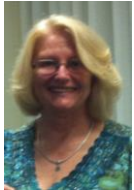




**WARRINGAH ARCHERS  
NEWSLETTER  
October, 2017**  
[www.warringaharchers.com.au](http://www.warringaharchers.com.au)



**Across the desk of the President:**

As mentioned at the Annual General Meeting, due to changes in rounds and divisions of Archery Australia, we have reviewed the rounds that we currently

shoot at the club, with the following rounds being placed in historical records:

- Half Fita Rounds will no longer be shot
- Intermediate 55/45/35\*/25\*, has been changed to 50/40/30\*/20\*, so the records will stand until broken
- Horsham round: 40/35/30\*/25\* has been changed to 40/30/30\*/20\*, so the record will stand until broken

It was also great to see many of our archers that compete in tournaments, claim the associated award of their achievements:

- Leanne Spencer – FITA Black Indoor Award
- Stirling Calandrucchio – FITA White Indoor Award
- Mitchell Campbell – FITA White Indoor Award
- Jack Chambers-McLean – Fita White Indoor Award, AS720 (590R) and Grand Master Bowman Target.

If you are in any doubt about what awards that you can claim, each week when you shoot in competition, performance awards are always listed down the bottom of the results for that day. The club does keep some stocks, so check with the club first, as there is a move to have these awards purchased directly from

Archery Australia.

In addition, while you are in Archers Diary, have a look at the Tab :“MY STUFF”, in here you will find all the awards that you have achieved, where you are at in relation to your classification. Your best scores, all the events that you have competed in and

My Stuff
My Awards
My Bests
My Classifications
My Events
My Handicaps

handicap details, it will also provide a chart on your

**Handicap: 22 from 44 events**  
**18 from up to the last 5 events**

improvements (example). So when you are planning your goals on what to shoot at the club, find out where you are currently at, so that you can put a GOAL together to improve.

**New Members:** Please join me in welcoming: Lachlan Francis (RUB), Caleb Hammond (RUB), please take the time to show them the ropes down the club.

**Skins Tournament:** This is one tournament that you need to shoot it, it is a lot of fun, and anyone



could win. Our more

experienced archers start the competition on the last target, with those archers who have the lower ratings start on Target No. 1. The you shoot 6 arrows on



your target, the person with the lowest score moves down, person with the highest score moves up.



Glenn was so excited on this end scoring 59 thought he was moving up, but two other archers shot 60 – bummer, he stayed where he



was, didn't have the lowest score. It was so close on the last end, with 4 contenders – Carmelo / Leanne / Jack & Mitchell. Mitchell finished 4<sup>th</sup> – got a Boost Bar

Jack finished 3<sup>rd</sup>, then first place went into a tie breaker between Carmelo & Leanne, with Leanne coming out on top – Well done everyone for a great



day.

**Club Championships Clout 8<sup>th</sup> October was held in conjunction with the Fred Herbert Clout.** There were a few regulars that normally shoot the event missing this year, so lets see if we can really spin a tale in 2018. Big thanks to Mariano and wife (Nada) for assisting with the photos and linking to facebook – Awesome.



Placings are as follows:

Jack Chambers-McLean – 608  
 Mitchel Campbell - 586  
 Stirling Calandruccio – 534

We also introduced a Novice Division this year, with the following placings, who entered the event as barebow competitors:  
 Mariano Llana - 195  
 Gabbie Smith -191  
 Massimo Llana – 121

Also congratulations to Jack for obtaining an All Gold @ 145m (not an easy feat)

**Do you know what the Clout Classification scores are:**

Elite Gold	Elite Silver	Elite Bronze
All 3 rounds must be shot in tournaments.		
335	325	315
Grand Master		Master
At least 1 round must be shot in a tournament.		
305		285

**These classifications can be shot at the club**

Gold	Red	Blue	Black	White
All 3 rounds can be shot at the club.				
265	245	225	195	175



**Birthdays for NOVEMBER**

Simon Mei (9<sup>th</sup>), Paul Cowle (12<sup>th</sup>), Ian Harper & Sarina Hao (15<sup>th</sup>) Stuart Fathers (18<sup>th</sup>), Mohammad Abdurrahman (19<sup>th</sup>), Matthew Akhurst & Jack Chambers-McLean (21<sup>st</sup>), Oliver Prevett (29<sup>th</sup>) & Max Shaw (29<sup>th</sup>).

**State Target Championships 14/15<sup>th</sup> October:** Warringah Archers competed at the State Target Youth/Masters & Veterans event at Penrith on the 14th October.



Medals were won by;

**Gold:** Mitchell Campbell (CUB) & Maria Wright (CV+W),

**Silver:** Jack Chambers-McLean (RIB), Carmelo Aslanidis (RU20M) with Gabbie Smith (RIG) taking out 4th place & with Kristian officiating in his capacity as Judge at the event - Well done everyone.

