



# WARRINGAH ARCHERS NEWSLETTER October 2016



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



## Across the desk of the President!

Thought October would have given us a little rest due to school holidays, but no it just seems to be getting busier & busier.

The State team was announced at the beginning of the month to contest the teams event at the 2016 Open Nationals being held in South Australia, between 1<sup>st</sup> & 8<sup>th</sup> October. Warringah had three members selected to the State Recurve team – Kane, James & Leanne, with Team Manager being Steve. I had grave concerns whether the event would go ahead due to the problems South Australia was experiencing with weather conditions, but.....all went well.

**Back Row:** Tyrone Digby, **James Johnston**, Greg Taylor, Victor Wei, **Kane Wilson**

**2<sup>nd</sup> Row:** Mark Stevens, Anthony Maxworthy, James Larven, **Steve Jennison (Manager)**

**Front row:** Melissa Spinocchia. Belinda Maxworthy, Kerry Heath, **Leanne Spencer** & Joanne Murray



## Short Course Championships FITA60/900

Kane Bronze Medalist (RM) on 825 points  
James finishing 11<sup>th</sup> (RM) on 775 points  
Leanne finished 11<sup>th</sup> (RW) on 743 points  
Maria Gold Medalist (CV+W) scoring 778 points



## Open Championships:

Leanne (RW F70/1440) 4<sup>th</sup> – 1108  
Kane (RM F90/1440) Bronze Medalist – 1146  
James (RM F90/1440) 8<sup>th</sup> on 1066  
Maria Gold Medalist (CV+W F60/1440) on 1124

## Field Championships:

Leanne (RW) 7<sup>th</sup> scoring 247  
Kane (RM) 8<sup>th</sup> scoring 273  
James (RM) 10<sup>th</sup> scoring 261

## Clout Championships (though not part of the teams event)

Kane (RM-165m) Silver Medalist on 431 points  
James (RM-165m) finishing (10<sup>th</sup>) on 168 points

Leanne (RW-145m) finished 9<sup>th</sup> scoring 229,  
Maria Gold Medalist (CV+W-165m) scored 198

## Team Placings - Compound:

Victoria placed first with a team rating of: 1490.125  
South Australian placing 2<sup>nd</sup> on: 1299.67  
Western Australia 3<sup>rd</sup> on: 1014.65  
**NSW** finishing 4<sup>th</sup> on: 949.904

## Recurve (GOLD MEDALLISTS)

**NSW** placed first with a team rating of: 1228.591  
VIC placing 2<sup>nd</sup> on: 1183.36  
Western Australia placing 3<sup>rd</sup> on: 988.892

## Best Allround Archers:

Compound Women:	Melissa Mogan (ACT)	2557
Compound Male:	Pat Coughlan (SA)	2568
Recurve Woman:	Deanne Bridger (WA)	2342
Recurve Men:	Alex Potts (VIC)	2420
CMW:	Kerry Cheras (SQLD)	2557
CMM:	Tyrone Dignby (NSW)	2894
RMW:	Debbie Tremelling (VIC)	1903
RMM:	Daniel Caon (SA)	2348
<b>CVW &amp; CV+W:</b>	<b>Maria Wright (NSW)</b>	<b>2100</b>
CVM & CV+M:	John Hogben (NSW)	2809
RVM & RV+M:	Ian Bessell (TAS)	2576
LW (All Divns):	Pam Pettman (SA)	1206
LM (All Divns):	Nigel Steyn (SA)	1925

**Well done to everyone who competed.**



## State Records achieved by the following members:

### Maria Wright – CV+W

- Aust Indoor I 277 17/6/16
- Fita Indoor I 498 17/6/16
- Fita 900 755 28/8/16

### Jack Chambers-McLean - RIB

- AA 720 (45m) 579 10/7/16
- AA 720 (45m) 611 10/7/16
- AA720 (45m) 616 4/9/16



**October Handicap  
Winner  
Kaden Currie  
Cadet Male  
Recurve**



2<sup>nd</sup> Place  
Stirling  
Calandruccio  
3<sup>rd</sup> Glenn  
Steele

The results from this event has also elevated many of our archers into the top rankings in NSW in their respective divisions with Mitchell Campbell, Jack Chambers-Mclean, Aaron Seng-Yip Hayman, Simon Hayman and Cynthia Shin-Ngai Leung currently holding the number 1 ranking in the state. Jaxon Spinks and Stirling Calandruccio holding the number 2 rankings. Kiri Blinkhorne, Joshua Calandruccio and Andrew Catto holding down the number 3 rankings in the state.

