



# WARRINGAH ARCHERS NEWSLETTER April 2009



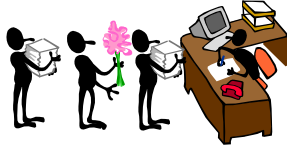
[www.warringaharchers.com.au](http://www.warringaharchers.com.au)

## Club Website Updates

New information placed on website:

- Club shoots for the month of March / April
- Club Records @ 31<sup>st</sup> March 2009

## Across THE DESK OF THE Secretary



**(J.Barber)** – Committee

Update, due to Mark Lapworth moving to Canada for a while, and a resignation from Tom Peek

due to health reasons on the committee, we are pleased to report that Dave Onslow & John Mesiti will be joining the committee to fill these casual vacancies. It is also pleasing to see that our coaches are still continuing with producing new members, so join me in welcoming both Cameron Cronin (CubBR) & David Shannon (IntBRB) aboard.

**Liverpool Bi-Tournament shot on the 28 & 29<sup>th</sup> March**, congratulations to Ian Stokes-MLM for taking out the Gold medal scoring 554 for the Canberra round 60/50/40, and 240 points in the 24T Fita Field (Yellow) pegs, well done Ian.

**2009 State Youth/Veterans Target Championships were shot at Homebush on 4/5<sup>th</sup> April**, with the following results from Warringah members:

**Gold:** Jaime VanBarbieri-CadBC (1304/1371=2675), Yoshiki Imiya-IntBR (1184/1255=2440), Ian Stokes-MLM (872/884=1756)

**Silver:** Jack Salmon-CadBC (1322/1345=2667), Michael Salmon-JunBC (1200/1212=2412)

**Bronze:** Danny Stasenka-MRV (1100/1079=2179), Jenny Wandl-LRV (571/581=1152).

**Other placings:** Joshua Seymour-CadBC, finished 4<sup>th</sup>, and Conan Omori\_CadBC finished 5<sup>th</sup>, with Patrick Mesiti-CadBC finishing 7<sup>th</sup>), well done everyone.

## Club Shoot: 15<sup>th</sup> March, 2009

P.Mesiti	CadBC	Melbourne	772 (71) 2 <sup>nd</sup>
D.Stasenka	MRV	Melbounre	638 (50) 2 <sup>nd</sup>
Ian Stokes	MLM	Melbourne	633 (49) 1 <sup>st</sup>
Robert Willis	MR	Melbourne	522 (38) 3 <sup>rd</sup>
Henry Hardie	CubBR	Melbourne	346 (23) 3 <sup>rd</sup>
Ken Raye	MLM	Melbourne	654 (52) 1 <sup>st</sup>
Tim Cooper	MR	Darwin	760 (59) 3 <sup>rd</sup>
Holly Cooper	IntGR	Geelong	607 (25) 3 <sup>rd</sup>
Simon Lee	CubBR	Geelong	359 (2)
Sean Niven	IntBR	Geelong	431 (8)

## New Club Records

## KidBow Qualifying Rounds:

Cameron Cronin	CubBR	10m 122cm	247
Cameron Cronin	CubBR	10m 80cm	230
Cameron Cronin	CubBR	10m 60cm	204
David Shannon	IntBRB	10m 122cm	280
David Shannon	IntBRB	10m 80cm	254
David Shannon	IntBRB	10m 60cm	254
David Shannon	IntBRB	10m 40cm	186
David Shannon	IntBRB	15m 60cm	179
Holly Cooper	IntGR	18m 122cm	244
Holly Cooper	IntGR	18m 80cm	239
Holly Cooper	IntGR	18m 60cm	185
Holly Cooper	IntGR	18m 40cm	159
Jarod McIntyre	CubBR	10m 40cm	135
Matthew Giles	IntBR	10m 80cm	237
Matthew Giles	IntBR	10m 60cm	223
Matthew Giles	IntBR	10m 40cm	187
Matthew Giles	IntBR	15m 122cm	220
Nyomi McKay	IntGR	10m 60cm	204
Nyomi McKay	IntGR	10m 40cm	208
Nyomi McKay	IntGR	15m 122cm	259
Nyomi McKay	IntGR	15m 80cm	200
Sean Niven	IntBR	10m 40cm	140
Sean Niven	IntBR	15m 122cm	220
Sean Niven	IntBR	15m 80cm	199
Simon Lee	CubBR	15m 122cm	255
Simon Lee	CubBR	15m 80cm	206
Simon Lee	CubBR	15m 60cm	167
Simon Lee	CubBR	15m 40cm	90
Zac Schroder	CubBR	10m 122cm	256
Zac Schroder	CubBR	10m 80cm	230
Zac Schroder	CubBR	10m 60cm	214
Zac Schroder	CubBR	10m 40cm	181
Zac Schroder	CubBR	15m 122cm	228
Zac Schroder	CubBR	15m 80cm	192

