



WARRINGAH ARCHERS NEWSLETTER March 2016



www.warringaharchers.com.au



Across the desk of the President:

The tournament season has well and truly started, with Warringah members doing extremely well. There have been a few members take up the Postal Challenge competition during the month of March, but it would be great to see many more. As mentioned there is both an individual and a club event, so please give it some thought, there is still this week where the Canberra & Associated rounds are listed, and of course a public holiday coming up on a Friday & Monday where members can gain access to the club grounds.

2016 Youth National Championships:

Over the Easter weekend (24th-29th March), both Carmelo & Jack will be competing at the Youth Nationals @ Penrith City Archers Grounds as members of the state team, with several other junior members from the club. If you are looking to go out and support the event, or pay a visit to the Championships, please find the event schedule below.

EVENT SCHEDULE

Thursday 24th: Unofficial Practice
Good Friday 25th : Registration and Official Practice from 1pm
Saturday 26th: Target and Field
Easter Sunday 27th: Target and Field
Monday 28th: 720 Round - Morning and Afternoon Sessions
Tuesday 29th: Clout - 1 Morning and Afternoon Sessions and Presentation Night

Australian Team Selection:

Congratulations to two of our Youth Members, Carmelo Aslanidis (Recurve Cadet Male) and Bobby Barr-Jones (CubBC), who have been selected to represent Australia at the Tran-Tasman Youth Test being held between 18-23rd April, in Christchurch, New Zealand.

Northern Fita Star 28th Feb:



The Northern FITA Star was on a bright, clear and still Sunday – perfect shooting conditions. I was lucky enough to get a lift to the event from Kristian, who was driving Jack out to compete. We soon parted as our targets were set up nearly opposite sides of the field. I started the morning with a PB at 70m & 60m before we broke for lunch.

A sausage and a cool drink was a pleasant break from shooting, up until the remnants of my lunch was snatched out of my hand by a kookaburra!

The trauma of theft-from-above obviously left me shaken, as right after lunch I shot a slightly wobbly 50m bracket (*that's my story and I'm sticking to it!*). I managed to finish strong at 30m for a final score of 1194 – falling just short of a 1200 to gain my FITA Star, but managing to snag the last score needed for my Master Bowman Classification and 2nd place!



Jack also shot a PB with a score of 1013, which was his first time shooting the Intermediate round 55/45m/35m*/25m* in a tournament, which landing himself a 1st!



It was a great event, and a lot of fun to shoot with some very skilled archers from Northern. I hope next time we'll see some more Warringah members on the field.

What is a Fita Star event.

FITA Stars are available for archers using recurve or compound bows in registered FITA Star events and they must be:

- Men shooting a FITA 90/1440 Round (90m, 70m, 50m, 30m)
- Women shooting a FITA 70/1440 Round (70m, 60m, 50m, 30m)

FITA Stars are for scores of 1000 (white), 1100 (black), 1200 (blue), 1300 (red), 1350 (gold) and 1400 (purple). The Gold

FITA Star on a coloured circular background is the Compound Star, whereas for recurve the 1000 one is just the gold star, and the higher ones are on a shield of the relevant colour.

There are 2 ways of acquiring FITA Stars:

1. A FITA Star may be claimed if the archer has shot the required score in a World Archery (WA) Registered event.
The claiming process varies depending on the RGB and the event so please check with the event organiser or
RGB Recorder. Stars cost \$7.75 each except for the high level 1350 and 1400 ones which are free.
2. Archers may at any time choose to purchase lower level FITA Stars if they hold a FITA Star higher than the ones they want to purchase. Requests are to be

made through your RGB Recorder and there are no time limits.

The AA Recorder will check the AA Awards database to ensure the higher one is held and send the Stars requested and an invoice for \$7.75 per Star to the RGB Recorder.

An archer may claim only one of each FITA Star, but as the recurve and compound stars are considered different awards archers may claim both the recurve and compound FITA Stars if they shoot both bow types.

Claims for 1350 and 1400 FITA Stars are individually processed by WA from claims made to WA by the AA Recorder on behalf of the archer, whereas the AA Recorder will hold stocks of the lower level FITA Stars.

