



# WARRINGAH ARCHERS NEWSLETTER APRIL/MAY 2015



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



## Across the desk of the Recorder / Secretary

### Website updates:

- Elite Classification Honour Roll introduced 2013 & 2014.
- Classification that are available and what is required to achieve them
- Honour Roll Wayne Jarrett Memorial Winners

### Shooting Rounds:

Try to get to know the rounds you shoot! This helps the recorder with the scoring. Rounds – number of arrows & Face sizes can be located on the website under knowledgenet. I am often asked what the round is or archers shoot, but call the round something else that was not scheduled.

Long Fita	F90/1440
Short Fita	F70/1440
Fremantle	F70/1440
Canberra/Fita900	F60/900
Ranking Rounds	F70/720 or F60/720 or 50/720*

other ranking rounds can be held for Masters & Juniors such as 50/720, 45/720 or 35/720

### National recorders received for the following:

**Carmelo Aslanidis (RIB) – 29/9/14**

AA45/720 round – Score 661

**Kane Wilson (RCB) & (RJM) – 10/8/14**

F60/900 – Score of 833



The Archery  
Australia 2015  
Youth Nationals  
were hosted by

Penrith City Archers during April  
with archers from Warringah  
competing as part of the NSW  
team and squad.

We had several first time  
competitors who all did  
Warringah Archers proud of the  
10 archers from Warringah either representing the State  
or Club there were 8 gold medals, 3 silver and 4 bronze  
picked up , the full results are below



Bobby Barr-Jones 6th Target 4th field, 7th Clout

Ella Rose Hugo Gold Target, Silver Field, Gold Clout

Sean Pianca Gold Target, 4th  
Field, 4th Clout

Jack Chambers Mclean 7th  
Target, 6th Field, Gold Clout

Jessica Hutchinson 13th Target,  
Gold Clout

Carmelo Aslandis Bronze  
Target, Silver Field, Silver Clout,  
3rd all round

Kane Wilson 4th Target, Bronze Field, 11th Clout

Kaden Currie 19th Target, Bronze Clout

David Shannon 6th Target, 6th Field, 4th Clout

Aaron Seng-Yip Hayman Gold Target, Gold Field, Gold  
Clout

The NSW Recurve Team won the overall Gold with a total  
of 7451 points, VIC 2<sup>nd</sup> on 7326 and QLD 3<sup>rd</sup> on 7225  
points. The NSW Compound Team won Silver for the  
event being piped by VIC who came first with 8111 points  
–v- NSW on 7969, QLD coming 3rd on 7869

With Warringah being one of the smaller clubs it is very  
pleasing to see so many of our youth archers competing at  
the highest levels and being competitive, I know many of  
these youth archers have put in a lot of work to achieve  
the results that they have and achieved is outstanding.  
Carmelo came 3<sup>rd</sup> overall in the Best Allround standings.

## MAXIMUM PERFORMANCE SERIES

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

### The Total Fitness Program

IN ORDER TO HAVE A FITNESS PROGRAM, you must first  
determine how fit you want to be.

There are three levels of satisfactory fitness. The  
first is the irreducible minimum below which you're  
going to experience degradation of function and  
structure. The second is a general level of fitness  
that provides you with a safe margin of adaptation for  
change, including some emergencies, and enables  
you to get through the day without an undue amount  
of fatigue. The third level is preparation for fairly  
strenuous recreational or occupational activity.

The third level, as we'll see in the next chapter,  
requires specific conditioning. If you're going skiing  
you've got to do pre-skiing exercise or you just won't  
ski as well.'

The second level, general fitness, requires a thirty-  
minutes-a-week program we will detail in this  
chapter.

The first level, which we call *minimum  
maintenance*, requires nothing more than the  
incorporation of a few simple habits into everyday  
life.