## AdBow Qualifying Rounds:

Ann McIntyre	LR	15m 122cm	247
Daniel House	MR	18m 80cm	257
Daniel House	MR	25m 60cm	221
David House	MRM	18m 80cm	263
David House	MRM	25m 60cm	233
Gary Giles	MRM	10m 40cm	245
Gary Giles	MRM	15m 122cm	263
Gary Giles	MRM	15m 80cm	237
Gary Giles	MRM	15m 60cm	208
M.Sakellarides	LR	15m 60cm	197
M.Sakellarides	LR	15m 40cm	158

## How well do you know Tournament & Shooting Rules - YOU BE THE JUDGE what would you do?

Archer A is calling you to the target as he has an arrow that obviously has hit his own arrow in the 10 zone (this arrow – the 10 – has been severely

damaged) and then deflected into the 8 zone. The angle of the arrow in the 8 zone clearly indicates that it has hit the other arrow before and then deflected to the 8 zone. His third arrow in the target is a 9.

*What is the score for the three arrows?*

### Answer! How did you go!

Arrows score 10,9,8. Rule 7.6.2.6.5 states that an arrow hitting another arrow and deflecting into the target face will score as it lies.

Archers should be aware of the differences in the rules concerning;

- Rule 7.6.2.6.4 (embedded in another arrow),
- 7.6.2.6.5 (defecting into target) and
- 7.6.2.6.6 (rebounding off another arrow).

### Target Ratings Improvements:

Henry Hardie	CubBR	31 to 32	7/3/09
Holly Cooper	IntGR	19 to 23	15/3/09
Ken Raye	MLM	30 to 41	15/3/09
Sean Niven	IntBR	xx to 8	14/3/09
Simon Lee	CubBR	xx to 7	14/3/09
Daniel House	MR	35 to 40	14/3/09
David House	MRM	37 to 42	14/3/09
Zac Voss	CubBC	30 to 31	14/3/09
Kane Wilson	CubBR	37 to 40	14/3/09
Patrick Mesiti	CadetBC	70 to 71	22/3/09
Conan Omori	CadetBC	74 to 77	28/3/09
Ann McIntyre	LR	xx to 8	28/3/09
Sean Niven	IntBR	8 to 9	28/3/09
Gary Giles	MR	xx to 17	28/3/09
Simon Lee	CubBR	7 to 10	28/3/09
Holly Cooper	IntGR	23 to 28	28/3/09
Daniel House	MR	40 to 41	28/3/09
David House	MRM	42 to 44	28/3/09
Jack Salmon	CadetBC	106 to 107	29/3/09
Patrick Mesiti	CadetBC	71 to 72	29/3/09
Holly Cooper	InterGR	28 to 29	4/4/09
Nyomi McKay	InterGR	xx to 9	4/4/09
Zac Schroder	CubBR	xx to 8	4/4/09
Gary Giles	MRM	17 to 21	5/4/09
Tim Cooper	MR	60 to 62	5/4/09
David House	MRM	44 to 45	5/4/09

### Indoor Ratings Improvements:

Holly Cooper	IntGR	xx to 14	28/3/09
Daniel House	MR	26 to 37	28/3/09
David House	MRM	30 to 42	28/3/09
Holly Cooper	IntGR	14 to 23	28/3/09
Simon Lee	CubBR	xx to 6	4/4/09

### Warringah Handicap 22<sup>nd</sup> March 2009

P.Mesiti	CadBC	70	113	799	912
J.V.Barbieri	CadBC	101	24	859	883
T.Cooper	MR	60	165	716	881
A.Deaves	LR	88	51	823	874
C.Omori	CadBC	74	96	771	867
D.Stasenka	MRV	63	147	717	864
I.Stokes	MLM	53	208	639	847
K.Raye	MLM	30	424	404	828
Y.Imiya	IntBR	76	89	710	799
J.Wandl	LRV	39	328	469	797
D.Onslow	MLV	34	379	414	793
R.Willis	MR	47	255	296	551
G.MacLennan	MRM	0	0	527	527

