



Across the desk of the President

May was once again a busy month, and we hope everyone had an enjoyable Mothers Day.

May saw many of us take advantage of the Club Coaching day, and a BIG THANK YOU to Steve & Stirling who joined me on the day to assist in reviewing members technique and providing tips on



how to improve. We started the day with a theory session, and we will be

having some workshops throughout the year to assist in skilling members in areas such as: String Making



(maintenance & nocking points), Bow Set-up – Skill & Tuning on bow / how to select arrows . When to introduce

clickers & Weights, which is all relevant to archers development), and what you as individuals want from the sport. What is your expectations, and how to come to grips and be brutality honest with yourself on your capabilities.

It was also interesting to hear that some of our members would like to look at some of the following areas:

- Psychology (Tournaments / Shot sequence / Shot timing / Planning / Expectations / Preparation rules
- Physiology / Drawing / . Connection / Expansion / Release
- Disciplines / Barebowe/Longbow – Field & Clout also

Remember what happens in your head limits your ability. There is a link called TRAIN UGLY, free podcast, and it talks about Growth Mindset, link below:

<https://trainugly.com/learner-lab-podcast/>

Our next Coaching session will be on the 8th June, join us..

Abow/Kidbow Qualifiers:

Well done to Dylan Hillier for obtaining his All Gold @ 20m. Some of the participants shot a 90 arrow round which took them out of their comfort zone.



Fortress Round: 90 arrows @ 35m/122cm face

Dylan Hilliar (RM) -614 rating of 34 achieved

Craig Page (RM) – 602 rating 30 30

Piere Moran (RCM) - 254

Ricker Treat -90 arrows @ 15m on 122cm face

Arwen Moran (RIG) 638

Paul Vander Watt (RCM) 600

Celeste Gilchrist (RU10G) 566

Keisha Lee (RIG) 555

Ganan Stone (RIB) 548

Qualifiers were:

Craig Lovell (RU20M) 10m/122cm = 251 28/4/19

Joshua Stevenson (RUB) 10m/40cm = 113 28/4/19

Oliver Stevenson (RU10B) 10m/60cm = 146 28/4/19



Skins Tournament 4th May...

...great turn out today, and I still maintain that this is one of the best shoots for members to get to know each other, and have a chance at shooting with some of

our more experienced archers. Congratulations to Leanne who came out on top winning \$50, with Kane coming in 2nd winning \$21 and Carmelo finishing 3rd winning \$15.00....look out for the next one.



Northern WA60/900 5th May

Well done to Mitchell Campbell who shot in the Male Compound Open division, scoring 847, which placed him 7th

considering the top score was 876, there was not a lot of points in it. Obtaining all Golds @ 50/40/30m, and would be eligible for WA Blue FITA Performance Award – Well done.

(WA60/900) came away with Bronze medals, with Maria Wright (CV+W) 789 (Sht Canberra) just missing out on first place by 2 points, snagging a Silver and Wayne Moore (opting to shoot in the RVM) Division, bagged himself the gold shooting 765 (WA60/900) - Day 2 – saw the Open Division competing with Leanne Spencer & Mitchell Campbell



taking part – Leanne finishing 8th on 780 (RW) and Mitchell scoring 853 finishing 16th (CM), awesome achievement for

everyone who attending. Next year we can improve on our numbers attending.



MAY HANDICAP WINNER- 11th May Alex Ware (U20 Recurve Male) 903

2nd David Faustman (RM) 893 & 3rd Peter Whitefield (RMM) 806, Alex earns himself a \$20 incentive voucher for winning the handicap and for scoring over 900

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.

Short Course Championships 18/19th May

– 5 members attended this event on day one , out at Penrith (only one slight detour on my way there and back) but arrived in plenty of time for



registrations. It was ideal weather for shooting, and had some great results, each



of us walking away with a medal, though some of us would have liked to shoot



better. Jack Chambers-McLean (RCM)- 784 WA60/900 & Elizabeth Jennison (CVM) 789 (Sht.Canberra) & Peter Whitfield (RMM) 767

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 IN TARGET RATINGS

Ware, Alex	47	49	Apr-19
Van der Watt, Anton	xx	72	Apr-19
Moran, Arwen	xx	4	Apr-19
Ware, Ben	41	50	Apr-19
Souchard, Ben	42	48	Apr-19
Murray, Cameron	30	44	Apr-19
Page, Craig	25	28	Apr-19
Chen, Gerard	49	54	Apr-19
Trigilone, Hugh	xx	13	Apr-19
Llana, Massimo	43	48	Apr-19
Piers, Moran	xx	7	Apr-19
Weller, Rhys	2	6	Apr-19
Ware, Roland	68	69	Apr-19

