



# WARRINGAH ARCHERS NEWSLETTER August 2010

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



## Across the desk of the Secretary.

### Website updates:

- Club Records & Adbow/Kidbow records @ 31<sup>st</sup> July, 2010.
- Adbow/Kidbow records. After

reviewing the rounds that we currently shoot, some of the above records have had name & distance changes, which became effective 1/8/10.

- Adbow/Kidbow qualifying rounds. We are currently in the processing of reviewing the qualifying rounds. As soon as these have been completed new copies will be placed down the club.

### South Coast Field Championships, 7/8<sup>th</sup>

**August**, well done to Jenny Wandl for coming 2<sup>nd</sup> in the LRV division. Compound team shield won by Illawarra with the Recurve Team won by Northern.

### KidBow Qualifying Rounds– Step 1 (30 arrows):

Carmelo Aslanidis	CubBR	15m 60cm face	157
Luke Maras	IntBR	10m 122cm face	263
Nick Calandrucio	CubBR	18m 80cm face	179
Sophie Renouf	IntGR	10m 80cm face	224

### KidBow Qualifying Rounds– Step 2 (72 arrows):

Eliza Earl	IntGR	20m 122cm	439
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Correction to what was printed in last newsletter.

### Target Rating Improvements:

Carmelo Aslanidis	CubBR	6 to 11	25/7/10
Maria Wright	LCV	41 to 54	25/7/10
Ken Wright	MCV	45 to 46	25/7/10
Julia Wright	LC	70 to 71	1/8/10
Maria Wright	LCV	54 to 56	7/8/10
Ken Wright	MCV	46 to 52	7/8/10
Sophie Renaoug	IntGR	xx to 2	14/8/10
Julie Wright	LC	71 to 73	14/8/10
Clinton Wright	MC	92 to 95	14/8/10
Tracy Newlands	LR	27 to 31	14/8/10
Maria Wright	LCV	56 to 58	14/8/10
Ken Wright	MCV	53 to 54	14/8/10

### Club Shoot – 25<sup>th</sup> July, 2010

Jack Salmon	CadBC	Perth	851 (100)1 <sup>st</sup>
Aimee Deaves	LR	Perth	766 (78) 1 <sup>st</sup>
Yoshiki Imiya	CadBR	Sht.Can	783 (64) 2 <sup>nd</sup>
Robert Talbot	MR	Sht.Can	690 (66) 1 <sup>st</sup>
Jenny Wandl	LRV	Sht.Can	503 (27) 3 <sup>rd</sup>
Carmelo Aslanidis	CubBR	Grindrod	737 (17) 3 <sup>rd</sup>
Maria Wright	LCV	Darwin	800 (67) 2 <sup>nd</sup>
Ken Wright	MCV	Darwin	686 (47) 3 <sup>rd</sup>

## XMAS in July – 31<sup>st</sup> July

Just scraping in before July closed, and what a great day, though I'm sure there won't be turkey on the menu next time around, as it was well and truly nailed this time.



Winning team was the "Line Cutters" with

some creative adding up of 3723 points (Maria (captain), Jenny, Doug, Will & Louis (*Pssst! Doug & Louise took part from the beginners course, only*



been shooting 3



weeks)...ssssh

2<sup>nd</sup> place – San Diego Screamers 3703. Though couple of good shots are worth mentioning where Youki got Steve's right nostril and Jenny lodged her arrow smack bang in the middle of his forehead. Glad it was only a copy, but gee his smile made for a happy target.

3<sup>rd</sup> Christmas Puddings 3702 (would've double checked the adding up?

4<sup>th</sup> place – A-Team 3632  
5<sup>th</sup>

Dream Team 3320

There was a lot of laughter on the day, and the feast



at the conclusion of the shoot was fantastic.