Australian Stars:

Australian Stars are available for all archers shooting in a registered FITA Star event, but over a round or using equipment that makes them ineligible to claim FITA Stars or Silver FITA Stars. Those archers shooting rounds for which either FITA Star is claimable may claim an 800 or 900 Australian Star if their score is between 800 and 999. Please note that the 'designated round' mentioned below is the one listed in Chapter 3 of the AA Rule Book for that age group and bow type to shoot at the AA National Championships. The following may therefore claim Australian Stars:

1. Compound and Recurve

- Open, Junior, Cadet and Master archers shooting their designated round and scoring between 800 and 999
- Veteran Women shooting a FITA 60/1440 Round and scoring between 800 and 999
- Veteran Men shooting a FITA 60/1440 Round
- Intermediate archers shooting an Intermediate
- Cub archers shooting a Horsham

2. **All Barebow Recurve** archers shooting their designated rounds

3. **All Barebow Compound** archers shooting their designated rounds

4. **All Longbow** archers shooting their designated rounds

LEVEL OF CLAIMABLE AUSTRALIAN STARS

Compound and Recurve may claim from 800 upwards in increments of 100 but including 1350

Barebow may claim from 800 upwards in increments of 100

Longbow may claim from 600 upwards in increments of 100

There are 2 ways of acquiring Australian Stars:

1. An Australian Star may be claimed if the archer has shot the required score in a WA Registered event. The claiming process varies depending on the RGB and the event so please check with the event organiser or RGB Recorder. Stars cost \$7.75 each except for the high level 1350 and 1400 ones which are free.
2. Archers may at any time choose to purchase lower level Stars if they hold a Star higher than the ones they want

to purchase. Requests are to be made through your RGB Recorder and there are no time limits.

The AA Recorder will check the AA Awards database to ensure the higher one is held and send the Stars requested and an invoice for \$7.75 per Star to the RGB Recorder. Archers achieving FITA Stars may purchase lower level Australian Stars relevant to their bow type.
At

THE "WARATAH" AWARD:

Is an initiative of ArcheryNSW for those members who shoot non FITA Rounds such as:

- Masters 50-59, who shoot the Ladies Fita,
- Veterans 60+, Lady Masters & Veterans, who shoot the Fremantle rounds,
- Intermediate who shoot the Intermediate
- Cub competitors who shoot the Horsham
- Barebow
- Longbow competitors

There are three types of Waratah Award's available: 1050, 1150 & 1250 (*FITA already recognises 1350, and Archery Australia recognises the 1000, 1100, 1200 etc.*)

The badge is in the shape of a Shield with a Waratah on a target background, with the score attained engraved in the middle. Archers can claim down from the score they achieve in a FITA Star tournament (ie if you score 1250, then you can also claim for 1150, and 1050).

CHANGE IN TARGET RATINGS

Name	Old	New	Date
Nolan, Alan	49	50	27/02/2016
Wright, Maria	82	84	28/02/2016
Chambers-McLean, Jack	51	52	5/03/2016
Wright, Maria	84	85	12/03/2016
Chambers-McLean, Jack	52	55	12/03/2016
Ware, Ben	x	8	12/03/2016
Henderson, Ethan	10	11	12/03/2016
Garbutt, Michael	22	24	12/03/2016
Reeves, Ayden	32	35	13/03/2016
Spinks, Jaxon	32	34	13/03/2016
Hutchinson, Jessica	35	36	13/03/2016
Calandrucchio, Josh	47	50	19/03/2016
Nolan, Alan	49	51	19/03/2016
Ware, Ben	8	11	19/03/2016
Ware, Ben	11	14	20/03/2016
Ware, Roland	13	16	20/03/2016

MAXIMUM PERFORMANCE SERIES

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

THE TOTAL FITNESS PROGRAM *continued*

YOUR TOTAL FITNESS DIVIDEND

YOU'RE FIT NOW. You can start thinking about what you're going to do with all the qualities you've gained. Up until this point, the exercise has been done solely

for the purpose of getting the foundations built. Now that they're built – and they are – you can direct the effort in specific ways; for example, toward increasing your abilities in whatever sports or other recreational activities give you pleasure. You're ready to move full bore into your specialty.

FITNESS AT A GLANCE

DAILY MINIMUM MAINTENANCE ACTIVITIES

- Allow stretching
- Standing two to three hours during the day
- Overload lift
- Heart walk to elevate your pulse rate for three or more continuous minutes.
- Caloric burn: at least 300 activity calories

TOTAL FITNESS: 24 WEEKS

Limbering
Reach
Twist
Bend
Turn

Muscle building pushaways: two sets of 15-20
Muscle building sitbacks: two sets, one sitback per set, held 15-20 seconds
Endurance pulse-rate exercise at 60% effort.

