



WARRINGAH ARCHERS NEWSLETTER May 2014

www.warringaharchers.com.au

Do you know when
your Anniversary date
is? Check your
Archery Australia
Registration Card



Across the desk of the President

Hi everyone

One of the responsibilities of carrying out and participating in Archery at Warringah (*and elsewhere for that matter*) is to ensure that the sport can be undertaken in a safe manner for participants and spectators alike. To ensure that all safety issues are managed there must be somebody identified to control the field of play (archery venue). That person is generically called the field Captain / Director of Shooting (DOS)

It is grossly unfair and potentially dangerous to delegate that task to someone that has not had the training or experience to carry out the duties and responsibilities attributed to that position. To ensure the safety of all involved at Warringah Archers we must ensure that a suitably qualified DOS is available at all times that the club is running scheduled events. It is also imperative that individual club members are continually aware of all their safety responsibilities involved in participating in Archery.

Warringah Archers will compile a roster of suitably qualified members that will act as the DOS. As part of our ongoing risk management shooting will not be able to be undertaken unless one of the identified DOS is available. Warringah Archers will conduct training sessions to skill club members in the duties/responsibilities of a DOS.

It would be expected that those trained individuals will be part of the DOS roster at Warringah. Obviously the more members that participate in the DOS seminars the more flexibility there will be in compiling the duty roster.

The first part would be to request members to notify the secretary their intentions to be involved, with the first training sessions being held on Saturday **22nd June & 26th July (TBC)**. If you are down the club for the duration of the days shoot then this could be something that you could actively be involved in. **GIVE IT SOME THOUGHT.**

Club Shoot 3rd May, 2014

Tricky wet/windy conditions

Geelong – 9 arrows @ 30m 122cm face

Stirling Calandruccio	MR	788 (53)	Black
Jacob Panetta	CubBC	422 (8)	

Newcastle – 90 arrows @ 2m 122cm face

Cooper Van Wijck	CubBR	627 (11)	White
Cohen Van Wijck	U10BR	361	
Calvin Poole	CadBR	329	
Connor Poole	CubBR	323	
Nathan James	U20MR	284	

Welcome to new members: Please join me in welcoming aboard the following new members, take the time to introduce yourself to them, and show them the ropes: - Martyn Clegg (MCM), Cynthia Leung (LRM), Aaon Hayman (CadetML), Carl Saunders (CadBC), Matthew Leong (CubBR), Alf Selles (MRV), Connor Poole (CubBR), Calvin Poole (CadBR), Callum Overton (CubBR)

Club Shoot 10th May, 2014

Launceston – 36 arrows @ 50m/30m (80cm)

Terry McCracken	MCM	656 (89)	M
Maria Wright	LCV	620 (78)	Gold
Sitrling Calandruccio	MR	572 (67)	Red
Kristian Cham-McLean	MR	336 (34)	
Simon Hayman	MRV	329 (33)	White
Paul Wilson	MR	313 (31)	
Lilia Hutchinson	LR	200 (17)	
Kaden Currie	IntBR	143 (9)	

Lukie Last – 36 arrows @ 25m/20m (80cm)

Jessica Hutchinson	CadGR	477 (27)	Black
Roger Ackroyd	MR	311 (8)	
Cooper VanWijck	CubBR	310 (8)	
Joshua Calandruccio	IntBR	297 (7)	
Jack Cham-McLean	CubBR	286 (6)	
Oakley McCracken	U10BR	230	
Cohen VanWijck	U10BR	147	
Aaron Hayman	CadBL	117	
Xavier Wilson	U8BR	114	
Alex Jackson	CubBR	97	
Ayden Reeves	U10BR	77	
Alexander Wilson	U10BR	68	
Hamish Woodcock	CubBR	68	
Max Kemmler	U10BR	23	

Club Shoot 11th May, 2014

Junior Canberra – 30 arrows @ 40/30/20m

Brandt Henricksson	MRM	802 (57)	Blue
Nick McCracken	CubBC	755 (46)	Red
Simon Hayman	MRV	728 (41)	Black
Cooper Van Wijck	CubBR	453	
Victoria Henricksson	CubGR	329	
Cohen Van Wijck	U10BR	193	

Jim Scott Clout – placings gained by Warringah Members 18th May, 2014

Gold: Alex Jackson-100m (CubBR), Jack Chamber-McLean-100m (CubBRB), Joshua Calandruccio-100m (intBRB), Nicholas Calandruccio-145m (CadBR), Benjamin Calandruccio-145m (U20MRB)

Silver: Hamish Woodcock-100m (CubBRB), Stirling Calandruccio-145m (MRB)

Bronze: Paul Wilson-145m (MRB)

Jim Scott Memorial trophy was won by Coast Archers, and the Teams Event won by Northern.