# BIRTHDAYS, September, 2010

Our sole Birthday for September  
is our Life member - Neil Dekker  
(5<sup>th</sup>) – HAPPY BIRTHDAY NEIL

## Club Shoot 1<sup>st</sup> August, 2010

Tom Benstead	CadBC	Hobart	731 (79)	1 <sup>st</sup>
Simon O'Conner	MR	Hobart	501 (52)	2 <sup>nd</sup>
Yoshiki Imiya	CadBR	Sht.Can	823 (74)	2 <sup>nd</sup>
David House	MRM	Sht.Can	542 (30)	3 <sup>rd</sup>
Elizabeth Jennison	LRM	Sht.Canb	466 (23)	

### On Handicap 1<sup>st</sup>/2<sup>nd</sup> & 3<sup>rd</sup> went to:

- 1<sup>st</sup> Yoshiki Imiya
- 2<sup>nd</sup> Tom Benstead
- 3<sup>rd</sup> David House

## MAXIMUM PERFORMANCE SERIES How to Maximise Everyday Performance

*Courtesy of Laurence E. Morehouse, PH.D & Leonard Gross.*

### WALKING-AND RUNNING-FASTER

THE GOLDEN ROAD to maximum performance is bricked with common sense. Analysis, conditioning, skill training and performance strategy are all put in proper sequence. Each element receives the attention it needs before you progress to the next. The maximal performer who takes up a new sport will first watch is executed by skilled performers. Then he'll search his repertoire of skills to see what he already knows that might be applied to the new activity. If he's a former baseball player who decides to play golf, he'll analyse what possible similarities there are between the swing of a bat and the swing of a golf club.

What is most novel and refreshing – and perhaps surprising to the average performer who has experienced more than his share of failure – is the atmosphere of success in which the maximum performer functions. He's immediately successful, and he almost never fails throughout this adaptation to the new activity. The method by which he manages his success is critical to your own improvement, and readily accessible.

The maximum performer knows what he's proposing to do before he tries.

The task he sets for himself is so simple that he's almost sure to be able to do it.

Once he's prepared himself, he gets going right off – even if what he's doing is the barest suggestion of the way he'll eventually perform. Even though he knows a great deal about his eventual goal, he's content to begin at a child's level, if necessary. A child with a new pair of skates quickly discovers that he's got a new

environment. First he holds onto something. Then he takes short steps. Finally, he glides.

The maximal performer never tries the next step until he's mastered the previous one.

He interprets failure as his having done something the wrong way.

He quickly discards what doesn't work and concentrates on what does.

The performance idiot who at first doesn't succeed because he's doing something wrong tries and tries the very same thing again. Such practice makes the error perfect.

The maximal performer specifies his target and focuses on it. If, for example, he wanted to learn golf, he would not go out to a driving range or practise tee with a bucket of balls, take out his driver and try to hit the ball as far as he could. That is the traditional manner. The maximal performer takes a putter and goes to the practice green. Why? Because, first, he knows that putting comprises half of par. Second, he knows that putting is the simplest part of the game. Third, he knows that almost instantly he can have some success.

The maximal performer doesn't try fifteen-or twenty-foot puts at the outset. He puts the ball down next to the hole and taps it a few times. Then he moves the ball back six inches, and tries that until he's successful.. He continues to increase the distance in increments of six inches. As he finds his putting stroke, the knows he's get a good idea of the mechanics involve in striking the ball with the club head; he's learning about the roll of the ball and the effect on it of grass textures and slopes. He's also developing the habit of a steady head which he will need on the tee and fairway. By the time he's at the practice tee, he has confidence in one part of the game and fell for the rest of it. And he's already been rewarded with a continuum of success.

## Club Shoot Saturday 7<sup>th</sup> August, 2010

### Melbourne 90 arrows @ 50m (122cm face)

Maria Wright	LCV	700 (58)	2 <sup>nd</sup>
Ken Wright	MCV	698 (58)	2 <sup>nd</sup>
Stirling Calandruccio	MR	586 (44)	3 <sup>rd</sup>

### Geelong 90 arrows @ 30m (122cm face)

Zac Voss	CubBC	792 (53)	1 <sup>st</sup>
Nyomi McKay	IntGR	602 (24)	3 <sup>rd</sup>
Ray Clarke	MR	591 (23)	

## Club Shoot – Sunday 8<sup>th</sup> August Half Fita Round

Jack Salmon	CadBC	F90	681 (108)	1 <sup>st</sup>
Cameron Cronin	IntBR	Inter.	518 (40)	2 <sup>nd</sup>

### On Handicap 1<sup>st</sup>/2<sup>nd</sup> went to:

- 1<sup>st</sup> Jack Salmon (725)
- 2<sup>nd</sup> Cameron Cronin (720)

