



# WARRINGAH ARCHERS NEWSLETTER April 2016



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



## Across the desk of the President:

### New Members:

Scott Hinton (MR) Matthew Hinton (LCM), please join me in welcoming them aboard and showing them how various activities

work at the club.

**Club Challenge:** Congratulations to everyone that competed in this event, as soon as we know the results we will keep you posted.

Leanne, Spencer, Brandt Henriksson, Lilia Hutchinson, Jessica Hutchinson, Maria Wright, Kiri Blinkhorne, Glenn Steele, Stirling Calandruccio, Danny Stasenka, Alan Nolan, Stephen Jennison, Josh Calandruccio, Victoria Henriksson, Jack Chambers-McLean, Japser Schwarz, Ben Ware, Max Foley, Ben Souchaud, Bobby Barr-Jones, Joshua Ware, Jaxon Spinks & Sarinao Hao

### Archery Australia Hoyt Easton Matchplay Series

**FINALS:** The final series held at Victoria Square, Adelaide, SA, on 16<sup>th</sup> April, 2016. I am not sure if many of you went on to view the live matches, and there were some remarkable results from archers throughout AUS with the gold medals going to the following:

Alec Potts (VIC) Gold Male Recurve  
Belinda Maxworthy (NSW) Gold Female Recurve  
Patrick Coughlan (SA) Gold Male Compound  
Sherry Gale (SA) Gold Female Compound

### Other Key dates:

The National Indoor Championships will be held on the 16-17<sup>th</sup> July, 2016

The National Championships will be held 1 to 5 October 2016

Click onto Archery Australia's website for further information.

### 2016 Pan Pacific Masters Games

Gold Coast Archery Club, Golden Valley Rd, Tallebudgera QLD

Dates - Saturday 12 – Sunday 13 November 2016

<http://mastersgames.com.au/ppmg/>



### By Joshua & Ben Ware

We decided to have a go at the Youth Nationals since it was being held in Sydney. We knew it would be a real challenge for both of us, as we had

not been shooting for very long, also we had only practiced the distances required a couple of times, and

become familiar with the face sizes that we would be required to shoot at the Nationals. To prepare we went to the club as often as we could in the lead up to the event and even arranged for Mum to drop us to Steve's Wednesday training clinic and for Dad to pick us up.

### **Practice and Registration:**



We drove out to Penrith on Good Friday for registration and practice. There were lots of people there, and it was really interesting to see everyone's different equipment. Everyone was really helpful when we arrived. Our fellow club members ensured that we knew what to expect and so on.

The practice session was really challenging as we had to queue up to shoot our arrows. We both shot a few ends and worked out where everything was in preparation for the competition on Saturday. We then drove home with our Nationals tee shirts, via a quick stop at McDonalds :).

### **Competition Day:**

We left home early to ensure that we arrived with plenty of time. There were even more people there! Mum and our brother Alex were able to get a good spot to watch. Dad offered to help the cubs, collecting their arrows and scoring.

He couldn't help on Josh's target so had to go and help on another. It was really hot and we drank lots and lots of water.

We both quickly realised that the people



that we were competing against were really really good, but that didn't matter as we were here to have fun. The cub that Josh shot against had been shooting for 4-5 years and when Josh stood next to him he only reached to his shoulder! We realised that we would not be getting great scores so decided that we would aim to get PB's on the day. I think it was really good that



we also had other members for Warringah there, to give us tips and guidance on the day. Dad asked – would we do this again? - We both said yes! It was great fun and we both enjoyed the challenge.



We only shot for one day and then went to our Grandparents farm where we set up hay bales in the paddock as archery targets for the next few days!

Yep we love archery!

Well done to all members of Warringah such as Carmelo / Ben / Josh / Max / Jack & Bobby who competed and gained medals, full results can be found on Archery Australia's website



In Short Distance Target – Carmelo obtained a silver medal in the Cadet Recurve Divn and achieved his

Australian 720 Star 610, Bobby Barr-Jones, achieved his Australian 720 Star 630 as a Cub Compound, and Jack Chambers-McLean obtained his Australian 720 Star 610 in the Intermediate Boy Recurve Division.