CHANGES IN FIELD RATING

Georgia Aslanidis	IntGR	xx to 31	22/4/14
Georgia Aslanidis	IntGR	31 to 35	23/4/14
Sean Pianca	CadBC	104 to 105	23/4/14
Bobby Barr-Jones	CubBC	xx to 24	23/4/14

MAXIMUM PERFORMANCE SERIES

Maximizing Performance

Choosing a Coach/Coaching your child continued.

The Analyst, The COACH AND THE PLAYER: THREE APPROACHES TO THE SAME RESULT

THE ANALYST the coach and the player all have the same goal in mind –to maximize performance. But they all approach that goal – or should approach it – from three different viewpoints, speaking three different languages. Let's demonstrate that statement in terms of a single objective – hitting a ball hard with an implement.

The analysis knows from research data that the velocity of a ball, which gives distance in golf, home runs in baseball and the big serve in tennis depends on two major factors. The first is the velocity of the implement as it strikes the ball. The second, as we mentioned in the chapter on Super Ks, is the firmness, almost the rigidity, with which the hand holds the striking implement.

To the analyst, this presents a problem, as well as an opportunity. He has isolated one secret of power, but he must now figure out how strength can be applied to the grip without destroying the rest of the swing. It's obvious that you can't hold an implement with a steel grip through the three stages of a stroke – backswing, central action and follow-through – because this would produce the very muscular tension you're trying to eliminate. It's equally obvious that the shift in gears of your muscles can't be done in a jerky motion – which means that you can't suddenly clench the implement any more than you can abruptly remove your foot from a clutch. So the analysis reasons that the grip should be tightened smoothly throughout the central action, and that the grip should be firm throughout the stroke so that the transition needn't be so great. All of the tension should be in the hand; the rest of the body should remain fluid.

So much for the analyst. How does the coach make the transition from analysis to player action? Somehow he must convey what it feels like to accomplish the objective, but without making his pupil conscious of his body parts.

An innovative coach might have his pupil begin by hitting two nails into a board. He tells the pupil to hit the hammer "through" the nails – that is, to have the feeling that the hammer is actually following through. But one nail is to be hit with a light grip, the other with a tight grip. The pupil soon sees that a well-aimed stroke with a tight grip drives the nail further into the board and with less vibration than does a well-aimed stroke with a loose grip. All the player needs to know is that the ball must be struck with unyielding hands. He should never be concerned with the tightening process. His cue is a word or an experience that gives him a sense of tightness. "Pound the ball, just like you pounded the

nail." the coach might say. Were you to pound a nail, you would see that the hand naturally grips the handle harder as the head approaches impact; after impact, the hand releases somewhat, but the grip remains firm throughout. The player knows nothing about the change in pressure of the grip nothing about the time at which that pressure change occurs, or the spatial relationship; all he knows is that when that ball is struck, it should be struck as though the implement and hand are welded together. He learns to do it just by doing it – hitting the ball from different positions all with this feeling of power.

The coach may be an analyst, but when he talks to the performer, he talks in terms of the performance, not in terms of the analysis. He formulates a "do it" cue. Suppose you're hurting your elbow throwing a fastball, and you go to a pitching specialist for advice. The specialist might take a high-speed motion picture, study the action and watch the position of the elbow joint throughout the pitch and the follow-through to see where the traumatic stresses are occurring. The analyst needs to know the detailed anatomy of the bone, muscles and ligaments in order to understand the mechanics of these stresses, but once he's figured out where in that pitching motion the trauma is taking place, he must if he's to be successful – translate all that knowledge into what the pitcher should do, not what he'd been doing, or why what he'd been doing had been hurting his arm.

If you as a pupil are interested in why something happens, the good coach waits until you are away from the arena and then cautions that you are trading performance for analysis if you push him for details.

THE LESSON

A GOOD COACH never gives more than three new elements in any lesson. This is about all a person is able to learn. And he never gives a lesson on the day you are to perform. You should never ask for one, because the lesson will almost certainly ruin your performance.

Your first lesson with the coach is a trial lesson in every sense. You can't really rely on his reputation or the judgement of a friend. Each person has a different experience with the same coach. Basically, you select a coach who can give you the cue that makes sense to you, one that results in almost immediate improvement and doesn't devastate your game.

Never sign up for a series of lessons blindly, even if the price is advantageous. There are things you want to know about your professional before you make a commitment. Take one lesson to see what kind of coaching you get.

Remember that it's you who are learning. It's your task to improve your game. Evaluate your lesson in terms of what you've been given to work on. It is simple, comfortable and workable for you? Has the task been assigned in terms of what you can accomplish? You can respect a coach for his knowledge of the game and his own playing ability, but he's not the coach for you if he hasn't linked you into an easy system of change.

