



WARRINGAH ARCHERS NEWSLETTER February 2017

www.warringaharchers.com.au



Across the desk of the President:

On the 5th February, the Warringah Open was held, and what a great Warringah Open we had this year our 40th since the club started, with some great results.

There was a mad dash for new stands as we had maximum entries, with a waiting list...first time for a while! and in saying that I have highlighted some of those who contributed to making the day a success.

Big thank you to Kristian – your BBQ skills are exceptional, was just wondering if you had some thoughts to go into MKR??? You have got it down to a fine art.

Stirling – I don't think you stopped all day, and I am glad that after having a couple of wild arrows, that you dug your heels in and finished the competition, Every time I looked at you you were undertaking another task, I don't know where you got the energy from. I hope you took the batteries out and had a few beers when you got home.

Alan – what can I say.....there are not too many club members who would have did what you did in a couple of days, to ensure that we had sufficient stands (they look great), with the help from Clinton / Anthony / Kane & Carmelo, we were able to make slight modifications on the day, so we were able to support the event. We will plan ahead for the Kidbow Tournament.

Roland, thanks for helping with the presentations and keeping the kids in line to help by putting out flags/numbers/faces on targets, bringing them in and putting away.

To Andrew J and Craig Frandsen for picking & dropping of Butts to Northern Archers – thanks.

To Steve our Director of Shooting on the day & field layout, with Andrew Crampton assisted with judging.....and to YOU all club members who shot and helped out where you could a big THANK YOU to all. I was worn out, and I didn't even shoot, but I couldn't have the weekend go by, without saying thanks.

Highlights: Gold in the Male Recurve: Kane Wilson, Gold in the Male Compound; Clinton Wright, Silver in the Ladies Recurve Leanne Spencer, and Bronze in the



Ladies Compound: Maria Wright, Northern Archers took out the Compound teams Trophy. Tyrone Digby, Norman Berry, Shaun Napoli & Shaun Rayner



Simon Mei

Warringah taking out the Recurve Teams trophy, with Kane Wilson / Carmelo Aslanidis /Leanne Spencer &

Our ladies taking out the Teams Trophy: Leanne Spencer / Kiri Blinkhorne /Julia & Maria



Wright, and Leanne taking out the Elimination shoot for the Recurve & Hayden Crampton taking out the Compound

We then went onto the State Presentation which was held on the 11th February.

Perpetual Trophy for Overall Junior Boy Target Champion - Awarded to the highest score obtained in the Junior State Target Championships by a Male Recurve archer regardless of age and round being shot). **Kane Wilson (Warringah Archers 1231 points**



Perpetual Trophy for Outright winners awarded to the archer who has obtained the highest score in the following disciplines shooting off

the same distance.

Male Recurve: Kane Wilson – 624 points (Warringah Archers) - 165m distance

Female Compound: Maria Wright – 545 points (Warringah Archers) - 165m distance

(Maria shown above with Tyrone Digby from Northern who won the Male Compound)



Best Allround Intermediate Recurve
(Arthur Chapman Trophy)

Jack Chambers-McLean – 9 points

ArcheryNSW Performance Awards 2016

In Society Tournaments points are awarded for placings 3/1st, 2/2nd, 1/3rd, except when competing in a State Championship event, points are then given 5/1st, 3/2nd, 1/3rd

- Aaron Hayman (Longbow Junior Male) 14
- Jack Chambers-McLean (Barebow Recurve Intermediate Boy) 8



Jack Chambers-McLean (Recurve Intermediate Boy) 20

Mitchell Campbell (Barebow Compound Cub Boy) 3



- Maria Wright (Compound Veteran+ Woman) 23
- Jessica Hutchinson (Barebow Recurve U20 Woman) 5
- Jessica Hutchinson (Recurve U20 Woman (Joint) 8
- Josh Calandrucchio (Barebow Recurve Cadet Male) 3
- Kane Wilson (Recurve U20 Male) 10



Carmelo Aslanidis & Clinton Wright, recognized for his Bronze Elite Target Classification.

