



WARRINGAH ARCHERS NEWSLETTER June 1-2020

www.warringaharchers.com.au

WHITE SHIRT
DAY, what can
you come up
with?



Across the desk of the President:

COVID19 has still got a long way to go, before we are back to normal (*although in saying that is what we are experiencing the new normal?*).

The club started off at the beginning of June with our Social distancing shooting, 2 time slots.

Sat 31st May, saw the Double Australian Indoor 1 being shot, as well as the WA Indoor 2, with the balance of rounds for Saturday only at this point in time being put on line until the end of June.

Timing: We feel that the club has the timing in place to ensure that the club meets its COVID19 restrictions, so please ensure that you comply with requests being made.

Awards: As most of you would now be aware, contact has been made with each member to advise what awards have been achieved, since they commenced shooting. The club went back to when archers diary started (2015) and claimed all the awards for each of our members, so now these are sitting in Archers Diary under "MY STUFF". The club has given a small incentive for members to purchase stock now, so that we can deplete, then going forwards as members achieve awards we will notify them through the newsletter, and then only order stock as required, so members have until the end of June to claim directly from the club at the lower cost.....seems easy, work in progress!

Archers Diary has also seen a few changes. After each event now it will list: Awards Achieved / Classifications and how many rounds you have shot that classification / Club records broken (*this is still work in progress, but won't be long before this will be automated also*).

Awards Achieved: for first 2 weeks in June are:

Anton Van der Watt: AG & Perfect @ 18#, AG30/35/30m*

Maria Wright: AG40/35/18m#

Leanne Spencer – AG @ 25/60cm face, AG40*/30m*

Peter Whitfield – AG35/30m*

Jack Chambers-McLean – AG40m/35m

Massimo Llana - AG35m/20m

Kane Wilson – AG20m*

*80cm face #indoor face

BIG MORNING TEA: promotion 2nd half of May, didn't get the response we would have hoped, but still photos were received. The recorder and myself had a working Morning tea, which means the President & Treasurers Team received 1 point.



The President's Team also gained 2 points with this photo and the Treasurers Team 1 *Needless to say Steve not being a tea drinker compromised!*



JDRF again as mentioned most charities are feeling the pinch due to COVID19, Junior Diabetes Research Foundation being one of them, having to cancel their Annual Fundraising Ball & Walk. Therefore, they had a new initiative 'Annual Giving Day', that for every \$ raised on the 11th June, a corporation would allocate \$1, with the aim to raise \$1M on 1 day. Forest Coach Lines also support myself with the support of Warringah Archers so for every \$1 raised, they would match upto \$1K, which resulted in us achieving **\$3760.00 – thanks to those of you who made a donation, your support is greatly appreciated.** The Annual Giving Day, achieved 128% success.

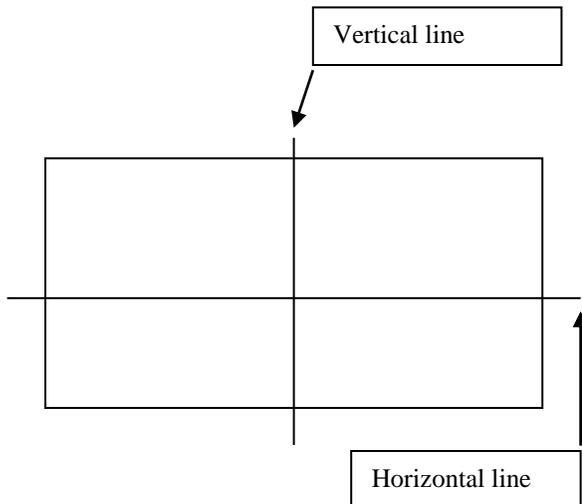


OUR NEXT CHALLENGE from now until the 30th June is to support White Shirt Day. I am sure most of our members would be able to actively support this by taking a photo of themselves and/or family members all Wearing white shirts? Think outside the box, what could you come up with...Let's have some fun doing it! Organisation we would be supporting: Ovarian Cancer Research foundation. Ovarian Cancer is an insidious disease, often known as a 'silent killer' as symptoms are vague and often strike without warning. Let's see how many hits Warringah can post on their face book page within the next two weeks. Warringah Archers the club that cares. For each photo / editorial we receive a donation will go to the above charity. www.whiteshirtcampaign.com.au

Coaching Tips:

The Uncertainty of Centre Shot

Everybody who has set up bows knows the grief involved with setting up centre shot on both recurve and compound. I have found a very accurate way of doing this without having to shoot hundreds of arrows to get it right. Most people line up centre shot with limb gauges and say to themselves "That's about right." I have a piece of cardboard, drawn up as follows:



Draw a large dot in the centre where the lines cross.

