



WARRINGAH ARCHERS

BULLETIN No.3

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www.warringaharchers.com.au

Tournament Update

2007 ASNSW STATE INDOOR **Congratulations to the following** **members who placed:**

Aimee Deaves – Gold LR Divn
James Johnstone – Bronze MR Divn.
Tom Benstead – Gold Intermediate BC Divn

2007 ASNSW STATE FIELD **Congratulations to the following** **members who placed:**

Michael Salmon- Bronze CadetBC
Scott Wandl–Bronze CadetBR
Tom Benstead–Silver IntermediateBC
Jack Salmon–Bronze IntermediateBC
Ian Stokes – Gold – Male Longbow Master
Aimee Deaves – Gold, Lady Recurve

Club Shoot: 8th July, 2007

Long Brisbane, 30 arrows @ 90/70/60*/50*

Steve Jennison	MCM	996 (87)	MB
Ken Raye	MCBM	385 (38)	2 nd

Brisbane, 30 arrows @ 70/60/50*/30*

Aimee Deaves	LR	1006 (79)	1 st
Cain Beckett	MR	692 (49)	3 rd
Jack Salmon	IntBC	719 (51)	2 nd
Michael Salmon	CadBC	767 (55)	2 nd
Steve Salmon	MCM	881 (64)	2 nd

Short Adelaide, 30 arrows @ 50/40/30*/20*

Conan Omori	IntBR	929 (49)	1 st
Tom Peek	MRV	624 (24)	
Mitchell Dickeson	IntBR	669 (27)	3 rd
Robert Willis	JunBR	611 (23)	
Alan Dickeson	MRM	796 (36)	3 rd

Warringah Archers Development Program

KidBow Qualifiers:

Jeremy Carlen	IntBR	25m 80cm	145
Mathew Reid	CubBR	10m 122cm	260
Mathew Reid	CubBR	10m 80cm	240
Mathew Reid	CubBR	10m 60cm	212
Mathew Ried	CubBR	10m 40cm	169
Morgan Montgomery	IntBR	20m 80cm	150
Morgan Montgomery	IntBR	20m 60cm	136
Morgan Montgomery	IntBR	25m 122cm	192
Morgan Montgomery	IntBR	25m 80cm	160
Morgan Montgomery	IntBR	25m 60cm	145
Nathan Gardner	CubBR	15m 80cm	209
Rowan Kooy	CadBR	18m 122cm	228
Yoshiki Imiya	IntBR	10m 122cm	261
Yoshiki Imiya	IntBR	10m 80cm	252

AdBow Qualifiers:

Scott Abrahams	MR	18m 60cm	143
Scott Abrahams	MR	18m 40cm	120
Scott Abrahams	MR	20m 60cm	148

Warringah Urban Field Shoot – 15th July, 2007 - Some members shot 24 targets, others completed 12 only.

Red Pegs:

Rin Barbieri	MC	312 (69)	1 ^{st**}
Robert Willis	JunBR	115 (30)	3 rd
Alan Dickeson	MRM	82	

Blue Pegs:

Michael Salmon	CadBC	284 (59)	2 nd
Joshua Seymour	IntBC	255 (51)	2 nd
Jaimie Van Barbieri	IntBC	250 (49)	2 ^{nd**}
Tom Benstead	IntBC	143 (12T)	
Jack Salmon	IntBC	127 (12T)	
Geoff Benstead	MC	109 (12T)	
Mitchell Dickeson	IntBR	81 (12T)	
Barry Ward	MRBM	80 (12T)	
Conan Omori	IntBR	63 (12T)	

Yellow Pegs

Morgan Montgomery	IntBC	135 (17)	3 rd
David Onslow	MLV	50 (12T)	
Joshua Brennan	CubBR	18 (12T)	
Yoshiki Imiya	IntBR	14	

*15 perfect field

Though you don't want to let Tom Benstead near a can of paint, especially when you ask him to paint White pegs Yellow and then comes and asks if we have any spare blue pegs available – yep you guessed, also handy to spray down wind!! – he is giving lessons free of charge as he has now mastered the process.

