



WARRINGAH ARCHERS NEWSLETTER July - 2020

www.warringaharchers.com.au



Across the desk of the President:

Community sports are now up and running, and with that most sporting organisations are trying to cram a full season into several weeks, to get

themselves back on track. Our club calendar has been set up on line for the month of July & August. ArcheryNSW has advised that no State tournaments will be held in 2020. Our next phase is to put together our Club Championships events, and believe we can handle all of these at the club and/or at our new venue the Gun Club (especially the Clout), though there is a bit of work to do before we get to that stage. Our AdBow/KidBow program has resumed, and is being enjoyed by those taking part. We are also looking at having a Thursday Night league and will provide more details on this shortly.

Also in keeping with our Plan of "Staying Connected", please find set out below a response from the organisers of the Australia's Biggest Morning Tea, it makes me feel really proud to belong to Warringah Archers.

Our thanks to you: The Club raised \$55

I am getting in touch today to personally thank you for the generous donation you made recently to Australia's Biggest Morning Tea.

In the face of COVID-19, Cancer Council is needing support now more than ever to ensure we can continue to provide critical information and support services to people impacted by cancer, as well as continue vital cancer research.

Your donation is helping to make sure this can happen.

Every dollar raised through Australia's Biggest Morning Tea is helping to ensure cancer patients can get safe Transport to Treatment, receive emergency financial assistance, and get the emotional support they need during these times of social distancing and self-isolation.

We're so grateful for your commitment to helping people impacted by cancer, especially at a time when we are aware that you may be personally affected by the current coronavirus pandemic yourself. It's a challenging time, but right now it's more important than ever that we come together to support each other. **And for that, I thank you.** Sincerely,



National Pyjama Day

This was the next Charity for the club to help support where members were asked to yep! You guessed take a picture in your PJ's or whatever? So for the first 2 weeks in July, club members show us how warm & cuddly you are before you go to Bed!!! – or wake up! – or just laze around the home.



The Pyjama Foundation screens, trains & recruits community volunteers who mentor children in their care to change the direction of their life path. Their priority is to support the health, safety and well-being of their Pyjama Angels, foster families, supporters and staff at the same time continuing to support more than 1400 children in care by extending their connections virtually. Thanks once again for supporting this.



AdBow/KidBow program



resumed on the 4th July at the new timeslot with the



theme being XMAS in July Winning team was the



"Thunder Hawks" with Alex & Harrison (I can see that there was some creative accountancy going on!)



In 2nd place was "The C's", followed by the "The Humphrey Duo"





BIRTHDAYS AUGUST

Kevin Tompkins (9th)
Emma Brady (14th),
Kristian Chambers-

McLean (20th), Callyn

Sergas (21st), Paul Wilson (22nd), Piers
Moran (23rd)

Benjamin Lundy (25th), Melody Paletto
(26th), Massimo Llana & Thomas
Freeman (27th) BIG 16, John Oh
(30th),

CHANGES IN INDOOR RATINGS

Archer	Old	New	Date
Maria Wright	76	76.5	1/7/20
Maria Wright	76.5	80	6/7/20

CHANGES IN TARGET RATINGS

Archer	Old	New	Date
Stuart Fathers	74	74.6	12/7/20
Jack Chambers-McLean	81	84	12/7/20
Anton Vander Watt	90	92	18/7/20
Alan Nolan	51	52	18/7/20
Alex Ware	55	56	18/7/20

Advertisement

ARROW DEGAUSSER

Arthur Bendbacon – the great playwright, once remarked that magnetism moves in mysterious ways.

How right he was – particularly when it relates to archery. The 'magno-arrow' effect on shooting is a little known but well documented phenomenon.

However, its effects are frequently passed off in more esoteric terms like 'poor release', or 'clicker malfunction'. To combat 'magno-arrow' our engineers have successfully developed the

Arrow Degausser



Before appreciating the benefits of the Arrow Degausser, it's important to discuss the three principal causes of the magno-arrow problem. Firstly, how often towards the end of a lengthy tournament, have archers complained their arrows are losing direction?

The answer to this more likely lies in the continual movement of the arrows through the air causing them to self-magnetise. Secondly, the same self-magnetising occurs when arrows rub against each other in the quiver. Thirdly – and most importantly,

archery ranges are ideally aligned east/west or west/east, which places magnetic north at right-angles to the line of shooting. It's that invisible magnetic pull on increasingly magnetised arrows that heavily influences their course variation. And the solution is blindingly simple –

de-magnetise the arrows!

Our research indicated arrows should be degaussed about every forty shots. Given that this might be needed during a field shoot, our engineers have made the Arrow Degausser to be dual-powered – solar, and re-chargeable battery. This is true flexibility! The Arrow Degausser is manufactured in both club and personal versions. The club version is illustrated above. It accommodates three arrows and takes 30 seconds to complete the task.

The Arrow Degausser is an absolute 'must have' for every club.

