



WARRINGAH ARCHERS NEWSLETTER June 2017

www.warringaharchers.com.au



Across the desk of the President:

More rain who would have thought, but with it this time was a winter chill, hope all of you had Flu Injections to keep the nasties away. Please ensure, however, that you dress appropriately, nothing worse than when the sun (when it does come out), pops behind a cloud, and then the weather turns chilly.

Thanks to sponsorship from Ratcliff & Matthews Real Estate - payments have been distributed to our 'A' Squad members to the total value of \$2,300 to assist them in working towards State Team selection.

Each member of the squad was reimbursed for 3 x State Development days, and dependent on their Classification level – Gold to Elite, assistance varied towards attending State Short Course / State Field / State Target & State Clout events which come up in the latter half of the year.

Those members who received financial aid were:

Gold: Julie Wright*

Master Bowmen: Maria Wright / Leanne Spencer & Mitchell Campbell

Grand Master Bowmen: Bobby Barr Jones / Jack Chambers-McLean / James Johnstone

Elite Levels: Clinton Wright* / Kane Wilson & Carmelo Aslanidis

We wish them well working towards their goals.

*upto (30th June)

National matchplay series: 11th June



Congratulations to everyone that competed in the Ladies Recurve Clean sweep went to NSW: Gold to Jo Murray, Silver to Belinda Maxworthy &



Bronze to Tayla King, all regular visits to Warringah. In the Mens Recurve Division. Alex Potts came 1st, with James Johnstone

placing 2nd & Sam Strickland coming 3rd.

Membership: This is the busiest time of the year, with many of our members up for membership renewal. Please ensure that you register on time, as many tournaments coming up in the new financial year, it will be a requirement to produce your uptodate / current registration card.

Welcome to new members: Thomas Dalton (RM), Mitchell Winfry (RCM), Kerry Yang (RUB), please join me in welcoming them aboard. We also have news that both Julia & Clinton Wright have transferred their affiliation to SOPA, we wish them well in their future endeavors, and no doubt you will bump into them in tournaments when competing, say G'day.

New Judge Candidates: It is pleasing to report that both Kristian Chambers-McLean and Lilia Hutchinson have become Candidate Judges. Both of them will be seen regularly over the next two years, officiating at a variety of events, so that they can become Judges.

Birthdays for July



Paul Winterhalter (5th), Ben Souchaud (6th), Anthony Dyer (10th), Mithcell Winfry (11th), Aaron Hayman (15th), Joshua Calandrucchio (22nd), Benjamin Calandrucchio (23rd)

MAXIMUM PERFORMANCE SERIES

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

Constant Performance:

Avoiding Injury and Illness

ONE OF THE ULTIMATE ACHIEVEMENTS of maximum performance is learning to stay in one piece.

Remember the campus hero, the one with all the bandages, who'd given his all for Alma Mater? His contribution would have been much greater had he used restraint. Because he'd been hurt, he couldn't play.

I've heard coaches say, "Show me a player who isn't injuring himself and I'll show you a player who isn't putting out." This is nonsense. What good is a player whose performance is hobbled by injury?

When you give your all in an uncontrolled reckless attempt, you're not giving your best. More than likely, you're on a course that will eventually deprive your teammates of your services. In the words of the sailors on square-rigger ships, one hand for the rigging and one hand for yourself.

Anyone who's attempting to achieve maximum performance runs on the ridge of injury. Maximum performance, by definition, means to explore undeveloped areas of use. Any unknown contains risk. Only if you take the risk can you extend your maximum. The trick is to stay on the safe side of the ridge.

To court injury and play out the drama of the wounded hero is absurd. The reasonable position to take is, "I don't want to be injured, but I'm ready to be injured if it should happen. That's the chance I take. On the other hand, I realise that injury is going to be painful, and I realise that it will set back my performance, so I'm going to do everything sensible that I can to avoid it."

Good sense, alas, is not always demonstrated by athletes in do-or-die competition. Their "win at all costs" spirit leads them to sacrifice their future chances for distinguished performance.

Just as the winner must pace himself to win a distance race, so one must extend himself very gradually to achieve a worthy lifetime goal. Too many potentially great athletes wear themselves out in high school.

Among athletes, there are extremes of caution and recklessness. I first encountered the overcautious types years ago, when I was head trainer at Springfield College. They liked to bear visible signs of injury, swathing themselves in yards of tape until they looked like survivors of a major disaster. They enjoyed the sympathy, but it wasn't only sympathy they were after; it was an excuse for not playing as well as they might or as was expected of them. Some may have played better because the wraps served as a security blanket and made them less anxious.

At the other extreme is the athlete who wants admiration so badly that he'll do foolish things to get it, such as deliberately diving headlong into the path of a kicker's foot. He actually takes satisfaction from being a bloody mess – proof to his teammates that he's "risked his life" in their behalf.

Equally imprudent is the performer who's so eager for self-improvement that he becomes impatient in his training. He competes for blood the first day out, trying to lift the heaviest weight, and he turns his circulorespiratory conditioning into all-out races. That's where most mistakes are made and most injuries occur.

