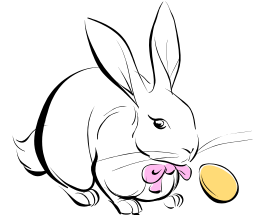




WARRINGAH ARCHERS NEWSLETTER March 2017

www.warringaharchers.com.au



Across the desk of the President:

Rain, rain go away, come back another day (*sounds like a song I once knew*), preferably through the week when most people are working or at school, let the sun shine at weekends.....I know the weather has not been the best, but a few diehards managed to still shoot the Canberra & equivalent rounds to take part in the National Postal Competition. The Metropolitan Championships run by the State was postponed until August due to extreme weather conditions, and the Golden Gong in Illawarra was cancelled due to poor attendance. Warringah like most clubs hosting events, like to have maximum participation, therefore lets plan ahead, as I know most of you enjoy not only the social aspect of the club but the interaction that you gain when competing in tournaments.

Should you then place at these events, you gain points for the Club towards the Ross Herron Memorial Trophy (Best performed Club), won by Northern Archers in 2016 and points for yourself in the Sportsperson of the Year categories pertaining to you age.

Points are awarded 3 points for 1st, 2nd points for 2nd, and 1 point for 3rd, unless it is a State Championship event, then it is 5 points for 1st, 3 points for 2nd and 1 point for 3rd, so let's give it a go Warringah Archers. Most events can be located on the club calendar, and/or the archerynsw website.

North Fita Star 26th February, 2017:

Gold; Jack Chambers-McLean (IRB), 1218, obtaining his 1200 Australian Star, and an All Gold @ 20m with a State Record pending.

Kane Wilson (U20RB) Scoring 1263 obtaining his 1200 World Archery recognition and All Gold @ 30m* & Maria Wright (CWV+) scoring 1252, obtaining Compound Silver Star for 1200 and obtaining an All Gold @ 60m/50m & 30*m

Silver: Carmelo Aslanidis (U20RB), scoring 1159 obtaining World Archery 1100 recognition and All Gold @ 70m

Bronze; Leanne Spencer (RW), 1150



With 3 top scores Recurve being issued with a Glass Star (Jack / Kane & Belinda).



State Records achieved during the month of January:

Jack Chambers-McLean (RIB)

AA40/720, score 610 on 10/1/17

AA40/720, score 626 on 22/1/17

Mitchell Campbell (CUB)

AA30/720, score 655 on 9/1/17

AA30/720, score 677 on 10/1/17

Bobby Barr-Jones (CUB)

AA40/720, score 1328 on 28/1/17

30m 122cm face, score 342 on 28/1/17

20m 122cm face, score 343 on 28/1/17

Asia Cup – Bangkok 20-25th March, 2017



NSW Archers James Johnstone, Kane Wilson from Warringah & Belinda Maxworthy, together with Sam Strickland from QLD headed off to compete



at the Asia Cup 2 in Bangkok (Thailand). Manager Di Strickland. Belinda & Sam won a bronze medal in the mixed teams matchplay. Individual placings in the qualification event: Sam 636/36, Kane 634/39 James: 627/42 and Belinda 624/20. Some very exciting matches were held by the athletes,

who gained valuable experience.

MAXIMUM PERFORMANCE SERIES

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

Your maximum Performance Program

SKILL

Now is the time to ditch the parts of your game that aren't working well for you. Paralysis by analysis won't hurt you here. You're returning to fundamentals, in order to build them anew.

In the development stage you don't compete. You pick your game apart and rebuild the elements. Each element becomes a plaything. What you're most concerned with is analysis. It would pay you to stop everything else for a while – stop fooling around, stop doing things wrong – and have an expert look you over. If you have access to a video machine, so much the better; your movements can be analyzed by your instructor, and he can coach you into an improved style.

This is the one phase in the training cycle when you can learn to do things a new way. After this, it's too late, because your attention should no longer be on technique. You know that your competitive edge is going to deteriorate while you're re-building your game, so you can start out by sacrificing your present game for a future, better one.

Your instructor will translate his analysis of your improved form into useful cues. He will keep the new skill acquisition simple and the load within your capacity, so that you know nothing but success. Remember, you should always succeed in conditioning for maximum performance. If, by chance, you don't succeed, you know that you've tried too much too soon and that you should revert to more secure ground.

2. REFINEMENT HEALTH

Continue any treatment or fat-reduction regimen established during the development stage. Treat muscle soreness at once and avoid overwork like the plague. Pay strict attention to blisters that may develop on hands or feet. For protection against blistering, use petroleum jelly to reduce friction. On tender areas apply tincture of benzoin and let it dry, to toughen the skin before applying the jelly. Wear gloves or an extra pair of socks to protect against friction. Protect blisters with gauze and tape bandages.

FITNESS

In the development step, you added muscle bulk. Now in the refinement stage, your objective is to give the quality to that muscle that you'll need for your event. If it's muscular endurance you need, you'll do the exercises with loads so moderate that you can complete forty to fifty repetitions. If it's explosive strength you're after, you'll exercise against a resistance so heavy that you can't possibly do more than five repetitions. All work will be performed at 80 percent of your capacity unless your event requires great endurance, in which case you will advance to 90 percent.

