



WARRINGAH ARCHERS NEWSLETTER September 2016



www.warringaharchers.com.au



Across the desk of the President!

What a busy month September was, kicking off with our Club Championships Field, followed by the Indoor Championship (shot outdoors), *I said I enjoyed saying this.* Not only was our club Annual General Meeting held, but also ArcheryNSW had their AGM, followed by the 2015 State Presentation Night....and that was only the first two weeks. Phew!

Life Membership of Warringah Archers was awarded to Danny & Barbara Stasenka and a new committee for 2016/2017 was elected. A big thank you for Lilia Hutchinson / Andrew Catto & Carmelo Aslanidis for their assistance over the last 12 months everyone's input was valued.

It is my pleasure to serve you again in the role of President, and the committee for 2016/2017 has a wealth of knowledge. We have a couple of new members coming on board, with some going into other roles....what a mix, and it's great to see, I think this is the first time in a long time, where nominations have been filled prior to the Annual General Meeting, so thank you to everyone who volunteered.

President:	Elizabeth Jennison
Vice President:	Paul Wilson
Secretary:	Roland Ware
Treasurer:	Kristian Chambers-McLean
Recorder:	Leanne Spencer
Executive 1:	Stirling Calandruccio
Executive 2:	Danny Stasenka
Executive 3:	Alan Nolan

Welcome to our new members: Paul Cowle (RMM), Jack Cowle (RUB), Nicholas Lyras (RVM) and Richard Crighton (RMM). We also see the return of Julia & Clinton Wright, so please join me in helping them learn the ropes at the club.

As mentioned at the Annual General Meeting – results have been published for the 2016 Club Challenge was won by:

1	Moorabbin Archery Club	919
2	Twin City Archers Gippsland	917
3	Bunbury Archery Club	912

Warringah finished 17th with a score of 872 – so there's only one way to go from here and that is up!

Several members placed also which was great news:
1st Bobby Barr-Jones (CUB)
2nd Max Foley (RUB)

3rd Ben Souchaud (RUB)
4th Joshua Ware (RUB)
3rd Victoria Henricksson (CIG)
1st Ben Ware (RIB)
3rd Jack Chambers-McLean (RIB)
5th Jaxon Spinks (RIB)
1st Joshua Calandruccio (RCM)
1st Jessica Hutchinson (RU20W)
4th Leanne Spencer (RW)
5th Kiri Blinkhorne (RW)
3rd Lilia Hutchinson (RMW)
4th Stirling Calandruccio (RMM)
6th Brandt Henricksson (RMM)
15th Steve Jennison (CVM)
1st Alan Nolan (RVM)
3rd Glenn Steel (RVM)
1st Maria Wright (CV+W)
4th Danny Stasenka (RV+M)
Well done to you all.

ArcheryNSW also had it's Annual General Meeting on the 18th September, with the following officers appointed:

President:	Steve Jennison
VP/Publicity:	Andrew Crampton
VP/Membership:	Jon Barnard
Secretary:	Julie Tonowicz
Treasurer/MPO:	Chris Clerke
Coaching Administrator:	Greg Barr-Jones
Junior Administrator:	Anthony Maxworthy
Recorder:	Lilia Hutchinson
Officials Convenor:	Kathy Vaughan

There is only one vacancy and that is in the role of Tournament Coordinator, therefore, if there is anyone who is interested in this role, please make contact with the President. It is great to see after a year of turmoil within the society that there is a functioning committee now in place, and Warringah has a couple of members on board.



2015: Gregg Barr-Jones
Outright Field Champion
Male Recurve: Red Pegs

2015 Maria Wright –
Outright Clout Champion
Female Compound
shooting distance of 165m.



Club Championships Field results 10th September,

Cub Competitors

Mitchell Campbell	CUB	Yellow	270	(Red)
Tom Tattersall	RUB	Yellow	62	
Elizabeth Dyer	RUG	Yellow	19	

Intermediate Competitors:

Jack Chambers-Mclean	RIB	Blue	236	(Red)
Jaxon Spinks	RIB	Blue	88	
Ben Ware	RIB	Blue	79	
Alex Ware	RIB	Blue	74	
Alex Jackson	RIB	Blue	64	

Cadet/Junior Competitors:

Jasper Schwarz	RCB	Blue	158	(White)
Jessica Hutchinson	RU20W	Red	95	(White)
Sam Donlan	RCM	Blue	44	

Open Recurve Competitors:

Stirling Calandruccio	RMM	Red	251	(Blue)
Yifan Mei	RM	Red	224	(Black)
Andrew Catto	RM	Red	204	(Black)
Anthony Dwyer	RM	Red	200	(Black)
Alan Nolan	RVM	Red	140	(White)
Thoraiya Dywer	RW	Red	109	
Lilia Hutchinson	RMW	Red	79	

