



# WARRINGAH ARCHERS NEWSLETTER FEBRUARY 2014



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



**Across the desk of the  
Recorder / Secretary**  
**Website Updates:**  
**QRE results** – held at Warringah  
Jan/February.

**Schedule of round – Chapter 9:** Updated

**Records:** National Championships Records @ 31<sup>st</sup>  
December, and National Tournament Records @ 30<sup>th</sup>  
November, 2013.

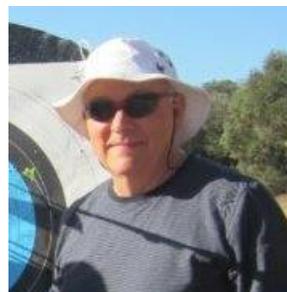
**Elite Classifications Gold / Silver / Bronze:** As  
these new classifications were introduced in July  
2013, a list of the Elite Class shot by members of  
Warringah Archers are now posted. These will be  
added to annually.

**Warringah Open** – 22<sup>nd</sup> March at Club Grounds,  
entry form on notice board – Sydney Round – 30  
arrows @ 70/60/50/40m 122cm face – Open Division  
only in Male Recurve, Female Recurve, Male  
Compound, Female Compound

Bjorn Jacobsen	MR	281 (28)
Joshua Calandruccio	IntBR	277 (27) Black
Andrew Catto	MR	265 (26)
Paul Wilson	MR	261 (25)

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

Nicholas McCracken	CubBC	522 (34) Blue
Aidan Hayman	IntBR	498 (30) Black
Kristian C-McLean	MR	388 (17)
Matt Alty	CadBR	372 (15) White
Victoria Henriksson	CubGR	352 (13) White
Jessican Hutchinson	CadGR	328 (10)
Jarrold McIntyre	CadBR	299 (7)
Jacob McPeake	IntBR	279 (5)
Ben Calandruccio	U20BR	269 (4)
Finn Starr	IntBR	263 (3)
Jacob Wilde	CadBR	258 (3)
Oakley McCracken	U10BR	225
Jack Chambers-McLean	CubBR	172
Alex Jackson	CubBR	153
Aidan Barker	CubBR	112
Alexander Wilson	U10BR	104
Xavier Wilson	U8BR	83



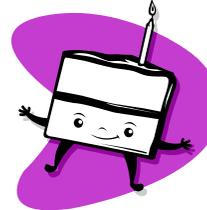
**FEBRUARY  
HANDICAP  
WINNER**  
**SIMON HAYMAN**  
**Male Recurve  
Veteran**

Archer	Divn	Rating	H/Cap	Score	Total
S.Hayman	MRV	26	471	444	915
A.Wilson	U10BR	0	547	340	887
X.Wilson	U8BR	0	547	307	854
P.Wilson	MR	21	531	293	824
L.Hutchinson	LR	29	436	301	737
A.Hayman	IntBR	24	495	246	741

**Club Shoot 8<sup>th</sup> February, 2014**

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

Terry McCracken	MCM	656 (89) M
James Dunn	MC	545 (62) Black
Sean McCracken	IntBR	534 (60) Gold
Alex Catto	IntBC	499 (55) Red
Stirling Calandruccio	MR	496 (54) Black
Carmelo Aslanidis	IntBR	465 (50) Red
Georgia Aslanidis	IntGR	388 (40) Red
Brandt Hendricksson	MRM	369 (38) White
Simon Hayman	MRV	321 (32) White
Lisa Webb	LR	317 (32) White
Troy Urquhart	IntBR	284 (28) Black



**Birthdays March**

Belinda Maxworthy  
(3<sup>rd</sup>), Sean  
McCracken (8<sup>th</sup>),  
Patrick Mesiti (16<sup>th</sup>), Steve  
Jennison (20<sup>th</sup>), Lauren Plant  
(23<sup>rd</sup>) Amy-Anne Bailey (27<sup>th</sup>),

**MAXIMUM PERFORMANCE SERIES**

**Maximizing Performance**

**Choosing a Coach/Coaching your child continued,  
THE GOOD COACH LETS HIS PUPILS FIND  
THEIR OWN WAY**

THE GOOD COACH knows there's no "picture-book" way to perform. He knows that no two people move exactly alike. He respects your idiosyncratic movement behavior and suggests movement habits that are already comfortable to you. He starts you where your movements indicate you should start. He might show you how to execute a movement, but he lets you develop your own style, helps you refine your excess motion, and allows your own motion characteristics to persist.