But note well: What you want to be a super  
athlete or a well-conditioned person, you must still

adopt these few basic habits for everyday life. In order to reach levels two or three, in other words, you've got to sustain level one. To maintain total fitness or improve your performance, you must become, habitually, a slightly more active person, incorporating five simple requirements into your everyday life.

### THE FIVE REQUIREMENTS OF MINIMUM MAINTENANCE

1. *Allover stretch.* Turn and twist your body joints to their full range of motion. Turn your head. Reach upwards and backward with your arms. Twist your trunk, Bend your waist. Use everyday situations to advantage, twisting when you're looking for something, bending or stretching when you're retrieving it. If you're alert to the opportunities, cleaning house or gardening or even shopping at the supermarket can give you your mobility exercise for the day.
2. *Standup:* Stand for at least two hours each day. If you're supersedentary, you'll need at least three hours. Standing strengthens your bones and tones your blood circulation. So take phone calls standing up; hold some standup conferences; and after you've been in your chair for a while, do some work on your feet.
3. *Overload lift;* Lift something unusually heavy for a few seconds. Think of this as your daily "overload". You can maintain your muscle tone just by lifting a hefty child once a day or carrying a heavy bag or two of groceries from the market to your car.
4. *Heart walk:* Walk briskly for at least three minutes to stimulate your cardiovascular system. If you're moving briskly enough to feel your heart beating in your chest, that's Okay; but if you start to feel a hrobbing in your head, its time to slow down/
5. *Caloric burn:* Burn up 300 activity calories a day in physical activity.

The energy required to maintain life is called the basal metabolic rate. You use this up, whether you do anything else or not, just to keep the body going; pumping the heart, breathing, digesting, maintaining body temperature.

An office worker who rides to her job, takes an elevator to her floor and sits all day uses 0 calories above her basal metabolic rate is 1500, she's burning 2300 calories doing next to nothing. If the food she's consuming exceeds that amount of calories even slightly, she's going to get fat. If she could step up her activity enough to balance her caloric intake, she would arrest this insidious accumulation of fat.

When you've been leading an otherwise sedentary life, any physical movement that increases your pulse rate twenty beats above resting level significantly steps up your metabolic rate. Walking, lifting, carrying, climbing, sexual activity – any of these will do it. Even making ordinary motions more vigorously than you normally make them will burn activity calories.

If you want to use your 300 calories up in one hour or less, you can play tennis, dig in the garden, chop wood, and so forth. The alternative, if any of

these is too arduous, is to work the burning of these calories into the day. If you stretch, stand, lift and move briskly during the day, you're almost surely burning your extra 300 calories.

Minimum maintenance is dynamic. As your condition improves you can do more and more without increasing your effort. Our subsequent programs are based on the premise that you will incorporate minimum maintenance into everyday life.

### Next, Total Fitness.



## Birthdays May

Sean Pianca (11<sup>th</sup>) **TURNING BIG 18** (can shout us a drink now!) Hannah Williams (17<sup>th</sup>), Timothy Channon (21<sup>st</sup>) and Cohen VanWijck (22<sup>nd</sup>)



## APRIL HANDICAP WINNER

**Aaron Hayman – Junior Longbow**

A.Hayman	LJM	24	495	522	1017
I.Robbins	RCM	13	619	299	918
J.Hutchinson	RCW	32	403	512	915
C.Leung	RMW	34	379	433	912
M.Wright	CVW	81	72	814	886
S.Calandruccio	RM	69	117	768	885
A.Catto	RM	59	170	700	870
K.Turner	CW	83	64	796	860
Con.Poole	RJM	22	319	525	844
S.Donlan	RCM	16	588	255	843
S.Hayman	RVM	47	255	571	826
P.Wilson	RM	31	413	412	825
P.Buskermol	RM	17	576	225	801
L.Hutchinson	RMW	34	379	398	777
K.Currie	RCM	23	506	99	705
C.Gaynard	RW	XX	XXX	680	680
B.Souchaud	RUB	XX	XXX	495	495
A.Wilson	RUB	XX	XXX	333	333
X.Wilson	RU10B	XX	XXX	196	196