**CONGRATULATIONS PATRICK**

**Classifications:** As mentioned previously classifications are required to be retained from one year to the next, a full list of ratings @ 31<sup>st</sup> December can be located on the website, those members who have retained for 2009 or shot for the first time are listed below: Badges are \$6.50 and can be purchased from the Recorder:

Kane Wilson	CubBR	2 <sup>nd</sup> Target
Antoine Sakellarides	MR	3 <sup>rd</sup> Target
Graeme MacLennan	MR	3 <sup>rd</sup> Target
Ian Stokes	MLM	1 <sup>st</sup> Target
Tim Cooper	MR	2 <sup>nd</sup> Target
Lachlan McLeod	CubBR	3 <sup>rd</sup> Target
Henry Hardie	CubBR	2 <sup>nd</sup> Target
Conan Omori	CadBC	MBowman Target
Holly Cooper	InterGR	3 <sup>rd</sup> Target

### MAXIMUM PERFORMANCE SERIES THAT "EXTRA EFFORT" CAN HOLD YOU BACK

Whether you want to run fast or think fast, over effort diminishes your prospects. The way to perform at your best is to learn to ease off all extra tensions by switching off all untimely reactions.

Take, for example, thinking and doing. We try to think while we're doing, which impairs the doing, and we try to do while we're thinking, which prevents us from thinking clearly.

In our ambition to succeed, we're driven to do everything at once. This isn't the way the body/mind functions. You can't abruptly "stop and think," as is so often counseled. Stopping is an active process. What you can do is stop, pause and then think. There needs to be an interval between doing and thinking and thinking and doing.

While you perform, you mustn't think about the technique of your performance. While you think through the details involved in performing, you mustn't perform. You can do both at once, of course, but you won't do either well. To think or perform at your best, you must keep the functions separate.

When you try too hard at anything, you produce extraneous effort; you quiver and become tense; your motions are inefficient. When you play too hard, you make a business of creation, which deprives you of its expressive, restorative benefits. Working too hard and playing too hard are roads to self-destruction. Consider the word: re-creation. That's its function.

To work hard and play hard should mean working productively and playing ecstatically. Peak experiences result when all elements fit harmoniously together and you become as one with your game or task. That state arrives spontaneously. It's almost never achieved through extreme effort – because such striving sets up bodily forces that disorganize and burden the essentials needed for the event.

In Neuromuscular terms, a gentle forcefulness if produced by just the right number of muscle fibers coming into play at just the right time in just the right organization to move the levers and joints of the body through the precise motion needed to

accomplish the objective. Extra effort upsets this balance. Results: A poor performance.

The basic purpose of neuromuscular training is to refine movement to such an extent that only those motions directed toward the final action are in play. Extraneous efforts by muscle fibers that drain the organism of its energy and cause general confusion within the neuromuscular system are eliminated.

Suppose you're playing darts. If you were to throw the dart as you might throw a stone in anger – clenching winding up and heaving with all your might – your chances of hitting the bull's-eye with any consistency would be worlds less than if you were to take the dart gently in your thumb and fore finger and send it on its way with a relaxed and gentle motion. By refining the muscle systems in control of the dart and eliminating the extraneous ones, you have minimized your effort but maximized your prospects.

There was a period some years back when I took every opportunity I could to interview athletes who had either just broken a world, national or state record, or bettered their own record in an event to a markable degree. "What happened?" I asked each of them. "Tell me about that performance from beginning to end." By the time I had interviewed a dozen athletes, I could predict almost exactly what each of them would say. The scenario went like this.

*I didn't feel well that day. I was nauseated and felt weak. As a matter of fact, it crossed my mind to ask the coach to scratch me from the event. But before I know it, my event was called. I hardly remember starting. All I know for sure was that I was in motion. I don't remember any particular moment during the event. It all seemed too easy. At the finish, the way the crowd was cheering told me I'd done well, but I had the feeling that if I'd only tried a little harder I could have done much better.*

It was almost spooky. Here were different athletes in different events in different parts of the country, none of them communicating with any of the others, yet all off them giving me the same basic story. They were all astonished that they had broken their records on that particular day; not one of them felt that he had been really putting out his best.