You have to have some image of what you're trying to do to begin with. It's the manner in which that image is presented that's so important. If you're coaching a child, for example, and you say, "There is

# STYLE STUFF

only one right way to do this, and I don't want to see you doing it any other way," then you're not allowing the child the right and freedom to perform in terms of his idiosyncratic movement. Far better to say, "Try doing it something like this." Then demonstrate your concept of what the movement is supposed to achieve. The child gets the feel of the movement and its result, with no requirement to mimic exactly the postures of the demonstrator.

As quickly as possible thereafter, the movement should be executed with the implement of the sport and at game speed.

It's possible that you can express the complete idea to a child right from the start, without breaking it down into component ideas. If you can, you're that much farther ahead. I would certainly advise you to take a crack at it. I've seen children not much older than toddlers so determine to swim that they just fall in to the water and start swimming.

## THE GOOD COACH FIRST SEES WHAT YOU CAN DO

NO MATTER HOW INACTIVE you've been, you already have a repertoire of skills to apply to almost any event you undertake. A good coach finds out what it is you can already do, rather than asking you to try something strange. For example, the serve in tennis, as complicated a motion as it is because of simultaneous movements of both arms, is, at its base, almost exactly like the movement involved in throwing a ball. The good coach will ask you to throw a ball before he ever asks you to try to serve. Better yet, he will have an old racket with him and ask you to throw it just as you would a ball. In the actual serve, the difference is that you hang on to the racket.

To be continued.....

## CHANGES IN TARGET RATING

Simon Hayman	MRV	25 to 29	8/2/14
Troy Urquhart	IntBR	25 to 26	8/2/14
Andrew Catto	MR	00 to 26	8/2/14
Paul Wilson	MR	21 to 23	8/2/14
Alex Catto	IntBC	51 to 53	8/2/14
Georgia Aslanidis	IntGR	42 to 44	9/2/14
Carmelo Aslanidis	IntBR	67 to 68	9/2/14
Alex Catto	IntBC	53 to 55	22/2/14
Brandt Henriksson	MRM	45 to 46	22/2/14
Paul Wilson	MR	23 to 28	22/2/14
George Barker	MRM	00 to 22	22/2/14
Troy Urquhart	IntBR	26 to 278	22/2/14
Jessica Huthinson	CadGR	22 to 25	22/2/14
Kristian Mc-Chambers	MR	00 to 21	22/2/14

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.

**Club Shoot – 15<sup>th</sup> February, 2014** (wet, wet & wet)

**Townsville – 36 arrows @ 70/50m (80cm face)**

Stirling Calandrucchio MR 416 (50) Black  
Alan Nolan MRV 316 (39) White

**Sarah Lee -360 arrows @ 25/20m (80cm face)**

Danielle Tonkin LR 471 (12)

## The Basics

So what is it that differentiates between a top archer shooting 1350 and Jo Shmo shooting 1050? To be honest not a lot (normally!). The key to good form is good basics so what are the most important issues here?

- Your Brain!
  - Good Back tension
    - Relaxed Form
      - Consistency

In fact you can actually take out the middle two, as brain and consistency are all that is needed to shoot well. Aaargh I hear people cry but what about bow tuning, equipment, loose etc etc. It really doesn't matter if you have #4 Consistency! Any bow can be put in a shooting machine with any arrow and the arrow will impact in the same hole every time. (Might be nock end first mind you!) What an archer must do is to train his/her body so that it replicates the consistency of the shooting machine. Now that doesn't necessarily mean that all the enjoyment goes too (although watching the Koreans I sometimes wonder...).

The key to consistency is a good relaxed form. The basics are the key to such form. You can shoot 1440 with a terrible style BUT a good style is easier to hone towards that of the shooting machine. Simple = Repeatable. So here are a few points that I think are key to good form (in no particular order):

- Practice (lots of quality arrows!)
- Back tension (a key issue to a strong shot)
- Rhythm
- Relaxed Drawing hand and bow hand
- Clicker control using back muscles
- Firm but relaxed anchor
- Solid body alignment

## Practice

When I say Practice I don't mean practice. Not going down the club and spending your time nattering with your mates and shooting a few arrows and.... (although that too definitely has it's part!). I mean shooting good arrows. You have to concentrate in practice otherwise you might as well not be there. Work on something every time you shoot perhaps a specific, like clicker control, perhaps something more general like shot execution. Whatever there should always be something.

## Back Tension

I believe that it is essential to have good back tension (that doesn't mean perfect back tension). In order to draw and hold a tournament bow while you make a shot it is necessary for your body to do a lot of work (even at relatively light draw weights). Trying to do

this work with arm muscles, even for the body builders amongst us, is nigh on impossible. The back muscles are multitudinous and large so why not use them. Reams could be written on back tension, muscle position etc but I am going to leave it for now and just say one thing. Shoot on your arms and you WILL collapse after the shot, maybe not always, but sometimes.

