



# WARRINGAH ARCHERS August 2019

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

# HAPPY FATHERS DAY



## Across the desk of the President

As we are now in the Autumn season it is supposed to be getting warmer, however, with that comes those pesky wind belts. Please be mindful that when you are shooting in the wind, that you secure your target and check the ground pegs are secured even throughout the shoot, as there is a tendency for the stand to move, while pulling out arrows, which causes the pegs to rise, if additional rope is needed, there is always some available in the club room.

**Pot Holes** (yep) those pesky rabbits have been out in force, and will take this opportunity to remind members, if they see any potholes, let a member of the committee know and/or try filling it in, we've done a good job so far. The school is aware that it is an increasing problem.

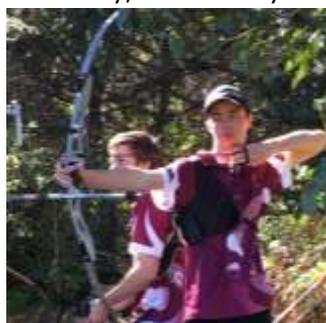
**Wheelchair ramp:** Thanks to Craig Frandsen for putting in a wheelchair ramp for those members who are joining us from Sarsgood, it will make it much easier for them to navigate entry to the club shooting field.

**Ground Crew:** Over the last couple of weeks, members that have been nominated for ground crew have not been turning up, which puts the burden on others and/or members who come early to do other activities. The committee is mindful when sending out Ground crew requests with members being allocated once a quarter (12 weeks), which is not too bad. When the calendar comes out, if your scheduled date clashes with something can you please drop us a line, rather than not just turning up.

**Active Kids Voucher:** Remember everyone that you can obtain a 2<sup>nd</sup> one from the Government from 1<sup>st</sup> July 2019. Therefore, if you have not downloaded, please take the time, it can be offset against your membership.

## Urban Field Shoot 3<sup>rd</sup> August 2019

Again thanks to Stirling for helping me out with the shooting range, it certainly gave some of our members a challenge, and it's a great way to introduce members to field archery, so that they can



understand the sequence of faces ./ rotation A,B,C,D and which targets to shoot at. Enjoyable day for everyone (apart from Jack, where a couple of arrows were damage).

Classification were achieved by:

**White** - Alan Nolan

**Black** – Stirling Calandruccio & Maja Kecskes

**Blue** – Cameron Murray ./ Alex Ware & Oliver Deakin

**Welcome to New Members:** Kevin Thomas (RM) & Henry Thomas (RU10B), Kirrily Agus (RW) & Declan Agus (RUB), Keisha Lee (RIG), Evandro Weber (RM) please join me in welcoming them aboard and showing them the ropes around the club. We also say farewell to both Carol & Mitchell Campbell, who have transferred their membership to Penrith City Archers, we wish them well, and look forward to seeing them around at the next tournament.

## AdBow / KidBow program on the 4<sup>th</sup>

**August** commenced and what great weather we had, and more importantly, what good participants we had. Everyone started at 10m (corrected by yours truly), with some of our members who attended season one registering again for the 2<sup>nd</sup> season. We were also joined by some of our newer members and everyone got on great.



We had to have an elimination shoot at the end of the day of course, Congratulations to Richard (Top Adult) & Macleay (Top Junior) for coming out on top and earning themselves a Club T-Shirt.



Also well done to Glenn Morrision for achieving his All Gold @ 10m..

## Qualifiers 4<sup>th</sup> Aug were:

**10m/122cm face:** Ethan Hill (RUB) 177, Henry Cook (RUB) 230, Macleay Slade (RU10B) 147, Max Harrison (RU10B), 185 (*beating his previous score*), Noah Riva (RUB) 187 & PM (RUB),



Scoring 236.

**10m 80cm face:** Glen Morrison (RM) 268, Kirsty Morrison (RW), 233, with both Tom Freeman (RIB) 243 & Ganan Stone (RIB) 241 (*beating their previous scores*). Glen achieving an All Gold @ 10m

**10m 60cm face:** Craig Lovell (RU20M) 188, Keisha Lee (RIG) 201, Arwen Moran (RIG) 202 & Pilard Shephard (RU10G) 148, all 3 girls smashing their previous scores, break must have done them good.

**Qualifiers 11<sup>th</sup> August:** it's a pity some of our members sneak away before we can have the



opportunity to present them with their qualification certificates – might need to send them a reminder, to hang around, they are presented fairly quickly once the

targets have been brought in.