MAXIMUM PERFORMANCE SERIES

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

Your maximum Performance Program

1. DEVELOPMENT HEALTH

The beginning of the development stage is a great time to have that annual checkup and to correct all the defects and weaknesses that may exist in your body. If you've had a low-grade infection now is the time to fight it and get rid of it. If you have spurs or torn ligaments, now is the time to remove or repair them. This is also the time to determine whether you have any vitamin or mineral deficiencies. This is not a shotgun approach, in which you grab a bunch of bottles in a health food store and begin ingesting the contents. Supplementary vitamins and minerals ought to be taken as specifically and carefully as you take medicines. The reason this is a good time to clean up infections incidental, is that all medicines have side effects. In this first stage you'll be operating at such a low level of performance that the side effects won't bother you, whereas they might in more intensive phases.

If you're overweight, this is the time to begin a fat reduction program. There is no handicap more destructive to maximum performance than unneeded fat. To get rid of it, the method we recommend is the pound-a-week weight loss on a wide variety diet detailed in Total Fitness. Eat everything you want to , just eat a little less – 200 calories a day less. Increase your caloric burn off through extra activity by 300 calories a day. As you get into the next stages, your caloric burn off will be stepped up to 500 calories or higher, so you'll be reducing fat just be holding the line on food intake. A 500-calorie adjustment each day totals 3500 calories a week, or a one pound of fat loss accomplished without discomfort as your tissues improve.

Whatever's troubling you, get it corrected. If you have a foot problem, start to find other shoes or have your present ones modified. Start intensive therapy for any chronic aches and pains. If necessary, undertake the therapy yourself. The best therapeutic device you can have in your home is a hydrocolator, a pad soaked in boiling water that is then wrapped Turkish towels and applied to your sore sports. The best thing is an electric heating pad, which is a lot easier to use but not as effective. Either the

hydrocolator or the electric pad should be applied twice a day for an hour each time to help heal muscular trauma. Remember, heat should not be used until at least twenty-four hours after injury, after swelling has subsided. Cold is what you should use immediately after an injury – as it inhibits bleeding, suppresses swelling, and numbs pain.

If you're just coming off an intensive season, and you've literally risked your neck in order to win, you need a rest period to repair the microtrauma, those small tears in muscle and connective tissue. You may have upset your endocrine system because of the stress to which you've put yourself. If you've been travelling during a competitive season, you may have picked up some minor infestation that will be bugging you for months if you don't do something about it. Now's the time to get a complete clinical examination, which includes blood and fecal analysis in addition to the standard urine and e-ray evaluations. Now's the time to get your immunization and vaccination treatment.

FITNESS

Begin the training circuit for early conditioning, explained in Chapter 15, exercising at a training pulse rate of 80 percent of your maximum. For a 40-year-old person, this means a training pulse rate of 144. The formula is $220 - \text{age} \times .80$. Rounding off, the 40-year-old person would train at a 140-150 pulse rate.

If you are an athlete who has just completed a season of competition, this is a period of active rest. Your training pulse rate should not exceed 80 percent during this phase, even if yours is an endurance event.

For convenience, we'll reproduce the early conditioning schedules described in Chapter 15.

TRAINING CIRCUIT FOR EARLY CONDITIONING

- | Station | Exercise |
|---------|------------------|
| 1 | Rope Skilling |
| 2 | Sitbacks |
| 3 | Reverse Pushaway |
| 4 | Prone Lift |
| 5 | Bench stepping |
| 6 | Pushaways |
- Phase one is the limbering circuit
 - Phase two is your warm up circuit. You take it easy, doing the six listed exercises one after the other
 - Phase three is your training circuit. You exercise at 80 percent of your capacity
 - Phase four is your calm down circuit. You take it easy, again.
 - Phase five is the flexibility circuit.