## Classifications achieved in 2010 to date:

\*highlights those achieved from 2009

Maria Wright	LCV	3 <sup>rd</sup> Target
Ken Wright	MCV	3 <sup>rd</sup> Target
Nyomi McKay	IntGR	3 <sup>rd</sup> Target*
Zac Voss	CubBC	3 <sup>rd</sup> * & 2 <sup>nd</sup> /1 <sup>st</sup> Target
Maria Wright	LCV	2 <sup>nd</sup> Target
Jenny Wandl	LRV	3 <sup>rd</sup> Target*
Julie Wright	LC	1 <sup>st</sup> Target
Ken Wright	MCV	2 <sup>nd</sup> Target

Medals can be purchased from recorder @ \$6.50ea.



## August HANDICAP WINNER MARIA WRIGHT Lady Compound WELL DONE

### Note: Handicaps apply to the round being shot

Archer	DivN	Rating	H'cap/Score/Total
M.Wright	LCV	56	188+715 = 903
K.Wright	MCV	53	208+666 = 874
M.Salmon	JunBC	93	37+818 = 855
K.Wilson	CubBR	52	153+692 = 845
J.Salmon	CadBC	112	13+814 = 827
Y.Imiya	CadBR	82	68+730 = 798
C.Cronin	CubBR	40	232+563 = 795
C.Aslandis	CubBR	11	258+528 = 786
J.Wandl	LRV	39	328+457 = 785
D.Stasenka	MRV	68	122+661 = 783
S.Calandruccio	MR	48	246+508 = 754
N.Calandruccio	CubBR	11	523+178 = 701
E.Jennison	LRM	53	208+474 = 682

## Seven Rules to Maintain the Proper Mental Focus for the game of Archery

1 – Shoot like you love the sport all the time, instead of fearing a bad score.

2 - Shoot every shot without fear of missing

3 - Challenge yourself to make each shot to the best of your ability

4 --Try to be more decisive and less hesitant and distracted at the moment of the shot.

5 - Learn to accept bad shots and then move on. Do not give them extra meaning.

6 - Do your preshot routine instead of thinking about the circumstances you are in or the consequences of your shot.

7 - Before every tournament prepare yourself to live by the above rules.

*\*courtesy of Darren McCutcheon(Archery Focus)*



## ARM GUARD

*Most archers give no thought at all to their armguards, at least until they forget it, or place it incorrectly, or....ouch! You really should.....consider the lowly armguard.*

.....**All** arm guards serve two main purposes. The first is to protect your bow arm from the string slapping the arm after the release of the string. The arm guard gives archers enough protection and security to maintain a still bow arm upon the release of the arrow. After you have felt the sting of the string hitting your arm, it is a sensation you would probably like to forget. And, it is a reflex flinch on your next shot, which is something that most archers will do.

.....This flinching causes inconsistency in your form. So to prevent you from ever feeling this, you want to wear an arm guard. The second thing that an arm guard will do is to keep or hold the long sleeve of a shirt or blouse out of the way of the string upon release.



Arm guards come in a variety of shapes and sizes. They should be thick enough to give the desired protection, and also large

enough to protect your arm. Arm guards can be short in length covering your forearm from just above your wrist to just short of your elbow, or they can be long, extending from just above the wrist to 2 or 3 inches above your elbow. Most all target shooters wear shorter arm guards, although many beginning archers will start by wearing a longer arm guard for better protection until they understand the control they need in their bow arm. This type of training arm guard is available in the same way any other arm guard is available.



Arm guards are made of different types of material such as leather, plastic, rubber etc., The surface the string hits should be relatively slick.

Some archers even choose to make their own. All you really need is the protection, so if you do choose to make your own, it would probably work best to model it after one that you have seen.



You might find that after you have purchased an arm guard that it doesn't work for you. People's bodies are shaped differently, and if your bow arm or elbow rotates differently, then the string might catch some types of arm guards. So if you notice that you have hit yourself several times with the string, take a look at the choice of arm guard that

you have. Hitting your arm can usually be fixed by proper shoulder and or elbow rotation, but if your arm guard is still getting caught, you probably need a thinner or different style of arm guard. Some arm guards might affect the life of your serving and to that end some arm guard manufacturers claim that their products do not affect serving life, although there has been various types of research undertaken on this, so choose a style of arm guard that would be best for your style of shooting.