## Rhythm

A good shooting Rhythm will aid accuracy. Look at the top Koreans. In the late 80's and early 90's the Korean Ladies dominated world of archery. They were rarely beaten. The 1992 Barcelona Olympic champion Cho was a good example but none can eclipse the 1988 Gold medalist and 1992 Silver medalist Kim Soo-Nyung. Seeing was believing. She shot with a metronome-like 2.7 second draw release cycle. Her accuracy was unquestionable. The 1992 Olympics were decided on mental preparation. Cho had the edge. Both shot with a continuous fluid action, they never stopped pulling through the clicker. If you stop it will take a lot of effort to get started again!

Research has shown that the longer you try to aim the less accurate you aiming becomes. You are at your most accurate early on in your shot cycle so why prolong it? I believe a cycle of 5 seconds is more than enough and over 7 seconds is too long. If you cannot shoot in such a rhythm there are several possibilities:

- You are over-bowed (bow too heavy)
- You lack psychological commitment to the shot
- You have a basic technical error (eg clicker too far back, bow shoulder collapsing etc)
- You are not pulling continuously
- You are over-aiming (in archery your aiming does not need to be that precise!)

I cannot emphasise the importance of drawing smoothly. Never stop pulling! If you stop pulling then you have to start again which will be jerky and inconsistent. If you never stop then all your actions can be smooth and refined! Watch the top archers shooting, they pull all the way through, no stopping and starting again. Go for it COMMIT!

## Relaxed Drawing Hand

It is essential for a good loose that the fingers that draw string are as relaxed as possible. If you have a lot of tension then the string will clear them with a jerk, therefore proving inconsistent. If your fingers are more relaxed the string can just push them aside as you relax the holding tension. The key to this is IMHO a good deep hook. If you support the string on the tips of the fingers then the string is well away from the line of power, exaggerating the holding tension. Your finger tips which are in front of the string are rigid. With a good deep hook your finger tips can be far more relaxed, the only tension in your fingers is the minimal amount that will hold the string. When I say "deep hook" I mean past or near the first joint. To some extent it will depend on the shape of your hand. I prefer to be past the joint on

my top and middle fingers and in the joint on my bottom finger.

**WARNING:** Shooting from the joints may cause joint damage and possibly increase the risk of arthritis

## Relaxed Bow Hand

The bow hand is the last place where you can influence the arrow. If you are torquing the bow-grip then as you release the string the bow will begin to rotate/kick. To minimise this effect you must relax your bow hand (relaxed is relaxed but tense is one of 100 different things!) this will improve consistency from shot to shot. To maintain a relaxed bow hand follow these steps:

- Rotate elbow so that joint is facing the string.
- Make a V shape with your bowhand (Thumb to forefinger)
- Place hand on the base of the grip and slide up into the throat.
- Relax thumb and forefinger.

Now you must check that your hand does not make any contact with the grip to the bow-side of your lifeline (on your palm!). If you start with your hand and fingers like this you should be able to maintain that position through the draw cycle. If not shoot up close with your eyes closed, concentrating on relaxed bow hand.

## Clicker Control

Sad but true, most archers draw through the clicker inconsistently. Most use combinations of shoulder, arm, finger and side muscles to get through. The visual symptoms of this are elbow dropping, fingers tightening, dead loose, collapsing on the shot etc. Try this on a blank bale at about 3-5 yards:

Load your bow as normal. Close your eyes. Keep your head right up and draw the bow just feeling for back muscles all the way. Come into anchor (still feeling for back muscles) and draw through your clicker (STILL feeling for back muscles!). Firstly can you do it? Secondly repeat your shot naturally. Does it feel the same? Chances are no it does not. Repeat the exercise a few times for a pattern. If your clicker drops before you even reach your anchor then chances are you are under-drawing. If you cannot get through the clicker then you are over-drawing. Continue to shoot with back muscle focus without a clicker until you feel consistent. Then get someone else to put your clicker in the right place!

Once you have mastered back tension clicker ☺ you must reinforce that the clicker is not your enemy, it is your friend! You are the one that put it there! Also remember that the shot does not finish at the clicker. You must continue your back tension and follow through..... (Wooooahhh is that sketchy or what?!)

Remember, when the clicker clicks its not the end of the shot, it is the middle of the shot!!! The follow through is highly important in the shot cycle. Certain

archers find it difficult to draw through the clicker and sometimes collapse afterwards because they consider the clicker to be the pinnacle of the shot. It is not, the clicker is just something that happens during the shot sequence!

