



WARRINGAH ARCHERS

April 2019

www.warringaharchers.com.au



Across the desk of the President

Keeping you club tidy & safe..... Members must always ensure that the safety barrier is up each week, especially when we are running the

Adbow/Kidbow program.

Please be mindful of the rabbits down the club making holes, if you see any that may be unsafe, can you please advise a member of the committee so that we can fill them in, at times it is tricky wheeling the target butts out onto the ground due to divits these rabbits are making, so please take care and if anyone does hurt themselves, please record the incident in the log book, which is kept in the First Aid cabinet.

Also when the shoot is finished, please ensure that all butts / targets / pins / flags & target faces are put away correctl. Rememberthat if you cannot score the centre of the target, chances are no one else will either, so discard accordingly, please don't leave lying around in the club room, there is a box in the club room for used faces to be folded up and stored.

Target butt – if you lose a point in the target butt, please try to identify the area where you feel it is imbedded, so that we can try to remove, however, please don't take the target butt apart to locate, mark the area with Yellow Paint and advise a committee member, putt target butt to one side.

Similarly if you are shooting a target butt and your arrows are going through, at the end of the shoot, speak to one of the committee members and/or source a new insert. These can be located on the top shelf, and/or put to one side with a note advising whats wrong with the butt.

Active Kids Vouchers – remember that these can be downloaded from the Government Website and can be offset against your membership fees for those of you who are coming up for renewal during 2019. It is valued at \$100, so please take advantage of this government assistance. This is a great opportunity for our youth members to take into advantage off.

Welcome - From the last Beginners Course that we ran, several members have joined in the AdBow/KidBow program, which will see them shooting regularly at the club up till the end of May. We feel being part of the Program will help generate future members that will become full members over time. At this time, most of them shoot on Sunday, please pop over & say "Hello"

Welcome to new full members: Robert Earley (BRM) & Hayley Perrett-Earley (RUG), Boris Dyakov (RM) please join me in welcoming them aboard and showing them the ropes around the club.

Training for Defibulator: The club will be running a training /update session for all club members at our May handicap shoot, therefore the club shoot might be delayed slightly so that we can take this training into consideration.



6/7th – Metropolitan Championships.

An Adelaide round was shot this year – made up of 70/60m/50m*/40m*, and yep when we arrived if was fairly misty.



Competitors Recurve Day 1:
First Place: Wayne Moore (RV+M) Scoring 982 & Peter Whitfield (RMM), with a score of 1029 achieving an All Gold @ 50m & 30m*. Peter then received a silver medal in Divn 3. Competitors Compound Day 2: Maria Wright

(CV+W) scoring 1033 scoring and All Gold @ 30m* & Mitchell Campbell (CIB) scoring 1143, scoring an All Gold @ each distance 60/50/40*/30*

Maria won Silver in Female Division 3.

Mitchell won Silver in Male Division 2



Unfortunately, we didn't have enough to field a team this year – Maybe next! Put is as one of your goals!



All Gold Recipients from Adbow/Kidbow Program:



Keisha Lee (RIG) @ 10m, Dylan Hilliar (RM) @ 15 & 10m & Ganan Stone (RIB) 10m
Also set out below our qualifiers.



MAXIMUM PERFORMANCE SERIES

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

A NEW WAY TO KEEP SCORE

Winning, in your mind, ought to be enlarged and redefined to include the knowledge that you've explored your own uncharted potential and gained mastery over the inhibitors in your body that keep you from being the best possible performer you are capable of being. What is a score compared with that?

As a bonus, this more expansive view of winning enhances your competitive prospects.

The performer who does nothing but compete is taking time that would be better used toward the development of long-term gains in his style of play and a body better suited to his event. He competes so persistently because he needs continuous affirmation of his position in the social order. But there is just as much satisfaction inherent in self-improvement as there is in winning. The pleasure of competition can be readily postponed in favour of different, but no less enjoyable satisfaction. All it takes is the courage to make an independent choice.

So many of us struggle a good part of our lives to get to the top of some ladder only to discover that we hadn't wanted to climb that particular ladder in the first place. We did it simply because it seemed to be the thing to do.

We tend to react to our environment with a feeling of resignation, without recognizing that if the environment makes us uncomfortable, we can either change it or remove ourselves from it.

So many people I know have poor opinions of themselves because they have failed by others' standards. They have been put into competition against others who were out of their league and so they suffered by unfair comparison. What has been overlooked is the benefit of one's own competition with himself in a more appropriate arena.

Competition, in this context, provides us with a convenience measure of how we're doing – not

against one another so much as in our quest to be ourselves.

You're not static. You're changeable, trainable, modifiable. You're not today what you're going to be forever – or even tomorrow.

The business of winning need not be exclusively a matter of combat between individuals. It is expressed best by each person's attempt to become the best possible person he or she can be.

Movement for the sheer joy of movement is a personal reward. To do it better today than you could yesterday is an added reward. To emphasize that kind of private pleasure not only is rewarding but leads to a better performance.

