



WARRINGAH ARCHERS NEWSLETTER April (2) 2020

www.warringaharchers.com.au



Across the desk of the President:

In this issue we hope that everyone had a great EASTER, I believe the bunny was still able to drop of those Easter eggs, Easter hunts were kept

to a minimum, but Hot Cross Buns & Chocolate were consumed aplenty. I was trying really hard to ensure that I kept chocolates to a minimum, however, alas I fell short. Am trying now to walk regularly to see if I can shed the weight gained over the Easter break.

While the clubs has been closed this has given us an opportunity to clean up in a few areas, as you can imagine when something is closed down, then it becomes stuffy. Cameron & I went down and cleaned out all the toilets/swept down the walls (*blooming cobwebs everywhere*). Then we emptied out the Beginners Room, checked out all bows had arrows rests/sights/no fingers/arrows were all made up and a batch to fix identified (*good on you Steve*), so that all the equipment in this room is ready for when our programs resumed. Only thing to do now is to fix up some of the bow strings, which Jack over the next couple of weeks.

Cameron/Ben & Alex also cleaned out the butt room, gave it a good sweep, repaired all the damaged butts, sorted through all the



pegs/target clips/faces /hammers and made everything ship shape. It's a great feeling when our junior members ask if there is anything they can do down at the club. They have a couple of other suggestions highlighted, which we work through over the next couple of weeks.



The club has also invested in a new measuring wheel, as the previous one has been missing clicks thus causing the longer distances to be out (*sorry guys, but thanks for bringing it to our attention*). The old one is still good for between 10-20m (Beginners), however, the newer one should be used if you are shooting further distances.

However, in saying that **IT MUST** be treated properly, no throwing down, no leaving lying around so that it can be stood on / damaged, it must be **HUNG** up at all times when not in use. This will be located in the Coaches Room.

The same applies to tape measures. When you see that these are damaged, please don't put back into the club room, let a committee member know, it is very frustrating for the ground crew to turn up and then find out a tape measure is missing the loop to secure in the ground, or the handle to be able to reel it back in, thus delaying in setting out the field – thanks for fixing these up Alan.



We ask members to always be conscious of how they treat club equipment, a give a hand to tidy up when needed.

AdBow / KidBow Qualifiers 15/3/20

Sorry everyone, just found the score cards in the coaches room at the weekend when we were having a bit of a tidy up.

10m 60cm face: Melody Palette (RUG) 147

10m 40cm: Leo Paletto (RUB) 125, Heather Maddock (RCW) 93

15m 122cm: Nick Skelton (RMM) 220, Jennifer Thompson (RMW), 212 & Rado Horak (RCM) 235

20m 122cm: Jessica Greengalgh (RIG) 170

Then the following weekend, we weren't quite sure what the round was that everyone shot, as the score cards weren't filled in with Distance/Scores for everyone, so we have only acknowledge those that we were aware off. Stirling looked after the group and most shot out of their comfort zone at 20m;

20m 122cm face: Heather Maddock (RCW) 235, Nick Skelton (RMM) 224, Jeremy Astill (LUB) 160



At the Warringah Open & Womens Day Tournament – Maja Kecskes broke the State Samford (40m on 80cm face) scoring 584 & Geelong (30m on 122cm face).

Tournament Record with a score of 787 for a Recurve Cub Girl. When we contacted Maja, this was her response *"I was happy and proud about the results, also surprised. It was the first time I've shot these disciplines/rounds in a contest so I was more relaxed about them. I didn't have concrete expectations regarding the results, so it is great that they became a record"*. Although the certificate is still to arrive, we notified Maja of her achievements, and once the club resumes activities, we will recognize her achievements as a club at the first handicap day.



Leanne Spencer, broke the Melbourne round which is 50m on 122cm face (*which was held by a previous club member Melissa Jennison shot n 1999*) record by 16 points with a score of 817 (Recurve Women Divn).



With Maria Wright achieving the state record in both the CWV+W & CWV divisions (*that will teach me to shoot better*), with a score of 760.

NOTES OF INTEREST TO THE ARCHER:

ARCHER:

Archer going to shoot today
Archer going to get your own arrows

BOW:

A piece of equipment when used in the proper manner usually throws arrows in the general direction of the archers choosing.

ARROW:

A highly precise piece of mechanical engineering. An aluminium / carbon rod with a hole drilled thru the middle to exceptionally small tolerances, but no matter how it is shot has always got something wrong with it.

PILES:

No further explanation needed

ARROW REST:

First derived in the 10th century when a local north country lad after a prolonged session of practice with his 120lb Yew said "Here you old this an I'll arrow rest over here".

STRING:

This used to be associated with music

ANCHOR POINT:

That indeterminable point somewhere between nocking the arrow and release usually at the point when you can't draw any further.

CLICKER:

Ancient device of torture causing uncontrollable bouts of shaking and a vivid impression that your arrows keep growing.

SIGHT:

A piece of apparatus that always seems to have moved from one shot to the next.