## CHANGES IN TARGET RATING

Jessica Hutchinson	RCW	28 to 32	8/4/15
Aaron Hayman	LJM	17 to 18	9/4/15
Andrew Booth	RM	16 to 17	11/4/15
Aaron Hayman	LJM	18 to 24	13/4/15
Greg Williams	RM	xx to 13	19/4/15
Calvin Poole	RJM	22 to 23	23/4/15
Leanne Spencer	RW	52 to 55	25/4/15
Claire Gaynard	RW	xx to 44	25/4/15
Glenn Steele	RVM	42 to 44	25/4/15
Jessica Hutchinson	RCW	32 to 34	25/4/15
Sam Donlan	RIB	16 to 18	25/4/15
Isaac Robbins	RIB	13 to 16	25/4/15
Greg Williams	RM	13 to 14	26/4/15
Gregg Barr-Jones	RM	68 to 74	2/5/15
Igor Miranov	RM	45 to 46	2/5/15
Jack Chamb-McLean	RUB	40 to 44	2/5/15

Please note that if you are shooting two rounds in 1 day, mark AM and/or PM on your score sheet as this does affect ratings.

## CHANGES IN FIELD RATING

Jack Chamb-McLean	RUB	20 to 27	1/3/15
David Shannon	RJM	54 to 56	1/3/15
Sean Pianca	CJM	90 to 92	8/4/15
J.Chambers-McLean	RUM	27 to 29	9/4/15
Carmelo Aslanidis	RCM	61 to 68	9/4/15
Kane Wilson	RCM	71 to 72	9/4/15
David Shannon	RJM	56 to 57	9/4/15

### Club Shoot – 11/12<sup>th</sup> April, 2014

#### Canberra Round – 30 arrows@ 60/50/40m

Maria Wright	CVW	779 (73)	Red
Brand Henricksson	RMM	731 (64)	Red
Andrew Catto	RM	706 (60)	Red
Leanne Spencer	RW	622 (49)	Black
Alan Nolan	RVM	538 (40)	Black

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

Petr Hajny	RM	604 (25)
Andrew Booth	RM	552 (19)

#### Mini Canberra – 30 arrows @ 25/20/15m

Kyle Evans-Murray	RIB	654 (16)	White
Calvin Poole	RJM	450	
Jai Whiley	RUB	227	
Connor Poole	RUB	66	

### Archery League – Melbourne round

#### 90 arrows @ 50m 122cm face

Gregg Barr-Jones	RM	811 (80)	M
Maria Wright	CVW	805 (79)	Gold
Stirling Calandrucio	RM	758 (68)	Red
Brandt Henricksson	RMM	733 (64)	Red
Leanne Spencer	RW	700 (59)	Blue
Claire Gaynard	RW	698 (58)	Blue
Igor Miranov	RM	620 (48)	Balck
Jack Chamb-McLean	RUB	614 (48)	Red
Glenn Steele	RVM	611 (47)	Black
Kristian Chamb-McLean	RM	525 (39)	White
Jessica Hutchinson	RCW	493 (36)	Blue
Lilia Hutchinson	RMW	382 (26)	
Sam Donlan	RIB	310 (20)	White
Isaac Robbins	RIB	304 (20)	White
Kaden Currie	RCB	214 (11)	

## CLICKERS: -What is a clicker



*Courtesy of Abbey  
Archery Website - In a  
nutshell*

A clicker is generally only used on a recurve bow and lets the archer know he has drawn the bow back to the correct draw length or to full draw. It gives an audible "click" and only on the sound of the clicker will the archer release the arrow.

