



**WARRINGAH ARCHERS
NEWSLETTER
June 2018**
www.warringaharchers.com.au



Across the desk of the President:



Club / Butt Room / Equipment / Target faces, all these need to be kept in good order. Members are required that when they are setting up the club grounds, that all equipment is needed to be brought back in, and of course, placed in the appropriate place. This, however, is undertaken by ALL members who are shooting at the club on that particular day. Flags & Pegs are not allowed to be left on the club grounds, there is an appropriate place for them to be returned to in the Butt room.

Target faces. It always amazes me how members return & hang up target faces which **NO ONE** wants to shoot on, let alone be able to score on, so please **DO NOT** hang these ones back up. Over the next couple of weeks, we will need to arrange for a working bee to revamp our faces & target butts, and locate some of our equipment, so that they are more centralized.

Hammers / Pegs & Flags are required to be placed in one area, these are currently located in several places.

Target Pins to secure faces to the but, especially when shooting on handicap days, are found everywhere except in the blue bucket supplied.

Measuring tapes, should always be hung up and or placed on the top shelf, so that when required, these can easily be found, and not hidden under 80cm target faces.

MEMBERS – let's start thinking about what you can do to help put equipment back where it belongs weekly.

Cans/Bottles: As the club is currently trialling recycling Cans/Bottles, can members put bottles & cans uncrushed in the box provided. These are removed weekly by one of our club members.

Club Rooms: OK a couple of issues have come up here! Wi-Fi at the weekend – needs to be unhooked.

Lights: Although some of the clubs have light sensors, there are a couple of rooms that don't – Butt room / Club Room, these need to be **TURNED OFF** by whomever is last at the club.

Canteen: If you are using the canteen, please ensure that your cups etc., are washed and returned to the appropriate area.

Rubbish: OK when the lid doesn't fit on the rubbish bin, it is usually a good indication that it needs to be emptied.... So lets see what we can do to improve on this.

Chocolate Wrappers: There should be only one place for these and that is the rubbish bin! Wait – it's full! I am sure however, that they can be squeezed in and not left lying around the club room.

Warning Sign: it is extremely important that whoever is last to leave the facilities that this sign is returned to the club room, rather than receiving a call from the school to collect.

Members – it is your club facilities, therefore please take the time to look around and see what you can do and/or give guidance to someone else if you see that they are not quite doing the right think!! Lets work together.

Archery Australia Update: Trans-Tasman Test (Youth)

The board approved a request from Archery New Zealand to change the year rotation of the Trans-Tasman, the dates of the Trans

Tasman Championships will now occur on odd number years going forward from 2019 onwards.

This is to prevent the event from clashing with the Oceania championships

So all junior members be aware that in 2019 you could represent Australia if selected

Joey Category (U10's)

After a request by an RGB to introduce a new category of membership into the shooting rules, the Board agreed to seek the RGB's views on introducing a new Membership Category for the Under 10's (or Joey Category). So that when asked can we receive some input from members within Warringah Archers who fall into this category! Please send your views to either the President and/or Secretary, so that we can pass on your views.

2019 NATIONAL INDOOR CHAMPIONSHIPS

Youth Trial

The Board agreed to the concept of introducing a youth RGB team's event at the National Indoor Championships. The Board agreed to Trial the concept for one year in 2019.

ASNSW Tournament: Golden Arrow Shoot-Penrith 2nd & 3rd June

Target: Gold: Mitchell Campbell (CIB), Short Canberra scoring 826 & Maria Wright scoring 802

Bryan McGuire (4th) (RM), Canberra with a score of 626

Clout: Gold to Maria Wright – 165m – scoring 268

Field: Gold to Mitchell Campbell WA Field 24Mk Blue – scoring 344, eligible to claim Brown Arrowhead & Australian 335 Field Star. Also shot Field All gold (9 times) and a Field Perfect score of 18.

GOLDEN ARROW REPORT by Maria Wright

On 2nd June the first day of Golden Arrow event was held at Penrith. The forecast was for a cool, windy day and they were certainly right. Disappointingly, only 3 archers from Warringah competed. The mornings target event was completed with gusts punctuated by occasional lulls, and I don't think there were too many smiles or "PB"s, for those archers testing the morning conditions.

The clout event, held after the lunch break, was held in similar overcast conditions, with an even smaller contingent of archers lining up to face the blustery afternoon. One of the two clout targets didn't have enough archers competing to pickup arrows for scoring, so myself, with another archer from our group volunteered to help them after each end. That meant we had our own scores on the other clout recorded, but weren't able to see where our arrows had landed and make needed adjustments. Probably it wouldn't have made much difference to my shooting anyway, as I felt I was always fighting the gusts and my scores were well below my best. But it was good practice.

It was enjoyable anyway and worthwhile persisting to get valuable experience. It looked like rain would finally hit before the last 2 ends, and we were resigned to a damp finish, but it held off as we completed the scoresheets and signed them. Only then the wind stopped and the sun finally came out for a nice end to a good shoot.

9th Club Coaching day; Thanks to Kane & Danny



for giving their assistance to club members, we appreciate your time & expertise. The club tries to run these



days 1 per quarter, therefore please check your calendars should you wish to take advantage of these

sessions. They are no cost to the members.



16th June Skins Tournament

Chuckle for the week: When the notice went out about the Skins tournament (Newcastle round), I received this email from one of our newer members "I can't make Newcastle this week. Will anyone be at Cromer tomorrow morning?". I did take the time to explain that the Newcastle was a round and not location? Might have a small workshop during the month of July

especially for our new members and/or when there is a shoot on, it can be run in conjunction with the event.



