



WARRINGAH ARCHERS June 2019

www.warringaharchers.com.au



Across the desk of the President

By now most members would have received the first newsletter from ArcheryNSW, if you have not, you may have previously unsubscribed, therefore, if you wish to receive updates, then go into Archery's Diary and update your details, it's that easy.

Lights: It is extremely important that the last person who closes up at the club, please ensure that the lights are switched off in the club room before locking the facilities, now that the room has been boarded up, we can no longer see the light peeping through (so no mid-night calls), but surprising when you open up the next day and they are on....

Locks: Similar members have 'E' locks to gain access to the Gate / Stramit-Butt room / Club room. There appears to have been a mix up with an 'A' lock, which has meant that members shooting through the week, were unable to gain access to the club rooms. The locks are easily marked where you enter the key, so please make sure that you are securing the correct locks to each of the rooms – Committee & Coaches have keys that fit 'A' locks but only members have 'E'.

Welcome to new members:

Paul Vander Watt (RCM), Craig Lovell (RU20M) & John Oh (RM), Dylan Hillier (RM) & Sydney Tangsurakit (RCW). Please join me in welcoming them aboard, and showing them the ropes down the club even encouraging them to shoot with you.

2019 – Trans-Tasman Championship:

The Archery Australia Board are pleased to announce the teams for the 2019 TransTasman Championships which takes place in Auckland, New Zealand, 7-11th July 2019, congratulations to **Carmelo Aslanidis** (RU20M), **Jack Chambers-McLean (RCM)**, who will be representing Australia at this event.

Planning ahead: National Championships and National Youth Championships 2020:

Burnie Bowmen in Tasmania have been successful in their application to host the 2020 National Youth Championships & 2020 National Championships.

- The Youth event will commence with practice on 15th April 2020 and conclude following the Matchplay on 22nd April.
- The National event will commence on 2nd October and conclude on 7th October with Clout.
- The range is located on the Romaine Park Primary and parklands High School.

RE Officials becoming Event Judges:

Current QRE Officials will complete their online discipline - specific Module(s) before the 31st July 2019. Once completed, the person's accreditation will become Event Judge:Target & Indoor or Event Judge:Field or Event Judge:Clout and the title of QRE Official will cease to exist. Completion of all the Modules does not mean a person automatically becomes a National Judge Candidate, but they can apply for this through the Archery Australia Officials Committee.

Normally, a National Judge Candidate is required to have been active in archery for a minimum of twelve months, and then assist a National Judge for 12-24 months before attaining that role themselves. However, QRE officials were previously required to have five years involvement in the sport.

PCA Golden Arrow event – long weekend in June.

Mitchell Campbell was the sole representative from the club at the above event - shot in the Target WA60/900 & 24T Marked Field-Red Pegs in the Open Compound Divn. Finished 5th in Target with a score of 857 earning WA Blue performance award, and achieving 4th in Field – Scoring 348, which means he is eligible to claim Grey Arrowhead and Field Star for 335 points. Well done Mitchell

Skins Tournament 15th June, 2019



Congratulations to Leanne, who took out the Skins Tournament winning \$50, with Kane taking out 2nd place earning \$10, and Jack winning \$5 for finishing 3rd, hotly contested again. Thanks everyone who competed.



BIRTHDAYS JULY

Gerard Chen (3rd),
Benjamin Souchaud (6th)
Cody Johnson (7th),
Mitchell Winfry (11th),
Pilard Shepard (13th)

Matthew Roach (28th), Anton Van Der Watt (29th)

Distinguished Long Service Awards-Dinner 20th June -

By now most of you would have been aware that Warringah Archers nominated the President – Elizabeth Jennison for a Distinguished Long Service Award, with NSW Sport, which was presented by the Minister of Sport at Parliament house.

The Minister for sport, Mr. Hon John Sidoti MP was pleased to support the 2019 NSW Community Sports Awards, which recognizes the outstanding

achievements and contributions to community Sport across NSW. In his address to the attendees at Parliament House on Thursday 20th June, we thought this was worth sharing with you:

Sport plays an integral role in the lives of Australians.