RELEASE:

That exquisite feeling of relief you feel after holding your 46lb bow on the gold for two minutes.

NOCKS:

A pair are called nockers

FOLLOW THRU:

This usually occurs after eating a hot curry the night before shooting.

PLUCK:

It's lucky Alans got a lisp

CAST:

Usually happens after your plastered.

GRIP:

What you'd like to do to the judges throat when he calls a line cutter a 9.

DRAW LENGTH:

Most pens are 6".

QUIVER:

Stuart Fathers on a quiet day

COMPOUND:

First noticed when a recurve shooter and a wheelchair had a bad accident at one paraplegic games.

TARGET:

When gazed upon is stationary, but when at full draw walks about all over the place.

So, You Want to Be a Champion.....by

Robert Debondt *courtesy of Archery Focus*
When we watch events like Olympic Games many of us get inspired by some of great performances of the U.S. Team, the Korean Ladies Team, and many individual great champions. We go home with a new determination to train harder, to win that club, state or national championship. I had the privilege of being involved with the Sydney International Golden Arrow, the trial event for the Sydney 2000 Olympics It gave me the opportunity to mix with, talk to, and interview some of the current champions and their coaches. It also gave me t
he chance, as a coach and competitive archer, to observe all this talent at close range, including their varying styles, form, shot preparation and their reactions to good and not so good shots at various stages in their matches.

One particular thing which struck me, was the willingness of most to the champions to share their knowledge. Therefore, never be afraid to step up to a champion to ask them about their favorite sport, archery. Obviously pick the right time, preferably when they've finished training and not ten minutes before they are due to for a match.

What really makes a champion? Why is 95% of all winning done by 5% of the archers? What is the common thread connecting all champions? Here the song from the musical "South Pacific" comes to my mind, "You've gotta have a dream; If you don't have a dream: How can you have a dream come true?" Ask triple World Champion and Olympic medallist Rick McKinney, one of the world's greatest archery champions, who had a burning desire to become world champion. In his quest to achieve this dream,

everything else came second. Lanny Bassham, world renowned rifle shooter trained five hours per day, five days per week for ten years before he made his first Olympic team, en route to his dream, an Olympic gold Medal. Jari Lippo, second place getter in the 1999 World Championships got his first bow at age 10 and for the last 16 years his goal has been to win an Olympic gold medal. The list goes on, but one thing they all share is this burning desire to make their dream come true.

Second, you must learn to like competition. Learn to love it! Make pressure positive. If you don't like the pressure, why do it?

Third, and this is my strong personal opinion, for the betterment of archery, every archer should have a coach! Especially at the top level. It is a must!

One of the most asked questions from top archers is, "How many arrows do you shoot?" Of course, the answer varies quite a bit and depends on which part of the season and stage of their preparation those archers are in. However, the answer generally lies between 150-350 per day, 5-6 days per week. Some people will say, "No wonder they are that good. If I could just make the time to shoot that many arrows I'd be up there with them." Let's not kid ourselves, if it were that simple we'd all be champions. Furthermore, in shooting that many arrows per day, without a regular coach monitoring your form, there is a great danger faulty form can develop. One sports scientist stated that once a subconscious action has developed through continuous repetition, it could take up to 500 hours of concentrated conscious action to change it. Even if only 20% of this were true, it follows that just shooting that many arrows could have pitfalls.

Having a dream is only the beginning. Setting goals is another habit that sets champions apart. The difference between a dream and a goal is that a goal requires a plan. Just like organisations owing their success to having a business plan, so every athlete should have a "business" plan.

A plan to achieve a long term archery goal (to become National Champion, to win Olympic Medal) should have a series of realistic short term goals creating a path to the eventual achievement of the long term goal. It must also include strategies as to how to achieve those short term goals, all within a realistic time frames. To monitor progress of your plan, a diary should be kept as it will provide a better review of your efforts. The purpose of the diary is to add organisation to your training program. It should include daily goals, performance analysis, any areas to work on, success and attitude analysis. It is a valuable resource for self-improvement and it will assist your coach in helping you to achieve your dream.

Remember that the ultimate goal forms the driving force. This ultimate goal must be etched in your brain so deeply and so strongly, that you will do everything in your power to achieve it. You must believe with every fiber of your being, you will achieve it, not just that you can or must. Remember Mohammed Ali claiming, "I am the greatest." The use of this phrase and his unshakable belief in himself, played a major

role in his rise to becoming one of the greatest athletes of all time. However, you might not make too many friends using this strategy at your next tournament.

In my opinion, the most important tool in any athletes kit bag is his mental skills. There is a general consensus that performance is 90-95% mental. In fact, at the elite level, the major difference between athletes is how they handle the mental stress of competition. Here the athlete must view each particular contest and its outcome as a test that measures their progress. Winning no longer becomes the objective, become better does. Concentration must be in the here and now. There is no thought for the future nor the past. Above all, there is no judgement on achievement. Concentration is absolute, either the light is on or off.

