



WARRINGAH ARCHERS NEWSLETTER May 2016



www.warringaharchers.com.au



Across the desk of the President:

Well the winter weather has now started, and that brings with it shakes & shivers on the shooting line, especially if all you are wearing is a T-Shirt, therefore it might be worthwhile investing in some thermal clothing to keep the body heat in, and the cold weather at bay. Also members should come prepared for the old drizzle that is likely to be thrown at us, the shooting line looks great at commencement of the shooting round, however, throw in some inclement weather and it reduces the shooting line drastically through members pulling out due to climate change. Think ahead when preparing for the shooting day.

Early in the month our Coaches met to discuss future coaching activities at the club, and are currently reviewing what is on offer to members and what members would like to undertake to take them the next step on their journey, more information will come out shortly on coaching activities for members.

New Members:

Welcome to: Ebony Buskermolen (RIG), Gabbie Smith (RIG) Matthew Akhurst (RIB), and Austin Turpin (RUB). Please join me in welcoming them aboard, and showing them the ropes.

QUOTE for the month of May:

"You can feel pride in yourself if you do your best each day at a club shoot and/or tournament, regardless of your place in the event or the score you shot. You may or may not be satisfied with it, but you must accept it and carry on"

MAXIMUM PERFORMANCE SERIES

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

Early Conditioning for Maximum Performance

LIMBERING CIRCUIT

WHILE WALKING for about two minutes, gradually increasing the pace from moderate to brisk, do the following exercises, approximately thirty seconds each:



1. *Rotating stretch:* While walking slowly, reach your arms out to each side, and rotate them in a horizontal plane, twisting from side to side and stretching your shoulders and back.



2. *Overhead stretch:* Reach one arm at a time overhead and lean from side to side, stretching your waist as you do. Increase walking temp slightly.



3. *Propeller stretch:* Make large circles with your arms, moving them like dual propellers. After fifteen seconds, reverse direction of arms. Walk at a fairly brisk rate.



4. *Swinging stretch:* Greatly exaggerate your normal arm swing, and lengthen your stride so as to stretch your torso and hips which

walking very briskly. The exaggerated body motion resembles that of a cross-country skier.

TRAINING CIRCUIT FOR EARLY CONDITIONING

DURING THE WARMUP circuit, you progress nonstop from station to station, until you've completed all six exercises. Remember, this is a warmup, so take it easy.

During the training circuit, progress once again nonstop from station to station at 80 percent or more of your maximum capacity.

During the calmdown circuit, do all six exercises nonstop a third time, but just going through the motions of each exercise.

Station	Exercise
1	Rope skipping
2	Sitbacks
3	Reverse pushaway
4	Prone lift
5	Bench stepping
6	Pushaways

We will go through each of these in the next edition....

DONUTS Anyone:

Has anyone seen that Ad on the TV at present in the lead up to the Olympic Games where Taylor Worth shoots at a donut at 70m!!!



Well Warringah Archers gave it a shot, with some



remarkable results, at least half the challenge was fastening them to the Target!
Though I'm sure by the looks of this that Mitchell enjoy eating them too.....

Jim Scott Clout- 22nd May, 2016:

On Sunday a team from Warringah Archers travelled to Thomas Dalton Park at Fairy Meadow to compete in the annual Jim Scott Memorial clout. It was held in hazy, smoky conditions and winds which are normally from the south at this venue were instead north easterly making conditions less than ideal for shooting the long distances required in clout. Our archers shot 4 different distances depending on their division, the distances shot were 100metres, 125metres, 145 metres and 165metres.

Warringah had a total of ten archers compete in this event with Jack Chambers-McLean, Josh Calandrucchio, Aaron Seng-Yip Hayman, Cynthia Shin-Ngai Leung, Simon Hayman and Maria Wright picking up **Gold medals**. Alex Jackson, Lilia Hutchinson and Stirling Calandrucchio picking up **Silver medals** and Benjamin Calandrucchio picking up a **Bronze medal** in the most



hotly contested division. All archers from Warringah collected individual medals, also picking up the Jim Scot Memorial Clout trophy which is the club trophy for this event for the second year running.

