



WARRINGAH ARCHERS
November 2018
www.warringaharchers.com.au



Across the desk of the President

Hit a bit of a nostalgic streak last week, when on 28th October, I had been a continuous member of Warringah Archers for 40 years, and went WOW! Where did the time go....and what great memories being part of the club brought with it! Gosh I wasn't even married back then! Nor did I have kids, so it's been amazing journey.

When I look at some of lasting friendships I have made, the activities over the years that the club has been involved in, youth members that I put through beginners courses, now bringing their kids to "have a go", it certainly has been an amazing time.....who knows I might even be writing information for newsletters for the next 10 years, which will put me in the Veteran+ Division then.

In saying that, being part of Warringah Archers is like being part of a family, I thoroughly enjoy coming down to the club and sharing in everyone's experiences, shooting on the odd occasion and coaching the sport that I love.

Even looking back at some old newsletter's (*Yep I have them on computer since 1990 before that we used to type them up*), it's interesting that the club has produced members who have represented Australia both as Archers & Managers at Trans-Tasman Tests / Oceania Championships / World Field/Target/Indoor & Youth World Championships / Olympic Games / Asia Cup, and many others.

Our club members have been involved in boards of the NSW Olympic Committee / ArcheryNSW & Archery Australia, and have assisted with manpower for the Olympic & Paralympic Games / World Masters / Invictus Games, as well as Archery Australia Youth & Open National Championships, and willing assisting when called – Couldn't think of a better club to belong to and invest in over the years....THANKS

Warringah Archers also supported the Invictus games, with Kristian Chambers-McLean & Lilia Hutchinson appointed as National Judges, as Roland Ware, Stuart Fathers,



Neil Dekker, Bill Barnes assisting as Scorers, Well done to all of you. Photo from Neil on the Practice Facility.



Club Championships Field – 27th Oct



Before the Club Championships Field "The Coach" gets all juniors together who are attending the 2019 Youth Nationals on a bit of an update about field shooting!



Archer	Class	Division	Total
Open Compound			
Wright, Maria	Veteran+	Compound	299
Ware, Roland	Master	Compound	203
Chen, Gerard (Zhe)	Open	Compound	170
Shorten, Cheryl	Veteran	Compound	92
Open Recurve			
Spencer, Leanne	Open	Recurve	267
McGuire, Bryan	Open	Recurve	213
Whitfield, Peter	Master	Recurve	168
Dalton, Thomas	Open	Recurve	148
Nolan, Alan	Veteran	Recurve	133
Middleton, Alan	Master	Recurve	117



Cadets			
Chambers-McLean, Jack	Cadet	Recurve	279
Smith, Gabbie	Cadet	Recurve	204
Ware, Alex	Cadet	Recurve	171
Ware, Ben	Cadet	Recurve	86
Brady, Emma	Cadet	Recurve	84
Murray, Cameron	Cadet	Recurve	61

Intermediates			
Campbell, Mitchell	Intermediate	Compound	335
Ware, Joshua	Intermediate	Compound	169
Souchaud, Benjamin	Intermediate	Recurve	156
Woo, Joanna	Intermediate	Recurve	91
Tattersall, Tom	Intermediate	Recurve	82
Yang, Kerry	Intermediate	Recurve	25
Cubs			
Kecske, Maja	Cub	Recurve	173
Dalton, Connor	Cub	Recurve	123
Woo, Brian	Cub	Recurve	30

State Clout 28th October



Gold: 145m Mitchell Campbell (CIB), scored 307 (GMB) & 318 (Elite Bronze)= 625
100m Ben Souchaud (BRIB), scored 230 (Blue) & 217 (Black) = 447
125m Gabbie Smith (BRCW), scored 154 & 243 (Blue) = 397
145m Jack Chambers-McLean (RCM) scored 288 (Master Bowman) & 306 (Grand Master Bowman)= 594
165m Maria Wright (CV+W), scored 278 (Gold) & 291 (Master Bowmen) = 569
Silver: 165m Alan Nolan (RVM), scores 119 & 103 = 222
Bronze: 100m Maja Kecske (RUG), scored 68 & 219 (Black) = 287
165m Stirling Calandruccio (RMM) scored 264 (Red) & 258 (Blue) = 522
All Gold: Mitchell Campbell 145m