**10m 122cm face:** Sydney Tangsurakit (RCW) 232

**10m 80cm face:** Craig Lovell (RU20M) 225, PM (RUB) 177, Henry Cook (RUB) 160, Macleay Slade (RU10B) 147

**10m 60cm face:** Glen Morrison (RM) 237

**15m 40cm face:** Arwen Moran (RIG) 85, Tom Freeman (RIB) 86, Ganan Stone (RIB) 145

## Archery rules: (compiled from an

### Archery forum) thanks Ken & Maria

I have assembled the "set of rules" into a consolidated list (I think they are all quite good, and have an interesting tale to tell):

1. The word "complete" when associated with the phrase "set of arrows" is an oxymoron.

2. No matter how still the day is, the wind speed is directly proportional to the desire to shoot arrows.

3. If you sell off a bow because it shoots poorly the person who buys it will outshoot you with it.

4. You can shoot very well and group exceptionally, or you can obtain sight settings for different distances, but you can never do both simultaneously.

5. The more you need a sight setting, the further your shooting form for that day slides down the tube.

6. When you buy a new piece of archery equipment the first few times you shoot with it you will shoot better than you did before, but once the novelty wears off you will be back to the same.

7. If there is a lost point in the target the person with the most expensive arrows will find it

8. If you finally get over being nervous about whether or not the finger sling will hold, it will not.

9. You are guaranteed to shoot an X if you

shoot the wrong target

10. If an item doesn't cost at least \$125 then it is likely it will not suffice.

11. The more expensive the arrows the easier it is to lose them on a field.

12. The only time something goes wrong with your bow will be at a state tournament . OR immediately before one

13. The windiest days always produce the tightest groups resulting in dented arrows from side-impacts.

14. Wind speed is directly proportional to the number of archers at full draw.

15. If you are looking for your arrow in the grass - you'll find everyone else's but your own.

## Qualifiers 18<sup>th</sup> August were:

**10m 122cm face:** Richard Coventry (RM), 274 + '60' perfect, Jon Slade (RM), 261 All Gold achieved, Jeremy Astill (LUB) 135, Teo Platter (RUB) 150



**10m 80cm face:** Sydney Tangsurakit (RCW) 223, Ethan Hill (RUB) 188,

**10m 60cm face:** PM (RUB), 158

**10m 40cm face:** Glen Morrison (RM) 223

**20m 122cm face:** Pilard Shephard (RU10G) 167, Keisha Lee (RIG) 189, Craig Lovell (RU20M) 233, Piers Moran (RCM) 216 (*Beat previous score*), Tom Freeman (RIB) 221 & Ganan Stone (RIB) 250

## 24<sup>th</sup> August HANDICAP - WINNER Cameron Murray (RCM), with a score

of 943,

Elizabeth Renelt (RW)

2<sup>nd</sup> with a score of 930

& Gemma De Luca (RW) 3<sup>rd</sup>

with a score

of 922 – Each of them win a \$20 incentive voucher for scoring over 900.

Well done everyone.



## BIRTHDAYS SEPTEMBER



Thomas Dalton (1<sup>st</sup>), Neil Dekker (5<sup>th</sup>) Mariano Llano (7<sup>th</sup>), Peter Turner (9<sup>th</sup>), Steve Salmon (16<sup>th</sup>), Rhys Weller (17<sup>th</sup>)



**Congratulations to the Youth World Championships team who competed in Madrid 19<sup>th</sup>-26<sup>th</sup> August** who are now on their way home with some mixed results, but some great experiences and stories to share.

2019 world archery youth championships madrid



Alyssa



Mollema from Cessnock Target Archers and a frequent visitor to the club, obtained a Bronze Medal in the Mixed Teams event with



COMPOUND CADET MIXED TEAM QUARTERFINAL



Mexico shooting that 1 point more to see them in the bronze medal match. What a way to go out, they made Mexico work for it.

## NECK PAIN

For a growing number of Australian, the answer to that question is yes. And the reason could be related to the number of hours you spend in front of computer terminals.

“Computer neck” is an epidemic of the modern communications era, costing thousands of hours every year as sufferers take time off to cope with upper back and neck problems.

For some, neck pain is only a mild distraction. For others, it can be unbearable if not debilitating.

We’ve all experienced a form of neck pain. Fortunately, most of it is a minor and short-term complaint.

It’s the pain we experience after sitting in an unusual or awkward position for too long. The joints in your neck tend to lock in that position; and the muscles supporting the joints become fatigued. It doesn’t have to be computer-related.