Qualifying Rounds WE19/5/19

Dylan Hillier (RM) Aust Indoor 2 – 232, followed by Aust Indoor 1 - 225

John Oh (RM) Aust Indoor 2 – 171, followed by Aust Indoor 1 - 197

Connor Dalton (RIB) Aust Indoor 2 – 112, followed by Aust Indoor 1 – 92

Piers Moran (RCM) Aust Indoor 1 – 78

15m/122cm: Tom Freeman (RIB) 243 & Joshua Stevenson (RUB) 226

15m/60cm: Ganan Stone (RIB) 217 & Griff Brondum (RUB) 117 – check spelling

15m/40cm: Keisha Lee (RIG) 116

CHANGES IN INDOOR RATINGS

Name	Old	New	Date
Nolan, Alan	52	53	Apr-19
Ware, Alex	37	48	Apr-19
Ware, Ben	28	44	Apr-19
Souchard, Ben	xx	29	Apr-19
Perrett-Earley, Hayley	xx	10	Apr-19
Chambers-McLean, Jack	70	74	Apr-19
Kecskes, Maja	22	30	Apr-19
Llana, Massimo	34	40	Apr-19
Cowle, Paul	xx	36	Apr-19
Turner, Peter	xx	26	Apr-19
Whitfield, Peter	64	71	Apr-19

CHANGES IN FIELD RATINGS:

Name	Old	New	Date
Ware, Alex	34	38	Apr-19
Ware, Ben	25	35	Apr-19
Souchard, Ben	xx	36	Apr-19
Murray, Cameron	11	20	Apr-19
Brady, Emma	xx	12	Apr-19
Smith, Gabbie	38	40	Apr-19
Kecskes, Maja	21	24	Apr-19
Llana, Massimo	xx	27	Apr-19



Liverpool Black Snake Challenge – 26th

May with the following members participating:
Wayne Moore (MMR) shooting up two divisions.
Red Pegs – 249, Silver medal, which earned him a
WAFIELD/Brown Arrowhead

THANKS YOU TO OUR VOLUNTEERS



On behalf of members
Warringah Archers President,
presented some of our members
a Commemorative Photo Book
on the 2018 Sydney Invictus
Games to say **THANKS** for
being a **VOLUNTEER**. **It is
great to see that** when
volunteers are needed,

Warringah Archers members put their hands up to
help, therefore we feel this small recognition will go
a long way to keeping the memory alive for years to
come.

The Legends of Archery: If you are
interested in this video on YouTube, it might be
a good way to demonstrate if any of you are
aspiring to become an Olympian and/or World
Championships, what you might be up against
<https://youtu.be/3bOhPVGt-wU>

AdBow/KidBow End of Season shoot 25th May:

Shrinking Page – 5 ends @ 10m on 122cm face, 4
ends on 80cm, 3 ends of 60cm & 2 end @ 40cm saw
the following results:



AdBow – very
close between
all competitors:
Dylan Hillier
(RM) 792
scoring a
Perfect End of
'60' on 122cm
face

Miguel Serrano (RM) 786 / John Oh (RM) 783



KidBow:

Keisha Lee (RIG),
680 / Ganan Stone
(RIB) 675 AG @ 10m
122cm
Thomas Freeman
(RIB) 668
Paul Vander Watt
(RCM) 628

Connor Dalton (RIB) 593 / Pilard Sheppard (RUB)
591 / Piers Moran (RCM) 588 / Griff Brondum (RUB)
540 / Joshua Stevenson (RUB) 534 / Craig Lovell
(RU20M) 528 / Ainsley Heyer (RIG) 500 / Elodie
Wakeley (RUG) 460 / Tom Serrano (RUB) 419
Oliver Stevenson (RU10B) 348 / Sydney Tanysurakit
(RIG) 298 & Max Harrison (RU10B) 165



BIG THANK YOU also to the parents, who brought
their kids down each week to compete, and I know
several had some fun along the way when they
joined in, who knows they may come back in for the
Spring Season, which commences in August.



BIRTHDAYS JUNE:

Danny Stasenka (19th), Oliver
Deakin (20th) Carmelo Aslanidis
(22nd), Robert Harrison, Alex &
Ben Ware (29th)



HANDICAP RATINGS: These changed in
January 2018 – Refer 4.3 Handicaps under Archery
Australia rules, might be worthwhile downloading.
Snap shot below that affects you!

4.3.1.8 – Athletes' ratings will be adjusted by the
Calculator when they record scores to a different
standard than their existing rating. It will be
adjusted by half the improvement unless the
improvement figure is an odd number; in this
situation the adjustment will be by the nearest whole
number less than the improvement.

4.3.1.9 Each athlete's handicap will be calculated
based on the ratings achieved in the 12 months prior
to the date of the event. If the athlete has less than
10 ratings recorded in this period, then up to the last
10 ratings will be used, irrespective of the dates the
ratings were achieved. A handicap will be
calculated as long as the minimum of ratings has
been recorded (refer 4.3.1.3).