First set your nocking point so that the bare shaft impacts slightly below the horizontal line at about 25 metres. Good rule of thumb is about an inch to an inch and a half low. Now, still at 25m, shoot fletched arrows at the centre dot and adjust either the launcher or the pressure button for the best group you can achieve.

Compound – now shoot a bare shaft from the normal nocking point. If your centre shot is correct it will impact directly under the fletched group. To verify the centre shot, nock another bare shaft above the nocking point and shoot it. It will go lower than the first one. Centre shot is correct if the second bare shaft is directly below the first one. A further test is to nock a bare shaft an eighth of an inch further below the nocking point and shoot that. It will go high. All three bare shafts should impact on the vertical line. Now go back to about 40m or 70m and check your fletched groups. Make very small adjustments to your centre shot to compensate for your style if you have any sideways variations.

Recurve – The same principal should be applied as for compound but the recurve is a little more complicated. The only other variable with recurve is the cushion plunger spring tension. Ignore the spring tension for the time being because if you have shot the bow already the spring tension must be pretty close to correct.

Shoot your fletched group at the centre dot to achieve the best group. Shoot a bare shaft, which will impact low by about an inch to an inch and a half. Shoot another bare shaft from above the nocking point. It will go lower and should be directly below the first

bare shaft. Shoot another bare shaft from below the nocking point. It will go high. All three bare shafts should be in a vertical line.

Note: Right handed archers – if arrows are a little stiff, they will impact slightly left of the fletched arrows. If they are slightly soft they will impact to the right. This is all right as long as all three bare shafts are in a vertical line.

So far you have only shot about 20 arrows. Now go back to your further distance between 40 & 70m and shoot fletched arrows. See what sized group you shoot. You may have to make very small adjustments on your centre shot to allow for any variations in your shooting style. Remember, move your centre shot first and then tighten up the groups by using the spring tension on the plunger button.

Congratulations, you have just achieved a very nice group with not too much grief involved.

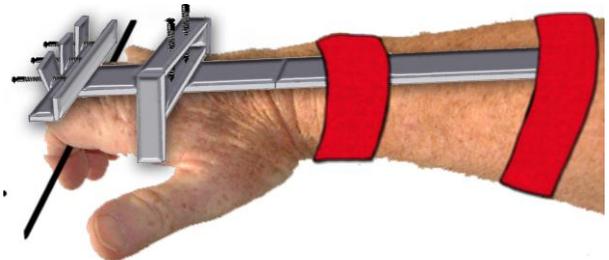
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TRAINAHOOK

For archers who use finger release, the role of the 'hook' cannot be over-emphasised. Wayward and off-target shots are frequently – but incorrectly, blamed on equipment and conditions. Those shots that are consistently drawn to the left or right, are not the result of some unseen cosmic intervention. They're more likely to be caused by too-much or, too-little pressure on one or several of the archer's 'pinkies'. An overly heavy forefinger can send an arrow almost into orbit!

Our engineers have studied this classic problem and devised the perfect training aid –

The Trainahook.



The key to Trainahook's success is the careful matching of digi-springs, pseudo-studs and carbon tensioners. It's virtually indestructible!

To confirm Trainahook's true value it was recently tested on 500 archers of all ages. Each one reported an increased accuracy rate of at least 37% - a figure which speaks volumes for the effectiveness of this training aid. It happily also suggests age is no barrier to change.

Trainahook can be adjusted to fit hands of all sizes and release preferences, and is available in LH and RH.
(Please note! Wearers of this superb innovation should exercise great care when scratching facial itches)

Write now for details to: Far-Fletched Enterprises
(The Archery Innovators)
P.O. Box B84689C – Stimarts NSW

State Records: These can be found on the following link. <https://archersdiary.com/Records.aspx>

Current Records are held by members of Warringah, some have been established for some time and have yet to be broken. These are the rounds that are records for Archery Australia only.

Clout:

100m	BRIM	Scott Wandl	310	13/01/2005
100m Dble	BRUM	Jack Chambers-McLean	501	12/10/2014
100m Dble	BRIM	Jack Chambers McLean	597	12/11/2017
125m	BRIM	Sean McCracken	334	23/02/2014
125m	BRCM	Scott Wandl	311	7/05/2006
125m Dble	BRCM	Scott Wandl	584	7/05/2006
145m	BRCM	Yoshiki Imiya	326	4/01/2012
145m	U20RF	Melissa Jennison	318	7/11/1998
145m	U20BCF	Janelle Inkster	251	1/04/2001
145m	U20LM	Aaron Seng Yip Hayman	204	1/11/2015
145m	U20BRM	Scott Wandl	275	19/10/2008
145m	MLM	Ian Stokes	287	29/10/2006
145m Dble	RCM	Adam Bridges	634	11/12/2005
145m Dble	U20RF	Melissa Jennison	632	7/11/1998
145m Dble	U20BCW	Janelle Inkster	460	1/04/2001
145m Dble	U20LM	Aaron Seng Yip Hayman	408	1/11/2015
145m Dble	U20BRM	Scott Wandl	536	19/10/2008
145m Dble	MLM	Ian Stokes	557	29/10/2006
165m	U20CW	Ella Hugo	330	4/11/2012
165m	VCW	Maria Wright	333	21/05/2017
165m	V+CW	Maria Wright	333	21/05/2017
165m Dble	U20MR	Kane Wilson	624	6/11/2016
165m Dble	V+CW	Maria Wright	595	21/05/2017