For further details please contact:
Far-Fetched Enterprises
(The Archery Innovators)
P.O. Box B84689C - Stimarts NSW

Club Shoot 4th July

Sorry no fireworks today, but again when you head off from home down to the club, drizzling, oh dear didn't bring my rain coat with me, but had enough clothing on should be OK, only to have glorious weather, although on the nippy side to begin with, out off the shade, when the sun shined on you, it was glorious. Another great shooting day. Had to also stand in for Maja today due to being unwell, but shot with Pilard (Alias Pinky) & Charlotte (Alias Spider), hopefully we will have Charlies Angels all together soon.



Nice and sunny out on the field, not so warm for those shooting on target one, as soon as they stopped shooting



it was a quick strutt out onto the field to get warm. Another All Gold to me at 20m (couldn't let Massimo get all the credit), and I had to wait until the last end to get it.!!!

ARCHERY...A GAME OF REPETITION

Archery is basically a simple art. However, there are many principles that must be developed and mastered before someone can hope to shoot with consistent accuracy. The underlying principle upon which all other archery techniques and shooting styles must be built is repetition. In other words, you must learn to execute each shot in the same manner as the shot you just made. Every action, both physical and mental, must be an instant replay of the preceding actions.

Your draw, anchor, hand placement, head position, aim, release and follow-through all must be consistently the same each and every time you shoot.

Archery is a game of repetition that requires absolute precision in each repetitive action, but when you think about this repetitive nature of archery, is it now really so peculiar. Most other sports require the participants to repeat the same action or actions time after time. For example, golf, bowling, darts and tennis all require a similar degree of repetition and without it the individual does not achieve the consistency that is required for success.

Because it is absolutely critical to develop consistency in each repetitive action involved during the execution of a shot, you must strive to condition your physical and mental actions to that end. This is accomplished by continual practice which will eventually lead to 'automatic' or conditioned response of a correctly executed shot. For example, a boxer practices throwing various blows and combinations of blows until he is able to react to his opponents actions automatically as a result of his many hours of practice.

Because Archery is a game of repetition, we can condition our actions through proper practices so that each shot can be executed correctly and almost automatically. There are simply too many things to think about at full draw, therefore, the more actions we can correctly execute automatically without thinking, the more attention we can give to those actions that cannot be executed automatically.

The ultimate goal in the development of our repetitive execution of a host is to learn to perform all physical actions automatically in order to free and thus direct our total and complete mental concentration towards the aiming process. To achieve any kind of consistency in the development of the automatic execution of a shot, we first must learn to practice correctly. A few weeks ago I spent some time watching a group of archers at 'practice'. After observing them for a while I asked one of them, "What are you doing". 'I'm practicing' was the reply. "What are you practicing", was my next question. I received, as I expected, a rather peculiar look, I'm practicing my shooting. I continued to watch this group of archers at "practice" for another half hour or so. I watched the bow arms drop, I watched the release hand flip sideways and anchor positions that could not possibly give consistent alignment, and I watched arrows continue to scatter all over the target, I had to give this group credit, they were really hard at it, I felt that given time and an abundant supply of arrows they would 'Perfect their Mistakes'.

If you practice an action long enough it will become automatic, this applies to both proper and

improper actions. It is quite possible to reach a certain standard score wise by practicing improper actions, but, you will come up against a brick wall where it becomes impossible to make further progress. So many archers firmly believe that the more arrows they shoot the better they will become. How many times have we heard people say, "I cannot understand it, I've practiced solidly for the past few weeks and have not improved". Perhaps the only aspect of their archery that has benefited is from the point of view of stamina. While it is possible, as mentioned before, to reach a certain standard, this standard can generally only be reached on the "home range"; under the pressures of Tournament conditions it is rarely possible to reach this standard.

What then is the answer?

First of all the archer should realize that improper actions that have become automated are not easy to correct, these improper actions may have been practiced for a long period of time. The archer may only have one aspect of his/her shooting sequence that is wrong, such as moving the bow arm on release, or there may be two or more faults in the shooting sequence. It is also possible that one improper action is the cause of a chain reaction resulting in complete loss of any form at all.

An archer's performance is directly related to how well he or she thinks. Archery is a game of repetition, to achieve accuracy it is essential that a proper sequence of repetitive actions be developed so that the eventual results will be a consistently automated executive of each shot. To gain this proper sequence of actions the archer must 'think' every action made. If you want to improve accuracy near enough is not good enough, every aspect of the sequence must be 'precise', Feet, bow-hand placement, bow arm sequence, for instance, the archer, commencing the draw realizes the bow hand position is not just as it should be, good, the error has been noticed. The next step should be to let down and commence the sequence again. Sad to say this does not always happened, instead the archer adjusts the bow hand position during the draw which very often affects the bow arm as well, resulting in a poor shot. The act of correcting the bow hand position during the draw, or attempting to correct any other error once the shooting sequence has commenced is detrimental, any action in the sequence that does not feel correct means the shot must be aborted and the sequence recommenced. If the archer continues to correct bow hand position, for example, during the draw this improper action repeated often enough, will become automatic and in time this archer will not even bother to set the bow hand correctly in the first place. The improper action will replace the proper action. As a further example I have seen archers adjust their stance while at full draw.