The reason for the use of an arm guard is because of the arm and shoulder positioning of the archer. If the arm and shoulder are not in the correct position for clearance, the string might end up hitting your forearm. This can easily be checked by drawing back your bow, and when at full draw take notice of how your elbow on your bow arm looks while you are at full draw. (It may even help better to try this motion without using your bow.) If your elbow is protruding inward, start practicing rotating your elbow outward. It will be hard to do at first, I know this from experience, but after some time it will become natural. I've also learned from experience that once you have hit your arm you will always remember it. Most archers have hit their bow arm at least once, sometimes more. The biggest and probably the hardest thing to remember is not to flinch.

Remember that in archery consistency in your form is the number one criterion for success. Even the smallest detail can affect your consistency or inconsistency, such as your arm guard choice.

Remember to choose one that fits, protects, and is comfortable to wear. Since the arm guard is relatively cheap to buy compared to the rest of your equipment, you should be able to find one that suits you best at an affordable price. Most of all remember that to shoot consistently, you must have consistency in form, so if you bow arm elbow does protrude inward, practice rotating it outward.

**IF YOU ARE HAVING PROBLEMS, AND ARE HITTING YOUR ARM, PLEASE LET ONE OF OUR CLUB INSTRUCTORS/COACHES HELP YOU!**

## **Adbow/Kidbow Quarterly Shoot 2st August, 2010**

We even roped in a few of our beginners who have just finished their course to join the shoot.



There were two distances shot namely: Lukie Last 72 arrows (36 @ 25m/20m (80cm face), and the Peter Pan round which is 72 arrows (36 @ 15m/10m (80cm face).

This was held to show members how to move targets forward and adjust their sights from one

distance to the next, and No Tim, you can't have sighting arrows in the middle of the shoot, though nice try??

Winners for this event were: Glenn in the middle, Jaime 2<sup>nd</sup> on the left, and Ray 3<sup>rd</sup> on the right. Ray has only been shooting with us a few months and



says "that apart from the fact that he's really enjoying the challenge of shooting different distances each week, and having to score the rounds adds to the

challenge. Ray feels the club has a friendly, easy going atmosphere as well as being competitive. He would also like to mention how helpful everyone has been passing on their knowledge. The ongoing tutoring and help with setting up our equipment has been invaluable. Both Ryley and Ray are enjoying the fact that they can share their experiences together.

Archer	Division	H/Cap	Dist 1	Dist 2	Score	Total
Glenn Jewell	MR	265	261	278	539	804
Jaime Stewart	CadBC	380	191	230	421	801
Ray Clarke	MR	237	278	280	558	795
Tom Williams	CadBR	268	242	254	496	764
Lucas Maras	IntBR	265	208	284	492	757
Sophie Renouf	CubBR	257	252	244	496	753
Mark Hitchcox	MR	170	261	299	560	730
Tracy Newlands	LR	215	251	245	496	711
Ken Wright	MCV	97	295	313	608	705
Nyomi McKay	IntGR	244	216	244	460	704
Zac Voss	CubBC	89	302	303	605	694
Sean Niven	IntBR	301	152	234	386	687
Maria Wright Stirling	LCV	83	303	300	603	686
Calandruccio	MR	121	269	290	559	680
Kane Wilson	CubBR	104	269	285	554	658
Carmelo Aslanidis	CubBR	194	235	206	441	635
Katelin Turner	LR	265	141	224	365	630
Linda Tyson	LR	158	227	224	451	609
Nick Calandruccio	CubBR	194	170	234	404	598
Robert Kiproovich	MRM	195	166	224	390	585
Harriett Channon	CadGR	194	160	193	353	547
Adelaide Channon	U10GC	265	93	173	266	531
Tim Channon	MRM	244	139	134	273	517
Ryley Clarke	U18BR	265	44	124	168	433
Alex Jackson	CubBR	265	22	73	95	360

Note: 1st past the post on scores in the Lukie Last were:

1st: Ken Wright 608  
2nd: Zac Voss 605  
3rd: Maria Wright 603

Not: 1st past the post on scores in the Peter Pan were:

1st: Mark Hitchcox 560  
2nd: Glen Jewell 539  
3rd: Sophie Renouf 496

Note: Only All Gold shot on the day was from Mark Hitchcox 10m/80cm face, well done.