Club Shoot 22nd July, 2007

Must have been a bit wet, score sheets were very soggy, but readable!

FITA indoor 1 – Australian Indoor 1

Fita Indoor "Inner 10"

Paul Dilley	MCM	546 (86)	MB
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Aust Indoor I

James Johnstone	MR	270 (76)	1 st
Aimee Deaves	LR	267 (74)	1st
Alan Dickeson	MRM	190 (41)	3 rd
Robert Willis	JunBR	169 (35)	3 rd
Barry Ward	MRBMM	150 (30)	2 nd
Conan Omori	IntBR	98 (16)	3 rd
Mitchell Dickeson	IntBR	97 (16)	3 rd
James Smythe	CadBR	65 (6)	

New Club Record

Changes in Target Rating:

Steve Jennison	MCM	86 to 89	24/6/07
Joshua Seymor	IntBC	50 to 52	24/6/07
Tom Peek	MRV	30 to 32	30/6/07
Paul Dilley	MCM	76 to 77	7/7/07
Scott Wandl	CadBR	57 to 58	7/7/07
Michael Salmon	CadBC	56 to 57	7/7/07
Joshua Seymour	ItBC	52 to 55	7/7/07
Rowan Kooy	CadBR	6 to 11	4/8/07
Jim Barber	MCM	80 to 82	4/8/07
Michael Salmon	IntBC	57 to 64	4/8/07
Rosie Jacobs	IntGR	25 to 26	18/8/07
Nathan Gardner	CubBR	6 to 10	18/8/07

Changes in Indoor Ratings:

Paul Dilley	MCM	53 to 66	17/6/07
Rosie Jacobs	IntGR	20 to 24	14/7/07
Paul Dilley	MCM	66 to 76	22/7/07
Tom Benstead	IntBC	63 to 71	29/7/07
Rosie Jacobs	IntGR	24 to 27	4/8/07

WARRINGAH HANDICAP 29/7/07

Canberra – 30 arrows @ 60/50/40m

Paul Dilley	MCM	824 (84) 1 st
Jim Barber	MCM	810 (80) 1 st
Steve Salmon	MCM	790 (75) 1 st
Jack Salmon	IntBC	708 (60) 1 st
Barry Ward	MRBM	383 (26) 3 rd
Dave Onslow	MLV	349 (23) 2 nd

Junior Handicap 30 arrows @ 40/30/20m

Cain Beckett	MR	820 (61) 3 rd
Alan Dickeson	MRM	664 (32) 3 rd
Robert Willis	JunBR	659 (31) 3 rd
Mitchell Dickeson	IntBR	581 (22) 3 rd

HANDICAP WINNER WAS

CAIN BECKETT – WELL DONE

Club Shoot 5th August, 2008

Melbourne round shot – 90 arrows @ 50m/12cm face

Aimee Deaves	LR	801 (77) 2 nd
Alan Dickeson	MRM	527 (38) 3 rd
Robert Willis	JunBR	424 (30) 3 rd
Barry Ward	MRBM	420 (29) 3 rd
Mitchell Dickeson	IntBR	364 (25) 3 rd
James Smyth	CadBR	148(2)

New Club Records

Club Shoot – 12th August, 2007

Long Sydney 30 arrows @ 90/70/60/50m 122cm face

Paul Dilly	MCM	945 (74) MB
Ken Raye	MCBM	498 (38) 2 nd

Sydney 30 arrows @ 70/60/50/40m 122cm face

Aimee Deaves	LR	1037 (77) 1 st
Tom Benstead	IntBC	1006 (72) 1 st

Sht. Adelaide 30 arrows @ 50/40/30*/20*

Jim Barber	MCM	1125 (81) 1 st
Mitchell Dickeson	IntBR	794 (36) 2 nd
Alan Dickeson	MRM	782 (35) 3 rd
Robert Willis	JunBR	772 (35) 3 rd
Tom Peek	MRV	589 (22)
David Onslow	MLV	583 (21) 2 nd
James Smyth	CadBR	328 (3)

