



WARRINGAH ARCHERS NEWSLETTER

May 2018

www.warringaharchers.com.au



Across the desk of the President:



As most of you would have been aware that there has been some demolitions and building being undertaken down at the club, Kane & Steve have been replacing the awnings, with Andrew Catto re-arranging the lighting, as well as a wall being inserted in the coaches room (end room), to make two rooms (1) will give access to coaches only (2) workshop room for club members.

Only 1 reminder is needed for members though and that is whoever is last at the club to lock up, can you please turn the light switch off in the club rooms, there are two areas, one as you enter the club, and the other at the far end next to the desk. As well as that, please double check that you have unplug the Wi-Fi, to save costs. The ladies toilet and the coaches room are on timers – Phew!, so these will automatically turn off.



The ASNSW Grand Prix Tournaments are underway with three of them being held to date, well done to Jack Chambers-McLean who travelled to Armidale to compete on Mothers Day Weekend.

The Jim Scott Clout was also held on the 20th May, and although we did not win the Perpetual trophy this year (Coast Archers) taking the honors, we were still well represented. Not sure where all our juniors were for this event? Perhaps practicing for the Club Championships Clout later in the year, medals were awarded to:



Gold: Jack Chambers-McLean – Cadet Recurve

Male
145m – scoring 251 (Red Class) & (GMB) 324 = 525
Gold: Lilia Hutchinson – Recurve Barebow Master Women – 125m – scoring 177 (White Class) & 165 = 342
Gold: Alan Nolan – Recurve Veteran Male – 165m Scoring 150 & 223 (Black Class) = 373
Gold: Maria Wright – Compound Veteran+ Woman 165m Scoring 297 (Master Bowman) & 278 (Gold Class) = 575

WARRINGAH HANDICAP MAY – 19th May



Congratulations to Geoff Farrugia – Recurve Male.
2nd Tom Tattersall, 3rd Craig Frandsen

Welcome to new members:

Charlotte Thompson (RUG), returns to the club. David Faustman (RM) & Chris Faustman (RUB), Hanru Pienaar (RUB), please join me in welcoming them on board and showing them the ropes down the club.

Northern Junior Challenge – 27th May

Congratulations to our 3 intrepid archers that competed all coming away with Gold: Mitchell Campbell (CIB) Scored 836, Maja Kecskes (RU10G) shot 630 with Jack Chambers-McLean (RCM) scoring 742. Mitchell shot an All Gold @ 50m /



Mitchell obtain an All Gold @ 50m/40m (2 off) & 30m (3off) Jack Shot an All Gold @ 50m, with Maja shooting an All Gold @ 10m (4 times)



Following on from his competition in the Trans-Tasman, Mitchell has been named in the Australian Team to contest the Oceania Championships in July.

Trans Tasman was held in Morwell after Youth Nationals so I had already been shooting for a week. The weather had improved by then so that was a bonus.

The best and most intense event was Team Matchplay. I was in Division 2 compound so there were teams of 3 compound archers from cub and intermediate divisions. I was teamed up with intermediate Aussie boys: Jai from WA and Rory from SA. We went up against 4 other teams including the equally as good NZ boys and the AUS Intermediate Girls. Team Matchplay is not like a normal round, there is high pressure to not drop a single point and let the team down. We won the round robin pool of 4 matches (including a shoot off when there was a tie) so qualified for the gold medal match. I felt like the weakest link in the team and I had to rise up and shoot through the nerves and make every shot my absolute best.

We won the gold medal by just 2 points and got a perfect score of 240!

We did get to have a bit of fun during the week with the New Zealanders including playing pool in the clubhouse, and swapping shirts at the end. Overall it was such a great opportunity and experience to represent Australia and wear the green and gold.

