



Across the desk of the President

September sees the commencement of our Club Championships events, as well as launching the Youth Development Program, and of course a new committee

was elected. It was amazing to see so many members attend the AGM, so please join me in thanking Danny Stasenka for his support over the last continuous five years, and welcome our newest member to the committee Carol Mitchell.. Stirling remains our Public Officer as well as our Member Protection Officer, full committee is listed below:

President: Elizabeth Jennison
 Vice President: Stirling Calandruccio
 Secretary: Roland Ware
 Treasurer: Kristian Chambers-McLean
 Recorder: Leanne Spencer
 Executive Members: Alan Nolan,
 Mariano Llana
 Carol Campbell

New Shooting Shirt: Our new shooting shirt has arrived and are currently being distributed to members. Sizes to try on are in the club room, it really does look impressive when you are driving along South Creek Road, and seeing everyone shooting in their club T/Shirts. Costs to members are \$10.00 each.

Reminders: Use of Electronic Devices. The Archery Australia Board has agreed that the following policy on Electronic Communication Devices for all **tournaments** conducted in Australia will be effective **immediately**:

Electronic Communication Devices are permitted on the Field of Play for the purposes of scoring only.

They cannot be used for communication purposes such as personal communications, phone calls, emails, texting, messaging, social media etc. while on the Field of Play.

The use of Electronic Communication Devices for purposes other than scoring is not permitted

New National Judge: Please join me in congratulating Kristian Chambers McLean, who upgraded from National Judge Candidate to National Judge. Warringah Archers are very proud of your achievements.



If you are interested in becoming a judge, this avenue is available to you, just talk to Kristian, and/or Lilia (who is currently a National Candidate Judge, and they can advise you what's involved.

Recycling: As many of you would be aware, there are two bins kept down the club rooms (1) Glass/Plastic/uncrushed cans.

These are then taken to the Recycling centre with any funds obtained given back to the club, thanks to Stuart Smith for looking after this for us.

(2) Plastic parts Can members ensure that you put your recycling in the correct area it would be appreciated, seems such a shame to crush the cans, and then put in the general rubbish.

First Aid Certification: As per previous request, I had asked if members could advise me if they were First Aid Certified and/or whether or not you wish to become certified. Currently Bryan McGuire, Andrew Catto, Craig Frandsen & Cheryl Shorten have responded.....if there any others out there in our membership, please drop me a line.

Adbow/Kidbow Club Championships: 1st Sept...

It was great to see so many of our newer members join us for the Adbow/Kidbow Club Championships, which were held this weekend.



Final results are:

Archer	Division	Round	Total
Adbow			
Shorten, Cheryl	Compound	Darwin	790
McGregor, Matthew	Recurve	Newcastle	769
De Luca, Gemma	Recurve	Newcastle	763
Whitfield, Peter	Recurve	Darwin	750
Renelt, Elizabeth	Recurve	Newcastle	736
Park, Su Reem	Recurve	Ricker Treat	725
Smyth, Deanna	Recurve	Kiwi Chatter	701
Weller, Rhys	Recurve	Geelong	684
Hosking, Laef	Recurve	Geelong	558
Middleton, Alan	Recurve	Darwin	458

Kidbow

Woo, Brian	Recurve	Ricker Treat	662
Winfry, Mitchell	Recurve	Geelong	640
Murray, Cameron	Recurve	Kiwi Chatter	572

All Gold awards were achieved by:

Su Reem Park @ 15m, Matthew McGregor @ 20m and Cheryl Shorten @ 40m, badges can be purchased from the club at a cost of \$6.50 each.

State Field 8/9th Sept @ Illawarra Archers

Carmello came 2nd in the RU20M Divn, obtaining his FITA Grey & White Arrowhead / Australian Field Star 310 & 270, Mitchell Campbell won Gold in the CIG Divn, obtain his Fita Brown Arrowhead, and 335 & 365 Australian Field Star.

