



# WARRINGAH ARCHERS NEWSLETTER November 2016

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



Mark Smith Robin Hood



## Across the desk of the President!

What a great time was had at the Halloween shoot, though it does seem a long time ago now, and there is so much happening within archery. Thank you to everyone who attended, and as always if you are interested in coming up with a new fun shoot face, feel free to make up one, next FUN SHOOT will be at Easter 2017 (Gosh!).

Also a big THANK YOU to Victoria Henricksson our MC for the Club Presentation Night, and Kelly Barr-Jones who did a great job once again, in making sure everyone had an enjoyable night, with team Sweden taking out the honors on the night.

Warringah Archers has launched it's 'A' squad for 2017, and is made up of those archers who have attained Gold Class or better using the rankings and classifications currently in Archers Diary:

### The Open 'A' Squad consists of currently:

Elite Silver	Carmelo Aslanidis
Elite Bronze	Kane Wilson
MB:	Brandt Henricksson
MB:	James Johnstone
MB:	Leanne Spencer
MB:	Clinton Wright
MB:	Maria Wright
Gold:	Julia Wright

### Junior 'A' Squad members consist of currently:

Elite Silver	Carmelo Aslanidis
Elite Bronze	Kane Wilson
GMB	Bobby Barr-Jones
MB	None as yet
Gold	Jack Chambers-McLean
Gold	Mitchell Campbell
Gold	Victoria Henricksson

This program will be supported through sponsorship received from:



The aim is for our archers to try out for state team selection, with coaching and financial support being

provided to attend major competitions. This does not mean that other members of Warringah Archers will be ignored. During 2017 we will be hosting club coaching days every 2 months, with educational workshops integrated into the club calendar.

Key Dates for Junior Members is to compete in the Youth Nationals being held in Morwell, Victoria between the 8-13<sup>th</sup> April, 2017, with the Open Nationals being held in Western Australia between 28<sup>th</sup> October to 1<sup>st</sup> November, so very exciting times ahead for archers.

**Welcome to New members:** Christopher(RM) & James (RUB) Whitely, Bryan McGuire (RM) Mariano (RUB) & Massimo (RUB) Llana, John Holme (RM) & Emma Brady (RIG) please join me with welcoming them on board. Also it's great to see Katelin Turner (CW) & Sarina Hoa, returning



## State Clout Championships 6<sup>th</sup> November, 2016

Last Sunday Northern Archers hosted the State Clout which attracted over 60 archers which is one of the largest groups of competitors in recent years. Warringah Archers fielded 13 archers which was 2nd biggest group of Archers from any 1 club, which is a very big effort considering we have one of the smaller clubs in NSW.

We had 4 families that shot and all finished with medals Jack and Kristian ( Father and Son), Lilia and Jessica ( Mother and Daughter), Cynthia and Aaron ( Mother and Son), and Stirling, Ben and Josh (Father and Sons)



Of the 13 archers we had **6 gold medals** won by, Jack Chambers-Mclean, Jessica Hutchinson, Kane Wilson, Aaron Seng-Yip Hayman, Alan Nolan and Maria Wright. **Silver medals** were won by Joshua Calandrucchio, Kristian Chambers- Mclean, Cynthia Shin-Ngai Leung, Stirling Calandrucchio and **Bronze Medals** were collected by Benjamin Calandrucchio and Lilia Hutchinson. Kiri Blinkhorne in her first attempt at the Female Open Recurve division finished in 5th

position in one of the most heavily contested divisions, with a very respectable score of 510.

### Kidbow tournament – 12<sup>th</sup> November, 2016:



Last Saturday Warringah held the Annual Kidbow tournament this event was kindly sponsored by Ratcliff Mathews Real Estate Dee Why this year and

attracted archers from as far afield as Bathurst, Liverpool and Newcastle with a total of 43 junior archers competing.

Warringah had a large contingent with 21 archers competing in this tournament and there were many competitors who were shooting in their maiden tournament. We had 12 archers from Warringah collect top 3 placings.

**Gold** collected by: Elizabeth Dyer, Xavier Wilson, Gabbie Smith, Jack Chambers-Mclean, Josh Calandruccio, Jasper Schwarz, Lachlan McLeod and Aaron Seng-Yip Hayman.

**Silver** medals were collected Max Foley, Alex Ware  
**Bronze** medals collected by Mitchell Campbell, Benjamin Souchaud, Jaxson Spinks.

All of the archers that competed were truly great representatives of their respective clubs and I believe that many of these archers will compete at the highest levels of archery in the future.

Congratulations also goes to Jack Chambers-McLean (Recurve) & Madeline Boyle (Compound), for winning \$100 cash each for winning the elimination rounds.