There should be no reason to risk injury in a practice session. Yet that's where the majority of injuries occur.

If you're given a weight to lift, unless you're told to stop, your tendency is to lift it until you can't lift it anymore. First, you want to challenge your own limits. Then, too, you're probably persuaded that it's the last, most difficult repetition that gives you the greatest benefit. For the minuscule gain you may get from that one last lift, you're putting the whole gain from previous conditioning on the line. Stop now before you hurt yourself and let the gradual improvement over time lead you to increased performance.

Obviously, any repetition you do that injures you gives you no benefit whatever.

Improved skill in an event should reduce the chance of injury because the performance is better controlled. But with improved skill often comes the temptation to take more chances, a process somewhat analogous to tailgating. When you first learn to drive, you are cautious and keep well behind the car in front of you. As you become more and more experienced, you increasingly diminish that distance. It's not a good idea, but it happens. If you get too close, it's just a matter of time before someone in front of you has to make a sudden stop and he and you get hurt.

There are certain signals in training and performing that tell you you're tailgating your muscular actions. They appear in the form of microtraumas, those little points of soreness that result from a particularly heavy practice or an intensive competition. Learning to recognise and respect these signals is as important as anything else you do to maximize performance. Next edition: Trauma & the Casual Athlete.....



JUNE HANDICAP WINNER

Bryan McGuire
Recurve
Male

2nd place was Hugh Triglone, 3rd going to Kiri Blinkhorne



Archery Australia Regional Development Program (ACT/NSW)

has been running since February 2017, and is currently seeking to fill a few more positions within the squad. The squad has currently 16 archers and is hoping to increase to at least 20 archers however depending on demand and standard this may vary slightly above or below this number. This will be assessed on each individual applicant.

The objectives of the program are:

To develop athletes to represent Australia in future major International events in both Compound and Recurve. This is to be achieved by providing opportunities;

For squad members to develop to a level that they can qualify to enter the Archery Australia High Performance Program.

Participants will be initially limited to 5 Female and 5 Male Recurve, 5 Female and 5 Compound, however categories may vary depending on demand and standard of applicants.

Applicants should carefully read and understand the commitment and requirements of the Development Program. Interested applicants should complete the Application Form along with the 26 questionnaire and return it to Matthew Gray by email to AARTIP@archery.org.au no later than Tuesday **25th July 2017**.

If anyone from Warringah Archers feels they would like to take part in this program, please let me know so that we can forward to you the associated membership forms.

Applicant will be advised by email should they meet the initial criteria and be suitable. They will then be advised to attend one of two assessment days. (Sunday 20th August - Warringah Archers, or Saturday 2nd September (ACT Championships). After the assessment days the applicant will be informed at the end of September should they be successful and be offered a position on the program.

Urban Field Shoot 24th June:



We split the club into 3 sections – Red (Open) / Blue (Cadet & Intermediate's) Yellow (Cubs). Some of our newer members who hadn't competed before, were allocated to a target where a member



who had shot field before, could give



them some assistance. Similarly some members choose to shoot up a peg. Big thanks to Kristian & Stirling for helping to set out the course, which was tricky, with some uphill & downhill shots. Some targets laid at an angle, and others hidden in the bush, there were certainly a few giggles / laughter coming from competitors, who enjoyed the event.

It was really great to see the newer members, mixing with those who had been shooting a while, and



helping out when needed.

Keep the date free: Club Championships Field is the 2nd September

Start practising now!

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Gold medals were achieved by both Lilia Hutchinson (RMW) & Mitchell Campbell (CUB). Lilia was also officiating at this event, now that she has become a Candidate Judge.

Mitchell scored 849 points and achieved an All Gold & Perfect @ 20m, and an All Gold @ 30m and a Grand Master Bowman Classification.

Australian Teams:

2018 WORLD INDOOR CHAMPIONSHIPS

Yankton, USA - 13 to 18 February 2018

- 1) Must shoot in the 2017 National Indoor
- 2) Any athlete (up to 3 athletes in each division) who shoots one qualifying score at the 2017 National Indoor Championships will be eligible for immediate selection into the team upon completing & submitting the online form by 5pm on **4th August, 2017**
- 3) If any position remains unfilled following the 2017 National indoor applicants who achieve 2 MQS for their Division during the period 1st March 2017 * 30th September 2017 and complete & Submit the online form by 5pm 2nd October 2017 will be considered for selection.

The Minimum Qualifying Scores (MQS) are

Compound Men	590 plus
Recurve Men	585 Plus
Compound Junior Men	575 Plus
Recurve Junior Men	575 Plus
Compound Women	575 Plus
Recurve Women	570 Plus
Compound Junior Women	560 Plus
Recurve Junior Women	565 Plus

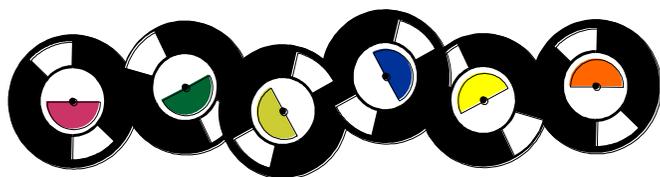
The Round to be shot will be a World Archery 1 Indoor Round, which is 60 arrows at 18m.