Club Championships Indoor 15th Sept.:

Compound Open	WA1	WA2	Total
Wright, Maria	263	245	508
Ware, Roland	247	259	506
Shorten, Cheryl	244	245	489
Jennison, Elizabeth	206	224	430
Compound Youth			
Campbell, Mitchell	278	279	557
Deakin, Oliver	229	210	439
Recurve Open			
Spencer, Leanne	250	259	509
Moore, Wayne	259	248	507
Whitfield, Peter	238	255	493
Calandruccio, Stirling	242	250	492
Catto, Andrew	241	248	489
Stasenka, Danny	230	220	450
Steele, Glenn	209	232	441
Llana, Mariano	199	223	422
Middleton, Alan	190	192	382
Nolan, Alan	222	144	366
De Luca, Gemma	174	144	318
Page, Stephen	149	162	311
Renelt, Elizabeth	153	146	299
Hutchinson, Lilia	143	146	289
McGregor, Matthew	146	141	287
Recurve Youth			
Chambers-McLean, Jack	271	256	527
Smith, Gabbie	143	202	345
Souchaud, Benjamin	169	162	331
Winfry, Mitchell	165	153	318
Ware, Alex	148	159	307
Tattersall, Tom	144	158	302
Llana, Massimo	161	137	298
Murray, Cameron	123	136	259
Ware, Ben	139	87	226
Kecskes, Maja	127	84	211

With Mitchell, Maria & Jack all achieving All Gold Awards



Roland Ware (949) & 3rd Maja Kecskes (896).

Warringah Handicap 22nd September

Congratulations to
Tom Tattersall

Recurve Intermediate Boy
(985) Tom also won the
award in April & July, 2nd

Incentive Vouchers: Tom & Roland also receive a \$20 incentive for scoring over 900.



Bryan McGuire chuffed with his All Gold @ 50m 122cm face.. He's getting quite a selection up now.

Kidbow program, well done to the following qualifiers Left to Right: ;

Piers 15/60cm face, including All Gold @ 15m, Arwen 10/40cm face, Vincent 15/80cm face Luca 10m/80cm face, Robyn 10/60cm & Rachel 10m/40cm & 15m/80cm



MAXIMUM PERFORMANCE SERIES

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

CONSTANT PERFORMANCE: AVOIDING INJURY AND ILLNESS WINNING

The expectation of success is critical to its achievement, not simply from a psychological but from a physiological point of view. Psychologically, you need confidence to play boldly. This comes from an acceptance of yourself as a winner. Physiologically, your body organizes itself differently for a winning effort than for a losing one. The appropriate muscle fibers elect to participate; then they join forces harmoniously with other fibers to produce the winning effort. When you're losing, tension builds to excess, and coordination is degraded by the abandonment of familiar action patterns.

Conditioning for winning is mainly a process of positive reinforcement, in which a coach or parent never punishes, scolds or even calls attention to anything negative. Every day, in every way, you succeed, succeed, succeed, until you're conditioned to expect success.

There is only one way to guarantee this pattern; to progress from a base so simple and in increments so small that failure is out of the question. This is not just the golden road to maximum performance, it's the only road.

You don't travel this road in a state of exhaustion. Nor do you jump into a task that's too difficult or complex. Just as muscles build best by progressive overload, so the mastery of a task is accomplished best by progressive advancement from simple to complex.

Belief in your body as an ally rather than an antagonist is equally critical to success. You have the knowledge now to understand what happens when you're organizing for an effort. The most intricate, delicate and responsive system imaginable it responding to your every wish. Treat it with understanding and confidence and it will lead you to experiences you've never savoured before.

Now, let's put it all together. We'll do it with the help of my niece, Tina Goldsmith, a competitive gymnast. Some years ago, Tina watched Cathy Rigby perform in the

Olympic Games. Tina had never done any gymnastics, but Cathy because her ideal. She dreamed about her, cut out all the photographs she found in newspapers and magazines. It so happened that Cathy Rigby was a friend of Pat McCormick, whom I had known for years and helped train as a diver. Pat not only arranged a meeting but had us come to her home where she had some gym equipment. There, Tina's heroine showed her the elements of gymnastics. Tina has worked form that day since. She has her own collection of blue ribbons now, as well as her notebook of skill and conditioning pointers that she had asked me to give her as her training progressed. Recently, I asked her to list the most important points. Even though they were written with gymnastics in mind, they apply to any performance.

