



WARRINGAH ARCHERS
NEWSLETTER
August 2018
www.warringaharchers.com.au



Across the desk of the President

By now you would have received an invite to attend the Clubs Annual General Meeting, which will be followed by our Club Championships Indoor event (shot outdoors), the to host a BBQ at the conclusion if the shoot. If there are any willing parents available to assist with this, so that all members can shoot, can you drop me a line.

The club is currently doing a Risk Audit on our facilities, and you will have seen some areas where we have improved the club facilities, within the scope of our lease, so how can you help be part of that!

First Aid: any members who are first aid certified, can you please send me a copy of your First Aid certificate, so that we can keep this on file. Similarly if there are any members who would like to undertake a First Aid Course, drop me a line, and dependent on numbers, the club could arrange for an in-house course, and/or arrange for those interested parties to attend one locally.

Defibulator Machine: The club is also working with the school, and have applied for a grant to purchase a defibulator machine, as soon as we have been advised on outcome we will keep members posted. Again some training on its usage will be rerequired.

Key Audit: Now completed. With some 90+ members we are aware that not all members have keys, and arrangements have been made to ensure that there is always someone available to open up the club Saturday & Sundays, keys just allow you flexibility of movement, especially if you do shift work.

Adbow/Kidbow program commenced on the 5th August, and goes through to the 2nd December, we had 8 youth members turn up on the first week of registration, and a great time was had by all. To finish off the session, group started with 6 arrows with lowest score retiring, until each participant was left with 1 arrow, to see who could shoot the highest score, Robyn scored an '8', against Vincent who scored a '7'.



Some highlights are:

Vincent / Piers & Rachel have all obtained an All Gold @ 10m, with Rachel & Piers securing one @ 15m

- Arwen has qualified up to 10m/60cm face,
- Luca is on 10m/80cm, and scores are increasing weekly. Winning the Balloon discipline shoot.
- Vincent is on 15m/80cm, Piers is on 15m/60cm with Lachlan & Connor on 15m/40cm



This program is available on Sunday between 9.30-11.30 mornings for any Youth club member that wishes to attend. So for those of you who have not been for a while, dust the cobwebs off your bow and come along and join us.

At the Westlakes Tournament held 6th August, well done to Mitchell Campbell (CIB), who took out Gold shooting from the Blue Pegs 374

Urban Field Club Shoot – 5th August



could guide them in relation to the rules, what face to shoot, and how to

The club held one of its quarterly Urban Field Shoots, where a few our newer members attended. Members were broken up into groups where there was at least someone who had shoot field before, that



approach the target. In field shooting it is not always about standing in a straight line, but the footing area can be uneven, and the target butts not square but at a slight angle, and although we don't have to many gradients at



the club, we have enough uphill & downhill shots, to still trick members.



Members shoot off Red / Blue or Yellow Pegs dependent on their age group and disciplines. Although some of our newer members had never shot more than 40 metres, we dropped these back to a peg they would feel comfortable shooting.



Some would admit that the bugs eyes were the trickiest, with comments



"Can't wait for the next one was heard several times", which will be the Club

Championships Field event being held **27th October**.

This was followed by the South Coast

Field Championships shot at Illawarra on the 18/19th August, with Gold being won by Mitchell Campbell (CIB) & Jack Chambers-McLean (RCM), and Silver going to Gabbie Smith (RCW)

Warringah Handicap August 25th August



Congratulations to Rhys Weller – Recurve Male Bryan McGuire – 2nd Oliver Deakin – 3rd

MAXIMUM PERFORMANCE SERIES

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

CONSTANT PERFORMANCE: DIET AND PERFORMANCE

IT SOMETIMES SEEMS that there isn't anything a person won't eat, or avoid eating, if there is a hope that performance will be enhanced. The reason this quest is never-ending is that even the most senseless change in one's dietary habits often does affect performance – if the performer has faith that it will. A substance labelled "super food" will motivate some to super performances. The most sophisticated will be attracted to an impressive label of ingredients even if a gallon of the potion contains only one teaspoon of sea water and another of sugar. The hooker is the logic. "Muscles are protein. Therefore, it is logical that by eating extra protein you build extra muscle – and thereby gain extra strength." Not true.

If you're weak from starvation, some food – any food – will make you stronger. But if you're well fed, no food of any kind will make you stronger. In this condition, added strength comes only from added exercise.

The greatest aphrodisiac is the power of suggestion. Convince me that vitamin E is going to increase my libido and it certainly will.

Under laboratory conditions, some carefully controlled changes in nutrition can affect performance. Carbohydrate loading is one example. Due to the body's tendency to overcompensate, if you deplete glycogen stored in muscles by avoiding carbohydrates and exercising to exhaustion for two or three days, and then for the next three days eat only carbohydrates and do only light work, your muscles will gain more than the normal amounts of glycogen and you'll be able to run longer. The trouble is, the extra water your body absorbs with the extra sugar frequently makes you so logy or ill that your performance suffers.

It's best to stay with a diet that gives you a wide variety of foods in amounts that maintain a fairly low ratio of body fat to lean tissue.

DRUGS AND PERFORMANCE

THE USE OF DRUGS to regulate our functions and our moods often diminishes rather than enhances our performances, and they are generally dangerous. World-class champions have innocently killed themselves by taking overdoses of potent drugs in the hope of achieving superhuman performances. Primitive man drank the blood of the lion for courage, and this search for performance-enhancing potions continues at the greatest extremes. Women use male hormones and anabolic steroids to acquire the superior strength of men, accepting beard growth and other male sex characteristics as well.

