



# WARRINGAH ARCHERS NEWSLETTER June 2016



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



## Across the desk of the President:

Club Website – still work in progress, but we are getting there, timeline to have everything as up to date as we could was end of August, so going well. You would

have noticed a new icon (*that's for those of you who have gone on line recently*).

Currently if you wish to purchase an 'E' key for the club, you will need to purchase through the Online Store. The new keys will give you access to the Gate / Butt room & Club rooms only, for ease of training and shooting.



Our next project will be to put our Club T-Shirts on line to purchase, as well as other items from time to time.

Over the next two months members of the Committee will also be involved in cross training on the website as well as Archers Diary to ensure that there is at least 3 members who can assist should the officer responsible be on annual leave for a period of time and/or unwell.

**Welcome to new & returning members:** Oliver Prevett (RIB) and James Johnstone (RM) a past member who has returned after several years away from the club. Ali Clambuck from LCA will be joining the club as an Associate member, please join me in making them feel welcome.



## State Records received for the following members:

**Jack Chambers-Mclean** – Recurve Intermediate boy  
AA45/720 513 (9/1/16)  
Samford 545 (13/2/1)  
100m Double Clout 560 (22/5/16) – Barebow

**Aaron Hayman** – U20 Male Longbow  
Samford 325 (13/2/16)

**Sarina Hao** – Barebow Recurve Woman  
Samford 367 (13/2/16)

**Brandt Henricksson** – Recurve Male Master  
F70/720 579 (9/1/16)

**Alan Nolan** – Recurve Male Veteran  
AA50/720 413 (9/1/16)

**Maria Wright** – Compound Veteran+Woman  
30m 80cm 322 (9/1/16)  
40m 80cm 294 (9/1/16)

50m 122cm	321 (9/1/16)
60m 122cm	309 (9/1/16)
F60/1440	1246 (9/1/16)
F50/720	609 (30/1/16)
165m Single Clout	289 (22/5/16)
165m Double Clout	533 (22/5/16)

## National Tournament Record

Aaron Seng-Yip Hayman – U20 Male Longbow  
ASNSW Clout Championships (1/11/15) – Double  
145m Clout – Score 408



## Northern Junior Challenge 29<sup>th</sup> May

The annual Northern Juniors Challenge was shot today, although a cold day with some of the arrows misbehaving, all members had a great time from the first timers to the old hands, and was well attended by junior archers. T

Warringah had 5 Archers compete at this event, with Mitchel Campbell shooting his first ever tournament in the Cub Male Compound Division. Bobby Barr-Jones and Mitchel competed in this division with Bobby taking out the Gold Mead. In the Intermediate Male Recurve Jack Chambers-McLean won Silver and Jaxon Spinks took out the Bronze with Jessica Hutchinson taking out the Silver medal in the 20 & under Female Recurve division.



Although Warringah only had 5 competitors we placed 2nd for club recurve trophy. One more score would have seen us win it. Northern took out the honours this year on a

score of: 2218 to Warringah's 1618 (there was 900 points up for grabs)!

Our Compound team only had two competitors, with Penrith 2542, Liverpool on 2380 and Coast Archers 232, our boys scored between them a total of 1569 x 2 (if they had another 2 members would produce a score of 3138!), we would have blown the competition away, ...let's give this some thought for next year (4 for a team).

We arrived in Pennant Hills early at about 8 am to get ourselves settled. It was a really cold day and the parents were *freezing*.

This is only my third tournament, so I still get nervous. But after my bacon and egg roll which was kindly provided by the organisers, my nerves settled. Next I set up my gear and had it checked by the organisers and then did my stretching routine. It was then time to start shooting, and we were in the sun so it was very nice.

All the people there were very friendly and helpful. I am enjoying tournament shoots as I love to compete and to challenge myself. I came third in my division which was very exciting. I got to meet new people, socialize with my existing friends whilst enjoying some friendly competition. I am looking forward to the next tournament (Jaxon Spinks)

## Quote for the month of June:

### Ten

The archer drew the bow – aware of nothing except the multi-colored target face fading slowly until nothing was distinct but a golden disk, violated by the sight pin which came to rest in dead centre. In that quiet moment, the sub-conscious mind began its checklist – bow hand comfortable under pressure – bow arm relaxed but firm – string in perfect alignment – anchor precise. Then the imperceptible dynamics began as the back muscles contracted slowly until the instant of joy when the clicker triggered release and counter forces balanced in the perfect follow through.

## MAXIMUM PERFORMANCE SERIES

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

### Early Conditioning for Maximum Performance



#### STATION 1: ROPE SKIPPING

The emphasis here is on developing both the muscles of the legs and lightness in the feet. During the training circuit, skip rope for a full minute, fast enough to increase your pulse rate to 80 percent of your maximum. After you've developed some proficiency, try sipping on one foot ten times in a row, then shifting to the other foot. Another variation is to jump from one side of a line to the other – particularly good for skiers.

## STATION 2: SITBACKS



This exercise is a slight variation from the one used in the total fitness program. It's done from a chair.