Therefore, it is an absolute must that you develop a mental training program. This may include, visualization, imagery, positive self-talk, affirmations, possibly self-hypnosis, which can work well for some people. Bear in mind that true self-confidence is an athlete's realistic expectation about achieving success. Self-confidence and technical competence must develop together, nurturing each other in the process. I would be remiss if I didn't mention that positive affirmations are one of the most powerful tools to change our self-image. It's a tool to effect permanent change. Find something that works for you, but definitely don't neglect it, as ultimately it will decide the winner.

In addition, your plan must include weight and aerobic training. Both should be 3-4 times per week. Strength training should be done in the off season. Once the serious competitions come around, only endurance training should be done. The aim should be to shoot about 5lbs under the maximum draw weight you can handle. Many archers are over bowed, which affects their technique. It is a hell of a lot more important to have good technique than a heavier bow. When building up bow weight, do it over time otherwise you will destroy your technique.

Aerobic training can take many forms. The main aim however, is to achieve greater aerobic fitness, which will result in a lower heartbeat, especially under stress. Further, it will provide more oxygen to the brain and for a greater endurance during completion. All of which translates to contribute towards a better performance.

Finally, having set your goals you must be brutally honest with yourself and list all those reasons that are important to you for achieving the goal and the sacrifices involved. Make sure you take into consideration the impact this may have on those that you love. Then ask yourself "If the Prize worth the price?"

In this short space I can't really do justice to all those important aspects, other than briefly highlight some of the major areas that I have found that separate the athletes that know they will win from those who hope they will win.

Good shooting and above all, have fun!

Anniversary Awards: One of the items the committee has been reviewing is anniversary awards. We have had several forms of documentation over the years (*where we kept a registration book*), however, this only goes back to 1988, then when the technology age came in we had an Access Database. Now as you are aware we have SportsIMG, which shows subscriptions history which is great. We have identified the following anniversary dates of 5 years minimum increasing in 5 year increments, so that we retain as much history as possible on how long some of you have been members. At the 2020 Presentation Night we will acknowledge long standing members with Service Pins.

There has even been times where members have in the past been a member for a few years, then had a break and returned recently. The service pins will apply to the new date of registration going forwards.

In saying that Danny & Barbara Stasenka were founding members and had a break for a while and returned to the club in 2012.

Name	Milestone	Due
Jennison, Elizabeth	40	
Jennison, Stephen	40	
Dekker, Neil	40	
Nacinovich, Merrick	15	
Harper, Ian	15	
Salmon, Steve	15	
Wilson, Kane	10	
Calandrucchio, Stirling	10	
Aslanidis, Carmelo	10	July
Nolan, Alan	10	
Wright, Maria	10	
Chambers-McLean, Jack	5	
Wilson, Paul	5	
Barr-Jones, Greg	5	
Catto, Andrew	5	
Chambers-McLean, Kristian	5	
Steele, Glenn	5	
Blinkhorne, Kiri	5	July
Schwarz, Jasper	5	July
Souchaud, Benjamin	5	
Spencer, Leanne	5	
Ware, Ben	5	Sept
Ware, Roland	5	Sept
Woodley, Tai	5	June

HOW ARE YOU KEEPING UP WITH YOU SOCIAL DISTANCING? –



working on back tension.



stories. Ben has access to 10m target, seen here

would love to hear your

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Intellibutt

Our engineers are constantly listening to archers needs and delivering timely solutions. On this occasion they have excelled themselves.

Just consider these questions. Are you tired of maintaining stocks of target and field faces in all required sizes? Do you balk at the task of repairing faces? Do you curse when failing light renders archery impossible? If the answer to all these questions is 'yes', then relax – all your problems are solved with our latest product:



The Intellibutt

Thanks to unprecedented developments in fibre-optic technology and carboteff coatings, we have created a target butt of unparalleled ingenuity.

Each **Intellibutt** comprises 35 million fibre-optic cables.

The onboard computer enables users to program it to display whatever face and

size is needed – be it target or field! But the good news gets better! If prevailing light conditions deteriorate, sensors detect the change and automatically increase the luminosity level of the target. So at midnight, it glows like daylight! And the good news doesn't end there! Thanks to carboteff technology, arrows can be pulled from the butt with minimal effort. Even a 6-year old could pull them with only two fingers! And do the arrows damage the cables? No. The self-healing properties of carboteff coatings need only 30 minutes of natural light to restore their condition. These butts will pay for themselves after 4-months shooting!

No club should be without **Intellibutts**, so don't hesitate, arrange for a demonstration now!

For further details please contact:

Far-Fledged Enterprises: (*The Archery Innovators*), P.O. Box B84689C, Stimarts NSW

Scouts Courses: 10 groups come through this year, averaging about 20 per group. The Cubs/Scouts are always very excited and the hardest part is to get them to use the sites on the bow and not shoot for distance. We start the evening with a discussion on safety and what the equipment is called and what it does.



Everybody has a great time at these evenings and by the time we get to the end of the night we have most archers hitting the target with most of their arrows. Seen here is taken from photo from the Frenchs Forest cub page. Thanks Stirling & Joshua.