Over 90% of Australian adults have an active interest in sport, with in excess of 8 million adults and 3 million children participating in sport each year.

On a National level, the Sport sector employs more than 220,000 people, who are supported by nearly 2 million volunteers.

In NSW, the sport sector is a network of public, private and not-for-profit providers. Most are membership-based and dependent on the valuable contribution of its volunteers, with sport being the common denominator in bringing people together.

Sport has the ability to deliver life-long friendships, establish healthy lifestyles, strengthen communities and generally make for a better quality of life.

The NSW Community Sports Awards recognized the substantial and valuable contribution of individuals, clubs and organizations.

We appreciate all who share their knowledge to help others, often working tirelessly week in and week out.

I extend my congratulations to all of the award nominees and finalists, and thank everyone for their continued efforts and contribution to sport in NSW.

Carolyn Campbell, the Chairperson of Sport NSW (The Voice of Sport) acknowledged the support of their valued partners, without whom the NSW

community sports awards program would not be possible. Master of Ceremonies: Shannon Byrne (who was also a judge), with more than ten years' experience in broadcasting as a reporter and commentator for radio and TV covering the 2012 & 2016 Olympic Games & the Gold Coast 2018

Commonwealth Games, as well as many more, did a great job of MC on the night.



My thanks to the Committee of Warringah Archers Inc for nominating me for this award, supported by ArcheryNSW. With fellow officers joining me on the night (Leanne Spencer / Roland Ware & Alan Nolan).



There has been a lot of change in the sport of Archery over the last 40 years, with some gains & losses along the way. There

have been many memorable achievements, both in administration & competition, but the friendships that I have made, together with the challenges the sport presents to it's committee members, is something that I enjoy being involved in. Thank you once again, sincerely Elizabeth.

Steps to Transform Your Outlook

Andrea Brandt, Ph.D, is a marriage and family therapist in Santa Monica, California. She brings over 35 years of experience to her roles in family therapy, couples counseling, group therapy and anger-management classes.

Website: <https://www.psychologytoday.com/blog/mindful-anger/201701/6-steps-transform-your-outlook?eml>

Realize that you do, indeed, have the power to choose a different way

Whether it's January 1 or June 30, every day is one in which you can make a resolution to improve your life. Every morning, you can wake up and choose to let negative energy control your life or choose to live with positivity.

When you've had a bad day, week, month, or year, you can end up in a negativity spiral. You feel upset and angry, so you project these feelings out to the world and see everything through an upset and angry lens. People respond to your negative energy with their own negative energy, which just makes you feel more terrible. It's a spiral of awfulness—but it's possible to end it.

Here are six steps to transform your outlook on life, to stop your negativity, and see life positively.

1. Stop complaining.

When you sit around complaining about how terrible your life is, your life will *be* terrible. Complaining, wallowing, self-pity: None are creators of an enjoyable, satisfying life. The first thing you need to do to transform your outlook on life is to stop complaining about how bad your life is. Even if you don't yet have the tools to make your life better, you have one that will stop making your life *worse*.

2. Practice thought-stopping.

Before you can open yourself up to [positive thinking](#), you've got to stop your [negative thinking](#). When all of your thoughts are negative, negativity will be all you know. Remember: Energy follows thought. You can practice thought-stopping by becoming more aware of when your thoughts are



based on negativity rather than facts. When you recognize that you are thinking in a negative, rather than factual, way, you stop the thought before it can cloud your perception.

3. End your "Yes, but..." attitude.

"Yes, but..." is a marker phrase of a negative outlook. When you "Yes, but..." life, you see the hole instead of the doughnut. When asked, "Do you like your job?" you respond, "Yes, but it doesn't pay well." When someone suggests you look for a better-paying job, you respond, "Yes, but then I might have to move to a different city," and so on.