New Club Records

DID YOU KNOW:

WORLD RECORDS OPEN CADET

CADET COMPOUND MEN:

Short FITA 144 arrows: Braden Gellenthien (USA), 1401 – 30/7/02

70m: Braden Gellenthien (USA) 349 – 8/6/02

60m: Braden Gellenthien (USA) 353 – 12/7/02

50m: Braden Gellenthien (USA) 348 – 12/7/02

30m: Braden Gellenthien (USA) 359 – 30/7/01

60m Ranking: Thor, Sorensen (DEN) 700 – 19/7/07

CADET COMPOUND WOMEN

Fremantle 144 arrows: Erika Anschutz (USA), 1409, 18.09.2004

60m: Erika Anschutz (USA) 349 -10/7/04

50m: Erika Anschutz (USA) 356 - 18/9/04

40m: Erika Anschutz (USA) 351 - 18/9/04

30m: Erika Anschutz (USA) 359 - 18/9/04

60m Ranking: Eleni Ioannou (GRE) 688 – 17/8/05

WORLD RECORDS OPEN

CADET RECURVE MEN:

Short Fita 144 arrows: David Barnes (AUS) 1369 – 7/8/02

70m: David Barnes (AUS) 340. 7/4/02

60m: David Barnes (AUS) 341. 6/8/02

50m: David Barnes (AUS) 357, 2/9/06

30m: Joey Van Lieshout (NED), 2/9/06

60m Ranking: Luca Melotto (ITA) 18/7/07

CADET RECURVE WOMEN:

Fremantle 144 arrows: Elena Tonetta 1358, 30/6/04

60m: Tuk Young LEE (KOR) 340 - 21/6/05

50m: Jialing Quian (PRCHINA) 344 - 20/7/04

40m: Elena Tonetta (ITA) 342 - 21/7/04

30m: Marie-Pier Beaudet (CAN) 353 – 24/08/02

60m Ranking: Carrie Wegh (NED) 652 - 17.05.07

WARRINGAH HANDICAP 19/8/07

In very wet conditions, shooting under the veranda onto the club grounds – 4 intrepid archers saw the shoot through to the end, though the score sheets were a bit soggy, BUT readable.

Jim Barber	MCM	813 (76) 2 nd
Steve Jennison	MCM	798 (72) 2 nd
Ken Raye	MCM	769 (66) 2 nd
Aimee Deaves	LR	765 (65) 2 nd

HANDICAP WINNER WAS JIM BARBER – WELL DONE

Fluids for Junior Archers

compliments of Dr John Drinkwater MBBS FRACGP -
(Sherbrooke Archers-Victoria)

Normal Fluid requirements for child athletes.

The normal fluid requirement for a child is approximately 50mls per kilogram per 24 hours for a child weighing between 30–50 kilograms. This translates to about 1500mls per day for a 30 kilogram child or about 2500mls per day for a 50 kilogram child. It is reasonable to assume that this fluid intake is not consumed consistently over a full twenty-four hour period but over the daytime of approximately 10 hours.

This in effect means that the normal fluid requirement of a child is at least 150mls per hour during the day.

Factors that alter fluid requirement.

Exercise and ambient temperature change fluid demands. As the intensity of the exercise increases and as the ambient temperature increases so the requirement for fluid increases. This increased demand is above the required minimum fluid requirement of at least 150mls per hour.

Hydration in Sport.

An athlete should begin competition well hydrated. Exercising athletes may lose 2–3 percent of their body weight in fluid (this equates to 600–900 mls in a 30 kg child) before they become thirsty and at that stage the athlete's performance is already impaired.