TINA'S PRINCIPLED OF CHAMPIONSHIP PERFORMANCE

1. Don't try to push yourself beyond what your capability allows.
2. Fluidness is perhaps the most important aspect of a routine. Keep the routine rhythmic.
3. Be glad that you're excited. This excitement gives you energy and pep.
4. If you fall or stumble, at least do it gracefully.
5. Wearing a serene expression on your face can make a difference in your score. This gives the impression that you're performing with great ease and actually helps you to move more gracefully.
6. Smile at the judges before you perform and afterward. It always helps to have the judges on your side.
7. If you're scored unfairly, forget about going into a tizzy. There's nothing you can do about it.
8. Stretch every movement as far as comfortable. Go for AMPLITUDE.
9. Practicing a routine in your mind while you are away from the gym helps your actual performance.
10. Always have a definite small goal to achieve for every workout. Working small tricks to perfection makes a champion.
11. Never work to exhaustion. As soon as fatigue enters, stop and rest.
12. Always practice at performance speed.
13. Try to combine boldness with ease.
14. As you go through a routine, hum the rhythm to yourself.
15. Register your mistakes, but don't react to them.
16. Besides doing the required movements in your exercise, try to distinguish your routine by expressing your individuality.
17. During warmup, study your surroundings and go through your routine in your mind, adapting yourself to the unusual conditions.
18. After each meet, write down the thing that you want to remember about the place.
19. Study each performance that impresses you, and note in writing what made that routine special.
20. Project yourself so that the judges feel you're honestly trying to impress them. They are expecting you to give your best, so let them have it.

THE WINNING GAME PLAYER..next edition



BIRTHDAYS FOR OCTOBER,
Max Foley & Mikayla Frandsen (5th), Connor Dalton (6th), Alan Nolan (7th) Regan McCredie (9th)
Lachlan Franchis & Craig Frandsen (15th), Elizabeth

Jennison (16th), Rachel Whitfield (22nd), Stephen Page (28th). **Suppose I'll have to cook my own cake!**

Welcome to new members: Carol Campbell (Non Shooting Member) & Michelle Catto (RCW), Cody Johnson (RIB). Also the following members who have joined the Adbow / Kidbow Program on Sunday mornings; Alistair Munro (RMM), Natalya Munro (RIG), Enzo Munco (RUB), and Craig Page (RM).

More Kidbow Qualifiers this month:

Left to Right; Piers 15/40cm face & 20m/122cm



Pilard
15/122cm face
& 15/80cm
face, & Arwen
15/122cm face

23rd September, - Clout Practise



As mentioned the club has kicked off its Junior program to prepare those kids who want to attend the 2019 National Archery Championships being held in Armidale in April next year. The invite went out to all youth members, and it is

encouraging to see how many want to give it a go. Steve & Kane took the members through their equipment, ensuring that it was set up correctly, taking the time to teach them on the importance of good bow set up. Then the afternoon was taken up with Clout practice, several of them had not experienced this before. If you see Clout practice on the Calendar, it is open to anyone wishing to understand this discipline. Clout archery is shot over long ranges from 100m up to 180m, depending upon your equipment and division being shot. The target is laid flat on the ground and archers shoot their arrows into the air attempting to land the arrows in the target area designated.



The 'Clout' is a triangular shaped object placed in the centre of the target circle. The various scoring areas are identified with coloured flags either side.

A cable is laid out on the ground and is marked with the various scoring areas. To score, an archer is assigned to each scoring area, the cable is slowly walked around the circle Archers assigned to a scoring area collect any arrows in that area. **WHY DON'T YOU GIVE IT A GO!**

CLICKERS: -What is a clicker



Courtesy of Abbey Archery Website - In a nutshell

A clicker is generally only used on a recurve bow and lets the archer know he has drawn the bow back to the correct draw length or to full draw. It gives an audible "click" and only on the sound of the clicker will the archer release the arrow.

Description: A clicker can be a strong piece of wire, but mostly is made of tensile spring steel or a magnetic wire arm or carbon, about 6.35mm or 0.25 inch wide and 76.2mm or 3 inches long and is attached to the riser by a screw. It is mounted in the sight window or on the side of the riser with the top of the clicker screwed or attached to the riser and the bottom of the clicker hanging downward past the arrow shelf which supports the arrow while it is drawn, extending to just in front of the arrow rest.