**Description:** A clicker can be a strong piece of wire, but mostly is made of tensile spring steel or a magnetic wire arm or carbon, about 6.35mm or 0.25 inch wide and 76.2mm or 3 inches long and is attached to the riser by a screw. It is mounted in the sight window or on the side of the riser with the top of the clicker screwed or attached to the riser and the bottom of the clicker hanging downward past the arrow shelf which supports the arrow while it is drawn, extending to just in front of the arrow rest.

**How it works:** The arrow is placed under the clicker - between the clicker and the riser, so that at full draw, the arrow point will be pulled from under the clicker. The clicker will then snap back against the riser making an audible "click" sound. This sound and the slight vibration it causes in the riser, tells the archer that the bowstring has been pulled back the proper distance for consistent arrow speed.

**What's in it for the archer:** With practice, experienced archers often report they no longer hear the click, but instead they sense it as part of their overall mental game. Many archers train themselves to shoot automatically when the clicker drops off the arrow.

**The correct draw length:** Before an archer can use a clicker successfully, his precise draw length needs to be ascertained. Often the initial draw length measurement taken varies from subsequent measurements and it is of vital importance that his correct draw length is established. Clickers are adjusted to the arrows the archer will use in competition.

**Draw length check:** The clicker is also used as a draw length check. The position of the clicker is adjusted so that when the archer reaches full draw, the clicker just begins to slide down the arrow tip. When he is satisfied the shot is set up, he increases back tension. As back tension increases, the draw hand moves the bowstring and the arrow back, so that eventually the arrow slides out from under the clicker. The clicker slaps the riser and makes a noise, hence its name. Archers generally watch the clicker to see that the length of the draw is sufficient to place the clicker on the start of the slope of the arrow tip. After that, visual focus switches to aiming.

The clicker facilitates the use of back tension, plus it discourages anticipation of the release because the archer is never quite sure when back tension will have increased enough to slide the arrow from under the clicker. For finger shooters, these are important advantages in setting up consistent and well executed shots. Most Olympic style shooters use one, but finger shooters in bowhunter class often are not allowed to use clickers.

**Consistent draw length:** Another advantage of using a clicker is an identical draw length on every shot. Draw length doesn't vary, so the thrust imparted to or forward propulsion of the arrow doesn't vary even slightly on any shot. Each arrow can then be shot from the exact same draw length.

**Do all archers use a clicker:** Some archers master the art of sensing the click or that their arrow is at full draw and discard their clicker, while others keep it on their riser and use it as a constant check. The clicker significantly improves many archers' abilities to be consistent in their shooting.

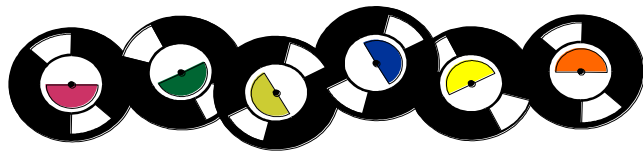
**Who invented the clicker:** Fred Leder is the man who invented the clicker and developed the technique that many archers use today. His idea was to get



away from using the eye as a triggering mechanism and instead use the ear as an audio trigger. Fred figured out that a small piece of spring steel screwed to the bow riser that would go over the end of the arrow and 'click' out of the way with slight pressure, might just solve the problem. His first clickers were made from wind up clock springs. In late 1957, he experimented and practised in his basement archery range and by the next spring, he was competing with the best in the area.

The clicker was affixed to all of Fred's family's bows and the results were quite dramatic, with their scores going from just another archer in the field, to winning many events, local, state and national. However in 1961 in Crystal Springs, Arkansas, USA is where the clicker was really noticed.