SECOND EIGHT WEEKS: BUILDING STAMINA

Limbering
Reach
Twist
Bent
Turn

Muscular endurance pushaways, two sets 40-50
Muscular endurance sitbacks, two sets, one sitback per set, held 40-50 seconds.
Endurance pulse-rate exercise at 70% effort

THIRD EIGHT WEEKS: ADDING STRENGTH

Limbering
Reach
Twist
Bend
Turn

Strength pushaways, two sets of 1-5
Strength sitbacks, two sets, one sitback per set, held 6-10 seconds.
Endurance pulse-rated exercise at 80% effort.

MARCH Handicap Winner 5/3/16



Jack Chambers-Mclean Intermediate Boy Recurve

Again another tie between Jack & Isaac Robbins who both finished on 917 points (bang goes their ratings). Jack coming out on top with 8 x 'X&10's to Isaac achieving 4 (X&10's), well done boys



Capt Phil Oliveiro Clout Competition 13th March:

Event was held by Northern Archers being the inaugural Capt. Phil Oliveiro Clout Competition, Phil was a much respected member of Northern Archers who loved to shoot Clout, unfortunately he passed away last year. The event was held on the Northern Club grounds at Pennant

Hills and attracted 31 archers from clubs across NSW. There were 4 archers from Warringah competing in their respective divisions, with Joshua Calandrucchio shooting at 125m, Ben Calandrucchio shooting at 145m, Stirling Calandrucchio 165m and Alex Jackson who had to shoot at 125m even though in his division he would normally shoot 100m, all finished in the gold medal positions for their divisions.



Illawarra Junior Gong – 13th March:

The annual Junior Golden Gong target event which is shot with 90 arrows, 30 at each distance being 30m, 25m and 20m. This event was hosted by Illawarra Archers at their Mount Keira range, there were youth archers representing 4 different clubs with Warringah fielding a large contingent. Well done to Warringah members who competed at the Golden Gong

Gold: Ayden Reeves (CUB), Coby Reeves (RUB), Jack Chambers-Mclean (RIB), Jessica Hutchinson (RU20W) and Sarina Hao (RW)

Silver: Jaxon Spinks (RIB),



Ayden and Coby Reeves here!

We headed off to the Junior Golden Gong on Sunday 13 March.

Got Pop to check our fletches before heading down, and Pop is now out buying new glue!

The set up was great, great little club and all the members looked after us really well.

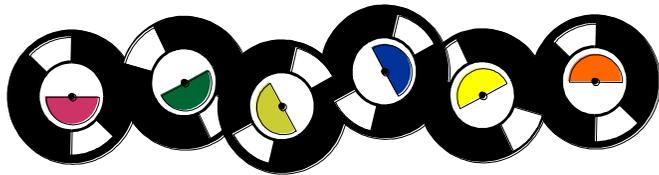


Sausage sandwiches were provided after the shoot, and while they were setting up for the presentation, we got to walk around and check out the great field course they have, although we were warned to check for leeches and ticks afterwards!

Coby won the Easter Egg raffle, no surprise since he bought 24

tickets!

PS: We were both really chuffed we came home with a Gold Medal each.



Club Records broken for the month of February

Name	Div	Round	Score	Date
Aaron Hayman	LJM	Adelaide	434	27/02/2016
Jack Chambers-McLean	RIB	Jun Adelaide	870	27/02/2016
Maria Wright	RV W	Sht Adelaide	1139	28/02/2016
Carmelo Aslanidis	RCM	Sht Adelaide	1101	28/02/2016
Maria Wright	CV W	Canberra	828	12/03/2016
Victoria Henriksson	CIG	Sht Canberra	748	13/03/2016



March Birthdays:

Max Butera (3rd), Roland Ware (19th), Steve Jennison (20th), Cooper Van Wicjk (29th),

April:

Leanne Spencer (2nd) – BIG 30 - Pierre Buskermolen (15th), Glenn Steele (17th), Isaac Robbins (20th), Michael Garbutt (26th),

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:

The 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

Safety: When you are setting up your target, please make sure that you check the target centre, if you need a new centre ask one of the committee to assist, or ask Ben! - Ben White did a number on our target at 40m at the weekend - punching the middle centre clean out with his arrow! Lesson learned - keep an eye on the

depth of the centre !
Lucky there was no arrow

damage ! – Carbons can be a bit pricy to replace

