



# WARRINGAH ARCHERS NEWSLETTER January 2017

40<sup>th</sup> Warringah  
Open coming  
up

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



## Across the desk of the President:

The first month of this year, just seems to be full on, one event finishing and another one starting, holidays are finished for the kids (*thank goodness*) I can hear some of the parents, and life will start to take on some normalcy as every starts getting back into work & school. The worst part about this especially on the northern beaches is trying to get through Frenchs Forest in half an hour.....

Congratulations to Jasper Schwarz who is the newest recruit to our Instructors as Warringah. No sooner had



he completed his qualification, and it was straight into instructing the Come N'Try courses, the feedback that



we received from the parents, and the sheer

enjoyment of see smiles on everyone's faces when the course was finished, was great to see.

**Coaches T-Shirts:** So that Coaches can be identified at Warringah, the committee provided each coach with a Yellow T-Shirt, this is to be worn on all coaching activities at the club, and as you can see from the picture above, they were very well received and comments made very comfortable to wear.



## Slip Slop Slap

Not a new slogan but a very important one, due to some of the heat that we have been having sun screen should also be used on overcast days, also fluid. The Club

has 2 sun shades that can be put out each week to assist archers, please take advantage of them.

## SPORTS FLUID FACTS

### Did you know?

- That about 60% of your body weight is water.
- That water makes up about 72% of the weight of muscle tissue and only 20 - 25% of the weight of fat. Therefore the more muscular you are, the greater your total body water.
- You lose approximately 500-700mL of water a day in sweat from your skin (about two cups full).
- With every breath you expire small droplets of water into the air. Approximately 250-300mL a day (about a cup).
- You also excrete approximately 1000 to 1500mL of water each day by going to the toilet.

### Points to remember:

- Thirst is not a good indicator of fluid need.
- Drink half a glass of fluid every 15 minutes before exercise and during if it is possible.
- Cold, diluted drinks are absorbed better.
- Water is the best drink of all.

**So how much water did you drink today?  
Do you bring a drink bottle with you to the club when you shoot?**

## Warringah Junior Goal Setting days.

We had two of these during the school holidays, and it was amazing how many of our younger members had grown. Most had outgrown their equipment, but due to the club policy when gear is purchased through the club, we were able to swap out for



longer / heavier limbs, with some of our younger members going from Intermediates to Cadets, 70m



was their goal. Thanks to Carmelo who showed the juniors how to put on nocking points, with

each one having their turn. Everyone in attendance also set down at least five goals that they wish to achieve in the next twelve months, and the club will host another Goal Setting session for any other members on **Saturday 25<sup>th</sup> February**, after the shoot for those who are interested. In the meantime, think of 5 goals that YOU would like to achieve.

Also with the club getting bigger, we need to be aware of how we treat each other as members, set down below is the club's Player's code of Behaviour, please take a few minutes to read. How many of you take the time to get to know the newer members?? Go & introduce yourself.

## PLAYER'S CODE OF BEHAVIOUR

- Play for the "fun of it" and not just to please parents and coaches.
- Play by the rules.
- Never argue with an official. If you disagree, approach and talk with the official during a break or at the end.
- Control your temper. Verbal abuse of officials or other competitor's, deliberately fouling or provoking an opponent and throwing equipment is not acceptable or permitted in any sport.
- Be a good sport. Cheer all good shots whether they are yours or someone's else.
- Treat all competitors as you would like to be treated. Do not interfere with, bully or take unfair advantage of another competitor.
- Co-operate with your coach, team-mates and opponents. Without them there would be no competition.

## Warringah Also hosted an ArcheryNSW Junior training squad day.

The club was uncertain how many would attend, and WOW what a turn out, I think there were 47 junior members, plus parents and coaches taking advantage of the



day. Thanks to Anthony Maxworthy (junior coordinator), for kicking this off, also to Steve / Gregg / Jimmy / Bruce & Ricci, for assisting our youth with a variety of coaching one on ones and techniques. The



next one is a Field & Clout day at **Penrith on 25<sup>th</sup> February**, if members want to car pool, talk to each other now, and take advantage of the coaching and interaction with other junior members.

**ACT Australia Day Shoot:** Several members of Warringah competed in the Australia day weekend



shoot with some great results. **Day 1** was the World Archery target round, which saw James Johnston obtain SILVER in the Men's Open with a score of 1233, being defeated by Alex Potts (Olympian) who scored 1312 with 3<sup>rd</sup>

place going to Astin Darcy from Canberra on 1215. Kane



Wilson achieved GOLD in the U20 division, with a score of 1260 Carmelo Aslanidis clinching BRONZE scoring 1116, with 2<sup>nd</sup> place going to James Gaze from VIC on 1160. Bobby Barr-Jones claimed GOLD in the



Cub Compound Divn with a score of 1328, with Mitchell Campbell claiming Silver on a score of 1276 Leanne Spencer claimed BRONZE in the Women's

Recurve Division scoring 1137, with Kiri Blinkhorne finishing in 5<sup>th</sup> with a score of 938.