Now is the time you'll want to make your choice of options for specific conditioning.

If yours is a 'locomotor' sport that makes heavy demands on the legs, you should follow the schedule explained in previous chapters, but repeated here for convenience.

SPECIFIC CONDITIONING CIRCUIT FOR LOCOMOTOR SPORTS

Station	Exercise
1	Side-to-side jumping
2	Quad setting
3	Kangaroo Hop
4	Heel and toe raises
5	Bench stepping
6	Half-squats

If yours is a 'brachiating' sport that emphasizes and engages the upper body a great deal, then you should follow the schedule explained in previous chapters but repeated here for convenience.

SPECIFIC CONDITIONING CIRCUIT FOR BRACHIATING SPORTS

Station	Exercise
1	Eight-count pushup
2	Arm Curls
3	Arm Stepping
4	Pushbacks
5	Half-lever
6	Arm isometrics

If the sport has features of both, alternate the schedule.

Cardiovascular training: We're moving now from long slow distance to interval training. This more intensive training makes demands on your oxygen systems and calls on your heart and lungs.

Work: Move for five minutes at 80 percent heart rate.

Recover: Slow down for a hile, until your heart rate drops to 60 percent, and then speed up again.

Work Recover Work Recover

Remember to add the limbering, warmup and flexibility cooldown to your workload sessions.

Skill.....in next issue.



Birthdays for April,
Richard Crichton (1st),
Leanne Spencer (2nd),
Rubyet Abdurrahman
(6th), Barbara
Stasenka (7th), Lilia
Hutchinson & Gabbie Smith (9th),
David Shannon (13th), Glenn
Steele (17th), Isaac Robins (20th)

**MARCH
HANDICAP
WINNER
Craig Frandsen
Male Compound**

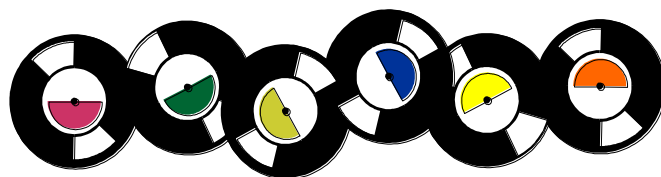


What also made it exciting was the "ROBIN HOOD" that Craig achieved, where he shot one of his own arrows into one of his others..... which is OK as he would still have 10 good ones left!!

Mitchell Campbell (WAR)
Noah Shean (PCA)
Eva Norton (PCA)

Recurve
Kane Wilson (WAR)
Belinda Maxworthy (NOR)
Jack Chambers-McLean (WAR)
Chevyone Cheah (SOPA)
Laura Trezise (SOPA)
Carmelo Aslanidis (WAR)
Brad Mooy (ILL)
Nicholas Kyriazis (SOPA)
Isabella Mavlian (SOPA/SF)
Rudy Doyle (SOPA)

Team Manager: Anthony Maxworthy
Team Coach: Gregg Barr-Jones
We wish them well, as well as any independent shooters that will be attending the event.



**Records broken during the month of
March...Congratulations**

CHANGES IN TARGET RATINGS

Name	Old	New	Date
Blinkhorne, Kiri	60	63	4/03/2017
Cowle, Paul	22	24	5/03/2017
Souchaud, Ben	17	20	5/03/2017
Mei, Yifan	69	70	18/03/2017
Mei, Yifan	70	71	25/03/2017
Cowle, Paul	24	31	26/03/2017

Members are also reminded, that when they enter themselves into Archers Diary to shoot, they should (a) check the round that they have set themselves down for (b) Check the age group and equipment type. This saves the club manually going in and amended, especially since some of our members shoot more than one bow type.



New South Wales Youth Team announced.

Our Junior members will be heading off to compete in the Youth Nationals in Melbourne between the 8-12th April, 2017, we wish them all the best – 5 archers from Warringah Archers made the state team, which is an awesome results:

Compound Team:

Hayden Crampton (CA)
Claire Crampton (CA)
Maddie Boyle (PCA)
Anthony Allan (CA)

Bobby Barr-Jones (WAR)

Blake Hayes (PCA)
Peter Hearne (MON)



Archer	Class	Round	Score	Date
Kane Wilson	RU20M	WA 70/720 Short	636	4/03/2017
Aaron Hayman	LU20M	Canberra Short	499	25/03/2017
Victoria Henriksson	CIG	Canberra	516	25/03/2017
Kaden Currie	RU20M	Yass	260	26/03/2017
Gabbie Smith	RIG	Sara Lee	547	26/03/2017
Jeffrey Smith	LM	Sara Lee	567	26/03/2017

Easter Fun Shoot:



This is being held on Saturday 8th April, 2017, wear bright colours on this day, and of course bunny ears are always welcome. Members will be broken into teams (depending on numbers turning up on the day), and shoot at a variety of fun targets.

Shooting time is still 9.00am.

Joke of the Month:

Paddy says "Mick, I'm thinking of buying a Labrador." "Blow that," says Mick, "have you seen how many of their owners go blind?"