



WARRINGAH ARCHERS

October 2019

www.warringaharchers.com.au



Across the desk of the President

Now that daylight saving is here, the nights are longer, most club members will be wanting to go down to the club and shoot. Please

remember that anyone under the age of 18 must have an adult in attendance. Also the club is **not** open most days, so if you require flexibility of movement, you can apply for a club key, which gives you access to the club. Anyone scoring a round, and they are uncertain how to set up an event in Archers Diary, please paper score, and we can enter later for you, otherwise drop me an email letting me know when you are going down to the club and we can set up an event for you to make it easier for entering scores in Archers Diary, plan ahead.

Congratulations to Peter Whitfield who was also named in the NSW Recurve Team, which will be contesting the teams event at the National Championships between 2-6th November, 2019, full details of the team can be found later in the Newsletter.

Facebook –are you a friend of Warringah Archers! We would love you to join us.

All Gold Awards/ Classification Awards, currently when these are achieved at club level, members may not know that they can claim their awards, if you are uncertain, please speak to a committee member. We can then issue with your award, and then update the information in archers diary so that it shows under "MY STUFF", that the award has been claimed by you. Members who currently have All Gold / '60' Awards / Field Pins and/or classifications at home, can you please let us know, so that we can start to update the system on your behalf.

Club General Meeting scheduled for after the Hanciap Shoot on the 16th November, please come along and give us some insights as to what you want your club to be involved in or undertaken in 2020 and beyond, everyone has ideas!!! Lets share them.

AdBow/KidBow Qualifiers 29th Sep & October, 2019

10m 122cm face: Marshall Coventry (RU10B) 148
Ethan Madaraz (RUB) 187, Franck Duhamel (RMM) 249, Jessica Greengalgh (RUG) 175

10m 80cm face: Franck Duhamel (RMM) 249, Chris Slade (RVM) 224, Ethan Madaraz (RUB) 194, Jeremy Astill (LUB) 161, Jessica Greengalgh (RUB) 199, Kiera De Rooij (RUG) 186, Marshall Coventry (RU10B) 144

10m 60cm face: Nathan Riva (RUB) 141, Franck Duhamel (RMM) 229, Henry Thomas (RU10B) 173, Ethan Hill (RUB) 167

10m 40cm face: Tom Freeman (RIB) 146, PM (RUB) 115, Franck Duhamel (RMM) 166

15m 122cm face: Richard Coventry (RM) 253, Henry Cook (RIB) 202 PM (RUB) 158

15m 80cm face: Kirstie Morrison (RW) 240, Henry Thomas (RU10B) 146, Henry Cook (RUB), 129, Richard Coventry (RM), 202

15m 60cm face: Kirstie Morrison (RW) 166

15m 40cm face: Glen Morrison (RM) 171

18m 40cm face: Ganon Stone (RIB), 181

20m 122cm face: Glen Morrison (RM) 222

20m 80cm face: Ganon Stone (RIB) 245

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ARCHERADE IS HERE!

This is the long-overdue refreshing drink that's guaranteed to hit the 'X' thirst spot every time!

Archers are well aware of the importance of maintaining a liquid intake during shooting. But no longer do you need to tolerate those sticky soft drinks or generic 'power' sports concoctions.

ARCHERADE has arrived!

This drink has been formulated to directly address the unique muscle needs of archers. And how does it do this?

Thanks to gigantic leaps in genetic engineering and DNA research, two chemical elements that solely influence arm muscle performance have been identified and isolated.

The two chemicals – Forarmatite and Armigidon, have been successfully synthesised and are the key to the success of the ARCHERADE formulation.

This drink is both refreshing and safe – one sip and you'll never return to the other hum-drum varieties! We've also recognised archers' needs and designed a bottle that is both unique and comfortable. As an added bonus if you return the bottle label, we'll send you a free finger sling. Ideal for preventing the bottle slipping through the fingers of archers on the move!

Write for details of your nearest stockist to:

Far-Fletched Enterprises

(The Archery Innovators)

P.O. Box B84689C

Stimarts NSW



6th Oct-Club Championships Clout, held

in conjunction with Fred Herbert Clout @ Northern.