As a 16 year old, shooting in the intermediate division, Fred's son, Jim's scores were almost on par with the senior men's division. It wasn't long before Earl Hoyt of Hoyt Archery started selling clickers attached to a small bit of leather that had an adhesive backing and the rest, they say, is history



### Records broken during April 2015

M.Wright	CVW	Melbourne	806	5/4/15
A.Hayman	LJM	F60/900	460	8/4/15
C.Aslanidis	RCM	FF 24T Mkd (B)	341	8/4/15
B.Barr-Jones	CUB	FF 24T Mkd (Y)	355	8/4/15
A.Hayman	LJM	FF 24T Mkd (Y)	147	9/4/15
J.Cham-McLean	BRUB	100m Clout	299	10/4/15
J.Hutchinson	BRCW	125m Clout	240	10/4/15
C.Aslanidis	RCM	145m Clout	314	10/4/15
A.Hayman	LJM	145m Clout	127	10/4/15
A.Hayman	LJM	F60/1440	677	13/4/15
A.Hayman	LJM	60m/122cm	130	13/4/15
A.Hayman	LJM	50m/122cm	227	13/4/15
A.Hayman	LJM	40m/80cm	116	13/4/15
A.Hayman	LJM	30m/80cm	204	13/4/15
M.Wright	LVC	Handicap	814	18/4/15
A.Hayman	LJM	Handicap	522	18/4/15

### ALL GOLD & PERFECT AWARDS ACHIEVED SINCE 1<sup>ST</sup> JANUARY – COST \$6.50 EACH

Member	Division	All Gold	Perfect
Andrew Catto	RM	40m	
Andrew Catto	RM	30m	
Andrew Catto	RM	25m	
Andrew Catto	RM	20m	
Bobby Barr-Jones	CUB	35m	
Bobby Barr-Jones	CUB	25m	
Bobby Barr-Jones	CUB	25m*	25m*
Bobby Barr-Jones	CUB	20m	20m
Brandt Henriksson	RMM	50m	
Brandt Henriksson	RMM	40m	
Brandt Henriksson	RMM	30m	
Brandt Henriksson	RMM	25m	
Brandt Henriksson	RMM	20m	
Calvin Poole	RCM	30m	
Carmelo Aslanidis	RIB	40m	
Carmelo Aslanidis	RCM	30m*	

David Shannon	RJM	40m	
David Shannon	RJM	40m*	
Ella Hugo	CJW	40m*	
Glenn Steele	RVM	20m	
Gregg Barr-Jones	RM	50m	
Gregg Barr-Jones	RM	30m	
Igor Miranov	RM	30m	
Igor Miranov	RM	20m	
Kane Wilson	RCM	40m	40m
Kane Wilson	RCM	40m*	
Katelin Turner	CW	50m	
Katelin Turner	CW	40m*	
Katelin Turner	CW	30m*	
Lachlan McLeod	CCM	40m*	
Leanne Spencer	RW	30m	
Leanne Spencer	RW	25m	25m
Leanne Spencer	RW	20m	
Maria Wright	CVW	60m	
Maria Wright	CVW	50m	
Maria Wright	CVW	40m	
Maria Wright	CVW	40m*	
Maria Wright	CVW	30m*	
Petr Hajny	RM	20m	
Simon Hayman	RVM	20m	
Stirling Calandrucio	RM	50m	
Stirling Calandrucio	RM	40m	
Stirling Calandrucio	RM	30m	
Stirling Calandrucio	RM	25m	
Stirling Calandrucio	RM	20m	20m
Terry McCracken	CMM	50m	50m
Terry McCracken	CM	40m*	
Terry McCracken	CMM	40m	40m
Terry McCracken	CMM	30m*	30m*
Terry McCracken	CMM	18m+	

**New FIELD SCORES FOR STARS** - There has been a review on the scores required for the new Field Stars - **The New Field scores are:**

Recurve	Compound	Barebow	Longbow
260	290	155	145
280	310	185	175
300	330	210	200
315	345	225	215
330	360	240	230
340	370	250	240
350	380	260	250
360	385	270	260
370	390	280	270

### COMPOUND 720 STARS

The new 720 scores are: (Note only the compound score has changed)

720 Recurve	720 Compound
570	615
590	635
610	650
630	665
645	675
660	685