Every life has its ups and downs, but when you only see the downs as significant, you miss all the ups. [Happiness](#) can be as much a state of mind as a factual situation. Step two of your transformation into a more positive person is to stop "Yes, but..." and try "Yes, and..." instead. "Do you like your job?" "Yes, and I'm working hard to further my [career](#)."

4. Beware the self-fulfilling prophecy.

Sometimes you think you perceive your authentic inner world when you are actually pushing your experience in a particular direction. It's called a *self-fulfilling prophecy*. You tell yourself your life is terrible and will never get better, so you do subtle things to *make* your life terrible—and you get stuck in that rut. We do this because it's good to feel right, even when feeling right also means feeling awful.

In my work, I see patients who feel more comfortable telling a version of their lives that keeps them stuck in victimhood rather than risk exploring why they feel like a victim. Examining their feelings might reveal that they're the authors of their misfortune. Mindfully, purposefully, and non-judgmentally examine the ways you see yourself as a victim. When you look at your life through a neutral lens, you may be surprised at how many areas there are in which you have more control than you thought.

5. Replace negative beliefs.

By replacing negative, unhelpful thoughts about yourself with positive, helpful ones, you can become more empowered. If, for example, you use people-pleasing thinking, believing that you'll only be happy once everyone likes you, concentrate instead on liking yourself. If you think pessimistically that your life will never work out, tell yourself that your life can be whatever you decide to make it.

You can reframe every negative thought you have about yourself in a positive way. This isn't [lying](#) to yourself. It does, however, mean you spend more time looking at the doughnut and less at the hole, and it means that the doughnut has frosting and sprinkles and the hole is just a neutral, unremarkable hole.

6. Take positive action.

Often it's not enough to change the way you think about yourself and situations. Sometimes you have to do things differently, too. If you once complained about being single and you've now changed your

negative thought—"I'll never meet anyone I like"—to a positive one—"I haven't met anyone I like yet, but I still can"—the next step is to get out there and date. Or if it's a new job you're after, it's not enough to tell yourself, "It's not that all jobs are chaotic and [stressful](#), it's just that the one I currently have is," you've got to polish your resume, get out there, and network.

Realize that you do, indeed, have the power to choose a different way. You can see life through a dark, everything-is-terrible-and-will-always-be-terrible lens and have a negative outlook on life, or you can see life through a clear, everything-is-what-it-is-and-life-has-ups-and-downs-and-that's-ok lens and have a positive outlook on life. The choice is yours to make.

June Handicap 29th June (which was also happy birthday to the Ware boys—still no cake).

Congratulations to Peter Turner (Recurve



Master Male), scoring 910 and earning a \$20 voucher for winning the event, and \$20 voucher for shooting over

900, 2nd place was Craig Frandsen (CM) 898, and Jack Chambers-McLean (RCM) 894 very close competition. Congratulations



A R M G U A R D Most archers give no thought at all to their armguards, at least until they forget it, or place it incorrectly, or....ouch! You really should.....consider the lowly armguard.

.....All arm guards serve two main purposes. The first is to protect your bow arm from the string slapping the arm after the release of the string. The arm guard gives archers enough protection and security to maintain a still bow arm upon the release of the arrow. After you have felt the sting of the string hitting your arm, it is a sensation you would probably like to forget. And, it is a reflex flinch on your next shot, which is something that most archers will do.This flinching causes inconsistency in your form. So to prevent you from ever feeling this, you want to wear an arm guard. The second thing that an arm guard will do is to keep or hold the long sleeve of a shirt or blouse out of the way of the string upon release. Arm guards come in a variety of shapes and sizes. They should be thick enough to



give the desired protection, and also large enough to protect your arm. Arm guards can be short in length covering your forearm from just

above your wrist to just short of your elbow, or they can be long, extending from just above the wrist to 2 or 3 inches above your elbow. Most all target shooters wear shorter arm guards, although many beginning archers will start by wearing a longer arm guard for better protection until they understand the control they need in their bow arm. This type of training arm guard is available in the same way any other arm guard is available. Arm guards are made of different types of material such as leather, plastic, rubber etc., The