### Club Championships Target – 8<sup>th</sup> Oct

Division placings:	
Male Compound:	Clinton Wright
Male Recurve:	Kane Wilson James Johnston Brandt Hendricksson
Lady Compound:	Julia Wright
Lady Recurve:	Leanne Spencer Jessica Hutchinson Lilia Hutchinson
Intermediate Compound:	Victoria Henricksson
Intermediate Recurve:	Jack Chambers-McLean Ben Ware Alex Ware
Cub Recurve:	Matthew Akhurst Tom Tattersal
Cub Compound:	Bobby Barr-Jones Mitchell Campbell Joshua Ware
Novice Division:	Mitchell Campbell Mark Smith Yifan Mei

### Club Clout Championships – 9<sup>th</sup> Oct

held in conjunction with the Northern Archers County of Cumberland clout

Stirling Calandruccio – RMM 525  
Jack Chambers-McLean – BRIB 487  
Kiri Blinkhorne – BRW 469



Lilia hit the clout at the event, as well as Mitchell.

#### Placings at the event:

**Gold:** Mitchell Campbell (BCUM), Jack Chambers-McLean (BRIB), Joshua Calandruccio (CCM), Aaron Hayman (LU20M),

Andrew Catto (BRM), Cynthia Leung (BRW), Stirling Calandruccio (RMM), Alan Nolan (BRVM)

**Silver:** Jaxon Spinks (BRIB), Ben Calandruccio (BRM), Lilia Hutchinson (BRW), Simon Hayman (BRVM)

**Bronze:** Kiri Blinkhorne (BRW), Kristian Chambers-McLean (BRM)

### Fred Herbert & County of Cumberland Clout – 8<sup>th</sup> October:

On Sunday Northern Archers hosted the Fred Herbert and County of Cumberland Clout at Hunters Hill, in what started out as perfect conditions but unfortunately rapidly degenerated with the wind becoming stronger and gusty as the day progressed which made shooting the long distances of clout very tricky.

There was a total of 60 Archers compete at this event making this one of the largest clout tournaments in recent times, Warringah Archers fielded a squad of 14 archers in various divisions with all 14 archers collecting top three placings

Team from Warringah front row left to right Jack , Kiri, Kristian, Cynthia, Simon and Mitchell.  
Back row Jaxon, Joshua, Andrew, Alan, Benjamin, Aaron, Stirling and Lilia



### MAXIMUM PERFORMANCE SERIES

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

#### Specific Conditioning for Maximum Performance

SPECIFIC CONDITIONING FOR LOCOMOTOR SPORTS  
SINCE LOCOMOTOR SPORTS are almost invariably endurance activities, the exercises are performed to build muscular endurance rather than muscle strength. Always begin your workout with the limbering circuit and finish off with the flexibility circuit. As in your schedule for early conditioning, do your warmup circuit gently, your training circuit with vigor, and just breeze through your calmdown circuit.

STATION	EXERCISE
1	SIDE-TO-SIDE JUMPING
2	QUAD SETTING
3	KANGAROO HOP
4	HEEL & TOE RAISES
5	BENCH STEPPING
6	HALF-SQUATS



#### STATION 1: SIDE-TO-SIDE JUMPING

Knees slightly flexed, jump to right over a narrow stripe on the floor then quickly back to the starting position, then repeat to left – a specific preseason exercise for skiers, but

applicable to any locomotor sport. Continue for at least one minute and during the training circuit increase your pulse rate to 90 percent of maximum if your sport requires extraordinary endurance: otherwise continue at 80 percent.