In Target: Bobby & Jack achieved his 1100 Australian Star.

In Field: Bobby obtained a bronze in the Cub Compound Field event, and achieving his Australian 295 Field Star, with Jack achieving his FITA Brown Arrowhead also and Australian 270 Field Star. Carmelo bagged another silver medal, and his FITA Brown Arrowhead, and Australian 310 Field Star

In Clout: Jack won Gold in the Intermediate Recurve division and Carmelo taking out the Gold in the Cadet Recurve Divn.

### **Trans Tasman Test – 18/23<sup>rd</sup> Aprils**

Two members were selected from Warringah Archers to represent Australia at the Trans Tasman test which was held in NZ. Carmelo & Bobby



Team Mascots (You guess)



A face book page was created so that the team results could be followed and there was daily input from team management. It was great news to hear that Australia had retained the

**THE RADIO TARANAKI  
TRANS-TASMAN TROPHY WINNERS  
WELL DONE AUSTRALIA**



Well done to everyone who competed and we'd love you to share your experiences with us.

### **MAXIMUM PERFORMANCE SERIES**

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

#### **Early Conditioning for Maximum Performance**

EARLY CONDITIONING is the process of preparing yourself for more strenuous activities than those for which your total fitness program prepared you. It has two central objectives: first, to develop increased circulorespiratory endurance so that you can handle more strenuous exertion and, second, to build general body musculature as well as tendons and ligaments so that they can better withstand the stresses and strains of heavier-than-usual loads.

Your total fitness program got you in shape for ordinary daily life activities, for recreational games and for the occasional emergency. It also prepared you for maximum performance conditioning. Because your needs for strength and endurance are increasing, your first task is the same as it was when you began your total fitness program – to build a bigger "engine".

As in the fitness training program, all endurance performance training is monitored by the effect it produces on your heart. That effect, in turn, is determined by taking your pulse. Each person has a different target pulse rate in fitness training, determined by his age and condition when he starts.

The out-of-condition person starts at 60 percent of 220 minus his age, moves to 70 percent after eight weeks, and to 80 per cent after another eight weeks.

In training for maximal performance, it's assumed that you've worked up to 80 percent of 220 minus your age. That's the level at which you begin your new training program. Example: A 50 year-old would subtract his age from 220, giving 170, then multiply by .80. Result: 136. He would work out in the 130-140 range.

#### **CIRCUIT TRAINING**

CHAMPIONS TRAIN in "circuits". Training in a circuit – a series of stations – enables you to do far more than if you trained constantly at one exercise, just as interspersing the cleanup chores at home enables you to work more efficiently than if you made all the beds

or polished all the floors or moved all the furniture in one continuous bout of work.

At each "station" on a circuit, you do a different exercise. Each exercise emphasizes the activation of a different system or body part than the previous exercise or the next one. Cardiorespiratory conditioning is alternated with muscular conditioning. You let one body system take it easy while you exercise a different one.

The following circuit training program pretty well matches the program of a champion. The champion would be exercising at a high intensity at each station, repeating each exercise a greater number of times, and performing the exercises at a more rapid rate. Those who are in the early state of conditioning for maximum performance will use the same exercise but will do less work.

In the course of your conditioning, you'll use two or more training circuits. The first will be for "early conditioning," to get you into the overall shape necessary for heightened activity. The next training circuits will be for "specific conditioning" for the sport of your choice. In all cases, the circuit training schedule will consist of five phases.

#### CIRCUIT TRAINING SCHEDULE

1. Limbering circuit
2. Warmup circuit
3. Training circuit
4. Calmdown circuit
5. Flexibility circuit

The *limbering circuit* gets you loose, puts you in the mood for exercise, and prepares your body for activity.

The *warmup circuit* eases you into the exercise you'll do for overload conditioning. You move slowly, accustoming yourself to the movements, doing few repetitions, not straining in the least, simply getting your body prepared for the vigorous bout of exercises to come.

The *training circuit* is the one during which you are exercising to bring about the body changes that give you greater endurance and make you stronger. You move fast and nonstop from station to station, not straining to the point of injury, but giving yourself a very brisk workout at 80 percent or more of your maximum capacity.