Resilience – A true gift for kids

As much as we want to protect our kids there is also a need to allow them space to make mistakes. Kids need to learn to fail and fall, so they can get back up. In a busy world this can give parents anxiety, wanting to do everything possible to keep our kids safe. If we parent from our own anxiety, our kids won't have the opportunity to push their boundaries and to go beyond their comfort zone to grow into resilient and confident youths and adults.

Kids pick up on their parents anxiety. Even if you try to hid it your child will pick up on it and it will leave them unsure, taking away the choice of discovering their own courage to step out of their comfort zone. Knowing that you trust and acknowledge your child, allows them to go behind

the unknown and the negative thoughts. It teaches them to go and explore, to risk failure and disappointments. Once they experience this they will re-emerge a little bit stronger. This is the foundation of resilience!

Your empathy and acceptance of big feelings when they don't make the team, miss that crucial goal, or the roller coaster is just too scary, your acceptance of how they feel is what teaches them that it's OK to make mistakes and extend their comfort zones. Instead of suppressing all those big feelings to be strong, and appearing to be brave and in control, it is in fact your empathy that will support your kids to feel those emotions in a healthy way and, then be able to naturally move past them.

If you are stressed out as a parent get some support in dealing healthily with your worries, so your child is free to blossom without your anxiety.

Your unconditional and empathetic presence will support your child to reveal the underlying feelings that are driving their behavior. This is much more effective than leaving them to stew over a situation. Without your support, when a situation triggers them again and erupts into blame, shame, anxiety and fear will sabotage your child well into the future.

The benefit of starting to build a strong connection between you and your child now, will only deepen as time goes on.

Rather than talking your child out of their feelings with logic, or jollying them out of feelings trying to get them in a better mood, acknowledge what they are feeling and create a safe space where they will be much more likely to express what is really going on, whether that be with words or a good cry.

Of course healthy regulation of your own emotions are important. It is important so that you can allow your child to experience their feelings without being triggered yourself.

Knowing that someone has your back is vital for all of us, children are no exception. It gives them the benefit to growing confidence to explore outside their comfort zones, in a way that is safe and secure, and so then even failing becomes inner confidence to try again.

Written by Sharon Turton Family Living Magazine Oct 2018

Skins Tournament 3rd November, 2018



Once again a great turn out for the Quarterly Skins tournament with the pot of \$120 being reached, being split between the 3 winners. A couple of members got caught short in





their 1 arrow shoot offs, and there was an added twist this time around, with Compound archers to move up & down the targets, using the 'X' as 10 only, became a bit more interesting through the day...

Congratulations to Jack for coming first earning \$75, Kane walking away with \$30 and Bryan coming in 3rd earning \$15.



National Records awarded to:

Maria Wright (CV+W)m, Short Canberra with a score of 835 & Wayne Moore (RV+M) WA60/900 with a score of 766, both from the ASNSW Liverpool Short Distance Championships.

JDRF Walk – THANK YOU FOR YOUR SUPPORT held 4th November.



With members support I raised \$2,129.20 A BIG THANK YOU to those who supported this event, which raised \$1,129.20 which meant that my employer Forest Coach Lines matched me \$ for \$ up to \$1K, which was AWESOME. Being part of **Tom's T'Cats**, team in total Tom raised \$13,110.40, which was terrific.



The Walk at Cathy Freeman Park on the 4th November, was a big day, with lots of activities, I took some archery targets / Bows & Arrows with me from our youth kit, and everyone got

into it, it was a great day for a really worthwhile cause.

