



# WARRINGAH ARCHERS NEWSLETTER April 2017

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



shooting through the butt  
at Nationals no less!



## Across the desk of the President:

What a busy month April was, and the weather although we were all busy doing the rain dance in the hope to keep the rain at bay, it didn't quite work, though a few of us managed to shoot the odd round between the showers...

Welcome to new members: Paul (RM) & Helli (RW) Winterhalter, Tod Logan (RM) & Sophie Logan (RIG), Hugh Triglone (RUB), please join me in welcoming them aboard and helping them to show them how the club works.



As mentioned previously several of our Youth archers competed in the National Championships in

Melbourne, and it wasn't all plane sailing there either, there were a few tricky windy/wet weather conditions (*which I suppose add to the experience*), but everyone likes at least to have good conditions to shoot in.



I am sure that most of you would have seen them shooting at the club by now, and caught up on their shared experiences, take the time to ask how they went.

**Then we had our Easter Fun Shoot,** where members shot at a variety of fun targets, and



believe it or, I think there was some tricky tactics being displayed this year, rather than the creative accounting that we are used to. We were also joined by members completed the last of their beginners course. This year we also introduced a JOKER BIG



FOOT where a team could decide which target they were going to perform on and this allowed them to double their score. Though some did experience some



hiccups while shooting through a target, to gain extra

points. I'm sure my arrow is in there somewhere, cant see any in the Bunny's feet!



And of course, there was some

free sampling undertaken throughout the day



**Winning team: Hopping Mad (Joshua/Ben/ Helli / Sam & Matt) with a reasonable score of 4,805 points**



**Club Renewals:** It would be great if members could check when their renewal dates on their card, and ensure that they have continuity of membership. Any members that allow their membership to lapse, will be ineligible to compete in club activities, please take the time and understand your responsibilities, as insurance is affected for non-registered members

**NSW Athlete Grants:**

Jack Chambers-McLean was recognized with a NSW Olympic Athlete Grant at the AGM on 5<sup>th</sup> April, although Jack could not be there as President, I picked up his scholarship on his behalf. In 2016 only 5 grants were awarded, however this was increased to 10 in 2017. Youth archers have to be U/17 at the time of application / shoot Recurve (currently Olympic discipline). The NSWOC Athlete Grant Program continues to focus on providing opportunities and assistance with funding for the development of young 'up and coming' NSW athletes. In 2017 some 574 applicants were received, of which 10 were selected to receive \$1500 to assist with preparing them for the year ahead. Well done Jack.



**State Records achieved during the month of February**

**Jack Chambers-McLean (RIB)**

AA50/1440	1218	26/2/17
50m (122cm face)	290	26/2/17

40m (122cm face) 298 26/2/17

30m(80cm face) 305 26/2/17

20m (80cm face) 325 26/2/17

**Kane Wilson (Open Recurve Male)**

Samford 848 4/2/17

**National Matchplay Series:** Host Liverpool City Archers - due to wet weather in April event was0 postponed New date is: **6 and 7 May 2017** This has meant the **National Match Play Series final** has also been RESCHEDULED to FINAL - Sydney 11th June 2017

**Birthdays for May,**

Kaden Currie (11<sup>th</sup>),  
Nicholas Lyras (14<sup>th</sup>),



**MAXIMUM PERFORMANCE SERIES**

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

**Your maximum Performance Program**

**SKILL**

We're moving in to the arena now, still not at game level, but beginning to simulate game conditions. We're becoming "one with the arena," getting to know the terrain, the environment, the shape and size. In football, we're scrimmaging. In tennis, we may play without keeping score. In golf, we're still hitting practice balls, but we're much more deliberate in our work, setting up theoretical playing conditions, working from practice traps. Golf is a peculiar sport, in that if you actually play a round, you're only hitting the ball some forty to sixty times (not counting putts). That's not really enough practice – unless you've established to your own and your coach's satisfaction that your new stroke is grooved to the point that it will stand up under pressure.

In the development stage, we analyzed the mechanics. Now in the refinement stage. We're putting the parts together and practicing the entire routine. Our objectives are to quicken the response, improve coordination, reduce extra motion and tension, and get comfortable with your new style.

That last is so important I's worth all the times you can give it. We enter maximum performance from a relaxed state. The whole basis of skilled movement, speed, accuracy and efficiency is to perform without excess tension. You can always build up from a relaxed state; it's more difficult to begin in a state of agitation and then calm down. This is the time to incorporate Dynamic relaxation into your event.

