCracken	IntBR	69	117	753	870
T.McCracken	MRM	93	87	804	841
L.Hutchinson	LR	29	329	504	833
K.Turner	LC	83	64	755	819
O.McCracken	U10BR	11	258	553	811

CHANGES IN TARGET RATING

Simon Hayman	MRV	25 to 26	4/1/14
Alexander Catto	IntBC	39 to 42	4/1/14
Brandt Henricksson	MRM	40 to 45	11/1/14
Lachlan McLeod	CadBC	80 to 81	17/1/14
Sean McCracken	IntBR	65 to 69	17/1/14
Nicholas McCracken	CubBC	24 to 28	17/1/14
Alexander Catto	IntBR	42 to 51	18/1/14
Lisa Webb	LR	30 to 34	18/1/14
Nick McCracken	CubBC	28 to 31	25/1/14

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.

ARE YOU A SMURF / SMURFETT!!!

On the fridge down the club there is a piece of tape, that **YOU** must be under to be classed in this division. Special events have been earmarked in 2014 specifically for this height category – regardless of your age! More information will be circulated shortly–**CHECK IT OUT!**