Lilia, writes this year was only my second year to be part of this tournament and because of the distance I had to wake up and travel early; There was not much traffic on the road so I was able to arrive on time; I met up with the rest of the team from the club, registered at the desk, set my bow and found my shooting spot. Temperature was about 24 - 25 degrees, a very fine weather, overall perfect for shooting (*excluding the middle of the day of course*). I entered without expecting anything and got more than I bargained for. Not only did I exceed my PB, I also won myself a silver medal plus I was able to hit the clout target, which I was told earns me a bragging right but best of all we were able to retain the same clout trophy we won last year. Next up for us will be the Fred Herbert Memorial Trophy



Release of a new version of iScored.today from the IT Committee

The Archery Australia IT Committee is pleased to announce that it has now completed the redesign of iScored.today to allow all devices (*both IOS and Android*) to use it in either an online or offline situation. This removes the difficulties experienced with maintaining separate versions of an IOS and Android APP and overcomes a number of errors that had been experienced with the Android APP.

It will work on phones, tablets and PC's, any device capable of accessing the internet.

There has been a tremendous amount of work by the Archery Australia IT Committee and offers some major advancements in both the usability and function.

What's New

iScored.today has been reinvented to use the latest technologies, allowing a single application to be used on all modern devices for both online and offline scoring.

Once the archers to be scored at a target have been selected, the scoring device can be disconnected from an active Internet connection for the duration of the shoot. Only once the scoring has been completed must the device be reconnected to the Internet for the scores to be uploaded.

The new version has been tested on Windows© desktop (Internet Explorer and Chrome), Mac desktop (Safari and Chrome), Windows© Phone (Internet Explorer), Android Phone and Tablets (Android Internet and Chrome), Apple Phone and iPad (Safari). What is the timeframe of the release and what does it mean to the current Android APP.

The new version of iScored.today will be available for use from this Friday 27th of May.

The previous Android APP is no longer available for download as of now and is no longer supported by the IT Committee.

The previous Android APP will cease to work on the 1st of June and from that point on iScored.today will be the main online and offline score entry device for Archers Diary



MAY
Handicap Winner
Roland Ware – Male
Recurve

1st - Roland Ware - 941
2nd - Tom Tattersall - 925
3rd - Leanne Spencer - 902

Members without H/caps:

1st - Scott Hinton - 1188
2nd - Coby Reeves - 791
3rd - Choen Van Wijck – 785

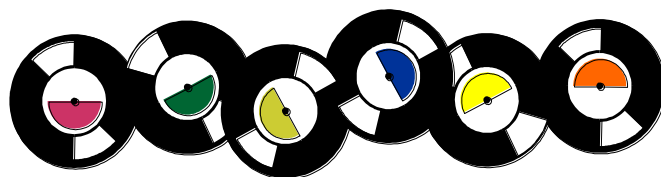
CHANGE IN TARGET RATINGS

Name	Old	New	Date
Tattersall, Tom	16	18	30/04/2016
Ware, Ben	21	25	30/04/2016
Ware, Roland	19	20	30/04/2016
Campbell, Mitchell	xx	39	1/05/2016
Tattersall, Tom	18	19	7/05/2016
Ware, Roland	20	22	7/05/2016
Foley, Max	19	23	8/05/2016
Mei, Yifan	xx	33	8/05/2016
Mei, Yifan	33	39	14/05/2016
Ware, Ben	25	26	14/05/2016
Barr-Jones, Bobby	75	78	15/05/2016
Mei, Yifan	39	43	21/05/2016
Ware, Ben	26	27	21/05/2016
Barr-Jones, Bobby	78	83	21/05/2016
Butera, Max	2	3	29/05/2016

June Birthdays:



Yoshiki Imaya (9th), **BIG 21** Danny Stasenka (19th) *he's wishing he was 21?*, David Ashford & Adrian Bartlett (21st), Carmelo Aslanidis (22nd), Cynthia Shin-Ngai Leung / Ben Ware & Aidan Barker (29th)....this looks promising 3 on the same date, maybe a cake this time??



Club Records broken for the month of May

Name	Div	Round	Score	Date
B.Barr-Jones	CUB	Junior Adelaide	1056	14/05/2016
J.Cham-McLean	RIB	Junior Adelaide	957	14/05/2016
V.Shaw	RVM	Junior Adelaide	457	14/05/2016
R.Ware	RM	Junior Adelaide	580	14/05/2016
C.Reeves	R10B	Mini Adelaide	374	14/05/2016
B.Barr-Jones	CUB	Pooh Bear	717	14/05/2016
J.Cham-McLean	RIB	Pooh Bear	696	14/05/2016
B.Barr-Jones	CUB	AA 35/720	689	14/05/2016
B.Barr-Jones	CUB	AA 35/720	701	21/05/2016
L.Spencer	RW	Yass	603	29/05/2016
B.Barr-Jones	CUB	Junior Canberra	859	29/05/2016



Congratulations to our Mens Recurve Team, after a length selection program, will represent Australia at the RIO Olympics: Taylor

Worth, Ryan Tyack and Alec Potts who was at the club practicing last weekend with Kane, next time he is at the club, please take the time to congratulate him.