Sit near the front edge of the chair, so that your back won't touch the backrest. Put

your hand on your breastbone, and feel it rise as you lift your chest. This movement puts a stretch on the abdominal muscles. Now lean back, until you feel a slight strain. Next, put your two hands on the upper abdominal wall, one hand below the other, fingers in opposite directions, and push out with your abdomen as you press in with your hands. Breathe normally as you thrust your belly against your hands with a firm pressure-not a maximal effort. Hold this position for fifteen or twenty seconds. Now move your hands down to the lower part of the abdomen, the "potbelly" area. Again, feel every muscle in that area pushing against your pressing hands for fifteen to twenty seconds, still breathing normally. Finally, put your hands at the sides of your abdomen, making sure your chest is still elevated, and push your abdominal muscles against your hands, while pressing your hands against our belly. Continue for fifteen to twenty seconds.

During the training circuit, lean back a little farther and push a little harder with your hands. Your abdominal muscles will adjust to the resistance.

One tip for starting in the right position. After you've leaned back, imagine someone's going to hit you in the belly, or tickle you there with a feather. You'll automatically constrict. It's from that point that hand pressure is applied

## STATION 3: REVERSE PUSHAWAY

Stand with your back to the wall, feet about a foot from the wall. Lean back, touch the wall, and slide down, until your thighs are parallel with the floor, or as close to parallel as is comfortable. You may need to adjust your

feet. Now, place your hands against the wall behind you, fingers down, at the level of your hips. Push gently away from the wall and hold it for fifteen to twenty seconds.

Return to starting position. Repeat for another fifteen to twenty seconds. In the training circuit, use near-maximal tension.



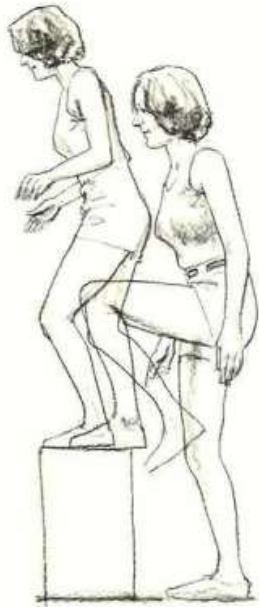
#### STATION 4: PRONE LIFT

Lie face down, arms extended, with a seat cushion, pillow or folded blanket under your midsection. Raise your hands and arms approximately four inches from the floor; raise your legs at the same time and hold them off the floor for fifteen to twenty seconds. Rest a moment and repeat. While you're holding the lift position during the training circuit, tighten your back muscles strongly.



#### STATION 5: BENCH STEPPING

This is one of the finest exercises you can do to build your leg muscles and improve your cardiorespiratory endurance. Face a bench or a sturdy box a foot or more in height. Step onto the bench with the left foot, and then up with the right foot, then down to the floor with the left foot, then down with the right foot. Repeat ten times, then step up with the right foot, then the left foot, step down with the right foot, then the left foot. Continue alternating the takeoff foot in this manner for at least one minute. During the training



circuit, speed up to raise your pulse rate to 80 percent of your maximum

#### STATION 6: PUSHAWAYS

Even if you're in pretty good shape, don't be ashamed to start this exercise with your hands against a wall, a dresser, a table of a countertop. The point is to be able to do the exercise fifteen to twenty times easily during the warmup and calm down circuit. With



your feet at arm's length or more from the object on which you rest your hands, push away from the object until your arms are straight, and then return to starting position. As your condition improves, move your starting position closer to the floor, finally to the floor itself. If floor pushups can be continued easily for the time allocated, elevate the feet, placing them on a step, chair or up against a wall in a handstand pushup position.

## A FRUSTRATING SPORT

I made a perfect shot today; my arrow scored a ten;  
I knew just what I had to do, yes, do it all again.  
As I stood there upon the line, and thought about the shot,  
I felt a kind of inner glow, and my spirits raised a lot.

What must I do, I asked myself, to get another gold?  
I'll just repeat that sequence, then a ten I will behold.  
It sounds so easy put like that, but experience shows it's not,  
As I can vouch from many times, when I've made a rotten shot.

I'll concentrate and think it through; I know I'll get it right;  
My thoughts are pure and positive, that arrow's me in flight.  
The moment's here, it has arrived, there must be no delay;  
I'm all psyched up and ready, to speed it on its way

I nock the arrow on the string, and underneath the clicker  
Of nervousness there is no trace, not even the faintest flicker  
I check my bowhand on the grip, my fingers on the string  
I stand up tall and set my mind, upon one single thing

I turn my head towards the butt; I know just what I'll see  
That golden circle in the middle, staring back at me.  
I raise my bow and set my arm, as I begin the draw  
The pressure now increases as I pull back to my jaw.

The pressure keeps on building, and that I must maintain  
If I'm to make that arrow land in the ten again.  
I do a mental check-through, to see that all is right  
Before sending off the arrow, upon its wondrous flight

The loose is good, or so it seems, and the follow through;  
So why the hell, I ask myself, is it in the \*\*\*\* blue?  
This sport is so frustrating, and who can say much more  
But I know that if I try quite hard I can improve my score.