Full details & conditions can be located on Archery Australia's website

2018 WORLD FIELD CHAMPIONSHIPS

Cortina, Italy - 4 to 9 September 2018

Full details & conditions can be located on Archery Australia's website



Records broken during the month of May & June... Congratulations

Archer	Class	Round	Score	Date
Ben Souchaud	RUB	AA 30/720	550	6/05/2017
Stuart Fathers	LM	Samford	341	7/05/2017
Emma Brady	RCW	Jodie Joker	529	7/05/2017
Jack Cowle	RUB	Jodie Joker	537	7/05/2017
Gabbie Smith	RIG	Jodie Joker	696	7/05/2017
Paul Cowle	RMM	Jodie Joker	657	7/05/2017
Mikayla Frandsen	CUG	Jodie Joker	460	7/05/2017
Jack Chambers-MacLean	RIB	Jodie Joker	827	20/05/2017
Leanne Spencer	RW	Jodie Joker	864	20/05/2017
Lilia Hutchinson	RMW	Jodie Joker	703	20/05/2017
Andrew Catto	RMM	Jodie Joker	830	20/05/2017
Emma Brady	RCW	Mini Canberra	670	21/05/2017
Mikayla Frandsen	CUG	Mini Canberra	621	21/05/2017
Lilia Hutchinson	RMW	Townsville	268	28/05/2017
Emma Brady	RCW	AA 40/720	390	3/06/2017
Mikayla Frandsen	CUG	Jun Canberra	506	11/06/2017
Maria Wright	CMW	WA Indoor 25m	555	12/06/2017
Mikayla Frandsen	CUG	Lukie Last	370	18/06/2017

CHANGES IN TARGET RATING

Name	Old	New	Date
Blinkhorne, Kiri	63	67	May-Jun 2017
Brady, Emma	xx	23	May-Jun 2017
Campbell, Mitchell	69	70	May-Jun 2017
Catto, Andrew	68	69	May-Jun 2017
Chambers-McLean, Jack	66	68	May-Jun 2017
Cowle, Jack	xx	13	May-Jun 2017
Fathers, Stuart	xx	28	May-Jun 2017
Frandsen, Craig	65	75	May-Jun 2017
Frandsen, Kyle	xx	37	May-Jun 2017
Frandsen, Mikayla	xx	16	May-Jun 2017
McGuire, Bryan	22	35	May-Jun 2017
Smith, Gabbie	24	37	May-Jun 2017
Smith, Jeff	xx	17	May-Jun 2017
Souchard, Ben	26	31	May-Jun 2017
Triglione, Hugh	xx	14	May-Jun 2017
Vermulst, Mireille	12	20	May-Jun 2017

CHANGES IN INDOOR RATING

Name	Old	New	Date
Chambers-McLean, Jack	57	60	May-Jun 2017
Hutchinson, Lilia	36	39	May-Jun 2017
Wright, Maria	76	85	May-Jun 2017

CHANGES IN FIELD RATING

Name	Old	New	Date
Campbell, Mitchell	xx	50	May-Jun 2017
Wright, Maria	50	60	May-Jun 2017

Classifications for members

Archer	Indoor
Blinkhorne, Kiri	Black
Catto, Andrew	Red
Chambers-McLean, Jack	Gold
Dyer, Anthony	Blue
Hao, Sarina	White
Holme, John	White
Hutchinson, Lilia	White
Jennison, Elizabeth	Black
Nolan, Alan	Blue
Stasenska, Danny	Blue
Ware, Alex	White
Wright, Maria	Gold
Archer	Field
Campbell, Mitchell	Gold
Archer	Target, Blue or better
Wilson, Kane	Elite Bronze
Aslanidis, Carmelo	Grand Master Bowman
Johnstone, James	Grand Master Bowman
Campbell, Mithcell	Grand Master Bowman
Chambers-McLean, Jack	Master Bowman
Spencer, Leanne	Master Bowman
Barr-Jones, Bobby	Gold
Wright, Maria	Gold
Blinkhorne, Kiri	Red
Calandrucchio, Stirling	Red
Catto, Andrew	Red
Mei, Simon	Red
Smith, Mark	Red
Dwyer Anthony	Blue
Frandsen, Craig	Blue
Nolan, Alan	Blue
Stasenska, Danny	Blue
Smith, Gabbie	Blue

Joke of the Month: *(Sorry about these ones)*

- The Grim Reaper came for me last night, and I beat him off with a vacuum cleaner. Talk about Dyson with death.
- My daughter asked me for a pet spider for her birthday, so I went to our local pet shop and they were £70!!! Blow this, I thought, I can get one cheaper off the web.