Congratulations to Mitchell for taking out the cash pot \$60.00,

with a shoot-off for Jack who



came away with



\$25.00. Mitchell scoring 900 out of 900. Andrew Catto, came 3rd winning \$15.00. This is a



great event, where our top archers start on the lowest target, with the highest score moving up and the lowest score moving down, with the aim to be on target one after 15 ends completed.



As we have a fair few newer members who have joined the club over the last few

months, this gives members an opportunity to meet and relax with other members in the club. When there was a



tie, then this resulted in a one arrow shoot-off, and there were a few of these throughout

the day. Thanks to President for introducing some incentives also, the chocolates went down well.

23/24th ASNSW Tournament: Liverpool Short Course Distance Championships: Congratulations to both Lilia Hutchinson (RMW) who obtained Gold medal at the above event scoring 504, and Maria Wright (CV+W) shooting the Short Canberra and scoring 835. Maria shot an All Gold @ 50m/40m & 30m and obtained a perfect '60' also at 30m – Well done to you both?

CHANGES/NEW INDOOR RATINGS:

Shorten, Cheryl	xx	48	Jun-18
Campbell, Mitchell	75	83	Jun-18
Whitfield, Peter	xx	49	Jun-18

MAXIMUM PERFORMANCE SERIES

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

CONSTANT PERFORMANCE: AVOIDING INJURY AND ILLNESS:

MUSCLE CRAMP

Prevention

1. Use extra salt with meals if sweating is excessive
2. Relax excess tension and rest at onset of fatigue
3. Loosen clothing if it is obstructing circulation
4. Use padding to protect against blows in contact sports

Early Care:

1. Rest
2. Firm pressure with thumbs at center of cramped muscle
3. Slowly stretch cramped muscle within normal range of motion, hold it in an extended position for a few seconds, then relax.
4. Use gentle kneading massage to reduce spasm.
5. Apply moist heat to relax the muscle and restore circulation, then contract and relax the muscle in light rhythmic motions.

LOW BACK SPASM

(NOTE: If you cannot bend sideways or forward with your legs straight without pain, let your physician examine your back).

Prevention:

1. Sit and sleep on firm surfaces
2. Keep knee and hip angles equal
3. Move frequently
4. Develop abdominal strength with the sitback exercise
5. Stretch low back muscles using knee hug and pelvic left exercises in flexibility circuit
6. Keep back straight when lifting and carrying
7. Avoid back bends, arching the back and standing with hands behind the back.

Early Care:

1. Rest
2. Apply moist heat to induce relaxation
3. Support the low back while sitting by using a small cushion, or "bustle" against your pelvis
4. Insert a three-quarter-inch-thick plywood board between your mattress and box springs. Sleep on your side with one knee flexed.



BIRTHDAYS FOR JULY

**Ben Souchaud (6th),
Mitchell Winfy (11th)**

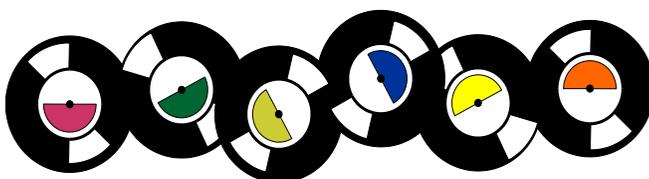
Only a couple, so might be an opportunity for a cake?

JUNE HANDICAP WINNER:

Oliver Deakin – Intermediate Compound Bow (978), couldn't get a photo sneaked off before presentation!
Followed by Cheryl Shorten & Connor Dalton (948)
Then came Bryan McGuire (920), all shooting over 900, therefore receiving a \$20 incentive.

CHANGES TO TARGET RATINGS:

Name	Old	New	Date
McGuire, Bryan	51	56	Jun-18
Shorten, Cheryl	42	48	Jun-18
Dalton, Thomas	xx	12	Jun-18
Kecskes, Maja	17	20	Jun-18
Campbell, Mitchell	85	91	Jun-18
Winfy, Mitchell	31	34	Jun-18
Whitfield, Peter	50	52	Jun-18
Page, Stephen	26	31	Jun-18
Calandruccio, Stirling	71	72	Jun-18
Dalton, Thomas	28	35	Jun-18
Tattersall, Tom	22	23	Jun-18



Records broken May & June since last published:

Archer	Class	Round	Score	Date
S.Fathers	LM	Golden Gong	673	20/05/2018
M.Kecskes	R10G	Golden Gong	348	20/05/2018
G.Smith	RCW	Elizabeth	673	27/05/2018
A.Middleton	RMM	Kiwi Chatter	728	27/05/2018
T.Dalton	RM	Mini Adelaide	1034	2/06/2018
H.Piennar	CUB	Mini Adelaide	409	2/06/2018
A.Catto	RMM	Ballina	725	9/06/2018
J.Chambers-MacLean	RCM	Ballina	753	9/06/2018
M.Kecskes	R10G	Ricker Treat	713	9/06/2018
R.Whitfield	RIG	Mini Canberra	702	11/06/2018
S.Calandruccio	RMM	Newcastle [Tie]	887	16/06/2018
M.Campbell	CIB	Newcastle	900	16/06/2018
C.Shorten	CMW	Kiwi Chatter	790	17/06/2018

A POEM BY ROSS REISER (WA) WITH

**APOLOGIES TO PAM AYRES – courtesy of Shooting Lines
May 1993**

I luvv me little arrows an' I luvv me little bow,
And standing on the shooting line to watch me
arrows go.

Some days they fly terrific and wind up in the gold,
And other days the little sods will not do what
they're told:

They shake their little fletches and wag thir little
nocks

With a stubborn disobedience that really rots your
socks.

And on the worst of bad days, you'll have trouble
with your piles;

Now that's a pain-in-the-you-know-what that wipes
off all your smiles.