Club Shoot 17th May, 2014

Golden Gong – 30 arrows @ 30/25/20m

Stirling Calandruccio	MR	846 (63) Blue '60'
Brandt Henricksson	MRM	835 (60) Red '58'
Alexander Catto	IntBC	830 (59) Red '57'
Andrew Catto	MR	794 (50) Black '59'
Simon Hayman	MRM	784 (48) Black '58'
Kristian C-McLean	MR	753 (41) White
Troy Urquhart	IntBR	713 (34) Black '55'
Paul Wilson	MR	702 (32)
Jack Panetta	CubBC	635 (23) White
Lilia Hutchinson	LR	547 (12)
Calvin Poole	CadBR	529 (10)
Jack C-McLean	CubBRB	420
Aidan Barker	CubBR	378
Callum Overton	CubBR	361
Ethan Henderson	CubBR	327
Connor Poole	U10BR	291
Jessica Dalton	U10GR	279
Aaron Hayman	CadML	279
Oakley McCracken	U10BR	272
Ayden Reeves	U10BR	231
Alex Jackson	CubBR	231
Hamish Woodcock	CubBR	226
Xavier Wilson	U8BR	192
Alexander Wilson	CubBR	141
Max Kemmler	U10Br	108
Matthew Leong	CubBRB	106

There was a special incentive won by Stirling who obtained at '60 PERFECT @ 20m – WELL DONE

GOAL SETTING

Setting goals can help us plan and monitor your progress over a period of time, and then adjust your plan so you can meet your goals.

Long Term Goals, may even relate to a three or five year time period.

- Win Club junior club championships 2014
- Rank in Top 10 Sportsperson of the Year awards
- finish top five in the state junior championships 2014
- finish top ten in the national junior championships 2015
- finish top three in the national junior championships 2016

Remember that your long term goals should be specific to allow you to evaluate your achievements.

Short Term Goals, are used as stepping stones to help you achieve your long term goals. They must be achievable and realistic.

- Fitness
- Concentration
- Skill level: White Class, Black Class etc.
- perfect badges at 20,30,40,50 metres etc.
- All Gold awards @ 20, 30, 40, 50m etc,
- (All types of faces ie 122cm, 80cm, 60cm)

Reward yourself for achieving your goals.

By the next coaching day:

List what your long and short term goals are: To be reviewed and discussed together as a group on July coaching day.

Northern Junior Challenge 25th May:

Gold: Sean McCracken (IntBR), Jessica Dalton (U10GR), Ella Hugo (U20WC)

Silver: Cooper Van Wijck (CubBR)

Bronze: Victoria Henricksson (CubGR), Nicholas McCracken (CubBC) Came 4th, with Bobby Barr Jones (CubBC), placing 5th

Northern Shields

Recurve went to Northern Archers, with a score of 2067 points, St.George Archers 1947 points and Warringah on 1677 points

Compound to Tuggeranong on 2542 points, Penrith City Archers came 2nd on 2501 points and Coast Archers came 3rd on 2404 points.

Birthdays JUNE



**Yoshiki Imiya (9th),
Paul Bailey (11th)
Danny Stasenka
(19th), Carmelo
Aslanidis & Jae**

**Hathway (22nd) Alexander
Wilson (27th), Aidan Barker /
Adelaide Channon / Vincent
Cuzzillia & Cynthia Leung(29th)**

PS: There used to be a time cake would turn up when it was your birthday????

Club Shoot (24th May, 2014)

Canberra – 30 arrows @ 60/50/40m

Terry McCracken	MCM	844 (91) GM
Maria Wright	LCV	769 (71) Red
Brandt Henricksson	MRM	711 (60) Red

Short Canberra – 30 arrows @ 50/40/30m

George Barker	MRM	594 (36) White
Simon Hayman	MRV	545 (31) White
Lilia Hutchinson	LR	490 (25)

Junior Canberra – 30 arrows @ 0 40/30/20m

Josh Calandruccio	IntBR	633 (28) Black
Aidan Hayman	IntBR	583 (22) Black
Cooper VanWicjk	CubBR	497 (14) White
Jessica Huthinson	CadGR	483 (12)
Aidan Barker	CubBR	308

Mini Canberra – 30 arrows @ 0 30/20/10m

Alf Sellers	MRV	654 (16)
Roger Ackroyd	MR	634 (13)
Calvin Poole	IntBR	539 (2)
Callum Overton	CubBR	412
Aaron Hayman	CadML	402
Ethan Henderson	CubBR	399
Cynthia Leung	LRM	386
Cohen VanWicjk	U10BR	385
Connor Poole	CubBR	319

Classification updates:

White Class Target:

Cooper VanWick (CUBBR), Aidan Hayman (IntBR), George Barker (MRM), Jacob Panetto (CubBC)

Black Class Target:

Simon Hayman (MRV), Troy Urquhart (IntBR)

Blue Class Target: Bobby Barr-Jones (CubBC)