Keep the load well within your capacity so that you can achieve success. If necessary, make the exercise easier and easier until you find a level at which you can succeed with a mild effort. Then gradually work your way up from there. If you feel stiff or sore after a workout, it's a sign that you've worked out too hard. Your body doesn't need this kind of demand, and the tissue damaged must be allowed to repair before you proceed. Over work means time lost. Your objective is

to build up any muscles that have been neglected, and to pay attention to the connective tissue, building up and hardening the bones, thickening the ligaments and tendons that hold the joints together.

Give considerable attention to the exercises in the flexibility circuit to increase your range of motion. Use relaxation procedures to relax excess tension.

Avoid dehydration in these heat training sessions by drinking some water before you start exercising and replace the fluids as you lose them by frequent drinks of water. If you prefer sweetened beverages, it's best to drink some water along with them, as their usually heavy concentration draws fluid from the body to dilute them in your intestines before they can be absorbed. On days when you are going to sweat a lot, take extra salt with your meals and choose salty snacks. If you use salt tablets, chew the first, then wash them down with lots of water. The irritating action of salt in your mouth will be the same or worse on the lining of your stomach and intestines if you swallow the tablets whole – so don't do it.

Circulorespiratory training: This training is in addition to your circuit training. It can be performed at any time of the day, three or four days a week. Move at a rate fast enough to elevate your heart to 80 percent of your maximum for six to ten minutes. This continuous type of effort is accomplished by running, swimming or rowing long distances at a fairly slow rate. In running, this is called long slow distance, or LSD.....to be continued next chapter SKILL

FEBRUARY HANDICAP WINNER

JOHN HOLME
RECURVE MALE
Score of 963



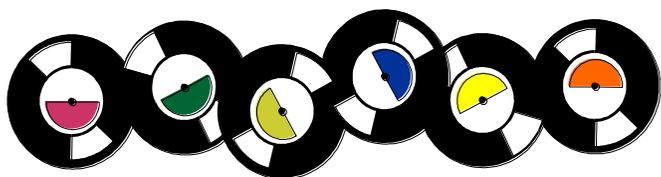
Massimo scores
962, with Ben coming in 3rd with 940

CHANGES IN INDOOR RATINGS

Name	Old	New	Date
Chambers-McLean, Jack	28	42	11/02/2017
Ware, Ben	xx	28	11/02/2017
Ware, Roland	xx	31	11/02/2017
Henriksson, Brandt	62	63	11/02/2017
Stasenka, Danny	xx	40	11/02/2017

New Members:

Mohammad Abdurrahman (Recurve Male / Rubyet Abdurrahman (Recurve Female), please join me in welcoming them aboard.



Club Records broken for the month of ..Feb

Archer	Divn	Round	Score	Date
Kane Wilson	RJM	Samford	848	4/02/2017
Jessica Hutchinson	RJW	Samford	438	4/02/2017
Gabbie Smith	RIG	Goulbourn	383	5/02/2017
Kane Wilson	RJM	WA 70/720	628	12/02/2017
Maria Wright	CMW	WA 50/720	596	12/02/2017
Gabbie Smith	RIG	Darwin	464	19/02/2017
Mitchell Campbell	CUB	Melbourne	771	19/02/2017

CHANGES IN TARGET RATINGS

Name	Old	New	Date
Ware, Josh	29	31	4/02/2017
Ware, Roland	30	31	4/02/2017
Dyer, Anthony	59	60	4/02/2017
Ware, Ben	28	30	4/02/2017
Leung, Cynthia Shin-Ngai	42	44	4/02/2017
Wilson, Kane	93	95	4/02/2017
Llana, Mariano	34	37	5/02/2017
Barker, Aiden	xx	6	5/02/2017
Spencer, Leanne	81	82	12/02/2017
Holme, John	36	40	18/02/2017
Llana, Mariano	37	41	18/02/2017
Souchard, Ben	16	17	18/02/2017
Campbell, Mitchell	68	69	19/02/2017

Joke for the month:

I was at the bar the other night and overheard three very hefty women talking at the bar. Their accent appeared to be Scottish, so I approached and asked, "Hello, are you three lassies from Scotland?" One of them angrily screeched, "It's Wales, Wales you bloody idiot!" So I apologized and replied, "I am so sorry. Are you three whales from Scotland?" And that's the last thing I remember.