surface the string hits should be relatively slick. Some archers even choose to make their own. All you really need is the protection, so if you do choose to make your own, it would probably work best to model it after one that you have seen. You might find that after you have purchased an arm guard that it doesn't



work for you. People's bodies are shaped differently, and if your bow arm or elbow rotates differently, then the string might catch some types of arm guards. So if you notice that you have hit yourself several times with the string, take a look at the choice of arm guard that you have. Hitting your arm can usually be fixed by proper shoulder and or elbow rotation, but if your arm guard is still getting caught, you probably need a thinner or different style of arm guard. Some arm guards might affect the life of your serving and to that end some arm guard manufacturers claim that their products do not affect serving life, although there has been various types of research undertaken on this, so choose a style of arm guard that would be best for your style of shooting. The reason for the use of an arm guard is because of the arm and shoulder positioning of the archer. If the arm and shoulder are not in the correct position for clearance, the string might end up hitting your forearm. This can easily be checked by drawing back your bow, and when at full draw take notice of how your elbow on your bow arm looks while you are at full draw. (It may even help better to try this motion without using your bow.) If your elbow is protruding inward, start practicing rotating your elbow outward. It will be hard to do at first, I know this from experience, but after some time it will become natural. I've also learned from experience that once you have hit your arm you will always remember it. Most archers have hit their bow arm at least once, sometimes more. The biggest and probably the hardest thing to remember is not to flinch. Remember that in archery consistency in your form is the number one criterion for success. Even the smallest detail can affect your consistency or inconsistency, such as your arm guard choice. Remember to choose one that fits, protects, and is comfortable to wear. Since the arm guard is relatively cheap to buy compared to the rest of your equipment, you should be able to find one that suits you best at an affordable price. Most of all

remember that to shoot consistently, you must have consistency in form, so if you bow arm elbow does protrude inward, practice rotating it outward.

CHANGES IN TARGET RATINGS

Name	Old	New	Date
Van der Watt, Anton	72	73	May-Jun 2019
Gilchrist, Celeste	xx	1	May-Jun 2019
Page, Craig	28	33	May-Jun 2019
Faustmann, David	30	37	May-Jun 2019
Chen, Gerard	54	62	May-Jun 2019
Trigilone, Hugh	13	19	May-Jun 2019
Chambers-McLean, Jack	79	80	May-Jun 2019
Llana, Massimo	48	55	May-Jun 2019
McGregor, Matthew	29	32	May-Jun 2019
Deakin, Oliver	50	51	May-Jun 2019
Weller, Rhys	6	8	May-Jun 2019

CHANGES IN INDOOR RATINGS

Name	Old	New	Date
Van der Watt, Anton	69	76	May-Jun 2019
Ware, Ben	44	47	May-Jun 2019
Dalton, Connor	xx	14	May-Jun 2019
Farrugia, Geoff	36	37	May-Jun 2019

CHANGES IN FIELD RATINGS:

Name	Old	New	Date
Murray, Cameron	20	23	May - Jun 2019
Chambers-McLean, Jack	61	64	May - Jun 2019
Campbell, Mitchell	92	93	May - Jun 2019

Records Broken since previously recorded.



Name	Division	Round	Record	Date
Blinkhorne, Kiri	RW	Elizabeth	706	26/05/2019
Fathers, Stuart	BRMM	Golden Gong	656	19/05/2019
Whitfield, Peter	RMM	Ballina	769	8/06/2019
Spencer, Leanne	RW	Ballina	787	8/06/2019
Catto, Andrew	RMM	Newcastle	890	15/06/2019
Farrugia, Geoff	RMM	Short Sydney	1006	22/06/2019
Souchad, Ben	RIB	Short Sydney	1042	22/06/2019
Fathers, Stuart	CMM	Short Sydney	1077	22/06/2019