



WARRINGAH ARCHERS NEWSLETTER July 2016



www.warringaharchers.com.au



Across the desk of the

Ratings: I have been asked many times by member on why do you need a rating? So I thought it would be easier, if I set out below why you should try to attain a rating, which ultimately leads into the Classification system.

The Rating System and how it affects you:

Ratings, Handicaps, points for and against are methods used in all sports to assist in determining whether a sportsperson is advancing or not in their chosen field.

In Archery we use a system that is set down by Archery Australia. Very basic, for every round shot there is an equivalent rating for that score. The rating tables if used correctly takes into account the type of equipment used and the category of the archer e.g. Junior Boy, Ladies, U/13, Veteran, Compound etc.,

Classifications are required to be shot during a calendar year. Classification such as Elite Gold / Silver & Bronze are required to be shot in tournaments and/or Qualification Ranking Events (QRE's). GMB (Grand Master Bowmen), MB (Master Bowmen), only one of these are required to be shot in a tournament or QRE, with the balance of Gold, Red, Blue, Black & White classification being shot at club level using rounds listed on Schedule 9A, shooting a minimum of 72 arrows.. To attain your classification badges archers have to attain at least three scores of the appropriate rating. Elite level of Gold/Silver/Bronze, is monitored by ArcheryNSW and awards automatically presented at the State Presentation Night.

Now how to acquire your First Rating ! The beginner or new archer has to submit five completed rounds.

Example: Divn	Score	Rating
Geelong Male Recurve	660	31
Darwin Male Recurve	600	36
Melbourne Male Recurve	450	32
Canberra Male Recurve	580	44
Darwin Male Recurve	592	35
= Total of 178		

The total rating score of 178 is divided by 5 = 35.6.
Your rating becomes 36.

Your rating can never drop except under extenuating circumstances.

For your rating to improve a score in excess of 2 points on your current rating must be achieved.

Further Examples:

Your current rating is 36.
Canberra round is shot.
Score of 580 achieved which gives you a rating of 44.
Round Rating 44
Deduct Current Rating 36 – leaves 8 points, divide this by 2 = 4.
New rating is 40.

Or: Your rating is 36.
Canberra round is shot:
Score of 510 achieved which gives you a rating of 37.
Difference of one point.
You cannot divide this by two, therefore your rating remains the same.
No change.

Or: Your rating is 36.
Canberra round is shot:
Score of 531 achieved which gives you a rating of 39.
Difference of 3 points.
You divide the three by two which gives you 1.5.
New rating is 37.

Remember: When reading the Handicap tables to determine the rating for the round shot, if your score does not exactly collate with the scores in the ratings schedule provided by Archery Australia the lower rating score is taken as can be seen below.

Canberra round:

Score of 520 gives you a rating of 38
Score of 531 gives you a rating of 39
Score of 525 gives you a rating of 38 as it is closer to the rating for 520.

Now you are all properly confused, I can tell you that all this work is done for you by your Club Recorder (PHEW) ! When you enter scores into Archers Diary the rating for the round & Classification comes up automatically. The Recorder then maintains your ratings and classifications and updates these onto the website quarterly.

When can my rating change:

Ratings may change if a club member has (a) had an injury for a lengthy period of time, (b) belonged to another club and information has not been passed on (c) been out of archery and has again rejoined, (d) member changes type of equipment or (e) improved on their current rating.

In any of the above instances, the club recorder should follow the steps above, on the last five rounds submitted.

Why have handicap ratings:

- your rating determines where you will be placed on the shooting line at Tournaments;
- it allows you to obtain classification badges;
- it allows handicap shoots to be conducted;
- but most importantly it tells you how you are performing as an archer.

The higher your rating the better you are performing. A high handicap rating is to be desired it is not a handicap !

Congratulations Leanne Spencer (Lady Recurve) on obtaining Master Bowman Target Status....next one is to obtain Grand Master Bowmen....then Elite class after that – Go Leanne



Duke of Edinburgh Awards:



By Aaron Hayman

On the 29th of June I was presented with the Gold Duke of Edinburgh award by Sir David Hurley, the New South Wales Governor General. It was a great honor to be awarded the Gold Award by such a notable figure, though it compensates for the many

hours of hard work and time put in to the Duke of Edinburgh's Award. The Award takes at least 3 years to complete fully, and equips young adults with skills needed for the future, such as leadership, responsibility and resilience.