The human drive for maximum performance is so strong that society has established regulations and procedures to protect athletes from themselves by administering pre-competition tests for doping nearly as stringent as those applied to racing horses and dogs.

As with "super" diets, the taking of drugs often activates the power of suggestion so strongly as to increase tolerance to fatigue and pain. If you block out these protective signals, you're inviting injury.

DON'T BE AN EXERCISE ADDICT

THE SAME UNNECESSARY CONCERN that exists about body processes is evident in concern about exercise.

I've given my life to the study of exercise. Yet I'm not an exercise addict. If I miss a day of exercise I don't feel as though I'm falling to pieces. I'm not guilty of anything if I haven't run a mile in years. I don't do exercises by rote or put them into a formula, even though I'm tempted to do so because it's in keeping with the science of experimentation. I know when I haven't had enough exercise, and I don't need to be an exercise physiologist to know that. Anyone can understand and observe the difference in feeling between the weakness and lack of endurance experienced after being in bed several days and the physical exuberance at the end of an active vacation.

Your body possesses beautifully orchestrated mechanisms to announce its needs. To put these reflex, involuntary functions under cerebral control is to short-circuit your system. Even if you were a genius, with all science at your disposal, you still couldn't command the control over your body mechanisms as well as your body could do it when left to itself.

The more I study the body, the more I'm impressed by the miracle of its function. Many things humans do to improve that function do more harm than good. The Mormons have a saying: "Beware of man's intelligence." What that means to me is, let things happen naturally, because you're not smarter than the processes controlled by internal mechanisms infinitely superior to any invented by man.

Over cerebration – which is to say, overconcern – makes functions complicated that, left to themselves, would work to perfection. Any regimen can be a detriment rather than an advantage if you become its slave.....*to be continued!*

BIRTHDAYS FOR SEPTEMBER



George Barker & Thomas Dalton (1st), Neil Dekker (5th), Mariano Llana (7th), Peter Turner (9th), Steve Salmon (16th), Rhys Weller (17th)

Welcome to new members: Matthew Roach (CM), Elizabeth Renelt (RW), Gemma De Luca (RW)



ArcheryNSW held its Annual General Meeting on the 25th August, new committee is set out below:
President: Dr. Vashechandrakanthan (SOPA)
VP/Membership: Kelvin Heath (Coast)

Vice President/Publicity: Steve Cheah (SOPA)

Treasurer: Chris Clerke (ILL)

Secretary: Gloria Tee (SOPA)

Recorder: Lilia Hutchinson (WAR)

Judges/Tournament: Kathy Vaughan (PEN)

Junior/Coaching: Anthony Maxworthy (NOR)

CHANGES/NEW INDOOR RATINGS:

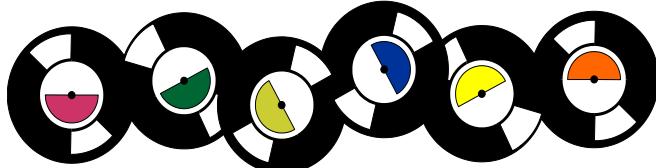
Name	Old	New	Date
Shorten, Cheryl	48	60	Jul-Aug 2018
Smith, Gabbie	52	54	Jul-Aug 2018
Chambers-McLean, Jack	69	70	Jul-Aug 2018
Campbell, Mitchell	83	87	Jul-Aug 2018
Mei, Yifan	xx	64	Jul-Aug 2018

CHANGES/NEW FIELD RATINGS:

Name	Old	New	Date
Ware, Ben	xx	20	Jul-Aug 2018
Smith, Gabbie	xx	34	Jul-Aug 2018
Chambers-McLean, Jack	57	61	Jul-Aug 2018
Campbell, Mitchell	66	85	Jul-Aug 2018
Calandruccio, Stirling	56	60	Jul-Aug 2018

CHANGES TO TARGET RATINGS:

Name	Old	New	Date
McGuire, Bryan	56	59	Jul-Aug 2018
Shorten, Cheryl	48	61	Jul-Aug 2018
Dalton, Connor	12	16	Jul-Aug 2018
Faustmann, David	xx	30	Jul-Aug 2018
Farrugia, Geoff	41	46	Jul-Aug 2018
Farrugia, Lucas	27	31	Jul-Aug 2018
Kecskes, Maja	20	28	Jul-Aug 2018
Deakin, Oliver	38	48	Jul-Aug 2018
Cowle, Paul	34	36	Jul-Aug 2018
Whitfield, Peter	52	56	Jul-Aug 2018
Weller, Rhys	31	32	Jul-Aug 2018
Ware, Roland	54	59	Jul-Aug 2018
Woodley, Tai	12	13	Jul-Aug 2018
Dalton, Thomas	35	40	Jul-Aug 2018
Tatterstal, Tom	23	26	Jul-Aug 2018



Records broken July & August since last published:

Archer	Class	Round	Score	Date
Mei Yifan	RM	Victoria	595	7/07/2018
Gabbie Smith	RCW	Holt	445	8/07/2018
Emma Brady	RCW	Jodie Joker	531	8/07/2018
Maja Kecskes	R10G	Golden Gong	624	22/07/2018
Jack Chambers-MacLean	RCM	Elizabeth	767	11/08/2018
Peter Turner	RMM	Kiwi Chatter	734	11/08/2018
Maja Kecskes	RUG	Jodie Joker	643	18/08/2018
Maja Kecskes	RUG	Mini Adelaide	969	26/08/2018

Congratulations everyone