How it works: The arrow is placed under the clicker - between the clicker and the riser, so that at full draw, the arrow point will be pulled from under the clicker. The clicker will then snap back against the riser making an audible "click" sound. This sound and the slight vibration it causes in the riser, tells the archer that the bowstring has been pulled back the proper distance for consistent arrow speed.

What's in it for the archer: With practice, experienced archers often report they no longer hear the click, but instead they sense it as part of their overall mental game. Many archers train themselves to shoot automatically when the clicker drops off the arrow.

The correct draw length: Before an archer can use a clicker successfully, his precise draw length needs to be ascertained. Often the initial draw length measurement taken varies from subsequent measurements and it is of vital importance that his correct draw length is established. Clickers are adjusted to the arrows the archer will use in competition.

Draw length check: The clicker is also used as a draw length check. The position of the clicker is adjusted so that when the archer reaches full draw, the clicker just begins to slide down the arrow tip. When he is satisfied the shot is set up, he increases back tension. As back tension increases, the draw hand moves the bowstring and the arrow back, so that eventually the arrow slides out from under the clicker. The clicker slaps the riser and makes a noise, hence its name. Archers generally watch the clicker to see that the length of the draw is sufficient to place the clicker on the start of the slope of the arrow tip. After that, visual focus switches to aiming.

The clicker facilitates the use of back tension, plus it discourages anticipation of the release because the archer is never quite sure when back tension will have increased enough to slide the arrow from under the clicker. For finger shooters, these are important advantages in setting up consistent and well executed shots. Most Olympic style shooters use one, but finger shooters in bowhunter class often are not allowed to use clickers.

Consistent draw length: Another advantage of using a clicker is an identical draw length on every shot. Draw length doesn't vary, so the thrust imparted to or forward propulsion of the arrow doesn't vary even slightly on any

shot. Each arrow can then be shot from the exact same draw length.

Do all archers use a clicker: Some archers master the art of sensing the click or that their arrow is at full draw and discard their clicker, while others keep it on their riser and use it as a constant check. The clicker significantly improves many archers' abilities to be consistent in their shooting.

Who invented the clicker: Fred Leder is the man who invented the clicker and developed the technique that many archers use today. His idea was to get away from using the eye as a triggering mechanism and instead use the ear as an audio trigger. Fred figured out that a small piece of spring steel screwed to the bow riser that would go over the end of the arrow and 'click' out of the way with slight pressure, might just solve the problem. His first clickers were made from wind up clock springs. In late 1957, he experimented and practised in his basement archery range and by the next spring, he was competing with the best in the area.

The clicker was affixed to all of Fred's family's bows and the results were quite dramatic, with their scores going from just another archer in the field, to winning many events, local, state and national. However in 1961 in Crystal Springs, Arkansas, USA is where the clicker was really noticed.

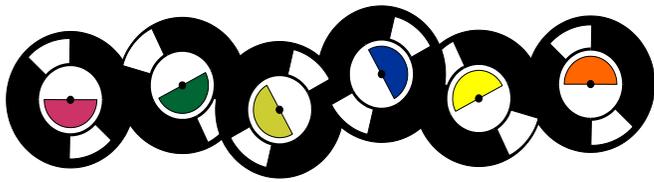
As a 16 year old, shooting in the intermediate division, Fred's son, Jim's scores were almost on par with the senior men's division. It wasn't long before Earl Hoyt of Hoyt Archery started selling clickers attached to a small bit of leather that had an adhesive backing and the rest, they say, is history

CHANGES TO TARGET RATINGS:

Name	Old	New	Date
McGuire, Bryan	59	62	Sep-18
Shorten, Cheryl	61	63	Sep-18
Smyth, Deanna	28	31	Sep-18
Kecskes, Maja	28	30	Sep-18
Campbell, Mitchell	91	94	Sep-18
Turner, Peter	31	39	Sep-18
Whitfield, Peter	56	57	Sep-18
Harrison, Robert	32	33	Sep-18
Ware, Roland	59	63	Sep-18
Tatterstal, Tom	26	30	Sep-18