I'd like to sincerely thank Elizabeth and Steve for their invaluable assistance and training they gave me through my Physical Recreation and Residential Project components at the Gold Level Award, and would like to encourage anyone else thinking of doing the Duke of Edinburgh to sign up, it's an experience you won't ever regret.

The award is broken up into three levels; Bronze, Silver, and Gold, and four sections; Physical Recreation, Skill, Service, Adventurous Journey, and Residential Project, with the latter available for Gold level only. For my award, I chose to focus on archery for my Physical Recreation component, committing to the twelve months of weekly training in preparation for the Australian National Youth Archery Competition, which counted as my Residential Project. Without the support of Warringah Archers, I would not have performed anywhere near as well as I did, not only coming first in the Target, Field and Clout events (which isn't hard, considering I'm the only one in my division), but also setting new records for the events. Congratulations Aaron.

Janet Wilks Memorial Trophy 2015

This trophy is for archers over the age of 50 (*Golden Years*). Each time a member competes in a tournament they gain 3/2/1 point for a general

tournament 5/3/1 points for a State Championship event.

Results have been distributed, and yes a member of Warringah Archers made the Top 10 listed below:

LMM	Craig Williams	KGB	50
LVM	Bob Sheehan	LCA	38
CMM	Tyrone Digby	NOR	33
RMM	Kelvin Heath	CA	29
RMW	Julie Simpson	ILL	28
CVW	Maria Wright	WA	26
CMW	Kerry Heath	CA2	25
RMM	Anthony Maxworthy	NOR	24
RVW	Flocy Martir	ST.G	24
LVM	Kevin Girard	PEN	23

Sportsperson of the year 2015 Award points 2015

As mentioned at the Club Presentation Night last year, the final rankings list had not been published due to changes in officers, and the position of Recorder was catching up on a fair bit of backlog. I am pleased to report that the listings have now been published, and we have several members who had made our Tournament Honor Roll for the first time, which starts off with 25 points, and some who have improved on their prior standing.

25 points awarded to:

- David Shannon finishing on 26
- Stirling Calandrucchio finishing on 28
- Maria Wright finishing on 40
- Jack Chambers-McLean finishing on 47

The next bracket to break is 50 points...let's see what 2016 results show !!



**July Handicap
Winner
Joshua Calandrucchio
Cadet
Male Compound**

MAXIMUM PERFORMANCE SERIES

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

Early Conditioning for Maximum Performance



THE TIME TO INCREASE your range of motion is while you are warm *after* your other exercise, when the muscles and ligaments are nicely stretched from the workout you've given them. The flexibility circuit consists of ten brief exercises; properly and faithfully executed, it will diminish the possibility of injuries to the hamstrings and other vulnerable muscles.

Autotransfusion: Walk slowly for a minute, reaching your arms, overhead and clenching your hands repeatedly.

During exercise, the blood has been collecting in the

extremities, causing them to swell. This exercise removes the excess blood from the arms and hands, as the following exercise does from the feet.

Inverted Pedaling: Lie on your back with your legs in the air and your hips elevated with the support of your hands. Pedal slowly for a minute or sixty revolutions.



Hamstring stretch: Remain on your back with your legs elevated. Draw one knee toward your chest, holding your thigh with your hands. Straighten the other leg skyward, pushing the heel as high as it will go for ten seconds. Reverse legs. Repeat three times

with each leg

Knee hug: Stay on our back, and use your hands on your thighs to draw both knees toward your chest to slowly stretch the lower back region. Hold for ten seconds. Rest five seconds and repeat.



Hip Raise: While lying, place the soles of both feet on the floor next to your buttocks. Slowly raise your hips and hold them off the floor, stretching the low back by slowly lowering the vertebrae from the next downward to the floor for ten seconds. Rest five seconds and repeat.



Adductor stretch: Remain lying with your knees flexed. Place the soles of your feet together and let your knees fall outward. Press your hands on the *outside* of each knee for ten seconds, and gradually resist an attempt to move your knees wider apart. Remove your hands and relax the legs so the knees fall sideward as far as they will



go. Now keep the legs relaxed and place your hands on the *inside* of your

knees, and gently but firmly press the knees further outward, stretching the leg adductor muscles for about ten seconds. Relax five seconds and repeat the entire sequence.

Neck rotation: Sit, and turn your head to the left as far as it will go. Place your left hand on your left cheek and resist an attempt to turn your head farther. Then release the pressure of your hand, relax your neck, let you head turn completely to the left, and then assist the turn with your left hand by pressing it gently but



firmly against your right cheek. Now turn your head to the right, resisting with your right hand on your right cheek. Release the pressure, relax, and

turn completely, assisting the turn with your right hand pressed gently but firmly against your left cheek. Repeat. *Resist* each turn six seconds; assist each turn ten seconds.

