



# WARRINGAH ARCHERS NEWSLETTER December 2016

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

**Milestone  
Reached  
100 active  
members**



## Across the desk of the President!

Working Bee 10<sup>th</sup> December, yep this was on, and it was great to see so many attend and undertake a variety of tasks (*even our junior members*).

As the club is growing we reached 102 members, congratulations to Mikayla Frandsen who became our 100<sup>th</sup> registered active member on the 9<sup>th</sup> December, the workload, wear & tear of equipment also increases, that is why it is important that we actively participate in making life easier down the club by chipping in where we can, as working bees are only held a couple of times a year.

What a relief I can hear parents say as well for all our younger members who completed their HSC and Uni students finishing final exams, which can be a stressful time for everyone. For those finishing their HSC well done.....I believe by the time this newsletter is sent out that results will have been received, then decision time – Work or Uni! It just never stops, but we look forward to seeing you back at the club shooting regularly.

**Welcome to New members:** Oliver Deakin (RUB), Craig (RM), Kyle (CIB) & Mikayla Frandsen (RUG) & Mireille Vermulst (RW) & Jeffrey Smith (RM), please join me in welcoming them aboard and showing them the ropes.

**Handicap Incentive 2017:** as well as providing members with a keepsake trophy, the club will be awarding a \$20 club voucher to the winner which can be offset against equipment purchases and/or membership fees at the club, has no monetary value outside of the club.

**Nationals rankings:** The scores are made up from the highest degraded rating from AA or WA registered events. Ratings are degraded by 2 points per month (30.4 days). (Clout scores are degraded by 5 points per 30.4 days)

<http://archersdiary.com/NationalRankings.aspx>

## Club Layout / Safety & Registration:

As mentioned previously, as the club grows, we need to put measures in place to ensure that we can start shooting on time, therefore the sequence of events are as follows:

- 1) If you are on Ground Duty, please ensure that you give yourself enough time to set up the field before members start setting out targets (*1 hour before shooting commencing would be a good idea*). Members where possible will be rostered on once

every 8-10 weeks. Once you have completed this, proceed to set up your equipment, but don't forget to register to shoot.

- 2) If you are on IT Duty, you need to Set-up the Desk/ Registration Book / Pens / Registration Sheet (*showing round of the day*) / Computer / Wi-Fi Bench & monitor (plug in). Set up your equipment, then assist members to log in.
- 3) Safety Barriers, it is always important that members chip in & put up the safety barriers (bunting).
- 4) Shade Cloths – the club now has two of these, and these can be set up, one between three targets preferably commencing around target 3, as the trees do provide some level of shade. Remember though if you are putting up shades, they must also be taken down, allow yourself enough time to complete this.
- 5) On Handicap Days & Major events at the club we will also be setting up the timing equipment, so members will be asked to give a hand to complete this.

## Registration (Saturdays)

Registration is between 8.15 & 8.45. I have been noticing that there are still a few people who continue to turn up after 8.45, they do not assist in setting out the targets, and yet wish to shoot.

The committee will close the registrations at 8.45, this allows us time to shuffle the targets, so that the shooting line is reduced due to gaps. Therefore, if you turn up after 8.45, there may not be space for you to participate in the shoot of the day. Also while the club shoot is on, there is no practice facilities available.

**Director of Shooting:** Who can act as DOS at events?

Separate accreditation for a person to be a DOS was removed as a requirement by Archery Australia a number of years ago when World Archer deemed it mandatory for the DOS to be a Judge at any World Archery Registered event.

As such any National Judge or National Judge Candidate can act as a DOS at a registered WA event to enable records and results to be valid.

If the event is not registered with World Archery (ie Fita Star/Fita Arrowhead/Fita Performance award shoot), then this requirements is not needed and the event organizing committee can appoint a DOS from a person with suitable knowledge of the rules to conduct an event. Although it is always preferable to have a Judge or Judge candidate act in this role whenever possible due to the need for the DOS to be fully conversant with the rules.

**QRE Officials:** By linking on this page, you can review 2015 QRE Guidelines (effective 1<sup>st</sup> January 2015).

<http://www.archery.org.au/Tournaments/National-Ranking-List/Approved-QRE-Officials>

### BECOMING AN APPROVED QRE OFFICIAL

A member may apply for approval as an 'Authorised QRE Official'. In order to be considered, the person must:

1. Be over 18 years of age, and
2. Have had more than 5 years involvement in the sport, and
3. Have successfully completed the current online Club Official training course as provided by Archery Australia.

#### Step 1 – Complete the Online Training Course

In order to complete the Club Official online training course visit the Archery Australia Online Training site located at [www.archeryeducation.com.au](http://www.archeryeducation.com.au)

#### Step 2 – Apply to Register as a QRE Official

Once you have completed the Club Official online training course you can lodge your application to become a QRE Official, which can also be located on this page. ***If you would like to consider being a QRE official, please complete the on-line education.***

Current Officials of the club are: Stirling Calandrucio / Leanne Spencer / Lilia Hutchinson & Steve Jennison.

#### Practice faces:

If you are working on form, and you are using a target face, please use some of the used spots, and place them away from the centre of the target (*around the edges would be a good idea*).