If you feel halfway through the refinement stage that you want to enter into an informal game, be sure that it's at a low level. Ideally, this would be a combination drill-play experience with partners or your pro or members of your squad; and you and your friend would have the option of stopping play at any time to work on what you want to..If you do play a regular game, tell your partner that your objective is to use your new mode of play, and that in no case will you revert to your old style in order to win a point.

**3. REHEARSAL**

**HEALTH**

Great care should be taken to prevent injury. All of your previous injuries should have been repaired by this point, and you should be completely rehabilitated physically.

**FITNESS**

Continue your quality training program, but increase the intensity to 90 percent effort. For the 40-year-old person, this would mean cardiorespiratory conditioning at a pulse rate of about 160.

Whereas in training for fitness for ordinary life activities, you never need to go above 80 percent of 220 minus your age, in training for maximum performance you eventually work to 90 percent of 220 minus your age. A 160 heart rate is plenty high for anyone 40 years or older; there is no point in trying to

get it higher than that, unless your pulse is going to rise about 160 in a maximal endurance event such as distance running. Hear rates over 160 represent strenuous exertion for people over 40 years of age. Those at younger ages can more easily tolerate higher hear rates and can train about the 90 percent level if the event requires that extreme degree of effort.

If what you'll eventually be doing will be performed in a climate radically different from the one you're used to, now is the time to begin to condition for that. As an example, if the peak of your training is to be in a tennis tournament in New Orleans in the summer, you face the problem of heat exhaustion and dehydration. So part of your training during the month beforehand should be to build up a tolerance to heat by wearing a sweat suit every other day when you train. Don't wear a sweat suite every day, because body heat storage cuts back on the intensity of your muscular workout – and your level of training.

*Cardiovascular conditioning:* You'll do sprint intervals – one to two minutes of activity at 90 percent effort, followed by a minute of active rest, again without letting your heart rate go below 60 percent of 220 minus your age. Maintain this for 10 to 20 minutes

## SKILL

The rehearsal stage is when fitness and skill come together in a mode specific to the arena. All training is done in the conformation of the event. That is, all your training will attempt to anticipate the very conditions that exist in the event itself. Whatever physical load you're asked to bear during the event, you'll bear in practice. You'll play to the duration of the event, at the speed of the event, in the posture of the event.

It's imperative that you train specially. At this point, further nonspecific training won't help you much, if at all.

Now you can compete, but preferably with nonthreatening opponents. If you're on a team, this means playing with opponents from out of your league. The games can be against superior, inferior or equivalent teams, as long as it's a winning-doesn't count situation. If it's an individual sport you're playing the same applies. Play anyone you want to, but not under circumstances that pressure you to win at all costs.

Your skills are all being used at game rhythm now, and you're consciously working on that rhythm. Even variations of a motion such as the serve in tennis, should be done in your game rhythm. Try what many top athletes do, which is to verbalize the rhythm or set it to a tune. Hum the tune or feel the rhythm as you make your movement.

Work on reflexive action. Try to shorten your response time to singles, by responding to cues rather than to complex details.

Keep working on relaxation. Make an inventory of muscle areas from time to time, particularly little areas of residual tension in the neck, shoulders and thighs. Quickness and power develop from a relaxed body, not a tense one. Practice the Dynamic Relaxation Run described in Chapter 4.

4. COMPETITION....next issue

## CHANGING ARROW VALUES:

As from 1st January 2017 Archery Australia have reintroduced the rule regarding the process for changing "ARROW VALUES" on a scorecard.

To change the value of an arrow this can only be done by a Judge.

The process which changing Arrow Values will be –

- a. Leave all arrows in the target
- b. Call a Judge to the target
- c. Identify the error to the Judge on the scorecard and identify the arrows in question by pointing to the arrows. Remember do not touch the arrows.
- d. The Judge will verify the score value of the arrows in question and make the correction on the scorecard by crossing out the incorrect score and overwriting the correct value in RED.
- e. The Judge will then initial the end in question on the scorecard in RED.

If you do not follow this procedure your score may be declared invalid

## Ross Herron Memorial Shield

*The memorial shield was first awarded in 1998 to acknowledge the best performing club.* Each time a member competes in a division within a competition event, as per the Archery Australia Rules. 3 points are awarded for 1<sup>st</sup>, 2 points for 2<sup>nd</sup>, 1 point for 3<sup>rd</sup> places in all events registered with Archery Australia as Tournaments, and approved and listed on the NSW Calendar of events (excluding Nationals). Top 5 clubs listed below. Points from 1<sup>st</sup> January to 31<sup>st</sup> March results shown below:

Northern Archers of Sydney Inc	35
<b>Warringah Archers</b>	<b>21</b>
Sydney Olympic Park Archers	12
Newcastle City Archers	11
Coast Archers	9

Please check your club calendar which has all tournaments that are registered highlighted.