It can also happen while you’re attending to other tasks at your work station, while you’re reading a book, resting the telephone between your chin and shoulder or just falling asleep in a chair. Most of us endure a day or so of discomfort and learn from the experience.

One of the greatest causes of neck pain and association problems, however, stems from use of PC’s. That’s hardly surprising, given that so many Australian homes now have a PC and very few business operate without computer hardware and peripherals.

The problems may appear at any time, but the symptoms are remarkably similar; lower back pain, cramping in the hands and a persistent ache in the upper back and neck.

What can you do to avoid or correct these problems?

Simply changing work habits and making the effort to take a regular break from your PC can make a huge difference.

The ideal work environment will allow you to take a break every 30 minutes. The longest you should sit without a break is two hours.

Leaving your PC doesn’t mean leaving your work. If a deadline is pressing, use the time to talk to contacts rather than e-mailing them. Or print out what you’re working on and read from hard copy for a change. It’s amazing what a different perspective can do.

You should also try to use your break to introduce some exercise to your daily routine.

- Drop your head forward and slowly rotate it clockwise and anti-clockwise.
- Keep your eyes off the screen. Look at something in the distance and then change focus to something close at hand.
- Stretch! Put one hand under chair and lean to the opposite side until you feel pressure near the shoulder blade. Do it for both sides.
- Shrug your shoulders. Or better still; rotate them.
- Hold your arms out to the sides and twist them forwards and backwards. Your wrists and shoulders should feel the pressure.

## 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

### AdBow/KidBow Qualifiers 25/8/19:

Unfortunately one of the score boards wasn't placed in the yellow box at the conclusion of the shoot, so will have to advertise these in the next newsletter. From score sheets received, the following qualifiers were achieved:

**10m 122cm face:** Riley Williamson (RUB), 195, Henry Thomas (RU10B), 238, Mark Lee (RM), 283-achieving an All Gold, Teo Platter (RUB) 184, Leanna Barne (RU10G), 197.

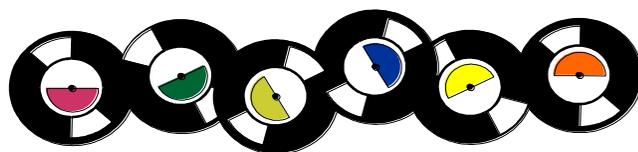
**10m 80cm face:** Richard Coventry (RM), 246  
 10m 60cm face: Henry Cook (RUB), 152, Kirstie Morrison (RW), 211, Max Harrison (RU10B) 122\* *even with a busted sight finishing off barebow.*

**15m 122cm face:** Glen Morriuson (RM) 240, Sydney Tangsurakit (RCW), 209

Well done everyone.

## Ten

The archer drew the bow – aware of nothing except the multi-coloured target face fading slowly until nothing was distinct but a golden disk, violated by the sight pin which came to rest in dead centre. In that quiet moment, the sub-conscious mind began its checklist – bow hand comfortable under pressure – bow arm relaxed but firm – string in perfect alignment – anchor precise. Then the imperceptible dynamics began as the back muscles contracted slowly until the instant of joy when the clicker triggered release and counter forces balanced in the perfect follow through.



*more records tumble...keep it up everyone, awesome achievements.....*

P.Whitfield	RMM	Victoria	685	6/07/2019
M.Kecskes	RUG	Geelong	693	6/07/2019
P.Whitfield	RMM	Holt	734	7/07/2019
M.Kecske	RUG	Drake	630	7/07/2019
J.Chambers -McLean	RCM	Australian Indoor I	277	14/07/2019
M.Kecskes	RUG	Golden Gong	791	21/07/2019
M.Kecskes	RUG	Kiwi Chatter	790	10/08/2019
P.Whitfield	RMM	Samford	776	17/08/2019
M.Kecskes	RUG	Jodie Joker	761	17/08/2019
M.Kecskes	RUG	Darwin	678	18/08/2019
M.Kecskes	RUG	WA 40/1440	1078	31/08/2019
M.Kecskes	RUG	Goulbourn	517	1/09/2019

### AdBow/KidBow Club Championships

**31<sup>st</sup> August, 2019** (*trophy will probably need a name change?*) which was for those registered members who had been shooting for less than 12 months,



congratulations to Henry Thomas (RU10B) & Craig Page (RM) for winning this title 2019: All those who thought it rained and stayed at home – **WRONG!** Not a drop to be seen.