The *calmdown circuit* repeats the intensity of the warmup circuit, with the same slow movements and few repetitions, but this time with the reverse purpose. Coming off a vigorous bout of exercise, you never want to stop abruptly: you should continue activity at an easy pace to maintain circulation and remove metabolic wastes.

The *flexibility circuit* – which should follow any vigorous bout of activity, whether it's a workout or a competition – is the period when you stretch out the tissues that are limiting your range of motion. After these flexibility exercises you keep moving until you are breathing easily, your heart rate is near the resting level, and most of your excess heat has been dissipated. This is the way you prevent stiffness.



**APRIL  
Handicap Winner  
Glenn Steele  
Recurve Veteran  
Male**

#### CHANGE IN FIELD RATINGS

Name	Old	New	Date
Jack Chambers-McLean	29	42	26/03/2016
Carmelo Aslanidis	68	71	26/03/2016
Lilia Hutchinson	xx	19	17/04/2016
Maria Wright	41	50	17/04/2016

#### CHANGE IN TARGET RATINGS

Name	Old	New	Date
Foley, Max	14	19	26/03/2016
Chambers-McLean, Jack	55	59	26/03/2016
Chambers-McLean, Jack	59	63	26/03/2016
Blinkhorne, Kiri	38	40	3/04/2016
Blinkhorne, Kiri	40	44	9/04/2016
Henderson, Ethan	11	13	9/04/2016
Nolan, Alan	51	54	9/04/2016
Spinks, Jaxon	34	35	9/04/2016
Tattersall, Tom	11	16	9/04/2016
Ware, Ben	11	19	9/04/2016
Garbutt, Michael	24	28	10/04/2016
Ware, Ben	19	21	10/04/2016
Ware, Roland	16	19	10/04/2016
Spencer, Leanne	76	77	10/04/2016
Garbutt, Michael	28	30	24/04/2016

#### **Unplanned Working Bee:**



Big thank you to Steve J and Simone S, for undertaking a working bee at the club while field shoot was on. It's, amazing how much non essential equipment had been collected over the years, but

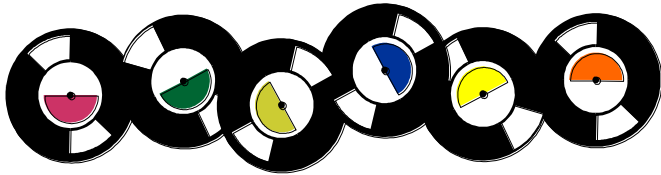
gone now. **Members**, please remember when you are using club equipment, return to source, rather than just leave lying around. After all it is **YOUR CLUB**.





## May Birthdays:

Mitchell White (1<sup>st</sup>),  
Eddie Mantell (8<sup>th</sup>),  
Kaden Currie & Sean  
Pianca (11<sup>th</sup>), Tim  
Channon (21<sup>st</sup>), and  
Cohen Van Wijck  
(22<sup>nd</sup>)...still no cakes!



### Club Records broken for the month of April

Name	Div	Round	Score	Date
Leanne Spencer	RW	Grange	741	3/04/2016
Leanne Spencer	RW	Samford	772	9/04/2016
Maria Wright	CVW	FITA 24T Marked	255	17/04/2016
Michael Garbutt	CM	Jodie Joker	675	24/04/2016
Michael Garbutt	CM	Pooh Bear	667	25/04/2016

### Club Field Shoot



This time we looked to do something different, when introducing our members to field shooting, and It proved that we could put



a 12 target course around the club. We placed the standing position on uneven terrain, archers had to shoot through trees, or down slopes, or shoot at

an angle, which really made you think about the shot. No Maria you are not allowed to swing on the trees and/or remove branches??



We put some of our more experienced archers with others, especially those that had never shot field before. A quick briefing was given before shooting, so that everyone was clear on which target

face to shoot on, who was an A / B / C / D



archer and the sequence to follow when shooting. From all accounts it was a well enjoyed day, and we look forward to the next one to be scheduled. Some brave members were heard to say that they feel OK now going to shoot in a field tournament....let's see!