There's one great consolation, in which I find much joy  
All archers are so friendly Man, women, girl or boy.  
We all know of the saying, "Once bitten and twice shy";  
But in archery, as we all know, that just does not apply.

For the archery bug has bitten us, and all of you should note;  
The bite is one for which there is No real known antidote.  
*Written by Ted Holland.*

## NATIONAL RANKING LIST

Archery Australia maintains a National Ranking List within Archers Diary which is updated monthly.

The National Ranking List can be viewed in two sections, National and RGB, as well as displayed by Gender, Class and Division.

The National Ranking list can be further viewed for Target, Field, Indoor and Clout events.

Other than providing an indicator as to member's performances it can also be as a means of selecting teams for lower level international events that do not have specific selection criteria.

Scores are included into the National Ranking List once all required documentation is submitted.

## FREQUENTLY ASKED QUESTIONS

### What is a Ranking List?

The Ranking List is intended to provide a list of ranking for archers around Australia. The Ranking List maybe used for International Team Qualification and/or National Squads (dependent upon the event selection criteria).

### How does the National Ranking List Work?

The scores used are made up from the highest degraded rating from AA or WA registered events these includes tournaments and QREs. Ratings are degraded by 2 points per month (30.4 days) for Target and Indoor. (Clout and Field scores are degraded by 5 points per 30.4 days). The National List represents results from Archery Australia and World Archery Registered tournament.

The RGB List is determined from scores shot at Club level.

### What is a Valid Score?

A valid score is one that complies with the Archery Australia and World Archery Shooting Rules with a Judge/s or QRE Official/s officiating.

### What shoots may be used for ranking scores?

Only scores from Tournaments and Qualifying and Ranking Events (QRE) listed on the [Archery Australia QRE and Tournament Calendar](#) will be accepted.

### Can overseas events be used for the ranking list?

If an archer is competing overseas as a member of an Australian Team then the Team Manager will be responsible for sending any valid scores to the National Ranking List Submitter for inclusion on the Ranking List. If an archer is competing overseas as an individual they should submit their valid scores through their RGB.

### What happens if I shoot at an Interstate event?

As only tournaments listed in Archers Diary will be eligible these scores will be processed automatically following receipt of all documentation.

### Is there a limit on the amount of shoots available during the year?

No, there can be any number of tournaments or QREs registered annually following lodgment of the appropriate online form by the host RGB or Club.

### How are scores submitted?

Scores entered into Archers Diary will be automatically processed monthly.

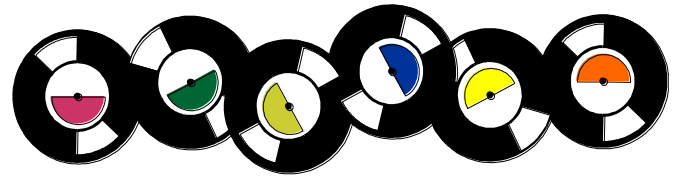


**June  
Handicap Winner  
Jasper Schwarz  
Cadet  
Male Recurve**

## CHANGE IN TARGET RATINGS

Name	Old	New	Date
Campbell, Mitchell	39	42	11/06/2016
Schwarz, Jasper	26	28	11/06/2016
Mei, Yifan	43	45	11/06/2016
Barker, George	40	42	12/06/2016
Barr-Jones, Bobby	83	86	12/06/2016
Campbell, Mitchell	42	45	12/06/2016
Ware, Ben	27	28	12/06/2016
Schwarz, Jasper	28	30	18/06/2016
Mei, Yifan	45	48	25/06/2016
Campbell, Mitchell	45	48	25/06/2016
Baker, George	42	45	26/06/2016
Campbell, Mitchell	48	54	26/06/2016
Smith, Mark	xx	10	26/06/2016

**July Birthdays:** Ben Souchaud (6<sup>th</sup>), Vincent Shaw (9<sup>th</sup>), Aaron Hayman (15<sup>th</sup>), Tony Butera / Rachel Vandort & Aaron White (20<sup>th</sup>), Josh Calandruccio (22<sup>nd</sup>), Pricilla Chan (25<sup>th</sup>)



### Club Records broken for the month of ...June

Name	Div.	Round	Score	Date
B.Barr-Jones	CUB	Junior Handicap	868	11/06/2016
B.Barr-Jones	CUB	Junior Canberra	884	12/06/2016
L.Spencer	RW	Samford	776	23/06/2016
S.Calandruccio	RMM	Samford	735	23/06/2016
J.Schwarz	RCM	Jodie Joker	680	23/06/2016
K.Wilson	RJM	F70/720	619	25/06/2016

### Qualification Ranking Events (QRE) Target

Warringah Archers has put three of these events on for the month of June (Sat), July (Sun), August (Sat); these have been placed on the calendar to allow



members who wish to gain a rating to be considered for state team selection. Enter now for July.....