**STATION 2: QUAD SETTING**

Sit at the end of your chair seat and lean backward. Now extend one leg fully and tighten the quadriceps – the anterior thigh muscles – so that you pull your kneecap back. Push on the kneecap to make sure it's locked in place. Hold the position forty to fifty seconds probably the thigh muscle with your fingers to be sure it is contracting strongly. Repeat the exercise with the other leg. During the warmup and calmdown circuits, use less than all-out contractions. During the training circuit, contract the muscles as hard as you can.



**STATION 3: KANGAROO HOP**

Stand with your feet apart, crouch forward and jump upward, bringing your knees up toward your chest. Continue hopping for one minute. During the training circuit, try to get a little more height each leap, and elevate your pulse rate to 90 percent of your maximum if you are training for an event that requires extraordinary endurance; otherwise continue at 80 percent.



**STATION 4: HEEL AND TOE RAISES**

Stand and slowly rise on your toes and return to the floor. Repeat, changing the position of the feet so that the



feet point outward, straight ahead and inward at various times. Second half of exercise at each position: Rock back on your heels slowly and raise your toes. Repeat, changing positions of feet and alternating toe and heel raises. During the training circuit, intensify the effort by rising higher.

**STATION 5: BENCH STEPPING**

This is the same exercise as at station 5 in the early conditioning program.

Face the bench. Step up with the left foot, then up with the right foot, then down with the left foot, then down



with the right foot. Continue for one minute. Then step up with the right foot, then the left foot, step down with the right foot, then the left foot for another minute. If endurance is your goal raise your exercise pulse rate to 90 percent of your maximum; otherwise continue at 80 percent.

**STATION 6: HALF-SQUATS**

Start in a standing position in front of a straight chair, legs and feet spread about a foot apart. When shoes without heels are worn, put a small board about an inch thick under your heels. Bend at the knees, and lower your buttocks to touch the seat of the chair, lifting your arms in front of you for balance. Return to starting position.



Repeat forty to fifty times. Increase the speed and load as your condition improves. Squat can be done with a barbell, book bag or other weight held on the shoulders, behind the next, leaning forward slightly to maintain balance.

leaning forward slightly to maintain balance.



**November  
Joshua Ware  
(3<sup>rd</sup>) Xavier  
Wilson (7<sup>th</sup>),  
Jim Barber &  
Simon Wei  
(9<sup>th</sup>), Paul Cowle (12<sup>th</sup>), Ian  
Harper (15<sup>th</sup>), Jack  
Chambers-Mclean (21<sup>st</sup>),  
Oliver Prevett (22<sup>nd</sup>) Matthew  
Hinton (30<sup>th</sup>),**

**State Target Championships –  
Veteran/Juniors on Sat 15<sup>th</sup> Open on 16<sup>th</sup>**

Hosted by Penrith City Archers, congratulations to all members of Warringah who completed, there was some mixed results. Jack



thought it was really special being presented his award from Alex Potts (RIO Olympian)



**Gold:** Jack Chambers-McLean (RIB), Kane Wilson (RU20M), Maria Wright (CV\_W)

**Silver:** Mitchell Campbell (CUB), Kane Wilson (RM) 4<sup>th</sup> Leanne Spencer (RW) & 9<sup>th</sup> James Johnstone (RM) Australian Star Mitchell Achieved his 1200 & Jack 1100 Fita Stars: James 1000, Leanne 1100 & Kane 1200, with Maria obtaining Compound 1200 Fita Star.