**Outright Field Winner is:
Mitchell Campbell**

Club Championships 17th September

Archer	Divn	Score	Rating	Class
Johnstone, James	RM	273	88	GMB
Calandruccio, Stirling	RMM	269	73	Gold
Catto, Andrew	RM	244	60	Blue
Henriksson, Brandt	RMM	239	58	Blue
Hayman, Simon	RVM	227	54	Blue
Dyer, Anthony	RMM	222	51	Blue
Nolan, Alan	RVM	200	43	Black
Ware, Roland	RM	174	34	
Robbins, Isaac	RCM	171	37	Black
Stasenska, Danny	RV+M	155	31	
Crighton, Richard	RMM	146	30	White
Wilson, Paul	RM	109	21	
Spencer, Leanne	RW	267	73	Gold
Blinkhorne, Kiri	RW	221	56	Blue
Leung, Cynthia Shin-Ngai	RMW	193	43	Black
Hutchinson, Jessica	RU20W	124	22	
Hutchinson, Lilia	RMW	106	17	
Wright, Maria	CV+W	262	74	Red
Jennison, Stephen	LVM	109	21	Black

Hayman, Aaron Seng-Yip	LU20M	81	13	White
Henriksson, Victoria	CIG	233	47	Red
Spinks, Jaxon	RIB	198	37	Blue
Ware, Ben	RIB	145	27	Black
Ware, Alex	RIB	107	22	White
Van Wijck, Cooper	RIB	88	0	
Jackson, Alex	RIB	63	2	
Smith, Gabbie	RIG	61	7	
Akhurst, Matthew	RIB	51	4	
Campbell, Mitchell	CUB	234	56	Gold
Ware, Joshua	CUB	128	21	Black
Souchaud, Ben	RUB	136	26	Black
Wilson, Alexander	RUB	57	0	
Tattersall, Tom	RUB	39	0	
Van Wijck, Cohen	RUB	38	0	
Woodley, Tai	RUB	15	0	
Wilson, Xavier	RUB	8	0	
Dyer, Elizabeth	RUG	3	0	

Note: Both James Johnstone & Maria Wright obtained All Gold awards



September Handicap Winner
Stirling Calandruccio
Recurve Male Master

Kirk Blikhorne, placing 2nd & Andrew Catto coming 3rd



MAXIMUM PERFORMANCE SERIES

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

Specific Conditioning for Maximum Performance

ONCE YOU'VE COMPLETED your early conditioning, you're ready to move into training that's specific for your sport. There are two choices, one for locomotor sports, the other for brachiating sports.

Locomotor sports are those that make great use of the legs. They include tennis track, backpacking, cycling, swimming, basketball, skiing, rock climbing, scuba diving, soccer, football.

Brachiating sports are those that make great use of the upper part of the body, particularly the arms. They include tennis, golf, baseball, handball, squash, swimming, racquet, gymnastics, wrestling, fencing, rowing, and bowling.

Some sports, like tennis, have elements of both locomotion and brachiation. The upper body is used in stroking the ball, the lower body in getting into position to stroke it. Because the whole body loses quickness when the legs tire, anyone conditioning for maximum performance in tennis must give particular attention to his legs, building a reserve of strength as well as endurance. Except for the serve, tennis is a crouching game. In tournament play, it's the legs that fatigue and cause a slowing of the footwork and eventually the strokes.

Specific circuit workouts should be done every other day, three days a week. If you're a tennis player, or you play some other sport that involves both brachiation and locomotion to intense degrees, ideally you would work out six times a week, alternating the workouts. If you don't want to exercise that much, work out three times a week, alternating the schedules thus:

Monday	Locomotion
Wednesday	Brachiation
Friday	Locomotion
Monday	Brachiation
Wednesday	Locomotion
Friday	Brachiation

Obviously, six days a week on alternating schedules is better. But you'll still improve on the three-days-a-week schedule. The degree of improvement depends on the investment you're willing to make.

Inasmuch as the abdominal area is not used strongly in sports, exercises for the abdomen are not in either specific circuit. Nonetheless, you'll want to maintain the abdominal strength you've developed. To do so, add the sitback exercise you did in training for early conditioning to your limbering phase of the specific conditioning circuit schedules. The order of the limbering circuit will thus become:

1. Sitbacks
2. Rotating stretch
3. Overhead stretch
4. Propellor stretch
5. Swinging stretch

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

- 1
- 2
- 3
- 4
- 5
- 6

Exercise

- 1 Side-to-side jumping
- 2 Quad setting
- 3 Kangaroo hop
- 4 Heel & toe raises
- 5 Bench stepping
- 6 Half-squats

Next edition will show you how to do the above.

DID YOU KNOW

Recently some of our members have been having trouble keeping their nocks / fletches on the arrow. Some tips from manufacturers:



Plastinock:

Gluing plastinock with AAE Fastset

1. Put a small bead Fastset around arrow taper.
2. Place nock on taper, rotate, align, and push down!

Caution: Fastset glues almost instantly! Be sure to align nock quickly! DO NOT USE FLETCH-TITE – this type of glue is not chemically compatible and will cause nock distortion.