In the years since then, every time I've been near an athlete who had vastly improved this performance, I've asked him to comment on these stores I'd been told by other performers under similar circumstances. The inevitable reply: "I wouldn't change a word".

These athletes are telling us something about maximum performance that every one of us can apply in our daily lives. If you're exhausting yourself trying to achieve, that's about all you'll do. The lesson is as valid in the office as on the field. The executive who strains at this work is no more effective than the baseball player who tries to hit a home run with every swing of this bat. Nike Kinnick knew this. He was a legendary football player and scholar of Iowa in the last 1930. When he died in a Navy training exercise at the start of World War II, a

diary was found among his effects. "It is a sad mistake to try to be head man in everything you attempt" He had written. "The axiom, 'If it is worth doing at all, it is worth doing well,' has its limitations. Stay on the ball most of the time, but learn to coast between moments of all-out effort."

Kinnick was years ahead of his time in his understanding of maximum performance. Most athletes of his day associated great performances with pain, struggle and exhaustion. Today's enlightened athletes aren't like that. They don't send their energy on needless histrionics. When their race is called, they shake out their hands and feet to get loose, kick their knees up and down, run a few easy spurts and try a few starts. John Smith, the world's record holder in the quarter mile some years back, often sat in the stands with his girlfriend until his race was called. Then he would wander down, stretch a few times, runs loose as a goose and finish as if he's just starting.

The record books tell us which is the sounder approach. The times and distances of today's super cool athletes are far better than those of athletes in an earlier day who gave everything to win. Certainly the excitement of a winning basket or touchdown or a record-breaking time is just as intense today as it has ever been. But the execution is done with must more grace and ease.

Exhaustion is no longer the mark of top-class performance. It shouldn't be the mark of yours.

### **Club Shoot 29<sup>th</sup> March, 2009**

#### **Half Long Fita: 90/70/50\*/308**

Michael Salmon	JuniorBC	561 (56) 2 <sup>nd</sup>
Tim Cooper	MR	444 (73) 1 <sup>st</sup>

#### **Half Short Fita: 70/60/50\*/30\***

Jack Salmon	CadetBC	684 (109) 1 <sup>st</sup>
Jaime V.Barbieri	CadetBC	659 (93) 1 <sup>st</sup>
Patrick Mesiti	CadetBC	588 (73) 1 <sup>st</sup>
Jim Barber	MCM	587 (73) 1 <sup>st</sup>
Conan Omori	CadetBC	585 (72) 1 <sup>st</sup>

#### **Half Fremantle: 60/50/40\*/30\***

Danny Stasenka	MRV	538 (57) 2 <sup>nd</sup>
Ken Raye	MCBM	495 (50) 1 <sup>st</sup>

#### **Half Intermediate: 55/45/35\*/25\***

Yoshiki Imiya	InterBR	640 (74) 1 <sup>st</sup>
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#### **Half Horsham: 40/35/30\*/25\***

Tom Peek	MCV	605 (56) 2 <sup>nd</sup>
Henry Hardie	CubBR	498 (37) 2 <sup>nd</sup>
David Onslow	MLV	423 (28) 2 <sup>nd</sup>
Robert Willis	MR	397 (25)
Holly Cooper	InterGR	328 (17) 3 <sup>rd</sup>

#### **Half Mini Horsham: 20/18/15\*/10\***

Simon Lee	CubBR	483 (6)
Sean Niven	InterBR	413



### **Scott's JOKE CORNER:**

**ROMANCE:**An older couple were lying in bed one night. The husband was falling asleep but the wife was in a romantic mood and wanted to talk.

She said, "You used to hold my hand when we were courting." "Wearily he reached across, held her hand for a second and tried to get back to

sleep. A few moments later she said, "Then you used to kiss me." Mildly irritated, he reached across, gave her a peck on the cheek and settled down to sleep. Thirty seconds later she said, "Then you used to bite my neck". Angrily, he threw back the bed clothes and got out of bed. "Where are you going?", she asked. "To get my teeth!"

**OLD FRIENDS:** Two elderly ladies had been friends for many decades. Over the years, they had shared all kinds of activities and adventures. Lately, their activities had been limited to meeting a few times a week to play cards.

