



WARRINGAH ARCHERS NEWSLETTER May 2020

www.warringaharchers.com.au



Across the desk of the President:

Thanks to those members who have claimed Classification awards and All Gold/Perfect Pins, these will come out to you shortly. As mentioned we will be cleaning up our database during the month of May and into June, so It's still not too late to claim any awards you may have already received at home. Check your drawers / bow case and let us know if you have any lying around that have not been put into **MY STUFF** on Archers Diary.

Mother's Day came & went though it is not what most of us would have previously enjoyed in the past, normally spending time with family. We hope that you managed to be spoiled and catch up with Mothers / Grandmothers, as a Grandmother myself and part of my troupe live in Canberra – saying G'Day through



social media is always a good interaction. We all know Kristian cooked up a storm (*which looks sooooo delicious, I even noticed the double yoker!*), as part of HEART WEEK challenge, Katrina was ecstatic. If you would like to share what you did on Mother's day drop me a line.

Social distancing is still in place, however, we have been notified by the school that we can resume social distancing shooting. From 15 May the Government has relaxed the restrictions in NSW to allow Outdoor gatherings of up to 10 people.

The club will be testing a trial introduction back to archery slowly over the next two months. We commenced on the 30th May, with 10 targets being allocated with 1 archer per target, 2 from the same household. Signage will show that only members are allowed onto the club grounds.

On Arrival members will need to sign in (so you will need a pen), sanitize, then proceed to put out their target. 10 archers only will be eligible to shoot at one side of the field, with the club being split in the middle to allow us to meet the Health Guidelines. Members going in to use the toilets need to ensure that they wash hands, and that hand towels are placed in the closed bins.

Up to 72 arrow rounds will be listed, to ensure that we can have 2 time slots. The **'E' Key** has since been put on the gate, however at this point in time, the club is open **SATURDAY ONLY** from 9.00 to dark, **MONDAY & WEDNESDAY** nights 4.00pm till dark, and we will need to comply with these time slots.

TARGET RANKINGS RGB: Top 3 listed

CV+W: 1st Maria Wright
RUG: 2nd Maja Kecskes
RCM: 3rd Jack Chambers-McLean
RU20M: 2nd Jack Chambers-McLean, 3rd Carmelo Aslanidis
RW: 3rd Leanne Spencer
RM: 1st Kane Wilson
RMM: 2nd Peter Whitfield
RV+M: 2nd Glenn Steele, 3rd Danny Stasenka

FIELD RANKINGS RGB: Top 3 listed

RUG: 3rd Maja Kecskes
RCM: 3rd Jack Chambers-McLean
RU20G: 2nd Gabbie Smith
RU20M: 1st Jack Chambers-McLean, 2nd Carmelo Aslanidis & 3rd Cameron Murray
RV+M: Glen Steele
CV+W: 1st Maria Wright

INDOOR RANKINGS RGB: Top 3 listed

RUG: 2nd Maja Kecskes
RCM: 2nd Jack Chambers-McLean
RU20W: 3rd Emma Brady
RU20M: 1st Carmelo Aslanidis
RW: 1st Leanne Spencer
RM: 1st Kane Wilson
RMM: 1st Andrew Catto
RV+M: 1st Wayne Moore, 2nd Danny Stasenka
CV+W: 2nd Maria Wright

CLOUT RANKINGS RGB: Top 3 listed

RUG: 3rd Maja Kecskes
RCM: 1st Jack Chambers-McLean, 2nd Cameron Murray
RU20W: 3rd Emma Brady
RU20M: 1st Carmelo Aslanidis, 2nd Alex Ware
RVM: 3rd Alan Nolan
CV+W: 1st Maria Wright

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NATURO STRINGS

Any self-respecting archer rarely buys off-the-shelf strings for his or her bow. Instead, they prefer the flexibility of being able to select material, thickness, and length, by making their own bow string. Given that this task might occur only once or twice per year, 'rolling your own' string invariably involves a string jig in one hand, and the instruction book in the other. All very time-consuming when you'd rather be shooting arrows!

Thanks to our resident botanists we at Far-Fletched have perfected the:

NATURO STRING SYSTEM



Genetic engineering has advanced by leaps and bounds over recent years, and we have taken advantage of the technology to develop the ideal – environmentally friendly, string.

The **Naturo String** is based on the proven hemp plant - treated to remove all cannabinoids and other psychoactive elements. DNA to provide character and weather resistance were isolated from (where else?) the Australian stringy bark tree, and injected into the hemp gene. And to inhibit natural leaf and branch growth in the plant, a bone marrow extract was also introduced. Et voila! – a **Naturo String** bean.

For the plant to grow correctly, a particularly special environment is required. For this our engineers have invented the **Naturo Potto** (illustrated above) to enable accurate application of nutrients. The **Naturo Potto** is crucial to the system – any other methods will simply not work. After planting the bean appropriate for your string thickness, the plant grows in a single strand. After about one week, when it reaches your string length, add 20cm for end loops and cut the plant. It will continue to grow enough to harvest two additional strings. To complete the job iron-on the proprietary end loop clamps, add a knocking point, and you're ready to shoot. No serving is required on the **Naturo String**.