Gold Medals: Alan Nolan (RVM) 165m, Kristian



Chambers-McLean (BRM) 145m, Jack Chambers-McLean (RCM) 304 x 1 Master Bowmen & 313 x 1 Grand Master Bowmen score **achieved an All Gold @ 145m,**



Alex Ware (RU20M) 165m, 2 x Red Class (248 & 264), Maja Kecskes (RUG) 100m achieving 233=1 x Blue Class



Silver Medals: Maria Wright (CV+W)165m, shooting 269 & 303 both Master Bowman scores Peter Whitfield (RMM) 165m, 231 (Blue) & 274 Gold Class (RMM), Cameron Murray (RCM) 145m shooting 237 x Blue Class & 265 x Gold Class &



Ben Ware (RU20M) 165m **Clout**



Classification Awards:



Scores to achieve are:

Elite Gold	Elite Silver	Elite Bronze
All 3 rounds must be shot in tournaments.		
335	325	315
Grand Master		Master
At least 1 round must be shot in a tournament.		
305	285	

As everyone shoots the distance required for their age divisions, the scores listed above & below would apply to obtain the classification. You are required to shoot 3 annually. It will advise you in Archers Diary what your current classification is, and the clubs does keep badges (until stocks are depleted) @ \$6.50 each.

Gold	Red	Blue	Black	White
All 3 rounds can be shot at the club.				
265	245	225	195	175

12th OCTOBER – WARRINGAH HANDICAP

Alex Ware (RU20M) 940

2nd Place - Cameron Murray (RCM) 930

3rd Place - Alan Nolan (RVM) 917. With the following also scoring over 900 earning themselves a \$20 incentive voucher. Kevin Thomas (RMM) 909 Kane Wilson (RM) 906.

Awards eligible to be claim for:
Craig Frandson 50m/40m/30m*
Mark Lee & Evandro Weber 15m
Peter Whitfield 40m
Kane Wilson '60' @ 50m/50m/30m* & 18m#



BIRTHDAYS NOVEMBER



Keira De Rooij (2nd), Noah Riva (3rd), Franck Dumael (7th), Paul Cowle (12th), Ian Harper (15th), Stuart Fathers (18th), Jack Chambers-McLean (21st), Peter Whitfield (26th), Ethan Madaraz (28th)

YIPPEEE – I finally got a Birthday Cake and it was delicious. Big THANK YOU to **Kiri** for taking the time (*even though I do complain about no cakes making it to the club*), it was really appreciated and yummy. Cant wait to see who brings in the next one!



President / Secretary & Treasurers handicap Team Challenge,

commenced on the 12th October, with the following handicap results. Each of the participants shown below receive one entry into the virtual barrel which will draw out a Youth & Adult Membership for the next financial year. The first challenge was very close with there being only 56 points separating two teams on handicap scores. A few of our members don't have a handicap rating as yet, so it is in their best interest to come down and start shooting some club rounds or rounds that have 30 arrows or more to obtain.

The Presidential Guard – Handicap Score 5899



The Secretary's Sharp Shooters – Scoring 4177



The Treasurers Target Troopers - Scoring 5843 Do they mean business....



The Final Grand Prix tournament was held at Coast Archers on the 13th October:

Members of Warringah Competed as

follows:

Compound: Maria Wright– Shooting AA50/720 round scoring 603

Recurve: Jack Chambers-McLean WA60/720 round scoring 620, Maja Kecskes AA30/720 scoring 604 & Peter Whitfield WA70/720 scoring 550

What is the difference I hear some of you say?

- When it has WA in front of the round, this means that it is a World Archery Round. If this is shot in a tournament and certain performance scores are achieved, then you would be eligible for World Archery Awards.
- When it has the AA in front of the round, then this means that it an Archery Australia round and as such Archery Australia Awards apply.

This was the last event, with the top 6 finalists being announced, with finals being held at Warringah on the 19th January, 2020, it is great to see announced that Warringah has finalists in the following divisions:

Male Recurve Division:

Brendan Tse	SOPA	Total 126 points
Henry Malin	SOPA	Total 111 points
Jack Chambers-McLean	WAR	Total 89 points
Victor Wei	SOPA	Total 73 points
Darren Candra	SOPA	Total 66 points
Peter Whitfield	WAR	Total 65 points

Female Recurve Division:

Maja Kecskes	WAR	Total 125 points
Melissa Spinocchia	SOPA	Total 82 points
Tayla King	SOPA	Total 68 points
Kim Lavender	SOPA	Total 63 points
Tayla Cordingley-Sheehan	SOPA	Total 61 points
Joanna Murray	SOPA	Total 48 points

Male Compound Division

Mitchell Campbell	PEN	Total 128 points
Todd Boyle	PEN	Total 122 points
Peter Marchant	TUG	Total 114 points
David Shelton	PEN	Total 73 points
Garry Robinson	SOPA	Total 62 points
Matthew Page	NOR	Total 55 points

Female Compound Division

Katrina Robinson	SOPA	Total 116 points
Saskia Boe	SOPA	Total 93 points
Maryka Zewadeckyj	SIPA	Total 90 points
Ameera Lee	SOPA	Total 76 point
Maria Wright	WAR	Total 67 points
Evan Norton	PEN	Total 65 points