On Day 2 of Competition saw the Open event, with **Silver:** Leanne Spencer (RW), James Johnstone (RM),

**Awards that can be claimed from the event are;**

Carmelo Aslanidis (1000, & 1200 Fita Star)  
 Mitchell Campbell, Australian 1300 Star  
 Jack Chambers-McLean, Australian 1200 Star  
 James Johnston Recurve FITA Star 1200  
 David Shannon Recurve FITA Star 1000  
 Maria Wright Australian Star 1300

**Silver All Gold awards can be claimed for:**

Carmelo Aslanidis – All Gold 50m\* & 30m\*  
 Mitchell Campbell – All Gold 2 40m, 30m, 20m\*  
 Jack Chambers-McLean – All Gold @ 20m\*  
 Leanne Spencer – All Gold @ 30m\*  
 Maria Wright – All Gold @ 40m, 30m, & 20m\* & Perfect 20m\*

**Club Championships Target: 22<sup>nd</sup> October, 2017**

Those highlighted in Red, have been shooting for less than 12 months.

**Compound Male Open (archers over 16years)**

Steve Jennison CVM 261/264=525 Red  
 Josh Calandruccio CU20M 174/105=279 White

**Compound Female Open (archers over 16years)**

Maria Wright CV+W 299/270=569 Gold  
 Elizabeth Jennison CVW 218/233=451 Blue

**Intermediate Compound (archers U15)**

Bobby Barr-Jones CIB 319/313=632 Gold

**Cub Compound (archers U13)**

Mitchell Campbell CUB 344/348=692 Gold  
 Joshua Ware CUB 252/222=474 White

**Recurve Male Open (archers over 16 years)**

James Johstone RM 305/305=610 MB  
 Carmelo Aslanidis RU20M 298/297=595 GMB  
 David Shannon RM 283/274=557 Red  
 Andrew Catto RMM 270/278=548 Red  
 Kane Wilson RU20M 285/246=531 Red  
 Glenn Steele RVM 247/250=497 Blue  
 Stirling Calandurrio RMM 205/210=415 Blue  
 Mariano Llana RMM 224/186=410 Black

John Holme	RM	188/222=410 White
Rhys Weller	RU20M	214/166=380
Geoff Farrugia	RM	194/176=371
Mitchell Winfry	RCM	178/191=369 White
Alex Ware	RCM	162/177=339 Black
Bryan McGuire	RM	199/136=335 White
Kaden Currie	RU20M	97/138=235
Ben Ware	RCM	74/66=140

**Recurve Women Open (archers over 1 years)**

Leanne Spencer	RW	277/286=563 Gold
Kiri Blinkhorne	RW	210/187=397 Blue
Sarino Hao	BRW	153/155=308 White
Jessica Hutchinson	RU20W	153/132=285 White
Lilia Hutchinson	RMW	100/81=181

**Intermediate Recurve (archers U15)**

Jack C-McLean	RIB	320/324=644 GMB
Tom Tattersall	RIB	55/38=93

**Cub Recurve (archers U13)**

Ben Souchaud	RUB	275/289=564 Blue
Massimo Llana	RUB	230/246 =476 Black
Lucas Farrugia	RUB	229/246=475 Black
Tia Woodley	RUB	153/150=303
Caleb Hammond	RUB	86/105=191

**October Handicap Winner**

Kristian Chambers-McLean

Recurve Barebow Male,  
2<sup>nd</sup> place was Max Foley (RUB),  
with 3<sup>rd</sup> place going to Elizabeth Jennison (CVW)



We also kicked off the President / Secretary & Treasurers teams event, which is linked to the October / November & December handicap days. President's team had 13 participants Secretary had 9, with the Treasurer Fielding a team of 13. The winning team on on October handicap was **THE PRESIDENTIAL GUARD**, with a total off the bow score of 7,259 points, and a Handicap score of 11,044 – AWESOME – Please keep the 18<sup>th</sup> November in mind...Lock in your diary now.



**Performance Awards shot on the day were:**

- Mitchell Campbell – All Gold 40m/ 30m & 20m\*
- Craig Frandsen – All Gold @ 50m & 30m\*
- Elizabeth Jennison – All Gold @ 50m
- David Shannon – All Gold @ 40m & 30m\*

**THE TREASURERS TARGET TROOPERS**, with 13 archers came 2<sup>nd</sup> on from the bow scores 5964 points, with a handicap score of 10,304.



With the **SECRETARY SHARP SHOOTERS** (who had 9 shooters) coming in 3<sup>rd</sup> with an off the bow score 4,052, and a handicap score of 6,750.



Also a big THANK YOU to Leanne & Carol who helped cook the B.B.Q which everyone was really thankful for at



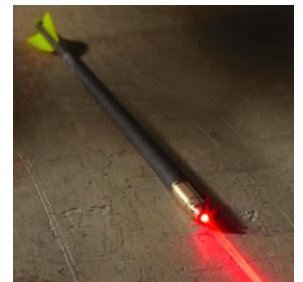
the end of the shoot, nothing like a BBQ sausage to finish off the morning.