Ground Set-Up
GENERAL INSTRUCTIONS

Direction of shooting.

All shooting is to be conducted in a South to North direction (towards the Rowland building). The shooting line is always within 3 metres of the Southern goal line.

Target Positioning.

Long distance targets (60-90 metres) should be placed at the Eastern (clubhouse) side of the field. Shorter distance targets (5-50 metres) should be placed at the Western (school) side of the field; that is to the West of the goalposts. This applies to all days.

Target Layout.

Targets are laid out using two measuring tapes and the orange shooting line rope. You will also need the container holding the green and yellow flags and a hammer. The orange rope is marked with a black cable tie every 4 metres – the distance between targets.

Secure the ends of two measuring tapes between one and three metres out from the intersection of the goal and side lines. Run out the measuring tapes down both side lines to the maximum required distance. Make sure they are strait and taut. *On days when only a small number of targets are required (< 8) one tape can be run from goal post to goal post.*

Use the orange rope to mark the target positions at each distance by hammering either a yellow or green flags into the ground. Make sure the orange rope is strait and taut before placing any flags – this requires some effort and one or both ends should be securely hammered into the ground.

When a large number of targets are required (> 16) up to 4 additional targets can be positioned to the West of the Western (school) side line.

Wind up and return the measuring tapes to storage.

Place the appropriate target number two metres in front of each shooting position.

Shooting line.

The shooting line can be located between 1 and 3 metres (to avoid any interference from the goal posts) to the North of the Southern goal line. It should be varied to avoid heavy wear in any one position. This will place 90 metre targets between 1 and 3 meters to the South of the Northern goal line.

Spectator/Safety Barrier.

On Saturdays and Sundays or any day when there is a large number of archers present, a spectator barrier must be in place. There are two containers of bunting (white tape with yellow and green flags) available for this. The spectator barrier must be at least 15 metres to the side of short distance (5-30 metres) and 30 meters to the side of the longest distances (90 metres).

First to arrive.

Unlock the gate, the target room and the clubhouse room. Make sure to leave the padlocks unlocked – in case those locking up do not have a key.

Last to leave.

Check that all equipment is put away. Make sure all lights are off. Make sure all rooms are securely locked. Lock the gate.

SATURDAYS

There is an organised competition each Saturday morning. The club calendar includes a roster of club members responsible for field setup. Members rostered for field setup should arrive at the grounds 15 minutes before registration opens (i.e. 8:00 am).

In the club room, locate the Clip folder containing the target allocation sheets, write down the round being shot and how many targets are set up for each round of the day (ie Canberra targets 1-6, Sht Canberra 7-8, Junior Canberra 9-10). Place the target allocation sheet and sign-on book on the registration desk.

There is also one member allocated to IT duty. Their responsibility is to place the WiFi Board outside and connect. Set up the computer table to allow members to register directly into Archers Diary. They are also there to assist members to log onto Archers Diary, setting up ipads for electronic scoring and allocating members to targets.

OTHER DAYS

Shooting is allowed after Sundays, with registration commencing at 9.15 to 9.45, and scoring commencing at 10.00am. There is also a nominated round on the shooting calendar, therefore the same rules as Saturday would apply.

During daylight saving the club is also open from 5pm on weekdays and all day on school and public holidays.

Those arriving first should ensure their target/s are positioned in a way that will allow later comers to position their targets and maintain the longer distances to the East, shorter distances to the West rule.

Unless archers on different targets are shooting at the same time, archers must maintain a safe distance between targets (at least 20 metres).

EVENTS

When setting up for events (Warringah Open, Kidbow Tournament, Qualifying and Ranking Events) some additional ground set-up is required.

A three metre line should be positioned exactly 3 meters in front of (to the North) the shooting line.

A waiting and equipment line should be posited approximately 5 metres behind (to the South) of the shooting line.

There are two reels of white rope for the waiting and 3-metre lines.

The number of targets required and their distances will be set by the event organiser. *If only a small number of targets are required, then the event can be set-up in the Western half of the field, leaving space for members/beginners to shoot on the Eastern side. In this case a second spectator barrier must be erected in the middle of the field and a distance of at least 20 meters maintained between targets in each area.*

Should there be not enough time to set-up the field before an event (for example when an event starts early in the morning), then the line and target markers can be made the day before using orange line marking spray paint (two cans required).

When using timing lights, these need to be charged at least a couple of days before.

Director of Shooting: It goes without saying that there should always be someone in control of the whistle.