



WARRINGAH ARCHERS NEWSLETTER August 2016



www.warringaharchers.com.au



Across the desk of the

It's amazing what a holiday can do, but there is nothing like the feeling of coming home to that sense of normality! Thanks to the committee for keeping things motoring along, appreciated.

While I was away there were some notable achievements of not only our club members, but those competing in the 2016 RIO Olympics.

Our club notice come out for the yearly Annual General Meeting which is being held on the 17th September, therefore, if you would like to become a committee member, please consider nomination.

Club Championships Rounds:

The First Club Championship event is our **Field** event on the 10th September.....remember, everyone is eligible to contest this event....who will be the outright Field Champion in 2016!

With the Club Championships **Indoor** event (outdoors), I always love saying that, being held after the AGM on the 17th September, 2016 – 18m on a 40cm face- *except U10, they shoot the 60cm face.*

So what do you need to do.....be there & shoot, it is that easy.



State & National Indoor Championships

Well done to those members from Warringah who competed.

Leanne Spencer: Silver in State, 6th Nationally
Kiri Blinkhorne: 11th in State & 30th Nationally
Maria Wright: (Vet+ Compound) Gold medallist in State & Silver Medallist Nationally

NSW Compound team, won the National Teams event, well done to Scott Buscombe, Matt Tonowicz, Jonathon Milne & Brian Politis on a score of 3517 defeating QLD on 3501 with WA taking out 3rd place on 3482, with the NSW Recurve team came fourth.

Northern Fita60/900-31st July

Again Warringah were represented, with Maria Wright coming 4th in the Open Female Compound Division. Leanne Spencer claimed Silver Medal in the Ladies Recurve Division.



James Johnstone, took out Gold and Kane Wilson Silver, in the Open Mens Recurve, with Paul Handley from Northern coming 3rd on a count back, love this nail biting finishes.



Tom Tattersall came 2nd & Leanne Spencer placing 3rd

August Handicap Winner Roland Ware Recurve Male



Of course while I was away the **2016 RIO Olympics** were being held. I can tell you watching the Olympics in

another country especially when it is not recorded in English, and that particular country didn't have anyone competing in several events, was very frustrating, therefore, having to allow on facetime, though we did manage to have the match recordings on Goggle! Congratulations to Alec Potts (*who has been training and shooting at QRE events at Warrinhha*), Ryan



Tyack & Taylor Worth in the Mens Recurve Teams event in RIO winning BRONZE, the first medal to Australia at the Games, and the first in the teams event.

Taylor making it to the Men's Individual 1/8 Elimination rounds where he was defeated in a 1 arrow shoot off.

Australia finishing 10th on the Medal tally with 8 Gold, 11 Silver and 10 bronze (29 in total).



Mascot for RIO – Maybe we should have a Warringah Mascot – Any Ideas!

CHANGES IN INDOOR RATINGS

Name	Old	New	Date
Spencer, Leanne	xx	65	23/07/2016
Wright, Maria	74	76	24/07/2016

CHANGES IN TARGET RATINGS

Name	Old	New	Date
Calandrucchio, Josh	52	54	16/07/2016
Hutchinson, Lilia	38	39	17/07/2016
Souchard, Ben	10	11	17/07/2016
Shaw, Vincent	17	18	23/07/2016
Chambers-McLean, Jack	64	66	30/07/2016
Shaw, Vincent	18	21	30/07/2016
Campbell, Mitchell	53	58	30/07/2016
Mei, Yifan	54	55	31/07/2016
Johnstone, James	83	85	31/07/2016
Ware, Roland	22	26	6/08/2016
Tattersall, Tom	19	20	6/08/2016
Mei, Yifan	55	57	7/08/2016
Smith, Mark	10	14	7/08/2016
Ware, Roland	26	29	7/08/2016
Blinkhorne, Kiri	44	45	20/08/2016
Schwarz, Jasper	30	32	20/08/2016
Ware, Josh	12	17	20/08/2016
Ware, Alex	xx	23	21/08/2016
Blinkhorne, Kiri	45	49	21/08/2016