#### School Holidays:

Yes, the club is open during school holidays and public holidays, however, please remember that an adult must be in attendance at all times. If you require a key for flexibility of shooting at the club, these can be requested on line.

## December Handicap Winner

(Wayne Jarrett Memorial Shoot)

3<sup>rd</sup> December,

Aaron Hayman (U20 Longbow)

2<sup>nd</sup> place was Clinton Wright (CM) &

3<sup>rd</sup> Max Foley (RUB)



## MAXIMUM PERFORMANCE SERIES

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

### Your maximum Performance Program

WHATEVER DEGREE OF CHANCE you have in mind, the program in which you'll accomplish your objective will consist of four stages.

#### 1. DEVELOPMENT

- Correction of health defects
- Reduction of excess fat
- Reduction of excess tension
- Early conditioning circuit training
- Building mobility
- Skill analysis; changes in form of style

#### 2. REFINEMENT

- Specific conditioning
- Dynamic relaxation
- Non-Injuries drills to incorporate new skills into game elements.

#### 3. REHEARSAL

- Game practice
- Acclimatization

#### 4. COMPETITION

- Tapering of Training
- Peaking of effort

The time you'll devote to each stage will depend on the amount of change you're after. The more time spent overall, the more changes you'll achieve. Be sure to spend some time at each stage. Remember, the greatest gains come in the early part of each stage. As you prolong each stage, your gains each week will be diminished, but for maximum performance you are seeking the extra talents you will be needing at crucial points in the game, and the extra stamina you will be needing during the closing moments.

#### NUMBER OF WEEKS AT EACH STAGE

	Degree of Commitment*		
	Low	Medium	High
Development	4	8	12
Refinement	4	8	16
Competition	4	8	12
*Degree of commitment*			

**Low:** Willing to go halfway to my ultimate capacity. I'm prepared to invest 2 weeks of training prior to competition in order to improve my performance.

**Medium:** I want to reach 80 percent of my capacity, and am willing to invest 24 weeks of training to that end prior to competition.

**High:** I want to be the best I can possibly be, and am willing to go all out for a full year – for example 40 weeks of training prior to a 12-week period of competition.

Underlying every program – no matter how long its duration – is the same philosophy: that the route to

maximum performance is not through performance alone.

You don't get to be the best possible performer by practicing only the event itself. If that's all you do, you won't ever do your best.

This is a tough notion to sell to tournament players, some of who win all the time by playing all the time, and the rest of whom see that that's all those winners do to win. As a consequence, each day they play. They set up a performance goal without regard to whether it's just enough, too little or too much to stimulate development. They play just hard enough to win. Whoever trains in that manner forgets that it's his body that's performing, not the stopwatch or tape measures or scorecards that quantify the result. He may also be risking injury. And he's surely not performing to his potential – even if he's winning.

Assuming you've decided that you want to develop to the maximum of your ability in a specific period of time you're not going to get there if you start right off in completion. At the end of the reason, you're only going to be partway to where you might have been had you taken things in their proper order, using the fundamentals of training.

The natural question is, "How long must the overall program be?" It's also the most difficult to answer, beyond saying that the more you train the better. But here is a way of looking at training that might help you to find your own answer.

In training, you're always building up to a peak. After a short recovery period, you're starting again and building toward the next peak. If your peak is as glamorous as the Olympic Games, that's a four year cycle; and if, let us say, you've won your silver medal, you take a short rest and then start over again in order to win your gold. In football, a bowl game is your ultimate goal. That means a fifty-two week cycle. After the bowl game, you get a little rest and start over again. Swimmers have a winter and summer season, with a championship at the end of each season. So for swimmers, its six-month recycling program – which, at the championship level, is about as small as a cycle can be. There's so much to be done between each peak that if you try to peak more frequently than twice a year you will probably not perform as well.

Recreational play is a different matter. The recreational player has obviously not got the Olympic Games or a bowl game in his sights. His sport may or may not be seasonal. But he ought to reflect a bit on this concept of peaking.

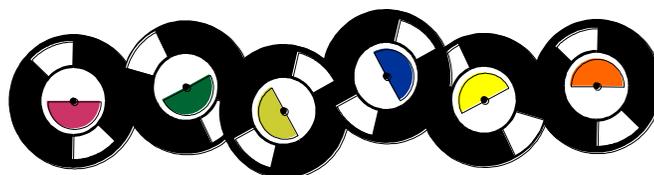
Assuming you're this recreational player, why not look on the program you're about to undertake as one that will lift you to a new peak – from which, if you wish, you can then organize yourself for an assault on an even higher peak. You might very well be content to remain at the first new peak, without going further. The option is yours. The beauty of this program is that it permits you to establish a realistic goal for yourself – one that you can achieve in the time that you can give it – without foreclosing your prospects.