## Relaxed Anchor

Assuming you do actually anchor most archers pull into their face way too hard. Keep your head right up (stand tall you slob!) and draw into anchor. Keep your head and neck relaxed and allow the head to move a little when you are at the full draw position (backwards of course!). This is much easier and more comfortable than making the clicker go by pulling the string tight onto your chin bone!

## Body Alignment

You aim with your body almost as much as with the sight. Some top archers can shoot at distance without their sights as their body aiming is that good (different from instinctive archery but similar). It is important that you find out what works for you. Areas to be considered are:

- Stance (open or closed, if open how open)
- Shoulder (set back, pushed forward or just natural?)
- Rear Elbow (in line with arrow tends to be best)
- Body must be upright
- Balance

Although there are plenty of rights and wrongs there are a lot of correct possibilities! You must experiment and decide for yourself. Never copy another archer. Everybody has different physique so there is no definitive way! Darrel Pace sets his shoulder way back in the joint, Rick Mackinney pushes his way forward and then Jay Barrs just leaves his where it goes naturally, none of them are wrong!

## Commitment

Get this through your head you have to commit to the shot! ☺ If you don't you might as well forget it. Commitment to the shot is almost entirely psychological. If you start drawing the bow with doubt about anything "the wind is going to blow me off", "am I going to hit", "I hope this goes in the 8 or better" etc then your results will be varied. Watching the best archers (again!) will show you just what I mean. They look like they are going to shoot the arrow from the beginning of the draw! Many of us, myself included, look like we are going up to full draw to see how we feel, once we're up there then maybe we'll shoot it. Half the time this leads to us executing shots that we shouldn't. Those with commitment only let down on the shots that they have made technical mistakes on. Uncommitted archers have made so many psychological mistakes before they get to full draw that they can hardly see the mistakes in technique. This might seem extreme but believe me it's true. You need to get around your brain before you start trying to shoot! Fear of failure is a big problem for many of us but with a little mental training we can at least begin to overcome it.

## Don't be Lazy!

Sounds obvious I know but read on! How many times do you get up to full draw and feel that it's still not quite right or doesn't look quite right but still we shoot it? Most of us do it. Watch the Koreans mind you and they will often let down the bow before they even reach their anchor point because they know that they got something about the shot set-up wrong. We don't we just shoot it anyway. It's pure laziness! We all have 2 minutes for three arrows, that's a long time! If you get up to full draw and it doesn't feel right then let it down and try again! OK so if the Amber light goes on and you have 3 arrows to go get rid of them (three 6's are better than three arrows in your quiver) but I doubt this will happen. Certainly this policy has helped me improve my scores this year. Get each shot as close to right as possible. This applies to practice and competition..**GOOD SHOOTING**

## Club Shoot 22<sup>nd</sup> February, 2014

### Wollongong – 36 arrows @ 90/70m

Terry McCracken MCM 590 (87) Gold

### Townsville – 36 arrows @ 70/60m

Alex Catto IntBC 480 (58) Red

Brandt Henricksson MRM 403 (48) Black

Alan Nolan MRV 363 (44) Black

Andrew Catto MR 299 (37) White

### Lukie Last – 30 arrows @ 25m/20m

Paul Wilson MR 584 (33)

George Barker MRM 576 (31) White

Nicholas McCracken CubBC 574 (31) Black

Troy Urquhart IntBR 574 (31) Black

Jessica Hutchinson CadGR 566 (29) Black

Lilia Hutchinson LR 523 (21)

Finn Starr CadBR 506 (18)

Lauren Plant U20GR 504 (18)

Bobby Barr-Jones U10BC 494 (16) White

Jacob McPeake IntBR 480 (14)

Kristian Chambers- CadBR 455 (10)

Jackson Wilde CadBR 415 (5)

Jack Chambers-McLean CubBR 317

Aiden Barker CubBR 265

Ethan Henderson CubBR 221

Xavier Wilson U10BR 204

Daniel Flewin U10BR 173

Alexander Wilson U10BR 165



### OK WHO HAS BEEN IDENTIFIED SMURF / SMURFETT!!!

Ayden Reeves, Ethan Henderson, Daniel Flewin, Aiden Barker, Molly & Rory Graham, Jack Chambers-McLean, Jessica Dalton, Bobby Barr-Jones, Nicholas & Oakley McCracken, Alex & Xavier Wilson, if in doubt see Elizabeth to check your height. Invitation to special shoot coming shortly!

### CLASSIFICATION UPDATES:

Lisa Webb	LR	Target	White
Sean McCracken	IntBR	Target	GM
Alex Catto	IntBC	Target	Red
Brandt Henricksson	MRM	Target	Black
Bobby Barr-Jones	U10BC	Target	Black