Become one of the growing band of 'green archers' now and invest in the **Naturo String System**.

Further details can be obtained from:

Far-Fledged Enterprises
(The Archery Innovators)
P.O. Box B84689C Stimart

Jim's Joke Corner

Answers given by 2nd grade school children to the following questions:

Why did God make mothers?

- She's the only one who knows where the scotch tape is.
- Mostly to clean the house.
- To help us out of there when we were getting born.

How did God make mothers?

- He used dirt, just like for the rest of us.
- Magic plus super powers and a lot of stirring.
- God made my Mum just the same like he made me. He just used bigger parts.

What ingredients are mothers made of?

- God makes mothers out of clouds and angel hair and everything nice in the world and one dab of mean.
- They had to get their start from men's bones. Then they mostly use string, I think.

Why did God give you Your mother & not some other mum?

- We're related.
- God knew she likes me a lot more than other people's mums like me.

What kind of little girl was your mum?

- My mum has always been my mum and none of that other stuff.
- I don't know because I wasn't there, but my guess would be pretty bossy.
- They say she used to be nice.

What did mum need to know about dad before she married him?

- His last name.
- She had to know his background. Like is he a crook? Does he get drunk on beer?
- Does he make at least \$800 a year? Did he say NO to drugs and YES to chores?

Why did your mum marry your dad?

- My dad makes the best spaghetti in the world. And my mum eats a lot.
- She got too old to do anything else with him.
- My grandma says that Mum didn't have her thinking cap on.

Who's the boss at your house?

- Mum doesn't want to be boss, but she has to because dad's such a goof ball.
- Mum. You can tell by room inspection. She sees the stuff under the bed.
- I guess Mum is, but only because she has a lot more to do than dad.

What's the difference between mums & dads?

- Mums work at work and work at home & dads just go to work at work.
- Mums know how to talk to teachers without scaring them.
- Dads are taller & stronger, but mums have all the real power cause that's who you got to ask if you want to sleep over at your friend's.
- Mums have magic, they make you feel better without medicine.

What does your mum do in her spare time?

- Mothers don't do spare time.
- To hear her tell it, she pays bills all day long.

What would it take to make your mum perfect?

- On the inside she's already perfect. Outside, I think some kind of plastic surgery.
- Diet. You know, her hair. I'd diet, maybe blue.

If you could change one thing about your Mum, what would it be?

- She has this weird thing about me keeping my room clean. I'd get rid of that.
- I'd make my Mum smarter. Then she would know it was my sister who did it and not me.
- I would like for her to get rid of those invisible eyes on the back of her head.

HOW TRUE WERE THESE!!!!

DID YOU KNOW – WARRINGAH ARCHERS – has a MEDAL ROLL OF HONOUR, which is linked to ArcheryNSW Performance awards of the Year which allocates points based on 1/2/3rd placings in divisions entered by members on events held by the Clubs & ArcheryNSW listed on the Tournament Calendar, and

5/3/1 points when competing in a State Tournament -
Commenced 2001

25 points		
Year Achieved	Archer	Points
2017	Mitchell Campbell	53 points
2003	Jack Britton	47 points
2008	Michael Salmon	47 points
2015	Jack Chambers-McLean	47 points
2004	Aimee Deaves	46 points
2004	Scott Wandl	46 points
2003	Sam Shennan	44 points
2006	James Johnstone	42 points
2014	Benjamin Calandruccio	41 points
2006	Ian Stokes	41 points
2015	Maia Wright	40 points
2002	Tom Benstead	39 points
2002	Nick Johnston	39 points
2012	Carmello Aslanidis	39 points
2001	Adrian Harper	38 points
2013	Nicholas Calandruccio	38 points
2002	Caitlin Inkster	35 points
2017	Jessica Hutchinson	35 points
2004	Laura Shennan	35 points
2006	Maria Johnston	34 points
2006	Nick Raye	34 points
2011	Lachlan McLeod	34 points
2004	Thomas Mann	33 points
2002	Sarah McNeill	32 points
2004	William Mann	32 points
2012	Sean Pianca	32 points
2005	James Johnstone	31 points
2017	Lilia Hutchinson	33 points
2011	Robert Talbot	30 points
2002	Ryan Walters	30 points
2002	Christine Saleeba	30 points
2009	Conan Omori	30 points
2001	Janelle Inkster	29 points
2005	Ken Raye	29 points
2006	Jenny Wandl	29 points
2012	Ella Hugo	29 points
2009	Joshua Seymour	28 points
2015	Stirling Calandruccio	28 points
2008	Yoshiki Imiya	27 points
2010	Kane Wilson	27 points