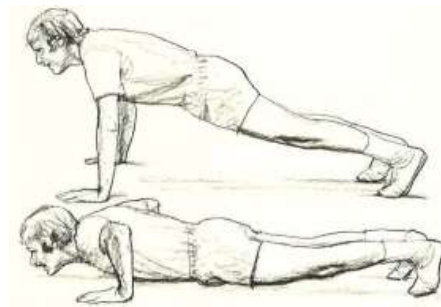
MAXIMUM PERFORMANCE SERIES

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

Early Conditioning for Maximum Performance

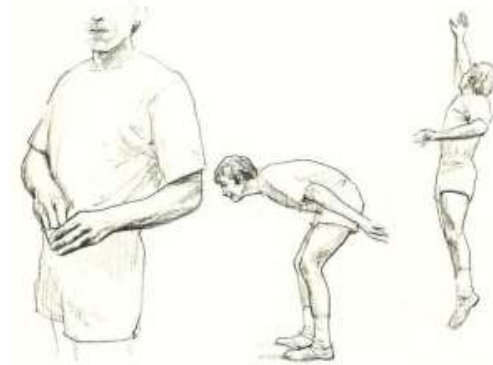
Regulating Your Progress

THIS CHECK on our progress is begun after you've set the first two weeks on the training circuit for early conditioning. Repeat this check every week or two. When you scores on repeated tests show no further appreciable gains, you're ready to move on to a training circuit specified for your sport. If you're not satisfied with your performance, remain with the early conditioning program a while longer. Once you've moved into a specific conditioning phase, use this check every few months to be sure you're maintaining your strength, endurance and flexibility.



STRENGTH
Pushups – Start with your hands by your shoulders and your chest touching the floor. Push your body up from the floor

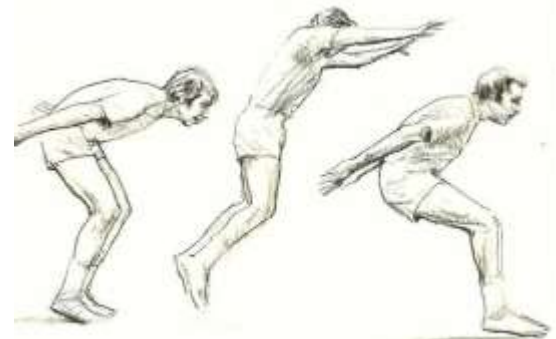
until your elbows are fully extended, keeping your back straight. Return and touch your chest to the floor and repeat, as rapidly as possible. Record the number of complete pushups you can do in one minute.



Vertical jump – Dip your fingers in a cup of water. Bend at the waist with your side to the wall and jump, touching as high as you can with your wet fingers. Measure the height of the finger mark.

Standing broad jump

– Stand on a line and jump from it as far as you can without falling back. Measure the distance you jumped.



ENDURANCE

Step test – Step up and down on a bench or box thirty times a minute for five minutes if you can make it. See how many minutes and seconds you can continue, and also check your pulse immediately after stopping.



FLEXIBILITY

Shoulder – Touch our fingers behind your back by reaching under the shoulder with one hand and over the shoulder with the other. Measure the gap or the overlap. To measure, hold the ruler at the zero end with one hand and slide the other hand toward the zero as far as possible. Remove the ruler with the sliding hand and read the measure.



Back – Sit on the floor with your legs straight, and reach toward or past your toes without bending your knees. Measure how far you reached.



Trunk – Sit on a straight-back chair with your feet locked against the insides of the front legs of the chair. Without twisting in the seat, turn your shoulders and see how far you can reach with your hand along the back of the chair. Try both sides.

RESULTS

Test	Date	Date	Date	Date	Date
Push ups					
Vertical jump					
Standing broad jump					
Step Test: Time					
Step Test pulse					
Flexibility					
Shoulder					
Back					
Trunk: Left					
Trunk Right:					



September Birthdays:

Kaitlin Turner & George Barker (1st) Paul Tattersall (10th), Claire Gayrard (5th), turns big special '30', Steve Salmon (16th)

Short Course Distance Championships

27/28th August Recurve were held on Saturday / Compound held on Sunday, hosted by SOPA. On the



Recurve Days: Leanne finished with a Silver Medal in the Open Women Recurve Division (791), James finished with a



Bronze in the Open Men's Recurve Division (812), with Stirling finishing 4th in the Men's Recurve Masters Division (722). Maria won Gold in the

Women Compound Vet+ (755) and Mitchell, won Bronze in the Cup Compound Division (785)



Well done to Tony / Max & Michelle Butera, who participated in the Pub to Pub Walk on Sunday 28th August, raising money & awareness for Without a Ribbon "Fighting for rare cancer support".

Picked a great day for it, and look forward to hearing all about it next time your at the club. I am sure at the end of the day (Newport Arms), a well deserved drink would have been on the cards.

Welcome to New Members:

Anthony Dyer (MR), Elizabeth Dyer (LR) & Thoraiya Dyer (CubGR), Annabelle Niven (CubGR), please join me in welcoming them aboard, and showing them the ropes when you see them at the club. Introduce yourself.