That gets us down to the minimum time period for any improvement. Bearing the foregoing qualification in mind – that improvement is relative to the amount of time you give it – a slight, but measurable

improvement may be seen in a week of concentrated training, and marked improvement may be expected if the program is extended to a luxuriant fifty-two weeks. A period somewhere in between those extremes – let's say twenty four weeks – gives us a manageable and tolerable time to make possible the accomplishment of most all of the essential benefits of training. Give yourself a minimum of twenty four weeks, if you can, but give whatever time you can, in any case.....practice times.....next edition

## CHANGES IN TARGET RATING

Name	Old	New	Date
Wright, Clinton	101	105	3/12/2016
Mei, Yifan	64	68	4/12/2016
Cowle, Paul	xx	17	4/12/2016
Jennison, Elizabeth	xx	52	4/12/2016
Ware, Josh	19	23	4/12/2016
Blinkhorne, Kiri	55	56	10/12/2016
Wright, Julia	80	81	10/12/2016
Llana, Mariano	xx	18	11/12/2016
Mei, Yifan	64	65	17/12/2016
Ware, Josh	23	24	17/12/2016



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

Archer	Class	Round	Score	Date
Maria Wright	CMW	Handicap	826	3/12/2016
Clinton Wright	CM	Handicap	884	3/12/2016
Julia Wright	CW	Jun Handicap	844	3/12/2016
Mei Yifan	RM	Yass	625	4/12/2016
Clinton Wright	CM	Yass	701	4/12/2016
Julia Wright	CW	Sara Lee	707	4/12/2016
Elizabeth Jennison	CMW	Sara Lee	661	4/12/2016
Josh Ware	CUB	Sara Lee	575	4/12/2016
Julia Wright	CW	Jun Canberra	874	10/12/2016
Julia Wright	CW	Jodie Joker	874	11/12/2016
Maria Wright	CMW	Sydney	1054	17/12/2016
Julia Wright	CW	Short Sydney	1153	17/12/2016
Simon Hayman	RMM	Short Sydney	1039	17/12/2016
Cynthia Leung	RMW	Short Sydney	946	17/12/2016
Mitchell Campbell	CUB	Short Sydney	1112	17/12/2016
Gabbie Smith	RIG	Short Sydney	889	17/12/2016
Aaron Hayman	LJM	Short Sydney	863	17/12/2016
Emma Brady	RIG	Mini Sydney	806	17/12/2016
Danny Stasenka	RMM	Mini Sydney	1135	17/12/2016



## January

Well we never got 1 cake during 2016, so I'm hoping 2017 will be different?

**Alex Jackson (4<sup>th</sup>), Tom Tattersall (11<sup>th</sup>), Merrick Nacinovich & Mark Smith (12<sup>th</sup>), Kiri Blinkhorne (15<sup>th</sup>), Ken Wright (22<sup>nd</sup>)**

## ROBIN HOOD - What does this mean?

When an archer shoots an arrow into another, it is called a robin hood. What is neat in this instance, is the archer (Leanne) shot one arrow dead centre down another shaft, split & curling it, showing the nock of the mischievous arrow. No saving these two!



teams swinging backwards & forwards, which meant that we went down to Mikayla's team (Maid Marions), with mum Jo

and Alice



## Female Participation Day 18<sup>th</sup> December.

First of all I would like to say **THANK YOU** to all our male members who encourage partners to attend, apart from myself thanks should also go to Danny /



Aaron & Neil for assisting with the coaching (*It was a tough crowd!*).

Although there were a few of our

seasoned female archers who stayed away from the club, Julia/ Kiri / Leanne / Lilia & Gabbie attended, shooting a Geelong & Drake round. A couple of our



male archers took the time to go to one side and obtain sightings. Unfortunately the weather was not as kind as it could have been on the day, intermittent rain, causing us to run for cover, but.....everyone stayed and we managed to get through the event.

We started the day off with a little bit of a safety talk, then it was straight into shooting. It was great to see Shona Spinks achieve the first gold of the day, smack bang in the centre. We then broke into 6 teams, and had a team's competition. There were five ends, each with a different scoring end, with



coming out on top. At the end of the day we finished with an elimination shoot, and everyone wanting to come back next year and have a go.....and YES it will be on.

## Joke for the month:

A Kindergarten teacher was observing her classroom of children while they were drawing. She would occasionally walk around to see each child's work.

As she got to one little girl who was working diligently, she asked what the drawing was.

The girl replied, 'I'm drawing God.'

The teacher paused and said, 'But no one knows what God looks like.'

Without missing a beat, or looking up from her drawing, the girl replied, 'They will in a minute.'

## GOAL SETTING

Setting goals can help us plan and monitor your progress over a period of time, and then adjust your plan so you can meet your goals.

**Long Term Goals:** May even relate to a three or five year time period.eg.

- finish top five in the state junior or open championships
- finish top ten in the national junior or open championships

Remember that your long term goals should be specific to allow you to evaluate your achievements.

Short Term Goals, are used as stepping stones to help you achieve your long term goals. They must be achievable and realistic. eg.

- Improve fitness
- concentration
- skill level: White / Gold class / MB to Elite levels
- Perfect awards / badges 30,40,50 metres etc. (All types of faces ie 122cm, 80cm, 60cm)

Reward yourself for achieving your goals.

By next 1/1/17 – list your long and short term goals. Then we will set aside some time over the next couple of weeks to review.