CLASSIFICATIONS Where did you end up in 2016, what's your GOAL for 2017? If your name is not on here, then it means that you did not shoot the 3 required rounds for the classification required.

TARGET AND INDOOR



CLOUT



FIELD



Archer	Discipline	Division	Classification
Aslanidis, Carmelo	Outdoor	Recurve	Elite Silver
Barr-Jones, Bobby	Outdoor	Compound	GMB

Blinkhorne, Kiri	Outdoor	Recurve	Blue
Calandrucchio, Josh	Clout	Compound	Gold
Calandrucchio, Josh	Outdoor	Compound	Blue
Calandrucchio, Josh	Outdoor	Recurve	Red
Calandrucchio, Stirling	Clout	Recurve	Red
Calandrucchio, Stirling	Outdoor	Recurve	Red
Campbell, Mitchell	Outdoor	Compound	Gold
Catto, Andrew	Clout	Bbow Rec	White
Catto, Andrew	Outdoor	Recurve	Blue
Chambers-McLean, Jack	Clout	Bbow Rec	Gold
Chambers-McLean, Jack	Outdoor	Recurve	GMB
Crighton, Richard	Indoor	Recurve	White
Currie, Kaden	Outdoor	Recurve	White
Dyer, Anthony	Outdoor	Recurve	Blue
Foley, Max	Outdoor	Recurve	Black
Foley, Max	Outdoor	Recurve	White
Gayrard, Claire	Outdoor	Recurve	Blue
Hao, Sarina	Outdoor	Bbow Rec	White
Hayman, Aaron	Outdoor	Longbow	Black
Hayman, Simon	Outdoor	Recurve	Black
Henriksson, Brandt	Outdoor	Recurve	Gold
Henriksson, Victoria	Outdoor	Compound	Gold
Hutchinson, Jessica	Outdoor	Recurve	White
Hutchinson, Lilia	Indoor	Recurve	White
Hutchinson, Lilia	Outdoor	Recurve	Black
Jennison, Elizabeth	Outdoor	Compound	Black
Johnstone, James	Outdoor	Recurve	GMB
Leung, Cynthia	Clout	Bbow Rec	Black
Leung, Cynthia	Outdoor	Recurve	Black
Mei, Yifan	Indoor	Recurve	Blue
Mei, Yifan	Outdoor	Recurve	Blue
Nolan, Alan	Clout	Bbow Rec	White
Nolan, Alan	Outdoor	Recurve	Blue
Robbins, Isaac	Outdoor	Recurve	White
Schwarz, Japser	Outdoor	Recurve	Black
Smith, Gabbie	Outdoor	Recurve	Black
Smith, Mark	Outdoor	Compound	Blue
Souchard, Ben	Outdoor	Recurve	White
Spencer, Leanne	Indoor	Recurve	Gold
Spencer, Leanne	Outdoor	Recurve	MB
Spinks, Jaxon	Clout	Bbow Rec	White
Spinks, Jaxon	Outdoor	Recurve	Black
Stasenska, Danny	Outdoor	Compound	Black
Steele, Glenn	Outdoor	Recurve	Blue
Tattersall, Tom	Outdoor	Recurve	White
Ware, Alex	Indoor	Recurve	White
Ware, Alex	Outdoor	Recurve	Black
Ware, Ben	Indoor	Recurve	White
Ware, Ben	Outdoor	Recurve	Black
Ware, Joshua	Indoor	Compound	White
Ware, Joshua	Outdoor	Compound	White
White, Ben	Outdoor	Compound	Black
White, Nathan	Outdoor	Recurve	White
Wilson, Kane	Outdoor	Recurve	GMB
Wright, Clinton	Outdoor	Compound	Elite Bronze
Wright, Julia	Outdoor	Compound	Gold
Wright, Maria	Clout	Compound	Red
Wright, Maria	Indoor	Compound	White
Wright, Maria	Outdoor	Compound	MB

So based on the above, what is your GOAL for 2017 – have you started as yet.....