MAXIMUM PERFORMANCE SERIES

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

CONSTANT PERFORMANCE: AVOIDING INJURY AND ILLNESS:

SHIN SPLINTS (Dull Ache in Lower Shin Area)

Prevention:

1. Avoid running and jumping on hard surfaces such as dry clay or cement. Select soft grass or other resilient surfaces and run easily.
2. Insert sponge rubber pads beneath the heel and beneath the forefoot in your shoes. Insert a small pad in the toe of your shoe to involve your toes more strongly in the foot action. Make sure that your shoes are large enough so that these inserts don't make the fit too tight.
3. Avoid sudden stops.

Early Care:

1. General care with ice described before.
2. Apply compression bandage to both foreleg and ankle.

ACHILLES TENDON PULLS

Prevention:

1. Long-term endurance conditioning of leg muscles using locomotor circuit training.
2. Always finish workouts with the flexibility circuit.
3. Avoid fast starts until muscles are strong.
4. Avoid excessive forcible use or stretch.

Early Care:

1. General care with ice described before
2. Medical examination if pain is severe or function impaired.

HAMSTRING PULLS

Prevention:

1. Always execute limbering circuit and warmup circuit before intensive exercise.
2. Slow down or take rest pauses at onset of fatigue.

Early Care:

1. General case with ice described before
2. If there is little or no pain and no tenderness, gently and gradually stretch the muscle to reduce spasm.

KNEE SPRAIN (Runner's Knee)

Prevention:

1. Avoid knee-separation exercises such as full squats, duck walks and sitting with pressure against fully flexed knees. Use quad-setting exercise to strength knee joints, as previously published.
2. Do not use heel cleats
3. Run on even terrain or change sides very half mile or so when running on crowned roads. Reverse direction on track or beach every half mile or so.
4. Avoid running downhill; run up, walk down
5. Wear kneed pads during basketball, volleyball and other floor games.

Early Care:

1. General care with ice described before
2. Immobilize knee joint by splinting or making a soft case with wide elastic straps.

TENNIS ELBOW

Prevention:

1. Hold racket with moderate tension until arm muscles are strengthened.
2. Avoid tightly strung racket during early conditioning.
3. Wear long-sleeved warmup jacket until arm tissues are warmed
4. During pregame rally, start with gentle, rhythmic strokes to release excess muscle tension.
5. Don't toss the ball too high during service. Lower toss eliminates excessive stretching of the shoulder to reach the ball.



BIRTHDAYS FOR JUNE

Danny Stasenka (19th), Oliver Deakin (20th), Carmello Aslanidis (22nd), Paul Croudace

(25th), Aiden Barker, & Robert Harrison, Alex & Ben Ware (29th), one of these weeks a cake will be made!



ArcheryNSW Team Selection Criteria National Indoor Championships 21-22 July 18

Introduction: Using the National Rating Data Base Archer will be selected based on their RGB Ranking.

Object: For ArcheryNSW to attain the best team result possible and selection process be transparent.

Selection Process: ANSW archers that have applied for ANSW team selection and entered the 2018 National Indoor Championships be ranked based on the ranking places from the Archery Australia (RGB) Ranking List (Archers Diary), for indoor events. These will be from the National list which only recognises official registered events and NOT club events. Team participants must have achieved their ranking places in the last 12 months. In the event of ties the archer that ranked highest in the 2017 National Indoor will take precedence. If that result is not available then ant ties will be resolved from placings in the National Target Ranking lists The Four highest Ranked Archers in Recurve and Compound regardless of age category or gender, will be offered the opportunity of representing Archery NSW at this year's National Indoor Championships as a member of the NSW Team.

Positions will be calculated by: a. Archer's that have applied for ANSW team selection prior to 21st June 2018.
b. Archer's indoor rating as at 30 days prior (21st June 2018) to the National Indoor Event.

In the event of archers being unable to participate in the team then the spot will be offered to the next highest ranked Archer.

Team members are required to agree to ANSW Team documents Team members will be reimbursed the entry fee as a show of appreciation of their effort in representing Archery NSW .

Any member who is willing to be considered for the Team need to fill in the application form that was circulated by the Club Secretary and submit to

coaching@archerynsw.org.au – Don't miss out!