Victory in competition can be an enjoyable consequence of maximum performance. The real gold, however, is that endless series of tiny successes that transform you into the person you always dreamed you could be.

This was the final chapter in the book MAXIMUM PERFORMANCE, I hope you have enjoyed this reading.

Well done to Michelle Catto representing Warrigah Archers on her school excursion recently, urban challenge this week in two. Calling themselves the Jersey Girls



Youth Nationals April 2019:

These were held in Armidale over the April school holidays, set out below were archers from NSW who competed.



And as can be seen a fair few from Warrigah Archers - Ben Souchaud/Carmelo Aslanidis / Jack Chambers-McLean (NSW Team Member) /Tom Tattersall / Gabbie Smith / Emma Brady/Maja Kesckes / Alex & Ben Ware / Cameron Murray/Massimo Llana & Mitchell Campbell (Compound Team member), with some great results and great support crew. Thanks to Steve J for getting the kids ready for the event, from updates received so far, our exposure was great, and everyone acquitted themselves extremely

well. Parents should be proud of their achievements, and thanks to all those mums & dads who helped at the event...



NSW Recurve Team came home with the National Championships team's title. Medals won by individuals have been placed on the front page of the website, and full results can be located in Archers Diary – go have a look.



APRIL HANDICAP WINNER-14/4/19

Sorry for the confusion everyone, unfortunately the handicaps did not pull through. After fixing this up update as follows:

Winner; Alan Nolan (RVM) Scoring 903

2nd Danny Stasenka (RV+M) 898 & 3rd Anton vander Watt (CM, 896, very close indeed.

Easter Fun Shoot – 20/4/19

Winning Team: Maja's Orders – Scored 4630 –



made up of Miguel / Maja & Peter. 183: Score 845, Wackin Wabits, 2085, Roman Holiday scoring 4355 points. Again the most popular

target was shooting through one target to another to secure the rabbit, anyone hitting the egg, of course got a nice chocolate one. Anyone wanting additional photos can go and have a sqizz on facebook. Thanks also to those naughty members who changed some of the scores on the targets, so that the groups shooting behind were minus their scores...you know who you are!!! No Easter bunny for you.

FITNESS – Building strength through both resistance and bodyweight training is a necessity to reduce injuries overall. It also gets you closer to achieving your strength goals, as it's motivating and extremely fun.

Here's three exercises that can be done without any equipment, and you can combine them into a circuit workout to absolutely hit all those 'soft spots', glutes, mid thighs and stomach

BULGARIAN SPLIT SQUAT

BENEFITS

No equipment, no weights, it will literally burn your legs after 5 reps. If you want to make it harder add dumbbells on each side, or a barbell on the back. It perfects your posterior chain!

PLANT TAP

BENEFITS

Only requires a soft surface and is great at toning shoulder muscles and abdominals. It builds upper body strength, as well as a strong midline which is needed to clean the house, look after the kids and grab all that shopping!

CRAB WALK

BENEFITS

This will make your hamstrings super strong and is great for cardiovascular endurance and keeping the heart healthy.

Not sure how to get a great workout from this? Well it's simple, just grab your phone to use as a stop watch and perform a 16 minute AMRAP (fitness talk for – do as many rounds as possible of each exercise).

Adbow/Kidbow 14/4/19

Peter Pan round shot – 36 arrows @ 15/10m on 80cm face:

Miguel Sorreno (RM) 307 & 344 = 651

Dylan Hillier (RM) 313 & 334 = 647

Ganan Stone (RIB) 265 & 282 = 547

Arwen Moran (RIG), 254 & 284 = 538

Piers Moran (RCM), 230 & 279 = 509

Keisha Lee (RIG) 223 & 269 = 492

Pilard Shephard (RU10G) 211 & 223 = 434

Paul Vander Watt (RCM) 181 & 228 = 409

Congratulations to Miguel who shot a Perfect '60' @ 10m - Qualifiers from

that week were:



John Oh (RM) 10m/60cm, scoring 258 & Martin Stevenson (RM) 10m/80cm, scoring 220
Griff Bondeum (RUB) 10m/40cm, scoring 114 & Joshua Stevenson (RUB) 10m/60m scoring 146 -

Qualifiers W/E 21st April

10/80cm: Oliver Stevenson (RU10B) 166

10/60cm: Martin Stevenson (RM) 227

15/122cm: Griff Brondum (RUB) 208

15/80cm: Paul Vander Watt (RCM) 199, Griff Brondum (RUB), 150

15m/60cm: Paul Vander Watt (RCM) 170

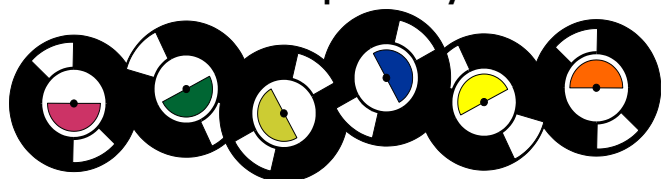
Newcastle round 90 arrows @ 20m (122cm) was shot by the following members:

Miguel Serrano (RM) 802 (AG20m), Rating 40

John Oh (RM) 757 – Rating 30

Dylan Hillier (RM) 755 (AG20m) Rating 29

Records Broken since previously recorded.