Coaches, trainers and parents should provide constant encouragement to junior athletes to drink prior to the onset of thirst.

The intake of fluid every 20–30 minutes during exercise should be enforced. In hotter weather when fluid demands increase dramatically, the fluid consumption should occur more frequently.

Target Archery: the rule of thumb should be "drink something after every end".

Field Archery: the archer should have their own water bottle carried and tournament organisers must have refill stations with chilled water at regular intervals around the field course.

Clout Archery: the longer time between "ends" requires more diligent attention to fluid intake.

Beverage choice for fluid replacement.

Controversy exists regarding the ideal fluid replacement. Water is generally sufficient to meet the needs of moderate activity. Electrolyte replacement is usually only required during intense, prolonged exercise.

This level of activity is not expected in archery competition. Electrolyte/carbohydrate-containing

beverages have the disadvantage of cost and offer no advantage in maintaining hydration.

Remember – always have a water bottle with you at all times.



BIRTHDAYS

September 2007

Only a couple this month -
Neil Dekker 5th, Steve
Salmon 16th,

**Welcome to new members
Please join me in making our
new members feel welcome:**

Scott McNeill – MC
Kirk Reynolds – Cub BC
Jaime Van Barbieri – IntBC
Yoshiki Imiya – Cub BR
Mark Cummins - MR

Ian's Joke Corner:

Two guys, one old and one young, are pushing their carts around Bunnings when they collide.

The old guy says to the young guy, "Sorry about that. I'm looking for my wife, and I guess I wasn't paying attention to where I was going."

The young guy says, "That's OK. It's a coincidence. I'm looking for my wife, too. I can't find her and I'm getting a little desperate."

The old guy says, "Well, maybe we can help each other. What does your wife look like?"

The young guy says, "Well, she is 27 yrs old, tall, with red hair, blue eyes, long legs, big boobs, and she's wearing tight white shorts. What does your wife look like?"

The old guy says, "Doesn't matter -- let's look for yours"

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



BLAST FROM THE PAST
Ross Rieser (WA) – 1993

There's those of us who's muscular and of a rugged build, who with the recurve instrument consider they are skilled.

They launch their little arrows, with hope, into the air, but for high precision, folks, they haven't got a prayer.

I'll tell you of their problem (and please try not to snicker), most of them are masochists, and they employ a clicker.

A clicker is a little thing, an inch or two in length, but its very size can hide its all pervasive strength. It drives strong men to stronger drink and oaths of lurid kind, and causes awesome problems in the recurve archer's mind.

And then there are the compounders – we are a clever lot. We can tell you which way's up and sort out what is what.

We're thinking archers, basically, and modest with it too; High I.Q. toxophilites, the truest of true blue. Given our accomplishments, its really hard to follow, the jibes and cutting insults which the compounder must swallow.

The less advanced recurve jeers at our technology and reckons that our shooting isn't really archery.

The implication seems to be that they have kept it pure – what Robin Hood would make of them, I'm really not too sure.

His cloth-yard willow shafts are different from A/C/E; he'd be surprised with spin-wings where goose feathers ought to be, and rough hewn stick of yew instead of svelte magnesium riser hooked up to carbon limbs and aluminium stabiliser.

He'd sit down on the greensward, shake his head, say "Luv a duck, This 'ere be wimpy tackle, Little John and Friar Tuck;

What sort of archer shoots such puny lightweight stuff? Imagine using this lot when the Sheriff cuts up rough!

Regardless of the gear we shoot,
at target butt or game,

To hit the spot consistently has been the archer's aim.

And one thing that's been constant as we've travelled down the years, Is the archer's biggest enemy – the space between his ears.

So let's be happy, whether we have wheeled or bent-stick bow, That we can haul the bow-string back and feel the power flow,

And watch the arrow trace its arc twist archer's eye and gold, Confirming our connection with the

Merrie Men of Olde.