### November Handicap Winner



Gabbie Smith  
Recurve  
Intermediate  
Girl

2<sup>nd</sup> Place, Ben Ware 3<sup>rd</sup> Place; Ben Souchaud,



### Records achieved by the following member:

Maria Wright (CV+W) - Congratulations

F60/900 -  
F60/1440 -

Score of 778 2nd October 2016  
Score of 1262 15th October 2016

### MAXIMUM PERFORMANCE SERIES

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

### Specific Conditioning for Maximum Performance SPECIFIC CONDITIONING CIRCUIT FOR BRACHIATING SPORTS

BRACHIATING SPORTS can be either endurance or strength events, or combinations of the two. The exercises that follow should be tailored to the endurance or strength needs of the sport – using moderate loads and high repetitions for muscular endurance, and heavy loads with few repetitions for strength.

Once again, always begin your workout with the limbering circuit and finish off with the flexibility circuit. Walk through your warmup circuit, do your training circuit energetically and finish off with an easy calmdown circuit.

Station	Exercise
1	Eight-Count pushups
2	Arm Curls
3	Arm stepping
4	Pushbacks
5	Arm isometrics
6	Half-level

#### STATION 1: EIGHT-COUNT PUSHUP

This is the whole-body exercise with both strength and endurance benefits.

Start in a standing position. At the count of one, bend at your knees into a crouch, keeping your back



straight, and place your hands on the floor in front of you. At the count of two, throw your legs

backward until they are straight. At the count of three, bend at the elbows and graze the floor with your chest. At the count of four, push away from the floor until your elbows are straight again. At the count of five, graze floor with your chest again. At the count of six, push away again. At the count of seven, return to the same crouching position as count one. At the count of eight return to the starting position. During the training circuit, repeat the exercise rapidly for at least a minute.

## STATION 2: ARM CURLS



If you have a barbell of a dumbbell, use it. Otherwise, fill a small bag with books – not too many at first. If the handle is big enough for both hands, so the exercise using both arms

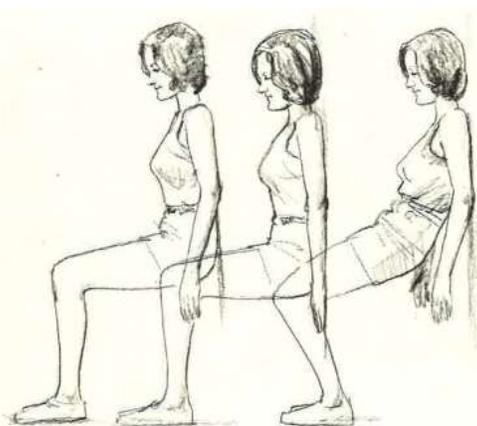
simultaneously. Otherwise, do one arm at a time. Start with the palms forward, arms extended toward the floor, weight in the hand or hands. Curl the weight toward your chest, then return to the starting position. Repeat. If it's endurance you're after, use moderate loads and repeat forty to fifty times during the training circuit. If strength is your goal, increase the load so that you can complete only five curls or less.

## STATION 3: ARM STEPPING



This exercise adds power to your arm and shoulder muscles. Place our hands on the second step of a stairway and stretch your body out as though you were going to do a pushaway. Your shoulders should be directly over your hands. Now move your right hand to the third step, then your left hand to the third step, then your right hand back to the second step, then your left hand back to the second step. Repeat ten times, then start with your left hand, then your right hand, return with your left hand, then your right hand. During the training circuit, repeat the exercise rapidly for a minute or so.

## STATION 4: PUSHBACKS



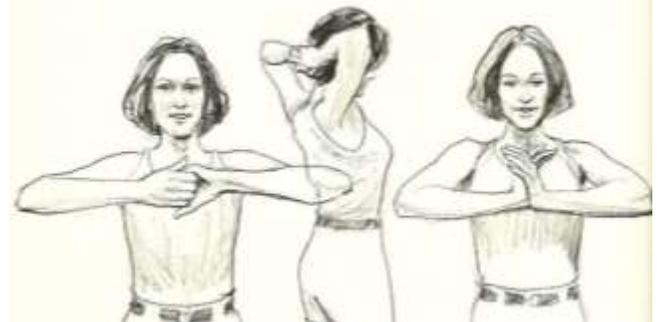
Assume a sitting position with your back against a wall, as if you were seated in a phantom chair. Press your palms against the wall just below your

buttocks. Hold the pressure for ten seconds. Then relax your arms and press against the wall with your

back by pushing against the wall with your feet. Hold this pressure for ten seconds. Alternate palm pressure and foot pressure for a minute. During the training circuit, press with all you've got.

## STATION 5: ARM ISOMETRICS

Hook your fingers in front of your chest, with your



elbows out at shoulder level. Attempt to pull your hands apart,, pulling for ten seconds. Move your hands behind your head and pull for another ten seconds. Return to the front and press the palms together. Push the hands together, trying to push one hand or the other off center for ten seconds. Repeat the series. During the training circuit, pull and push to your utmost.