On the 2<sup>nd</sup> Day of competition was the matchplay event, and James shot extremely well to turn the tables on Alex and take out the gold medal. Some of member obtained a PB in the ranking shoot, especially the cubs, with the new rounds officially commencing on 1<sup>st</sup> January 2017, well done everyone.



## State Records achieved:

**Aaron Sing-Yip Hayman** (Longbow Junior Male)

- Newcastle (782) 12/5/16

**Maria Wright** (Compound Veteran+ Women)

Australian Clout 165m double (545) 6/11/16

**Kane Wilson** (Recurve Junior Male)

- Australian Clout 165m single (311) 6/11/16

- Australian Clout 165m single (313) 6/11/16

- Australian Clout 165m double (624) 6/11/16

## MAXIMUM PERFORMANCE SERIES

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

### Your maximum Performance Program

#### Practice Times

EACH PRACTICE IS DIVIDED between fitness and skill workouts.

How long should each of these be?

If your event is one of pure strength or endurance, your fitness workout will occupy most of your workout session.

If your event is a highly skilled one, not requiring much strength or endurance, you can give most of your time to the development of skill

Here again, it's up to you. The more time and effort you invest, the more you'll profit.

#### FITNESS

1. Thirty minutes for your fitness workout.
2. An additional period for further cardiorespiratory training, using any leg movement – running, hopping, dancing – that gets your heart rate up to your prescribed level. This period can vary anywhere from ten minutes to slightly longer than the period of the event for which you're training. If your fitness level is below par, however, it would be a good idea to start with long slow distance (LSD) training; long brisk walks, some slow running, or uphill walking, for at least half an hour of continuous vigorous effort.

If your cardiorespiratory conditioning is done on a different day from your training circuit, remember to precede it with the limbering warmup and follow it with the flexibility circuit.

If you do your training circuit and cardiorespiratory conditioning on the same day, you can hold off your flexibility circuit until the end of your session.

#### SKILL

Skill training is one case in which more isn't better. Overlong practices that cause fatigue or boredom are undesirable. The less fit you are the shorter the practice period should be.

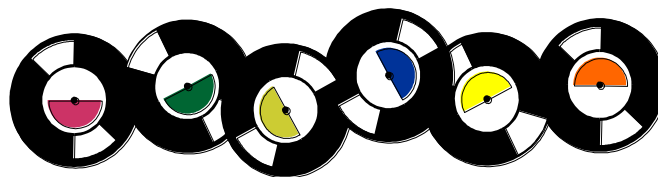
For the development of most motor skills, you'll make a lot more progress by breaking the weekly practice time into brief segments, rather than doing one continuous drill. It's far better to have four one-hour practice periods in four consecutive days than to practice all afternoon on a single day. Even better would be eight half-hour practice periods dispersed through the week.

Remember to set a level at which you wish to perform that is one you can realistically achieve. If you've got a fulltime job, you're not a naturally gifted athlete and you've made Jack Nicklaus your model, you've set an unrealistic goal.

At the outset of your development program, you'll be concentrating mostly on the development of sufficient fitness to support the new demands for body strength and endurance. On days when both fitness and skill *practices* are scheduled, however, the skill workout should precede the fitness workout. This order becomes increasingly

important as the emphasis on skill practice increases.

Keeping these goals and protocols in mind, let's now set out the four stages of your program.....to be continued.



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

Archer	Class	Round	Score	Date
Clinton Wright	CM	FITA 50/720	681	24/12/2016
Kiri Blinkhorne	RW	Elizabeth	701	26/12/2016
Julia Wright	CW	Elizabeth	802	26/12/2016
Clinton Wright	CM	Grange	863	26/12/2016
Kiri Blinkhorne	RW	Fortress	748	27/12/2016
Julia Wright	CW	Fortress	842	27/12/2016
Clinton Wright	CM	Harbour	807	27/12/2016
Julia Wright	CW	Short Adelaide	1101	31/12/2016
Clinton Wright	CM	50/720	687	1/01/2017
Stirling Calandrucio	RMM	Holt	695	1/01/2017
Maria Wright	CMW	Geelong	852	2/01/2017
Clinton Wright	CM	Darwin	987	2/01/2017
Julia Wright	CW	Darwin	845	2/01/2017
Jeff Smith	LM	Jodie Joker	341	7/01/2017
Clinton Wright	CM	Samford	875	7/01/2017
Maria Wright	CMW	Samford	787	7/01/2017
Clinton Wright	CM	Dbl Aus Indoor 18m	587	8/01/2017
Julia Wright	CW	Dbl Aus Indoor 18m	549	8/01/2017
Maria Wright	CMW	Dbl Aus Indoor 18m	548	8/01/2017
Maria Wright	CMW	Handicap	830	14/01/2017
Julia Wright	CW	Mini Canberra	884	21/01/2017
Clinton Wright	CM	WA 90/1440	1336	22/01/2017
Jack Chambers-MacLean	RIB	AA 40/720	626	22/01/2017
Mitchell Campbell	CUB	AA 30/720	675	22/01/2017
James Johnstone	RM	WA 90/1440	1273	22/01/2017
James Johnstone	RM	WA 70/720	650	26/01/2017
Maria Wright	CMW	Melbourne	821	29/01/2017
Bobby Barr-Jones	CUB	AA 40/1440	1328	28/01/2017
Kane Wilson	RJM	WA 90/1440	1260	28/01/2017