Type 1 diabetes is an autoimmune disease that can strike at any time. It affects more than 120,000 Australian families, and 7 people are diagnosed every day. Tom is now 16 years old and manages most of his diabetic needs himself. This consists of constantly counting all carbohydrates he eats and dosing himself with insulin via an insulin pump. Even though he has several years of practice it is a constant battle of balancing insulin, food, exercise and growth. There is never a day off, Diabetes does not take a holiday - ever!

As parents we would love to find a cure for Type 1 Diabetes, that would be a dream come true. So each year we put on our orange t shirts and get out there and walk, raise awareness and most of all raise money!



JDRF do an amazing job worldwide of managing many different research projects. This is our way of supporting them and Tom to being a step closer to finding a cure. Might get him to Open up the Warringah Kidbow Tournament

next year. THANKS ONCE AGAIN!

MAXIMUM PERFORMANCE SERIES

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

CONSTANT PERFORMANCE: AVOIDING INJURY AND ILLNESS - THE YIPS

WE'RE STILL SEARCHING for ways to convert a poor competitor into a good one. Some people always come through when they need to; others always seem to fail at such moments. The characteristic is more poignantly evident in certain football place-kickers and basketball free-throw shooters. Often the only one they miss are the ones that are critical. It seems to be a complex behavioural problem best addressed to the psychologist rather than the coach.

We don't know a great deal about the off day that each of us experiences from time to time, other than recalling what it's like. We call the phenomenon the "yips." You lose your confidence and build failure into your game. Your relationship to your environment changes. In golf, the hole looks like a thimble, whereas when you have your confidence it looks like a bucket. With confidence, you visualize the ball going into the hole; when you have the yips, you visualize missing. We know from our earlier discussion of visualisation how greatly it influences the result; to imagine that you're going to miss is to all but guarantee it.

The worst thing to do when you have the yips is to begin to play to failure. As success reinforces success, failure reinforces failure. Perhaps the best thing to do on such occasions is to remember that your body organizes its systems in terms of the signals it's getting. Just telling yourself that you're

going to sink that putt increases your prospects enormously; and even if you miss it, it doesn't mean you'll miss the next one.

But if we don't know much about why we have an occasional off day, we do know something about the attitudes that contribute to or detract from consistent winning.

THE COMFORT OF LIMITED SUCCESS

ONE REASON MANY of us don't perform to our maximum is that we don't want the responsibility of success. We don't want to be separated from the group by being labelled a winner. We perform well enough so that we don't get singled out as failures, and yet we don't perform so well that we're singled out as winners.

It takes guts to be a winner. You have to be bold. You have to be ready to accept the responsibilities and sometimes the accusations that accompany victory. Anyone who's ever suddenly hit a hot streak in golf knows the muttering he arouses from opponents who question his handicap. At that point, he may subconsciously hit a ball into a trap or miss a putt just to get rid of the pressure.

Most of us are more comfortable being a close second. It's a big responsibility to be number one. Everyone seems to be after you. If something goes wrong, you're going to be criticized. Such unconscious considerations are very much part of any performance, whatever the arena. It's a lot easier to blame your inability to advance to the top in business on the excuse that you're not the salesman type. The people who get the big appointments and the best jobs and contracts – who are maximum performers at their jobs – have learned how to be aggressive without being obnoxious. They aren't afraid to close the deal and do so in comfort. They have a somewhat inflated view of themselves that enables them to stretch themselves and do a little more than others may have thought possible. They've managed to cope successfully with the risk, explicit or implicit, that success will brand them as show offs others won't like because they're winning the contracts and making everyone else look bad....If you want to win, forget about winning....*next issue a learning that engenders their.....*

KidBow Tournament 10th Nov.

Again, the club pulled together and put on a great event. Thanks to our our ground crew / parents & junior members who gave a hand.

Big thank you to our Judges Kristian Chambers-McLean and Hus Pilavci, you made the event run very smoothly, and not forgetting our

resident cook - Jasper. The event was opened by the new State Secretary Gloria Tse, who scored a "10" which was awesome.