## STATION 6: HALF-LEVER



Crouch between two straight chairs with your hands on the seats of the chairs. Extend your legs in front of you. Raise your body by straightening your elbows. Lower your body very slowly. Repeat for a minute. During the training circuit, let your body descend as far as possible.

In the next chapter, we'll fit the exercises we've just learned into your overall program.



**December  
Andrew Catto  
(2<sup>nd</sup>), Simon  
Hayman (6<sup>th</sup>),  
Gregg Barr-Jones  
(7<sup>th</sup>), Jasper  
Schwarz (22<sup>nd</sup>),**

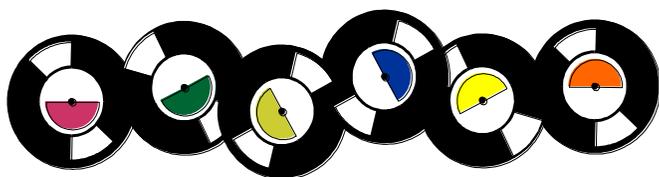
**Just wondering as we are getting close to  
XMAS, will I at least get 1 cake this year?**

## CHANGES IN TARGET RATING

Archer	Old Rating	New Rating	Updated
Archer			
Crighton, Richard	xx	33	7/11/2016
Dyer, Anthony	xx	55	7/11/2016
Smith, Gabbie	18	21	7/11/2016
Spencer, Leanne	79	81	7/11/2016
Mei, Yifan	59	60	8/11/2016
Smith, Mark	xx	53	8/11/2016
Foley, Max	23	26	8/11/2016
Smith, Gabbie	21	24	12/11/2016
Ware, Alex	25	32	12/11/2016
Spinks, Jackson	35	36	12/11/2016
Calandruccio, Josh	54	55	12/11/2016
Schwarz, Jasper	36	37	12/11/2016
Dyer, Anthony	55	58	19/11/2016
Wright, Julia	78	80	20/11/2016
Smith, Mark	53	62	20/11/2016
Blinkhorne, Kiri	53	55	20/11/2016
Crighton, Richard	33	37	27/11/2016
Mei, Yifan	60	64	27/11/2016
Smith, Mark	62	63	27/11/2016
Wright, Clinton	xx	101	27/11/2016

## CHANGES IN INDOOR RATING

Archer	Old Rating	New Rating	Updated
Archer			
Blinkhorne, Kiri	28	39	13/11/2016
Hutchinson, Lilia	33	36	13/11/2016



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

Archer	Divn	Round	Score	Date
Julia Wright	CW	Bothwell	643	20/11/2016
Clinton Wright	CM	Bothwell	693	20/11/2016
Clinton Wright	CM	Canberra Short	871	26/11/2016
Julia Wright	CW	Canberra	840	26/11/2016
Clinton Wright	CM	Samford	870	27/11/2016
Julia Wright	CW	Samford	792	27/11/2016
Mark Smith	CMM CM	Golden Gong	854	27/11/2016
Maria Wright	W	Golden Gong	882	27/11/2016
Mei Yifan	CM	Golden Gong	862	27/11/2016

## Joke for the month:

A little girl was talking to her teacher about whales. The teacher said it was physically impossible for a whale to swallow a human because even though it was a very large mammal its throat was very small. The little girl stated that Jonah was swallowed by a whale. Irritated, the teacher reiterated that a whale could not

swallow a human; it was physically impossible. The little girl said, 'When I get to heaven I will ask Jonah'. The teacher asked, 'What if Jonah went to hell?' The little girl replied, 'Then you ask him'.

## CLUB PRESENTATION NIGHT SPECIAL AWARDS

Most Consistent Archer of the Year: Jack Chambers-McLean, with Most Improved Target Archer awarded to Mitchell Campbell, with an overall improvement of 40.68.



Leanne Spencer took out the Most Improved Indoor Archer with an improvement of 7.14, and I am sure you will all agree with me, when Warringah Archers awarded Simone Schwarz with **CLUB**



## SUPPORTER OF THE YEAR

A very special award was presented this year for the 1<sup>st</sup> Time. Founding Members & Life Members Danny & Barbara Stasenka donated a perpetual trophy to the club for the Best Allround Tournament Archer.



Each time an archer competes in a tournament, whether it is Target / Field / Clout or Indoor, the score that they achieve is added together for the period 1<sup>st</sup> November, to the 31<sup>st</sup> October annually (this is to coincide with our perpetual trophies). This inaugural winner for 2016 was Jack Chambers-McLean.

*Kane Wilson also received his 200 points milestone from placings gained in RBG Tournaments, which commenced in 2001. Great Effort Kane.*