Hip flexor stretch: Squat with hands on the floor, arms outside of your knees. Extend your left leg backward.



Keeping your back and left leg straight, press your right knee toward the floor until you feel a slight stretch in the left groin area. Hold ten seconds. Now do the exercise with right leg extended. Repeat

Heel cord stretch: Stand at arm's length from a wall with your heels flat on the floor, the balls of your feet on a small board an inch thick. Lock your knees and lean forward as far as you can without lifting your heels, supporting yourself with your hands against the wall. Hold for ten seconds. Relax five seconds and repeat. As flexibility increases, move feet farther and farther from the wall.



All-body stretch: Mark a real or imaginary X on the floor, two feet from a wall. Mark another real or imaginary X at shoulder height on the wall, above and on line with the floor X.

- Stand upright facing away from the wall X, without feet astride the floor X.
- Touch the floor X with both hands, with your heels flat on the floor and your knees slightly flexed.
- Return to standing position.
- Twist left and reach out toward wall X with your right hand. Don't move your feet
- Twist right and reach out toward wall X with your left hand
- Return to front and touch floor X
- Return to stand
- Twist left and touch wall X with our left elbow
- Twist right and touch wall X with your right elbow. Repeat entire series four times.



August Birthdays:



Jessica Hutchinson (2nd),
BIG 18 (*Key to the door*),
Andrew Booth & Nathan
White (3rd), Charlotte
Thompson (16th),
Maddison Thurley (17th), Kristian
Chambers-Mclean (20th), Laclan
McLeod (21st), Paul Wilson (22nd),
Benjamin Calandrucchio & Scott Hinton
(23rd) Ella Hugo (30th) BIG 21

QRE – 10th July, 2016

Although the weather didn't look like it was going to be kind to us with some slight drizzle very early on, the day turned out to be gorgeous, it was almost like a summers day and we had some PB's shot as well.



Please remember, that these events are put on for you the club member. They are shot under tournament conditions and when judges are in attendance State Records can be attained, as well as National & State Rankings. Scores can also be used to gain State Representative Status, so why not give them a go. Next one on offer at the club is Saturday 4th September, 2016, so go on now and register.

Mithcell, shot last Sunday, signing up to do the afternoon session to avoid the cold of an early start!



When I got there I got help from Kristian to glue knocks back onto some of my arrows which had broken the day before at

the Christmas in July fun shoot. After sorting that out, I showed Steve my bow and arrows for the equipment check, at about 12 noon. We then put our gear out behind the line. We waited a while but could then start our practise ends. I was shooting 35m which meant I had a target to myself! Then we got to start the scoring ends. We scored using both electronic and paper.

I did a QRE 2 weeks before so this time I was aiming to improve my score. I also wanted to be more relaxed in my shooting and not shake so much. Last QRE I scored 599 which just fell short of my goal of 600, however this time I got 625. I was happy and somewhat surprised that I improved by 26 points in 2 weeks so of course a new PB. Everyone was very encouraging towards me. I hope I can improve upon this again in the next QRE

XMAS IN JULY, it was certainly cool enough to imagine yourself in front of a roaring fire, stuffing your face with turkey & trimmings, but alas, it was shooting fun targets with a lot of sneakiness / creative accountancy / incorrect adding up (*think some of our members are getting used to Archers diary*), getting to know other members of your club, and having a bit of



fun while doing it. With the

winning team on the day being S"Slay Rockers Inc" made up of Mitchel/Alex/Lilia & Alex. It was also good



to see some of our newer members who have just finished the beginners course joining in. The Prancing Unicorns made of of

Ben (looks like Alex), Victoria, James, Otto & Greg, had two newbies taking part, while two others in the



Roland's team Jack & Dianne gave it a go. Not to

mention the sneaky Eman (Brandt's) team, who I am sure sneaked under the plates to see what scores are, as ALL of the teams arrows hit the 200 mark, needless to say the plates were rotated after that. Santa



slipped up on this one. In the NAME team, did well in the turkey shoot through – Sam needs to purchase more arrows, currently shooting with 3 – and Jaxon may need to buy some more arrows, as a few hit the wooden slat! A great day was had by all – next fun shoot "HALLOWEEN" – ideas on targets – Welcome