Kristian, was using his new Barebow Gold

Shafts (Scored 2 all day), and has invented a new design of arrow, to look around corners. He has placed an order for new special laser guided points and jet propelled nocks, to help him in Round 2! Feels he's been given equipment



approval from the club judge (*which is him as well, who thought it was an excellent idea?*). With the Secretary going for something along the lines of.....



**MAXIMUM PERFORMANCE SERIES**

By Laurence E. Morehouse, Ph.D & Leonard Gross  
**SOME GUIDELINES FOR AVOIDING INJURY**

IF YOU'RE GOING TO PLAY to your maximum within your present condition, and the game requires a partner, select someone whose attitude corresponds to yours. Neither of you is going to strive to win at all costs.

And if either of you gets a little tired, you're not embarrassed to suggest a break. You're playing against your opponent's skill, not his endurance. That's where the real game is.

Accept your present level of capacity, and play within that capacity. Keep your expectations at a modest setting. If you're unwilling to experience pain in the pursuit of sport, if you don't want to work too hard, if it's not your nature to drive yourself, you can nonetheless have a fulfilling competitive experience at this level.

If, however, your objective is to pit yourself against all comers, then a new set of cautions prevail. You accept a slightly higher risk of injury, and you've got to condition yourself to last throughout the event, so that you finish well short of exhaustion. Saying that in an outstanding performance one gave 150 percent of his capacity reveals a complete misunderstanding of maximum performance. A true compliment would be to say that the great performer gave 90 percent of his capacity.

After a season of competition and an interval of rest, start your redevelopment program at 80 percent of your capacity – no matter what level you were performing at when the last season ended.

When you're out of shape, it's not too important what exercise you do or the mode in which you exercise so long as you put tension on your muscles and stimulate your heart and lungs. When you're in shape, if the activity you have in mind requires great strength, put in at least six weeks on high-resistance, low-repetition work before you try the strength event. If cross-country running is your game start by brisk walking and gradually increase the distance to two miles; then gradually step up the speed over a six-week period. Otherwise when you run uphill, you're going to tear your calf muscles loose, when you run downhill you're going to tear your knees apart, and when you run on the flat you're going to tear your hamstrings.

Keep your priorities in mind. Remember the hurdler who doesn't set up his hurdles until he's trained for speed and power. If you can manage to recorder your priorities so that you're willing to peak six months from now or, even better, a year from now, you'll not only achieve a higher level of performance but greatly diminish the risk of injury.

Schedule frequent rest periods during the early periods of any conditioning program.

Employ the circuit training principle. Put a stress on one body part through one activity, leave it and work on a different part. Get all your work done by distributing the work.

Always follow the principle of progressive overload. Remember that even though you've been playing for years in a certain style, when you change that style you're putting a new strain on your muscles, joints and ligaments. They have to be redeveloped progressively in the new mode. Redevelopment comes gradually; any change in style requires about two months of a progressive overload to rebuild you to your old strength.

If you feel punk skip your quantity work. Be content with a few brief bouts of quality work with

plenty of rest in between. If you're training. You have a bank of physical capital. On days that you're overfatigued and need rest, you can draw on this bank. It's reducing your capital slightly, but not so much that it's serious. Where you get into trouble is when you continue to train when you're overfatigued. You may be trying just as hard day by day but you're actually doing less and less work, which causes you to decondition. It's better to take it easy for a day, or two days if needed, to recover from the overfatigue.

Learn to distinguish staleness from overfatigue. Staleness is boredom, nothing more. It comes from a depression when hard training no longer results in marked improvements and when trying your best no longer results in winning.

During this period of ennui, you withdraw psychologically from the arena in both competition and practise. The best remedy is to break completely from the arena for a while so that you can return with a fresh view. While away, however, you should find some recreational activity that will keep you in shape, because the total amount of work you're doing can't be reduced with a loss of performance. Staleness is very much like what happens to you when you perform at high altitudes or in the tropics. All three phenomena depress physical activity and thereby your state of training. It's not the altitude or the heat or the staleness that are doing it, it's that you're not working hard enough.

*Learning to deal with pain.....next edition.*

## Youth School Training Day:

After some goal setting, and coaching, everyone participated in shooting the Pooh Bear round, with some great scores being recorded:



Mitchell / Jack / Tai & Massimo obtained All Gold.



## Joke of the Month:

- Local Police hunting the 'knitting needle nutter', who has stabbed six people in the rear in the last 48 hours, believe the attacker could be following some kind of pattern.
- Bought some 'rocket salad' yesterday but it went off before I could eat it!
- A teddy bear is working on a building site.
- He goes for a tea break and when he returns he notices his pick has been stolen.
- The bear is angry and reports the theft to the foreman.. The foreman grins at the bear and says "Oh, I forgot to tell you, today's the day the teddy bears have their pick nicked."