The archer must remember that every time he/she shoots, with the exception of Tournaments, that archer is practicing, or should be, not just shooting for shootings sake. As the brain is incapable of concentrating on more than one task at a time, each individual aspect of the sequence must be given attention, with weak areas receiving extra attention until such time as this particular weakness has been

improved upon and can be integrated equally with the rest of the shooting sequence. For instance, the stance, bow hand and arm may present no problems, but failure to relax the draw fingers in the early stages of the draw may be having adverse effects on the release, this area must then be given the extra attention.

I firmly believe that problem areas in the sequence can best be worked upon using a target butt with no face, and if possible depending on which part of the sequence is causing the problem, with the eyes closed, shooting from only a few feet distant. Many of the problems that creep into an automated shooting sequence are caused by over-aiming during practice sessions. More concern should be shown by the archer on form, on how the arrow was shot, if it went in the middle was it well executed or was there a lot of luck.

When you next go out to a practice session, go with the firm intention of improving your repetitive shooting sequence. If you don't already have one, and there are many archers that don't start one. It is not such a bad idea to write it down at first. Keep it as simple as possible to begin with, as your form improves you may need to add to it.

In concluding this article a word of warning. While it is possible to develop a repetitive shooting sequence that becomes automatic, allowing for greater concentration on aiming during tournaments, never neglect this sequence in practice. Work on it all the time in practice, remember that the number of improper actions we can make far out-number the proper actions.

If there is a chink in the armour of your proper sequence an improper action will creep in, small at first but, if undetected and checked, like a disease it will grow to epidemic proportions.

AdBow/KidBow Qualifiers for July



Congratulations Jack All Gold @ 15m & Josh All Gold @ 10m

At the completion of the shoot, elimination teams matchplay was held with the Father & Son Duo of Scott & Josh taking out the honours.

15m-122cm face: Nick Skelton (RMM) 228, Jennifer Thompson (RMW) 217, Jack Havranek (RIM)* 255, Harrison Skelton (RCM) 207, Heather Maddock (RCW), 258, Tegan Scott (RIG) 240

15m 80cm face: Heather Maddock (RCW) 241

10m-122cm face: Scott Humphrey (RMM) 246, Josh Humphrey (RM) 262*, Emma Simonovski (RUG) 180, Sophie Rutherford (RW) 249, Paige Tennant (RUG) 186.

10m 80cm face: Josh Humphrey (RM) 257, Scott Humphrey (RMM) 254, Carolyn Simonovski (RMW) 223, Jay Simonovski (RUB) 227, Emma Simonski RUG) 158, Sophie Rutherford (RW) 230

10m 60cm face: Josh Humphrey (RM) 259, Scott Humphrey (231), Jay Simonovski (RUB) 169, Emma Simonsvki (RUG) 143, Sophie Rutherford (RW) 199

10m 40cm face: Tegan Scott (RIG) 177



BLAST FROM THE PAST



Neil Dekker 1986 to 2020 and can still be seen actively participating down the club regularly helping members with their equipment.



Archer wins medallion

MSB Radio Mechanic/Instrument Fitter Neil Dekker, a member of the Warringah Woodsmen's Archery Club, won the coveted Federation Internationale de Tire de l'Arc (FITA) 1000 Silver Star medallion at the State Championships Target Archery competitions held at the Homebush Sports Centre, Sydney in October.

He attained a personal best score of 1,008 from a possible 1,440. Two weeks later he shot 1,034 points to win his Club Championship for 1986.

Neil joined the Warringah Club in 1978. He became a Level I Instructor in 1981. Two years later he was appointed a Senior Instructor and a Level I Coach.

He recently passed Department of Sport and Recreation examinations for Level II Coach but is required to carry out a demanding program of 'sports specifics' over some 60 to 90 hours before achieving

his latest coaching goal.

Neil is also an accomplished pistol and rifle shooter. He is a foundation member of the Maritime Pistol Club of NSW where he competes in Standard Pistol shooting events, using a .22 calibre automatic. He is also a member of the Sporting Shooters' Association of Australia and has shown considerable prowess in competition events using a .243 calibre Sako bench rest rifle.

The bow illustrated by Neil in our accompanying photograph, a Yamaha make, is constructed of laminated fibreglass and has a 45 lb draw weight. It shoots aluminium arrows fitted with stainless steel tips. Its current purchase price is approximately \$900.

Neil said that 1987 will hold new challenges in the various sports in which he is involved, giving him opportunities to further improve his shooting skills.



Joke Corner:

Three men were hiking through a forest when they came upon a large raging violent river.

Needing to get on the other side, the first man prayed, "God, please give me the strength to cross the river." Poof! God gave him big arms and strong legs and he was able to swim across in about 2 hours, having almost drowned twice.

After witnessing that, the second man prayed, "God, please give me strength and the tools to cross the river." Poof! God gave him a rowboat and strong arms and strong legs and he was able to row across in about an hour after almost capsizing once. Seeing what happened to the first two men, the third man prayed, "God, please give me the strength, the tools and the intelligence to cross the river.

Poof! He was turned into a woman. She checked the map, hiked one hundred yards up stream and walked across the bridge.