FROM A JUDGES PERSPECTIVE

Q You are Judging the 1/16 Eliminations Men Compound matches following the Qualification Round in an Indoor competition. At the completion of the first end of the 1/16 match you are called to a target where there is a dispute over scores. One archer is claiming he has shot three '10s' but the other archer is calling them '9s'.



Upon looking with your magnifying glass, you call the three arrows '9s'. The athlete questions your decision and you advise him that as this is the Compound division, the Compound 10 is being used. He appears to be quite surprised by this comment and advised she was not aware.

You then ask him how did he score during the Qualification Round. He does not provide an answer but clearly may not have scored correctly.

What would you do in this situation?

A. Given that the elimination rounds have started and the qualifying round scoresheets have been submitted the only course of action that the judge can take is to make the archer aware of the correct scoring for the Compound Division.

During the Qualification there would have been 2 scorecards (paper & electronic) and these would have been completed by the archer and at least one other athlete.

At the end of the round the archer would have signed his scoresheet as being accurate and correct and the person on his target shooting with him would have witnessed this. If the witnessing archer did not pick-up or dispute scoring throughout the qualification round and when the scoresheets have been submitted as judges we cannot go back and unravel what "might have been" in terms of the scoring during that round.

The organisers would have checked the paper and electronic scorecards before issuing the names of the athletes that were proceeding to the Elimination round

World Archery Rule Book 3: 14.4.1. Each target will have two scorecards one of which may be electronic. If there is a discrepancy in the arrow values between an electronic and a paper score card, the paper card will take precedence.

The organisers are not required to accept or record scorecards that have not been signed, and/or do not contain the sum total, and/or the number of 10's and/or the number of X's (or 9s for indoor) and/or which contain mathematical errors.

CHANGES IN TARGET RATING

Name	Old	New	Date
McGuire, Bryan	50	51	May-18
Murray, Cameron	xx	26	May-18
Shorten, Cheryl	xx	42	May-18
Smyth, Deanna	26	28	May-18
Turner, Peter	30	31	May-18
Whitfield, Peter	xx	50	May-18
Dalton, Thomas	23	28	May-18

CHANGES IN INDOOR RATING

Name	Old	New	Date
Ware, Alex	33	37	May-18
Campbell, Mitchell	74	75	May-18
Winfry, Mitchell	25	29	May-18
Tattersal, Tom	10	18	May-18

MATCHPLAY courtesy NZ Archer Sep/Oct '86

A CHALLENGE, AND A GAME OF CHANCE,
CAN SEND A HEART, A MERRY DANCE,
BECAUSE YOU STAND, AND YOU MUST SHOOT,
A TEN, A TEN AND A TEN TO BOOT!
WHILST ALL THE PEOPLE GATHERED THERE,
DO STAND AROUND, AND MOST DO STARE,
AT YOU, YOUR BOW, AND TARGET FACE;
OH, NO, THE BODY'S IN DISGRACE!
FOR IT HAS TWEAKED, AND LET YOU DOWN,
THE SHAFT'S A NINE, AND YOU DO FROWN.
FOR THE OTHER SHOOTERS; TWO, THERE BE,
HAVE SHOT TWO TENS, AND A TEN, YOU SEE
SO THAT'S YOUR LOT, YOU'LL SHOOT NO MORE;
YOUR BOW SITS IDLE ON THE FLOOR
WHILST THE TWO COMPETITORS WHO ARE LEFT,
GROW CLAMMY HANDS, BUT THRUST THEY'RE DEFT
AT SHOOING TENS, FOR TENS ARE NEEDED, OR ELSE "YOU'RE
OUT", THE SIGNAL'S HEADED.
AND SWIFTLY, ENCROACHING, STILL AS NIGHT,
ONE SHAFT HAS FLOWN JUST TO THE RIGHT.
SO THAT'S THE END, THIS CHANCE, THIS GAME
ANY ONE CONGRATULATES THE OTHER NAME!