## CHANGES IN INDOOR RATINGS

Name	Old	New	Date
Catto, Andrew	xx	59	8/01/2017
Wright, Maria	76	77	8/01/2017
Baker, George	xx	37	8/01/2017

## CHANGES IN TARGET RATINGS

Name	Old	New	Date
Blinkhorne, Kiri	56	60	24/12/2016
Calandrucchio, Stirling	69	71	1/01/2017
Campbell, Mitchell	64	66	10/01/2017
Campbell, Mitchell	66	68	10/01/2017
Campbell, Mitchell	66	67	22/01/2017
Cowle, Paul	17	19	21/01/2017
Holme, John	xx	23	31/12/2016
Holme, John	23	28	7/01/2017
Holme, John	28	31	21/01/2017
Holme, John	31	35	28/01/2017
Hutchinson, Lilia	39	41	21/01/2017
Hutchinson, Lilia	41	42	28/01/2017
Johnstone, James	81	87	22/01/2017
Johnstone, James	87	81	26/01/2017
Llana, Mariano	18	25	24/12/2016
Llana, Mariano	25	27	31/12/2016
Llana, Mariano	27	29	7/01/2017
Llana, Mariano	29	31	21/01/2017
Mei, Yifan	66	68	29/01/2017
Schwarz, Jasper	37	39	14/01/2017
Smith, Mark	63	66	24/12/2016
Smith, Mark	66	70	7/01/2017
Ware, Alex	32	35	7/01/2017
Ware, Josh	24	27	14/01/2017
Ware, Roland	29	30	28/01/2017
Wright, Clinton	103	105	24/12/2016
Wright, Clinton	105	108	1/01/2017
Wright, Julia	81	82	1/01/2017



### **ANSW Team & Development Program Guidelines**

The Senior ANSW Development Squad Programme is designed for state level and above NSW open archers that want to improve their archery and compete in QREs and tournaments. In particular it is for archers that want to compete at the Australian National Championships.

Being part of the development program requires commitment from yourself, and provides access to Development Days scheduled regularly throughout the year with accredited NSW Regional Coaches. They can include talks on the mental and physical aspects of the

sport, form analysis and appraisal, individual development planning, individual coaching, and always include fun.

### **Attendance Requirements for ANSW Open Development day Program.**

Be a current Incumbent State Team member ( eg: 2016 State team)

#### **OR**

Meet ANSW Tier 4 qualification score

ANSW Tier 4. WA70/720

Male Recurve 550.

Female Recurve 520 OR equivalent WA/1440 score

ANSW Tier 4. WA50/720

Male Compound 600.

Female compound 575. OR equivalent WA/1440 score

(ANSW tier scores are be subject to change at any time, they are required to allow us to work with the current coaching resources.)

#### **OR**

Be Talent identified and recommended by a Regional coach or higher to the ANSW Coaching Administrator for selection

### **ANSW Open Development Program Dates**

(ANSW Development day dates are subject to change at any time. Make sure you always check the web site for updates)

**2017 Dates for ANSW Open Development program days.**

**Cost \$55/day/Open Archer. & \$40/day/Jnr Archer**

25Feb: Open Development (Target).Venue-Penrith  
Arrive 8.30am Finish 1.00pm

25Mar: Open Development (2016 State Team Members Only) Venue-Northern. Arrive 8.30am Finish 1.00pm

22Apr: Open Development.(Target).Venue-Regional  
TBA. Arrive 8.30am Finish 1.00pm

2Jul: Open Development.(Target).Venue-Warringah.  
Arrive 8.30am Finish 1.00pm

29Jul: Open Development.(2016 State Team Members Only). Venue-Northern TBA. Arrive 8.30am Finish 1.00pm

26Aug: Open Development.(Field).Venue-TBA. Arrive 8.30am Finish 1.00pm

7Oct: Open Development.(Target).W enue-regional.  
Arrive 8.30am Finish 1.00pm

Refer to ANSW Team Selection policy on archerynsw website

For Information Contact the Coaching Coordinator by emailing [coaching@archerynsw.org.au](mailto:coaching@archerynsw.org.au)