CHANGES/NEW INDOOR RATINGS:

Name	Old	New	Date
Shorten, Cheryl	60	61	Sep-18
Kecskes, Maja	xx	8	Sep-18
Llana, Massimo	21	25	Sep-18
Campbell, Mitchell	87	90	Sep-18
Winfry, Mitchell	29	30	Sep-18
Whitfield, Peter	49	55	Sep-18
Woodley, Tai	17	23	Sep-18



Records broken July & August since last published:

Archer	Class	Round	Score	Date
Jack Chambers-MacLean	RCM	Launceston	585	8/09/2018
Deanne Smyth	RMW	Lukie Last	524	8/09/2018
Gabbie Smith	RCW	Yass	439	16/09/2018
Maja Kecskes	RUB	Sarah Lee	567	16/09/2018
Peter Turner	RMM	Sarah Lee	638	16/09/2018
Cheryl Shorten	RMW	Sarah Lee	683	16/09/2018
Mitchell Campbell	CIB	40/720	698	16/09/2018

State Target Championships 29/30th Sept

Which was Youth Day & Veterans competition day, with the following snap shot being set below:



Gold:

Mitchell Campbell (CIB), Shot the AA50/1440, scoring 1342. Eligible for 1300 Australian Star. Achieving All gold @ 50m/40m & 20m*

Carmelo Aslanidis (RU20M), Shot the WA90/1440 scoring 1130. Achieved AG @ 30m*

Wayne Moore (RVM), Short the WA60/1440 round scoring 1167. Eligible to claim 1100 Australian Star.

Maria Wright (CV+W) Shot AA50/1440 scoring 1297.

Eligible to claim 1200 Australian Star and an All Gold @ 30m.30m/20m*



Silver: Jack Chambers-Mclean (RCM) Shot the WA70/100 scoring 1088



Peter Whitfield, one of our newer member gave it a go in the (RMM) division, scoring 927 in the WA70/1440 round and eligible to claim his 900 Australian Star. Bryan McGuire shot in the Open

Recurve event WA90/1440 scoring 861, which will gain him his 800 Australian Star.

From a judges perspective:

As judges we sometimes find there is no direct ruling covering a situation we encounter. That is when we need to use our experience and knowledge of the rules to make a JUDGEment. So, for example, the Archery Australia rules 12.8.3 say 'when approaching the (Clout) target athletes shall not carry any arrows in their quiver. All spare arrows shall be left behind the Waiting Line'. However, there is no designated consequence, should an athlete cross the 3m line with an arrow still in the quiver.

... certainly in the above case, the judge should ask for the arrow to be returned to behind the waiting line, or take the arrow until scoring is completed.

If you think about WHY that rule is there, it's to stop someone dropping an extra arrow into the scoring zone. All the judge needs to do is prevent that from happening by ensuring the spare arrow is identified (e.g. standing it up on the way down to the scoring zone)



Adbow/Kidbow shoot 30th September:

We were very lucky with the weather considering it was supposed to be wet, turned out a really nice day. Our Adbow/Kidbow members with the final archers completing their beginners course shot the Pooh Bear Round 36 arrows @ 15m/10m on 122cm face, joining in with the other club members.



Alex Schlosser (RM)	285	324	609*
Piers Moran (RIB)	272	311	583
Alistair Munro (RMM)	282	300	582
Craig Page (RM)	265	308	573
Robyn Garrad (RIG)	253	296	549*
Enzo Munro (RUB)	201	264	465
Arwen Moran (RUG)	171	261	432
Natayla Munro (RIG)	145	243	388
Matt Scholsser (CIM)	143	249	392
Luca Kecskes (CU10G)	72	190	252

*Achieving All Gold 10m



At the conclusion of the shoot we undertook an elimination shoot, where Piers finished out on top – WELL DONE, though was very close scoring 28 out of 30, to Craig & Alex scoring 27.

Qualifying scores shot were:
10m/122cm: Alistair 258/300, Enzo 235/300, Natayla 179/300, Craig 245/300 and 20m/80cm: Piers 147/300