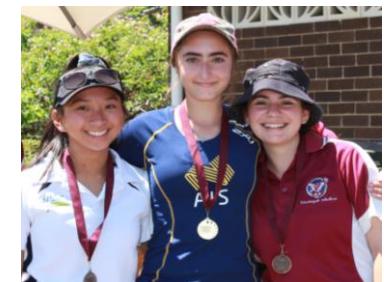
Alyssa Molema from Cessnock Target Archers achieved 900/900 – perfect score. First female to achieve this since Warringah have been running the Kidbow tournament (18th year), and the first person outside of Warringah Archers.

Alyssa joins the ranks of: Adrian Harper (CCM-2006), Jaime Van Barbieri (CIB-2008), Conan Omori (CCM-2009, Jack Salmon (CU20M-2011), Sean Pianca (CCM-2012).

Members of Warringah placed well, with the following members achieving placings:



Gold: Maja Kecskes (RU10G), Mitchel Campbell (CIB), Ben Souchaud (RIB), Jack Chambers-McLean (RCM), Carmelo Aslanidis (RU20M), Silver: Tom Tattersall (RIB), Alex Ware (RCM), Bronze: Massimo Llana



(RUB), Joshua Ware (CIB), Gabbie Smith (RCW), Ben Ware (RCM). It was great seeing the older kids helping out the newer ones. Carmelo Aslanidis (WAR), won the \$100 for the Recurve & Anthony Allan (CA) was the winner of \$100 for the Compound elimination shoot-off.

There was a stack of "All Range Golds" achieved, where all arrows were scoring either 9/10 in a bracket of 5 ends awarded to: Jack Chambers-Mclean (WAR), Henry Malin (SOPA), Isabella Mavlian (SOPA), Boe Sebastian (SOPA), Brandon Tse (SOPA),

then the following competitors achieved "All Distance Golds" where all 90 arrows were in the gold – AWESOME shooting everyone.



Alyssa Mollema (CES) Anthony Allan (CA), Carmelo Aslanidis (WAR), Nic Kyriazis (SOPA), Claire Crampton (CA), Isaac Berry (NOR), Mitchell Campbell (WAR) &, Ayden Crosdale (CES)



Open Nationals in Victoria, well done to Maria who won 3 Golds Medals (Field /Short Course & Clout Event), and winning Silver in the WA1440 round. Exceptional performance. Carmelo Aslanidis (MR) came 5th in the Target, 7th in the Field & 9th in the Short Course event with Leanne Spencer (LR) coming 7th in the Target and 6th in the Short Course event.

Warringah Handicap 17th November:

Congratulations to **Matthew McGregor** (RM) taking out the November handicap with a handicap score of 955, with Alex Ware coming in second on 952, and Cameron Murray coming in 3rd with 932. Awesome result, good shooting



All off the above will receive a \$20 incentive voucher (*only 1 more shoot where this will apply till the end of the year*), as well Roland Ware (913), Elizabeth Renault (911) and Peter Whitfield (906)

All Golds were achieved by Craig Frandsen @ 40m & 30m. Leanne Spencer & Peter Whitfield @ 40m Well done.

This event also was the 2nd round of the President / Secretary & Treasurers team challenge, with the following results:

YOUTH Update: If you are interested in

Please see the following links from the AA Website which I think all youth members should review and consider if they wish to try out for.

Trans Tasman (Auckland, NZ)

<https://archeryaustralia.app.box.com/s/h66s052hxgezsmku3cfxyy11q4uhjx>

Youth Worlds (Madrid, Spain)

<http://www.archery.org.au/Tournaments/International-Tournaments/2019-World-Youth-Archery-Championships>

The Presidential Guard:



Archer	Nov Actual	Nov H/Cap Total
Whitfield, Peter	745	906
McGregor, Matthew	573	955
Chambers-McLean, Jack	734	825
Spencer, Leanne	802	869
Jennison, Elizabeth	727	872
Llana, Massimo	577	783
De Luca, Gemma	433	764
Murray, Cameron	461	935
Schwarz, Jasper	576	817
Johnson, Cody	694	694
Deakin Oliver	746	926
November	7068	9346
October	7258	9242
Total	14326	18588