From Mitchell, when I competed at the State Target at Penrith, after we finished shooting both Jack & I got to meet Jonathon Milne who is the Paralympic Archer



who went to Rio. When I came up to him I noticed people holding his bronze medal he won so I asked if I could hold it. He kindly obliged! Surprisingly the bronze medal was heavier than I expected. The medal had English and braille on it. Also when you shook it it would rattle which is a new thing this year. This was so blind athletes could tell which medal they had. Jono told us that when he wore the medal for a long time on the first day his neck started to hurt due to the weight of it. It was a very inspiring moment for me to meet someone who represented Australia in Archery and won a medal

### New Rounds being introduced in 2017:

September Archery Australia Board News: At the last Board meeting the Board approved a new round, the AA50/1440 (36 arrows at 50m on a 122cm face, 36 arrows at 40m on 122cm face, 36 arrows at 30m on an 80cm face, 36 arrows at 20m on an 80cm face). This new round comes into effect from the 1st January 2017.

The Board, following positive feedback from the Youth Committee, has resolved also to replace the Intermediate and the Horsham rounds.

From 1st January 2017 the Intermediate round will be replaced with the already approved AA50/1440 round.

In addition the Horsham round will be replaced with a new round the AA40/1440 which will comprise 36 arrows at 40m on a 122cm face, 36 arrows at 30m on 122cm face, 36 arrows at 30m on 80cm face, 36 arrows at 20m on a 80cm face.

The suite of 720 rounds shall also be changed to replace the AA45/720 and the AA35/720 rounds.

The AA45/720 will be replaced by an AA40/720 (72 arrows at 40m on a 122cm face) and the AA35/720 by an AA30/720 (72 arrows at 30cm on a 122cm face).

If it is felt that these new rounds will be more suited to those divisions which shoot them and in addition by eliminating the 5 metre distance rounds it is hoped to make the target field set up easier at major tournaments

### Adbow/Kidbow Championships, 22<sup>nd</sup>

**October, 2016:** Members were allocated to rounds pertaining to their experience and current rating, with the following results:

#### Adbow 2016 Champion:

1 <sup>st</sup> Anthony Dyer	770
2 <sup>nd</sup> Paul Cowle	743
3 <sup>rd</sup> Richard Crighton	707

#### Kidbow 2016 Champion:

1 <sup>st</sup> Mitchell Campbell	815
2 <sup>nd</sup> Oliver Prevett	780
3 <sup>rd</sup> Joshua Ware	748

Although very wet and soggy day, well done to everyone who competed, though I don't think there was a descent face left by the end of the day, thank goodness for electronic scoring, paper scoring would have been a nightmare.

### CHANGES IN INDOOR RATINGS

Archer	Old Rating	New Rating	Date
Barr-Jones, Bobby	55	59	27/08/2016
Leung, Cynthia	33	34	27/08/2016
Nolan, Alan	40	45	27/08/2016
Hutchinson, Lllia	28	33	12/09/2016
Steele, Glenn	44	48	12/09/2016
Blinkhorne, Kiri	xx	28	17/09/2016
Calandrucchio, Stirling	67	70	17/09/2016
Hayman, Simon	47	50	17/09/2016
Leung, Cynthia	34	38	17/09/2016
Robbins, Isaac	31	34	17/09/2016
Spencer, Leanne	65	69	17/09/2016
Spinks, Jaxon	xx	29	17/09/2016

### CHANGES IN FIELD RATINGS

Archer	Old Rating	New Rating	Date
Calandrucchio, Stirling	54	56	11/09/2016
Chambers-McLean, Jack	42	44	11/09/2016
Chambers-McLean, Jack	44	50	24/09/2016

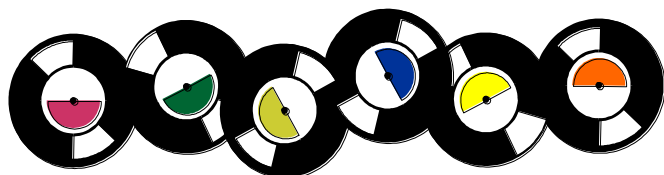
### Joke for the month:

The children were lined up in the cafeteria of a Catholic elementary school for lunch. At the head of the table was a large pile of apples. The nun made a note, and posted on the apple tray: 'Take only ONE. God is watching.'

Moving further along the lunch line, at the other end of the table was a large pile of chocolate chip cookies. A child had written a note, 'Take all you want. God is watching the apples....'