One day, they were playing cards when one looked at the other and said, "Now don't get mad at me. I know we've been friends for a long time, but I just can't think of your name! I've thought and thought, but I can't remember it. Please tell me what your name is." Her friend glared at her. For at least three minutes she just stared and glared at her. Finally she said, "How soon do you need to know?"



## BIRTHDAYS

**May 2009 – Lachlan McLeod (1<sup>st</sup>) Rin Barbieri (3<sup>rd</sup>), Morgan Montgomery (24<sup>th</sup>) Henry Hardie (25<sup>th</sup>) Joshua Brannan (27<sup>th</sup>), and David Onslow (30<sup>th</sup>)**

### Club Shoot 5<sup>th</sup> April, 2009

#### **Yass 36 arrows @ 55/45m 122cm face**

Tim Cooper MR 283/294=577 (65) 2<sup>nd</sup>  
E.Jennison LRM 193/215=408 (38) 3<sup>rd</sup>  
G.McLennan MRM 95/208=303 (26)

#### **Goulburn 36 arrows @ 40/35m 122cm face**

D.Onslow MLV 210/240=450 (31) 2<sup>nd</sup>  
K.Raye MLM 180/221=401 (25) 2<sup>nd</sup>  
R.Willis MR 157/226=383 (23)

#### **Lukie Last 36 arrows @ 25m/20m 80cm face**

David House MRM 279/311=590 (46) 3<sup>rd</sup>  
Daniel House MR 243/278=521 (33)  
Holly Cooper IntGR 203/241=444 (23) 3<sup>rd</sup>

## Special notes:

**I heard** that some members missed out competing in the State Veteran & Junior Championships as they did not realize (1) that the event was on (2) that entries had closed when they made enquiries....so.....

- Warringah Archers has placed on its website the Club Calendar, there is also a copy of this on the club notice board.
- On the Club Calendar external tournaments are highlighted in bold.
- Under ArcheryNSW tournament policy - registration forms for tournaments usually come out at least six weeks before the event and are circulated to club secretaries and/or placed on the ArcheryNSW website, with entries closing two weeks before.

- Warringah Archers have on several occasions requested that members place archerynsw.com as a favourite on their website.

If you wish to compete in a tournament, flag it, but make sure you look out for the entry form, as entry to tournaments is undertaken by individual members of the Club. Warringah Archers does not send in entries on behalf of members.

So.....try looking at the calendar, plan ahead and make sure the next tournament that you wish to compete in, that you send your entry in on time.

### **ArcheryNSW - Ross Herron Memorial Trophy**

This a year round event, and is calculated from placings gained in ArcheryNSW Tournaments by members of a club. 3 points for 1<sup>st</sup>, 2<sup>nd</sup> points for 2<sup>nd</sup> & 1 points for 3<sup>rd</sup>, except when competing in State Tournaments, then we receive 5 points for 1<sup>st</sup>, 3 points for 2<sup>nd</sup> & 1 point for 3<sup>rd</sup> placings. So each time a member of Warringah competes in a tournament and places, your points are added to the tally board.

Results from 1<sup>st</sup> January to 15<sup>th</sup> April are as follows:

Warringah Archers	61 points
Illawarra Archers	33 points
Liverpool City Archers	31 points
SOPA	24 points
Mountain Archers	22 points
St.George Archers	20 points
Nothern Archers	17 points
Erina Archery Club	17 points
Cessnock/Neath	15 points
Burilda Archers	13 points
Armidale Archers	12 points
Ku-Ring-Gai Bowmen	11 points
Southern Highlands	9 points
Sydney Bowmen	5 points
Talbragar Bowmen	5 points
Penrith City Archers	4 points
Bellingen Archers	3 points
University of Sydney	3 points
Singleton Target Archers	3 points
Hawkesbury Archers	3 points
Greenlees Archery Club	1 point

**GROUND DUTY/SET-UP:** On our Club Calendar we also list **two** people each week to assist with the Ground Set-up. Ground crew should arrive at 9.00am to open up club rooms. The desk should be set up with the Registration book, and the sign on sheet for the shoot-of-the day. This is kept in the blue folder, together with the Field Layout which identifies how many targets should be set-up and what distances should be marked.

**PLEASE** if you are **ROSTERED** turn up. If you are unable to attend, please **SWAP** with another club member, it only happens once every 8 weeks or so, and the calendar has been set for the next six months. Field set-up should take 20 minutes, so that members can commence shooting at 9.30am.