Red Class Target:: Nicholas McCracken (CubBC)

Gold /Master Bowmen & Higher Target:

Carmelo Aslanidis (IntBR) – GMaster & Elite Bronze

Georgia Aslanidis (IntGR) – Gold & Master

Sean Pianca (CadBC) – Elite Gold

Sean McCracken (IntBR) Elite Bronze

Terry McCracken (MCM) Grand Master

Field Classifications:

Sean McCracken (IntBR) White/Black/Blue/Red

Bobby Barr-Jones (CubBC) White/Black



MAY HANDICAP WINNER Kristian Chambers- McLean Male Recurve

K.C-Mclean	MR	21	413	510	923
B.Hericksson	MRM	52	216	696	912
S.McCracken	IntBR	70	113	754	867
C.Aslanidis	IntBR	70	113	754	867
T.McCracken	MC	93	37	827	864
N.McCracken	CubBC	45	196	651	847
S.Hayman	MRV	40	318	512	830
O.McCracken	CubBR	17	215	607	822
A.Hayman	IntBR	27	350	417	767
B.Jacobssen	MR	XX	XXX	611	611
C.Leung	LRM	XX	XXX	479	479
A.Hayman	CadBL	XX	XXX	449	449



CHANGES IN TARGET RATING

Bobby Barr-Jones	CubBC	34 to 37	15/4/14
Sean Pianca	CadBC	105 to 110	16/4/14
Bobby Barr-Jones	CubBC	37 to 42	16/4/14
Sean McCracken	IntBR	70 to 73	16/4/14
Kristian Cham-McLean	MR	21 to 22	4/5/14
Brandt Henricksson	MRM	52 to 53	4/5/14
Stirling Calandruccio	MR	63 to 65	10/5/14
Kristian Cham-McLean	MR	22 to 28	10/5/14
Paul Wilson	MR	28 to 29	10/5/14
Brandt Henricksson	MRM	53 to 55	11/5/14
Simon Hayman	MRV	40 to 44	17/5/14

Troy Urquhart	IntBR	28 to 31	17/5/14
Kristian Cham-McLean	MR	28 to 34	17/5/14
Paul Wilson	MR	29 to 30	17/5/14
Brandt Henricksson	MRM	55 to 57	17/5/14
Andrew Catto	MR	41 to 45	17/5/14
Alexander Catto	IntBR	57 to 58	17/5/14
Bobby Barr-Jones	CubBC	43 to 46	18/5/14
Brandt Henricksson	MRM	57 to 58	24/5/14
George Barker	MRM	24 to 32	24/5/14
Cooper Van Wijck	CubBR	xx to 11	25/4/14
Terry McCracken	MCM	93 to 94	31/5/14
George Barker	MRM	32 to 35	31/5/14
Jack Cham-McLean	CubBR	8 to 12	31/5/14
Cooper Van Wijck	CubBR	11 to 15	31/5/14

WARRINGAH YOUTH SQUAD

Warringah Archers will be conducting training sessions for those archers that are considering attending the 2015 Youth Nationals to be held at Penrith. Our club has run some very successful programmes over the preceding years and would like to continue to do so.

As youth archers you have a limited time that you can participate as a "junior, cadet, intermediate, or cub" archer and attending the Youth nationals should be one of the highlights of your shooting career. Many of our current youth archers have just returned from Adelaide after participating in the 2014 Youth Nationals - ie: Sean Pianca, Jack Salmon, Sean McCracken, Kane Wilson, Bobby Barr-Jones, Carmello and Georgia Aslanidis, Ella Hugo & Kane Wilson.

Ability and high scores are not a prerequisite to participate in the training squad nor in attending the competition. It is about preparing you for the event so that you are able to enjoy the event as well as performing at your own highest level

To find out more two dates have been identified to allow you to attend with your parents to answer any questions you may have regarding the Youth training programme; **KEEP THESE DATES FREE:**

12th & 13th July 2014 9.30 a.m. CLUB GROUNDS

Club Shoot 31st May, 2014

Samford – 90 arrows " 40m/80cm face

Terry McCracken	MCM	843 (950 GM)
Brandt Henricksson	MRM	668 (59) Blue
Stirling Calandruccio	MR	577 (49) Black
Andrew Catto	MR	524 (44) White
George Barker	MRM	467 (39) White
Kristian Chambers-McLean	MR	334 (28)
Paul Wilson	MR	315 (26)
Ben Calandruccio	U20MR	80
Alex Jackson	CubBR	66

Newcastle – 90 arrows@ 20m/122cm face

Cooper Van Wijck	CubBR	699 (20) Black
Jack Chambers-McLean	CubBR	670 (16) White
Hamish Woodcock	CubBR	481
Aiden Reeves	U10BR	245
Alexander Wilson	U10BR	238
Xavier Wilson	U8BR	232