2018	Benjamin Souchaud	27 points
2002	Sleiman Saleeba	26 points
2007	Jack Salmon	26 points
2012	Danny Stasenka	26 points
2012	Georgia Aslanidis	26 points
2015	David Shannon	26 points
2018	Leanne Spencer	26 points
2008	Jaime Van Barbieri	25 points
50 points		
2004	Jack Britton	80 points
2003	Tom Benstead	76 points
2005	Aimee Deaves	75 points
2003	Ryan Walters	73 points
2009	Michael Salmon	69 points
2013	Carmelo Aslanidis	67 points
2005	Scott Wandl	66 points
2009	Yoshiki Imiya	64 points
2004	Sam Shennan	61 points
2008	Jenny Wandl	61 points
2013	Georgia Aslanidis	61 points
2007	Ian Stokes	59 points
2017	James Johnstone	59 points
2003	Adrian Harper	58 points
2003	Nick Johnston	58 points
2003	Christine Saleeba	58 points
2002	Caitlin Inkster	56 points
2008	Jack Salmon	55 points
2013	Maria Wright	55 points
2011	Conan Omori	54 points
2013	Lachlan McLeod	54 points
2013	Sean Pianca	54 points
2017	Mitchell Campbell	53 points
2017	Benjamin Calandruccio	52 points
2004	Janelle Inkster	52 points
2002	Sarah McNeill	51 points
2005	Laura Shennan	51 points
2004	Sleiman Saleeba	50 points
2010	Kane Wilson	50 points
2018	Stirling Calandruccio	50 points
100 points		
2009	Ian Stokes	125 points
2005	Jack Britton	124 points
2008	Scott Wandl	120 points
2018	Maria Wright	119 points
2006	Aimee Deaves	113 points
2012	Michael Salmon	114 points

2004	Caitlin Inkster	112 points
2004	Ryan Walters	112 points
2012	Kane Wilson	111 points
2011	Yoshiki Imiya	110 points
2006	Adrian Harper	109 points
2004	Tom Benstead	106 points
2011	Jack Salmon	105 points
2018	Carmelo Aslanidis	102 points
2006	Sam Shennan	100 points
150 points		
2007	Aimee Deaves	185 points
2013	Jack Salmon	162 points
2006	Jack Britton	160 points
2013	Kane Wilson	159 points
2006	Tom Benstead	158 points
2010	Ian Stokes	151 points
200 points		
2009	Aimee Deaves	216 points
2009	Tom Benstead	206 points
2016	Kane Wilson	202 points
250 points	Who will achieve this first?	

Blank Butt Practicing – What’s the Point? By Jessica Carleton –USA Women’s Olympic Team
Alternative compliments of Archery Focus Magazine.

As a junior archer practicing at the local range, I used to get this comment all the time. “What are you doing”? Don’t you want to a target face?” Many of the local shooters had seen me shoot on a target and they knew I was able to hit it consistently, so what was the point in shooting without something to aim at?

I feel that shooting without a target is something important for all levels of shooters. Since competition is done on a target, many coaches and archers believe that there is little reason to shoot without a target face. However, I feel that there are a number of reasons why this is not true for all archers. Practicing this way can help improve my form and solve problems that I am currently working on.

Beginning archers should spend at least half of their time doing blank bale practice. This promotes awareness of the shot; it is very easy for beginning archers to become too caught up in the target. Having only result-oriented practice can draw archers away from concentrating on their form.

For **intermediate archers**, I feel that it is very important to continue blank bale practice. This can be a critical stage of development, and maintaining direct form practice is helpful. For some, doing this before a tournament can help relieve some of the nerves

associated with competition. Getting the feeling of the shot into one’s head can be very valuable. This kind of practice can reduce the worry about the pending results of the competition, placing the focus on the performance of the shot rather than its outcome.

Finally, blank bale shooting is important to me as an **elite shooter**. I shoot about 30% to 60% of my practice on blank butts, depending upon the time of the year, and what I’m currently focusing on. I do more target practice during the competition season, as I do feel that some practice with a target face is obviously an essential ingredient for success. Blank butt practice gives me the opportunity to pay strict attention to my form; I am more likely to catch a change in something while I’m practicing this way.

This kind of practice can be a step towards solving a variety of common archery afflictions. It obviously creates more awareness of the shot, of what is happening on the line (versus at the target – something out of the archer’s control), and less awareness of the outcome. It can reduce the pressure of expectations and let a nervous shooter calm down enough to shoot a great shot.

Having the opportunity to learn how a shot should feel can only lead to it occurring more frequently and consistently. Many archers with target panic find that they can execute a shot flawlessly on the blank bale; I suggest alternating shots on the target and blank butt. This often reduces the feelings of target panic.

Using blank butt practising as part of your training regime can help improve your shot, your mental game and help make your scores more consistent.

GIVE IT A GO AND PLAN SOME IN YOUR PRACTICE SESSIONS

YEP THESE ARE ALL THE SAME PERSON