Archer	Divn	Round	Score	Date
Campbell, Mitchell	CIB	Samford	855	2/02/2019
Smith, Gabbie	RCW	Samford	495	2/02/2019
Aslanidis, Carmelo	RJM	WA 70/720	651	10/02/2019
Whitfield, Peter	RMM	Sydney	1000	17/02/2019
Moore, Wayne	RMM	Handicap	810	23/02/2019
Whitfield, Rachel	RCW	Junior Handicap	621	23/02/2019
Whitfield, Peter	RMM	Wollongong	461	24/02/2019
Chambers-MacLean, Jack	RCM	Grange	759	3/03/2019
Kecskes, Maja	RUG	Darwin	597	3/03/2019
Whitfield, Peter	RMM	Perth	764	10/03/2019
Moran, Piers	RCB	Pooh Bear	529	10/03/2019
Whitfield, Peter	RMM	Canberra	789	16/03/2019
Whitfield, Peter	RMM	WA 60/720	601	30/03/2019
Kecskes, Maja	RUB	AA 30/720	639	30/03/2019
Whitfield, Peter	RMM	Launceston	605	31/03/2019
Moran, Piers	RCB	Pooh Bear	617	31/03/2019
Whitfield, Peter	RMM	Australian Indoor I	263	7/04/2019
Chambers-McClean, Jack	RCM	Australian Indoor 1	273	7/04/2019
Campbell, Mitchell	CIB	Adelaide	1143	7/04/2019
Whitfield, Peter	RMM	Adelaide	1029	7/04/2019
Stasenska, Danny	RMM	Pooh Bear	699	10/04/2019
Whitfield, Peter	RMM	WA Indoor Combined	1073	19/04/2019
Kecskes, Maja	RUG	WA Indoor Combined	623	19/04/2019
Llana, Massimo	RIB	Combined	857	19/04/2019
Whitfield, Peter	RMM	Grange	739	21/04/2019
Whitfield, Peter	RMM	WA 60/720	610	22/04/2019
Whitfield, Peter	RMM	Australian Indoor I	266	27/04/2019

Skins Tournament: Anzac Day



Yep, it went down to the wire, and if you have never competed in one of these

before, join us, there is one in on the Calendar in a couple of weeks time. Round is a Newcastle – 90 arrows @ 20m on 122cm – everyone can reach that. \$2 entry fee, then the club matches what was taken on the day, we had 14 members join us on Anzac Day, and it was a great shooting conditions and such an enjoyable shoot, loved it.

1st place went to Jack Chambers-McClean \$35, 2nd place Peter Whitfield \$15 & 3rd place Maria Wright \$6 (heard she was shouting 3 cans of soft drinks for the kids from the canteen?)



Anton shot remarkably well, top scored with 888, followed by Jack on 887, just being pipped at the end by Peter, in a 1 arrow shoot off relegating him to Target 2 – Next event watch out everyone.

Each archer shoots 6 arrows, highest score goes up, lowest score goes down, if there is a draw, and then those concerned shoot 1 arrow, closest to centre usually determines who goes down. To move up or down a Compound shooter's 10's become 9's, so there is a twist, but worked out extremely well.



News from ArcheryNSW:

Maria Wright (CV+W), obtained a new state record for the AA720/50m round scoring 646 (24/3/19) – Well done.

BIRTHDAYS MAY

Elizabeth Renault (10th), Nicholas Lyras (14th) Wayne Moore (15th), Michelle Catto (25th)



Since the cakes not happening, will settle for a cookie!

Joke Corner:

A young monk arrives at the monastery. He is assigned to helping the other monks in copying the old canons and laws of the church, by hand.

He notices, however, that all of the monks are copying from copies, not from the original manuscript.

So, the new monk goes to the Old Abbot to question this, pointing out that if someone made even a small error in the first copy, it would never be picked up! In fact, that error would be continued in all of the subsequent copies.

The head monk, saysm "We have been copying frm the copies for centuries, but you make a good point, my son".

He goes down into the dark caves underneath the monastery where the original manuscripts are held as archives, in a locked valut that hasn't been opened for hundres of years. Hours go by and nobody sees the Old Abbot.

So, the young monk gets worried and goes down to look for him. He sees him banging his head against the wall and waiting.

"We missed the R!

"We missed the R!

"We missed the bloody R!"

His forehead is all bloody and bruised and he is crying uncontrollably.

The young monk asks the Old Abbot, "Whats wrong father?

With a choking voice, the Old Abbot replies, "The word was CELEBRATE!"