## If you are planning to compete at the Open Nationals, details are as follows:

**Saturday 4<sup>th</sup> November:** Opening and Practice

**Sunday 5<sup>th</sup> November:** WA1440 - Recurve Women, Compound Men - Open, Masters, Veterans  
Field Recurve Men, Compound Women – Open, Masters, Veterans

**Monday 6<sup>th</sup>:** Field - Recurve Women, Compound Men - Open, Masters, Veterans  
WA 1440 - Recurve Men, Compound Women – Open, Masters, Veterans

**Tuesday 7<sup>th</sup>:** Clout - All

**Wednesday 8<sup>th</sup>:** Matchplay Open Division Only (ranking from 70m of the WA 1440 for recurve and 50m for compound any archer who shoots 70m for recurve or 50m for compound is welcome to enter in the open division for the National Matchplay Series)

**Thursday 9<sup>th</sup>:** WA 900 All archers Dinner Thursday Evening 6.30pm

Additional details can be located on Archery Australia's website.

## Club Officials – National Accreditation

The following members have been listed as completing the on-line Club Officials course @ 18/4/17:

Stirling Calandrucchio  
 Kristian Chambers-Mclean  
 Leanne Spencer  
 Steve Jennison

What Warringah would like to do is that all tournament shooters, should go on and attempt the course, especially those over 16, as well as coaches. The link will come out shortly, so start reading up on some tournament rules!

## My first shot at nationals- By Ben

**Souchaud - Day 1** - We flew into Melbourne airport and had no clue what was about to happen. After we landed and hired a car we went onto the M2 to realise we missed a turn onto the M1 so we accidentally went to Melbourne city instead of going onto the route to Morwell. After one hour of being stuck in Melbourne we soon got out onto the high way. We got to our motel room at 8.00pm after more than two hours on the road.

**Day 2** - It was the first day of shooting which was the unofficial practice that went on for four hours. I was also shooting with some friends that I met in the past at development days and at the kidbow tournament, which was really neat.



**Day 3** - Got up early, excited and kind of nervous because it was the first tournament of the youth nationals: Clout. The ground was dry and hard and it must be so hot there in summer because we saw dead cattle bones on the field. It was a hard day because the arrows weren't able to penetrate the ground and some archer's

carbon arrows snapped, lucky for me I was using aluminium arrows. After many hours in the hot sun we finally finished and I was very happy because I won a silver medal



**Day 4** - A day off for me and lucky as I was very sick but still

went to the field to support NSW state team members in their different comps.

**Day 5** -It was a very long day because we were shooting 144 arrows at



different distances and different target faces. It was also cold, windy and wet. It was a tough competition and I was really impressed by the skill level of kids in the cub division. It was a

great learning experience for me

**Day 6** - We shot 30m 720 and after we finished we went to the presentation night which was lots of fun and was also great to see everyone getting their awards. I really enjoyed going to Nationals and it was fun to spend the week with Jack, Mitchell and Bobby.

**Day 7** - Home!

## APRIL HANDICAP WINNER

All shooting over 900!

Emma Brady  
 (Recurve Intermediate Girl),  
 2<sup>nd</sup> Ben Souchaud,  
 3<sup>rd</sup> John Holmes



Bang goes  
 my  
 rating!



## CHANGES IN INDOOR RATINGS

Name	Old	New	Date
Stasenska, Danny	40	54	22/04/2017
Nolan, Alan	49	52	22/04/2017
Catto, Andrew	60	69	22/04/2017

## TARGET RATINGS

Name	Old	New	Date
Vermulst, Mireille	xx	12	1/04/2017
Leung, Cynthia	44	47	1/04/2017
Ware, Roland	31	33	1/04/2017
Souchard, Ben	20	22	2/04/2017
Cowle, Paul	31	32	2/04/2017
Johnstone, James	92	94	8/04/2017
Jennison, Elizabeth	56	57	9/04/2017
McGuire, Bryan	xx	21	9/04/2017
Frandsden, Kyle	xx	59	9/04/2017
Souchard, Ben	22	25	10/04/2017
Smith, Gabbie	25	27	13/04/2017
Mei, Yifan	71	72	17/04/2017
Frandsden, Craig	xx	65	23/04/2017
Mei, Yifan	72	74	23/04/2017
Holme, John	40	42	29/04/2017
Souchard, Ben	25	26	29/04/2017
Llana, Mariano	41	42	30/04/2017
McGuire, Bryan	21	22	30/04/2017

## Joke of the Month:

19 paddies go to the cinema, the ticket lady asks "Why so many of you?" Mick replies, "The film said 18 or over."