Secretaries Sharp Shooters:

Archer	Nov Actual	Nov H/Cap Total
Ware, Alex	660	952
Frandsen, Craig	781	842
Tattersall, Tom	357	785
Smith, Gabbie	654	866
Catto, Andrew	0	0
Ware, Roland	768	913

November	3220	4358
October	5164	6952
Total	8384	11310



Treasurers Target Troopers:

Archer	Nov Actual	Nov H/Cap Total
Llana, Mariano	591	825
McGuire, Bryan	703	853
Ware, Ben	444	795
Renelt, Elizabeth	560	911
Chen, Gerard (Zhe)	650	650
Winfry, Mitchell	454	837
Steele, Glenn	696	857
November	4098	5728
October	8196	11456
Total	12294	17184

Last event is this weekend 1st December, followed by a BBQ, hope to see as many club members as possible competing. The December handicap also doubles as the Wayne Jarrett Memorial Shoot, see you there.

Adbow/Kidbow Season Shoot-off

On the 18th November, the club reinstated its Adbow/Kidbow Tournament with a new round. Everyone shot at 10m, starting with a 122cm face (3 ends), then 80cm face (3 ends), then 60cm face (2nds), finishing off on a 40cm face, 2 ends. The winner naming the round.



CRAIG PAGE came out on top and the new round will be called "**SHRINKING PAGE**"

Craig Page	RM	534
Piers Moran	RIB	493
Alisair Munro	RMM	472
Enzo Munro	RIB	421
Alex Darragh	RW	339
Andrew Darragh	RM	350
Luca Kecskes	CUG(10)	254
Lisa Stephens	RW	228
Pilar Austen	RUG (U10)	218
Cooper Stephens	RIB	182

CHANGES TO INDOOR RATINGS:

Name	Old	New	Date
Moore, Wayne	39	72	Nov-18

CHANGES TO TARGET RATINGS:

McGuire, Bryan	62	63	Nov-18
Dalton, Connor	16	20	Nov-18
Llana, Massimo	39	43	Nov-18
Whitfield, Peter	60	61	Nov-18
Woodley, Tai	13	15	Nov-18
Ware, Alex	40	46	Nov-18
Ware, Ben	30	37	Nov-18
Murray, Cameron	26	27	Nov-18
Renelt, Elizabeth	27	28	Nov-18
Smith, Gabbie	51	53	Nov-18
Chen, Gerard	xx	47	Nov-18
Ware, Josh	31	32	Nov-18
Llana, Massimo	43	44	Nov-18
McGregor, Matthew	24	26	Nov-18
Deakin, Oliver	48	50	Nov-18
Whitfield, Peter	61	63	Nov-18
Ware, Roland	64	65	Nov-18
Woodley, Tai	15	20	Nov-18

Joke Corner:

BOTTLE OF WINE: For all of you men who are married, were married, wish you were married, or wish you weren't married, this is something to smile about the next time you see a bottle of wine!

Wayne, was driving home from one of his business trips in Northern Queensland when he saw an elderly Aboriginal man walking on the side of the road.

As the trip was a long and quiet one, he stopped the car and asked the Aboriginal man if he would like a ride.

With a silent nod of thanks, the old man got into the car. Resuming the journey, the old man just sat silently, looking intently at everything he saw, studying every little detail, until he noticed a brown bag on the seat next to Wayne.

'What's in the bag?' asked the old man.

Wayne, looked down at the brown bag and said, ... *'It's a bottle of wine. I got it for my wife.'*

The Aboriginal man was silent for another moment or two. Then speaking with the quiet wisdom of an elder, he said: '*Good trade...*'



BIRTHDAYS FOR DECEMBER

Andrew Catto (2nd), Gregg Barr-Jones (7th), Gemma DeLuca (15th), Maja Kecskes (17th), David Faustmann (22nd), Geoff Farrugia (24th), Max Harrison (25th)