Warning:

Inspect nocks prior to use! These types of nocks are manufactured from high-grade materials and has been designed to withstand the forces and loads of normal use. However, damage to the nock can occur through strikes from other arrows, blows against objects, or the use of solvents or improper adhesives which could attach

the materials cause a nock to fail. Carefully inspect all nocks prior to each use, Remove and destroy any nocks that are cracked, broken, crazed or otherwise damaged. Nocks carry very high loads upon the release of the arrow. A damaged nock could fail, possibly resulting in a misfire or the bowstring, and potential breakage or other damage to the bow or arrow and/or injury to the archer.

Easton Gluing Diamond Vane:

Using Fstset Adhesive

1. **Do not wipe the base of the vanes with anything.**
2. Clean shaft only with an abrasive cleanser such as Ajax cleanser. Rinse and let dry. **Do not use acetone** or any other chemical on the shaft.
3. Place vane in clamp and apply small bead of Easton Quick bond of Fastset Gel along the center of the vane.
4. Place clamp on jig and press vane on shaft firmly. Hold for 10 seconds.
5. Repeat process for the other vanes.

Using a Solvent based Glue:

(Saunders NPV or Fletch-tite).

1. Wipe base of vane with acetone
2. Follow steps 2, 3 above using the solvent based glue, but leave clamp on vane until glue has set

Both of these processes will give excellent adhesion on aluminium and carbon shafts.



Steve Field Championships: 24/25th September, 2016

Although the weather didn't look that great, the rain stayed off for the shoot, which was great. Illawarra put on a great field course, with some changes this year that even took their own

members by surprise. Our lone representative from Warringah was Jack Chambers-McLean, who took out Gold in the Intermediate Recurve Division. Congratulations.



ARM GUARD

Most archers give no thought at all to their armguards, at least until they forget it, or place it incorrectly, or....ouch! You really should.....consider the lowly armguard.

.....**All** arm guards serve two main purposes. The first is to protect your bow arm from the string slapping the arm after the release of the string. The arm guard gives archers enough protection and security to maintain a still bow arm upon the release of the arrow. After you have felt the sting of the string hitting your arm, it is a sensation you would probably like to forget. And, it is a reflex flinch on your next shot, which is something that most archers will do.This flinching causes inconsistency in your form. So to prevent you from ever feeling this, you want to wear an arm guard. The second thing that an arm guard will do is to keep or hold the long sleeve of a shirt or blouse out of the way of the string upon release.



Arm guards come in a variety of shapes and sizes. They should be thick enough to give the desired

protection, and also large enough to protect your arm. Arm guards can be short in length covering your forearm from just above your wrist to just short of your elbow, or they can be long, extending from just above the wrist to 2 or 3 inches above your elbow. Most all target shooters wear shorter arm guards, although many beginning archers will start by wearing a longer arm guard for better protection until they understand the control they need in their bow arm. This type of training



arm guard is available in the same way any other arm guard is available.

Arm guards are made of different types of material such as leather, plastic, rubber etc., The

surface the string hits should be relatively slick. Some archers even choose to make their own. All you really need is the protection, so if you do choose to make your own, it would probably work best to model it after one that you have seen.

You might find that after you have purchased an arm guard that it doesn't work for you. People's bodies are shaped differently, and if your bow arm or elbow rotates differently, then the string might catch some types of arm guards. So if you notice that you have hit yourself several times with the string, take a look at the choice of arm guard that you have. Hitting your arm can usually be fixed by proper shoulder and or elbow rotation, but if your arm guard is still getting caught, you probably need a thinner or different style of arm guard. Some arm guards might affect the life of your serving and to that end some arm guard manufacturers claim that their products do not affect serving life, although there has been various types of research undertaken on this, so choose a style of arm guard that would be best for your style of shooting.

The reason for the use of an arm guard is because of the arm and shoulder positioning of the archer. If the arm and shoulder are not in the correct position for clearance, the string might end up hitting your forearm. This can easily be checked by drawing back your bow, and when at full draw take notice of how your elbow on your bow arm looks while you are at full draw. (It may even help better to try this motion without using your bow.) If your elbow is protruding inward, start practicing rotating your elbow outward. It will be hard to do at first, I know this from experience, but after some time it will become natural. I've also learned from experience that once you have hit your arm your will always remember it. Most archers have hit their bow arm at least once, sometimes more. The biggest and probably the hardest thing to remember is not to flinch.

Remember that in archery consistency in your form is the number one criterion for success. Even the smallest detail can affect your consistency or inconsistency, such as your arm guard choice.

Remember to choose one that fits, protects, and is comfortable to wear. Since the arm guard is relatively cheap to buy compared to the rest of your equipment, you should be able to find one that suits you best at an affordable price. Most of all remember that to shoot consistently, you must have consistency in form, so if you bow arm elbow does protrude inward, practice rotating it outward.



October happy birthday to me, to me, to me...sorry got carried away/ Birthdays:

Ethen Henderson (4th), Max Foley (5th), Alan Nolan (7th), Elizabeth Jennison (16th) BIG ONE THIS YEAR, Coby Reeves (22nd)