BE A WINNER

Losers let it happen
 Winners make it happen
 Losers step on flowers in search of weeds
 Winners pull up weeds while enjoying the fragrance of the flowers
 Losers always have an excuse
 Winners always have an idea
 Losers identify with problems
 Winners identify with solutions
 Losers say "It's not my fault".
 Winners say "Let me help you."
 Losers see a problem for every answer
 Winners see an answer for every problem
 Losers are down on life and high on drugs
 Winners are down on drugs and high on life
 Losers fix the blame
 Winners fix the situation
 Losers see the thunderstorms and icy streets
 Winners see rainbows and ice skates
 Losers say, "Why don't they do something."
 Winners say, "Here's something I'm going to do."
 Losers are failure conscious
 Winners are success conscious
 Losers do it to others and split
 Winners do it for others
 Losers say, "It might be possible, but it's too difficult"
 Winners say, "It might be difficult, but it's always possible."

GETTING RHYTHM !

Marathoners, dancers, swimmers all concentrate on rhythm.....most archers have never heard of it -----

Many different techniques must be combined in an archer's shooting form to achieve the results he or she wants on the target face. Variations in these techniques may be necessary to make them blend successfully, but most adjustments are small. Some are so small in fact that they seem trivial and of no consequence to the shooter. Some, however, seem to gigantic and unconquerable the shooter panics and is forever handicapped by his fear of them. But none are unattainable and all can be dealt with successfully if shooters have the **desire** to do it, the **faith** that they can, the **dedication** that they will, and the **understanding** needed to tie them all together.

The angle the shooter stands on the shooting line in relation to the target dictates to some extent string clearance on the bow arm. It causes rigidity in the body at full draw, which is advantageous when shooting in a wind, and makes the shooter conscious of the muscles used to pull the string to full draw. It also helps maintain the "live" feeling of pulling through even though you are anchored solid.

Placement of the fingers on the bow string, how deep the hook, and to what extent the hook is maintained after the bow is drawn and anchored is a small but important detail.

Also significant is how the hand is placed on the bow handle. There is an optimum position that will assure the least amount of torque in any direction and that will enhance the consistency needed in the explosion and follow through of the shot.

Anchoring the hand against or under the jaw without moving the head to help anchor it and maintaining that anchor position until the explosion occurs insures a better group on the target.

The unbending, relaxed but controlled, bow arm extending at the shoulder toward the target and maintaining that extended pressure forward for one or two seconds after the explosion of the shot is one of the most important functions a shooter has to perform.

The absolute concentration of aiming after your form has been correctly prepared and, as you aim (I repeat, *as you aim*), the tightening of the back muscles will make the drawing arm elbow move backwards which makes the clicker click. When it clicks the complete instantaneous relaxing of the drawing or string hand will produce the perfect "live" release of the string.

Concentration on the gold for one or two seconds after the explosion completes the shot.

I have listed the main steps in preparing shooting form to produce good shots with the least amount of difficulty. Good form produced consistently tight groups; good form is a balanced form that fits an individual's needs. To develop the best individual form these different techniques must be assembled and executed in a rhythmic sequence that will keep the individual elements flowing and the mind on what it is supposed to be doing. To do this, you

must learn and adhere to a systematic, routine execution of the shot.

Most shooters have no real rhythm in their shooting style. They just shoot an arrow when they feel like it and when the yellow light comes on they don't seem to mind – they still have 30 seconds to release their last arrow.

Rhythm is defined in Webster's Dictionary as "movement marked by a regular recurrence...." In other words, a continuity of measured motion controlled by the individual. Rhythm can be fast, medium, or slow depending on the game we are playing or the effect we are trying to achieve. The marathon runner, dancers, skaters, and swimmers all practice rhythm because with it they perform better. A lot of archers never heard of it !

I once performed an experiment with several archers from various ages and standard. They proved to me, without knowing precisely what I was trying to find out, the advantage of rhythm in executing three shots at a target. I told them, one at a time, to step up to the line, load the bow, close their eyes or look only at their feet. When the whistle blew, they were to raise their bow, shoot, follow through, bring their eyes back from target, and repeat for three arrows. I stressed never hurry and never shoot unless the shot is correctly prepared. *Without exception* their groups were smaller. They did not know what I was trying to understand or that I used a stop watch. They were not shooting rapidly; preparing and shooting without waiting, yes, but not doing it fast. They had practiced 20 minutes before this experiment. The shortest time for three arrows was 34 seconds, the longest 46 seconds. From start of draw to release of arrow they held weight an average of 15 seconds for three arrows. Then they rested. No one can get tired in 46 seconds.

I think I proved what the best shooters in the world already know. That standing on the shooting line, bow loaded, eyes shut, waiting for the whistle, removes outside interference and lets the serious archer prepare mentally for the shots. Done in a relaxed rhythmic sequence, those shots will be executed precisely and consistently without any extra effort.