## CHANGES IN TARGET RATING

Archer	Old Rating	New Rating	Date
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
Aslanadis, Carmelo	82	83	4/09/2016
Wilson, Paul	xx	29	17/09/2016
Smith, Mark	14	17	18/09/2016
Schwarz, Jasper	32	36	24/09/2016
Mei, Yifan	57	58	2/10/2016
Spencer, Leanne	78	79	8/10/2016
Akhurst, Matthew	xx	6	8/10/2016
Ware, Josh	17	18	8/10/2016
Campbell, Mitchell	58	61	15/10/2016
Blinkhorne, Kiri	49	52	15/10/2016
Mei, Yifan	58	59	16/10/2016
Ware, Alex	23	25	16/10/2016
Ware, Josh	18	19	16/10/2016
Blinkhorne, Kirri	52	53	22/10/2016
Campbell, Mitchell	61	63	22/10/2016
Ware, Alex	31	34	22/10/2016
Smith, Gabbie	xx	11	22/10/2016
Campbell, Mitchell	63	64	30/10/2016
Smith, Gabbie	11	18	30/10/2016
Souchard, Ben	11	16	30/10/2016
Wright, Julia	xx	78	30/10/2016



## Club Records broken for the month of ..August / September & October

Archer	Divn	Round	Score	Date
Roland Ware	RM	Junior Adelaide	762	7/08/2016
Bobby Barr-Jones	CUB	FITA Indoor 1	495	27/08/2016
Stirling Calandrucchio	RMM	FITA Indoor 1	535	17/09/2016
Cynthia Leung	RMW	Samford	491	24/09/2016
Kane Wilson	RJM	F60/900	827	8/10/2016
Mitchell Campbell	BCCB	10/Dble Clout	287	9/10/2016
Kirri Blinkhorne	BRW	10/Dble Clout	469	9/10/2016
Alan Nolan	BRM M	10/Dble Clout	381	9/10/2016
Alan Nolan	BRM M	10 Ring Clout	204	9/10/2016
Maria Wright	RMW	FITA 60/1440	1262	15/10/2016

Gabbie Smith	RIG	Kiwi Chatter	534	15/10/2016
Julia Wright	CW	Bellingen	770	15/10/2016
Clinton Wright	CM	Bellingen	841	15/10/2016
Julia Wright	CW	Horsham	1336	16/10/2016
Julia Wright	CW	Ballina	798	22/10/2016
Maria Wright	CMW	Ballina	817	22/10/2016
Aaron Hayman	LJM	Ballina	163	22/10/2016
Mitchell Campbell	CUB	Fortress	815	22/10/2016
Anthony Dyer	RMM	Fortress	770	22/10/2016
Josh Ware	CUB	Ricker Treat	748	22/10/2016
Elizabeth Jennison	CMW	Ricker Treat	846	22/10/2016
Oliver Privett	RIB	Ricker Treat	780	22/10/2016
Mitchell Campbell	CUB	Drake	725	26/10/2016
Julia Wright	CW	Newcastle	891	30/10/2016
Maria Wright	CMW	Newcastle	894	30/10/2016

## ROBIN HOOD

When you think of Robin Hood, some of the following images might haunt you?, however.....in Warringah



Archers, we call a Robin Hood, where you shoot an arrow into another arrow already lodged in the target,



which Mark Smith did at the weekend, gets a little bit more expensive when you shoot your own arrows, and



everyone else breathes a sigh of relief, thanking you for not damaging theirs! Not an easy feat though.

## ALL GOLD & '60' PERFECT BADGES

There has been discussions going forwards that members can purchase these awards directly from Archery Australia. Before members go down this path, the club would like to deplete any stocks that it has on these badges (Bronze ones), therefore, if have achieved an All Gold (arrows in X, 10s & 9s) and/or all your arrows in the (X & 10), then you can claim the award. In archers diary after the days shoot has been recorded, if you have achieved these awards, it will show at the bottom of the page....but



by then you would know already. Please see Club recorder if you would like to purchase.