Indoor:

Aust 18m	RIM	Kane Wilson	279	20/07/2013
Aust 18m	RCF	Melissa Jennison	283	9/11/1997
Aust 18m	BRCF	Erin Maclennan	141	16/06/2001
Aust 18m	CCM	Sean Pianca	297	21/07/2013
Aust 18m	20RF	Melissa Jennison	283	9/11/1997
Aust 18m	U20BRF	Erin Maclennan	141	17/06/2001
Aust 18m	U2CM	Jack Salmon	300E	22/07/2012
Aust 18m	U20RM	Kane Wilson	291	22/07/2017
Aust 18m	U20RM	Kane Wilson	277	22/07/2017
Aust 18m	BCM	Ottmar Richter	235	9/11/1997
Aust 18m	CV+F	Maria Wright	277	17/07/2016
Aust 18m	RV+M	Wayne Moore	267	16/07/2016
Aust 18m	U20RF	Tanya Harrison	224	24/04/1983
WA 18m	RIM	Yoshiki Imiya	552	26/07/2009
WA 18m	RCF	Melissa Jennison	567	9/01/1997
WA 18m	BRCF	Erin Maclennan	327	16/06/2001
WA 18m	U20RF	Melissa Jennison	567	9/01/1997
WA 18m	U20BRF	Erin Maclennan	327	16/06/2001
WA 18m	U20CM	Jack Salmon	581	21/07/2013
WA 18m	RF	Melissa Jennison	567	9/01/1997
WA 18m	CV+F	Maria Wright	541	22/07/2017
WA 18m	RV+M	Wayne Moore	526	21/07/2018
WA 18m	RV+M	Wayne Moore	514	16/07/2016
WA 25m	CCM	Adrian Harper	559	12/05/2005
WA 25m	RCM	Adam Bridges	540	12/06/2005
WA 25m	U20RF	Aimee Deaves	520	21/08/2004
WA 25m	U20RM	Adam Bridges	540	12/06/2005
WA 25m	RW	Aimee Deaves	540	11/06/2005
WA 25m	RMF	Betty Bridges	529	21/08/2004

WA Comb	CCM	Adrian Harper	1117	12/06/2005
WA Comb	RCM	Adam Bridges	1088	12/06/2005
WA Comb	U20RF	Aimee Deaves	1034	21/08/2004
WA Comb	U20CM	Adrian Harper	1117	12/06/2005
WA Comb	U20RM	Adam Bridges	1088	12/07/2005
WA Comb	RF	Aimee Deaves	1047	12/06/2005
WA Comb	RMF	Betty Bridges	1044	21/08/2004
WA Comb	CVM	Roger Klooster	1059	22/08/2004

ArcheryNSW – Annual General Meeting;

Venue: Murray Room, Sports House, Olympic Park

Date: 16th August 2020 - Time:2pm

Positions that will be elected at the above event for 2 year appoints are:

President / VP-Publicity / Secretary / Coaching Coordinator & Tournament Coordinator.

Positions that have been circulated as casual vacancies are for 1 year are Officials Convenor & Recorder.

Annual Appointments: Member Protection Officer & NSW Olympic Delegate (2 off)

If you are interested in any of the above positions, nominations close 19th July.

JOKE OF THE MONTH



A New Priest at his first mass was so scared he could hardly speak. After services he asked the monsignor how he had done. "Fine, but next week it might help if you put a little vodka or gin in your water to relax you".

The next week the new priest put vodka in his water and really kicked up a storm. After mass, he asked the monsignor how he had done this time.

"Fine, " he said, "But there are a few things you should get straight."

1. There are ten commandments, not twelve
2. There are twelve disciples, not ten
3. David slew Goliath, he didn't kick the Sh.. out of him.
4. We don't refer to Jesus Christ as the late J.C.
5. The Father, Son & the Holy Ghost, are not big daddy, junior and the spook.
6. Moses parted the water at the Red Sea, he didn't pass water.
7. We do not refer to Judas as El Finko
8. The pope is consecrated not castrated and we do not refer to him as the Godfather.

Bless you my son !



DON'T FORGET these are classification badges. Indoor on a black background. Target – bronze. Clout & Field on Silver