There are two by-products of rhythmic shooting. Time is saved for the possibility of equipment failure and the whole tournament will be less fatiguing.

Everything we do naturally and gracefully we do rhythmically.

LET'S APPLY IT TO ARCHERY !!!!

OK I wonder who will be checking out who's rhythm over the next couple of weeks ! WATCH OUT

All gold awards were presented to

Arwen Moran (RIG) (15m), Ganan Stone (RIB) (15 & 10m) Jon Slade (RM) (10m), Richard Coventry (RM) (10m), Mark Lee (RM) (10m), Kirstie Morrison (RW) (10m), **with Field Pins** to Jack Chambers-McLean All Gold & Perfect with Leanne Spencer shooting All Gold. Congratulations everyone.



NSW State Seniors teams announced as follows:

Compound Team:

Jonathon Milne (SOPA), Kirk Graef (Coast), David Shelton (Penrith), Vincent Guilina (Newcastle) Katrina Roberts (SOPA), Kerry Heath (Coast) Emily Thomas (Newcastle), Kathy Vaughan (Penrith)

Recurve Team:

Nick Kyriazis (SOPA), Peter Whitfield (Warringah), Michael Larven (Liverpool), Eduardo Delos Reyes (Bondi), Melissa Spinocchia (SOPA), Liz Hole (Liverpool) Tayla King (SOPA), Tracey Hansford (SOPA)

9th October – Club Championships Target event.

Open Compound Woman: Maria Wright

Open Recurve Male 3rd place – Carmelo Aslanidis, 2nd place – Peter Whitfield, 1st Place – Kane Wilson

Open Recurve Female: 3rd place - Gemma De Luca 2nd place - Elizabeth Renelt, 1st place - Leanne Spencer

Intermediate Recurve: 3rd place – Lucas Farrugia 2nd place – Massimo Llana, 1st place – Benjamin Souchaud

Intermediate Compound: Oliver Deakin

Cub Recurve Winner: Maja Kecskes

Longbow Winner: John Oh

Novice Division 3rd place – Evandro Weber, 2nd place – Kevin Thomas, 1st place – Mark Lee

State Clout 20th October, 2019, hosted by Northern but held at Penrith City Archers.



We had several members attend from the club, with results as follows:
Gold: Jack Chambers-McLean (RCM), scoring 289 (MB Class).

Silver: Ben Souchaud (BRIB) & Stirling Calandrucchio (RMM) Scoring 273 (Gold Class), with Maria Wright (CV+W)



Scoring 276 (Gold Class). With Bronze being awarded to Kristian Chambers-McLean (BRM). Well done everyone.



26th October – Club Championships

Field event thank goodness the rain stayed away for the competition, with the wind just coming up at the end, very lucky to squeeze this one in.

Compound Division on Red Pegs: 1st Maria Wright (CV+W) on 259, 2nd Roland Ware (CMW) on 224.

Open Recurve Division on Red Pegs: 1st Leanne Spencer (RW) 265 2nd Andrew Catto (RMM) 252 & 3rd Peter Whitfield (RMM) 235.



Cadet Recurve Division on Blue Pegs: 1st Jack Chambers-McLean (293), 2nd Cameron Murray (194) & 3rd Gabbie Smith on 185

Intermediate Recurve Division on Blue Pegs: 1st Benjamin Souchaud 177, 2nd Llana Massimo on 154 & Michelle Catto (RIG) on 87 (Yellow Pegs)

Cub Recurve Division on

Yellow Pegs: 1st Maja Kecskes scoring 228. It was also great to see quite a few of our newer members, give it a go, especially under the eagle eye of Maja.



Novice Division shooting from Yellow Pegs:

John Oh (RM), on 199, 2nd place Michelle Catto (RIG), 87 and 3rd Kirrily Agus (12). Big thanks to Stirling & Elizabeth for setting up once again a challenging course....All ideas welcome for the

next one, which will be scheduled in the New Year.

Joke of the day: About know-how

A complicated machine stopped working one day, and despite long hours and ample head-scratching, none of the factory technicians were able to get it to start. Finally, the floor manager called on an external expert.

This was a quiet little fellow who listened to the manager, then looked at the machine for a couple of minutes, opened his tool-set and took out a very small hammer. With his hammer, he gave one little tap on a certain spot of the machine. The machine immediately started humming happily, and kept going!

The little man wrote an invoice for \$100, which looked outrageous to the floor manager who demanded an itemised invoice. The little man obliged:

One tap with hammer \$1 - Knowing where to tap \$99

REMEMBER:

KidBow Tournament for all Youth Members 9th November, register on line.

Also Club **Presentation Night / Christmas Party** on Saturday 23rd November, be great to see as many members as possible, participating in both