



WARRINGAH ARCHERS NEWSLETTER August/September 2011

www.warringaharchers.com.au



Tournaments. – Jenny Wandl

State Clout 1. On a cold wet June morning at 5am I set off for Cessnock for the State Clout. Why would you go when it is raining so hard that cars had to crawl along at 50kph?

Well Cessnock is inland, isn't it, and the rain is on the coast. No! When I got to the sports field in Cessnock, it was rapidly resembling a water polo field.

But all was not lost. The lovely Hugo family invited us to their home to eat up the bacon and eggs which had been purchased for the breakfast BBQ.

State Clout 2. One month later the skies were grey, but no rain. I went up to Cessnock the night before, a much better idea, as I arrived at the venue feeling much more relaxed.

After a weird drive right around the venue on a raised bank, I parked my car, found out where the 125 spot was, and assembled my gear. Trouble.

My rather old riser has lots of chips, and I shoot clout barebow. The judge ruled that I might be able to use the chips as sighting points. I tried to tell him that I don't do this, sighting is different every time. No go.

I had to trouble Brian Hugo for a black texta – thank goodness he had one, and texta out all the chips. Other than that the day was quite good for shooting, and I almost, but not quite, managed a PB.



**JULY HANDICAP
WINNER
BRENTON DAY
MALE RECURVE
MASTER**

SMURF'S PHOTO TIPS (Carmelo Aslanidis)

1. You don't always have to take a formal shot.
2. Be creative, maybe some motion blur
3. And experiment, try different angles, maybe compose your shot in a different way next time.



**Robert
Talbot at
full draw**

**Couple of
juniors in
action**



**Shooting
line from a
different
perspective
– nice pole
Carmelo?**

South Coast Field, August 20 and 21 – Jenny on the road again! Another weekend which threatened wet weather. Ian Stokes, Robert Talbot & I were the only reps from Warringah. Saturday was almost a perfect day for shooting, but I just couldn't seem to get things right. I had checked sight settings for all the distances, and was shooting well at straight targets.

But put me on a rock shooting downhill at 10 metre bugs eyes, and it all fell apart. Sunday as I left Sydney, the rain was pouring down. I drove along thinking about those poor sods lining up for the City to Surf, and hoping that it wouldn't be raining on Mt Keira. It wasn't. Underground was

muddy and slippery, but the rain stayed away. My boots and jeans were so muddy anyway that it didn't matter.

I had an enjoyable shoot in a group with three very nice men. One of the pluses of tournaments is meeting old friends or making new ones. My new friends even braved the swamp to rescue one stray arrow. But my shooting is still way off. Need lots of practise before the State Field.

South Coast Field 13/14th August, 2011

Well done to Ian Stokes who took out Gold in the Male Longbow Master division (249+287=536), Robert Talbot taking out Gold in the Male Recurve Division (308+308 = 616) and Jenny Wandl taking out Silver in the Lady Recurve Veteran division (107+103 = 210).

2 GOLDS – 1 SILVER from Warringah Archers
AWESOME

Both the Compound & Recurve Teams event were won by Illawarra Archers

New Members joining:

Nick Hudnott (MR), Jesse Irvin (CadetBR),
Robert Peers (MR), Liam Rudd (InterBR),
Bruce (MRM) / Spencer (CubBR) & Millie
Davis (CubGR)

Club Shoot: 14th August, 2011

Bothwell – 36 arrows @ 60/50m

Katlin Turner	LC	265/279 = 544 (62)	2 nd
Maria Wright	LCV	243/247 = 490 (53)	2 nd
Brenton Day	MRM	178/196 = 374 (38)	3 rd

Goulburn – 36 arrows @ 49/35m

David House	MRM	244/274 = 518 (41)	3 rd
Daniel House	MR	259/248 = 507 (39)	3 rd
Carmelo Aslanidis	CubBR	235/242 = 477 (34)	2 nd

Club Records broken highlighted in brown

MAXIMUM PERFORMANCE SERIES

Extending Your Maximum

Courtesy of Lourence E. Morehouse, PH.D & Leonard Gross.

TWO TOOLS ARE NEEDED to break through the wall that keeps your performance in check. The first is an appreciation of that maximum means in terms of your own reality. The second is an understanding of how you can persuade yourself to overcome your inhibitions about venturing into the unknown. Between the two, you can sizably diminish the prospect of failure, both psychologically and physiologically.

DEFINING YOUR MAXIMUM

FIRST, WHAT DO we mean by "maximum"

What follows applies to all activities, including work, but since sports are more measurable, let's express it in that language.

There is a maximum expressed by a world's record. That record keeps improving. We once wondered if man would every break four minutes in

the mile. So many men have done that since Roger Bannister achieved it a quarter century ago that we now wonder when – not whether – man will break 3:40.

Remember the little lady who lifted a car from her son, and the boy who similarly saved his father, it would be foolish to assign any limits to man's potential.

Even though the amount of time and energy – not to mention the natural endowments – required to achieve record performance is available to very few, the art and science of maximum performance are available to everyone. You can develop to any degree you choose, consistent with your own reality. If you are starting at allow point, your maximum, too, is theoretically without limits.

Your maximum capability is directly proportionate to the time and effort you're willing to give it. You're at your maximum today considering the investment of effort you've made up to now. If you want to increase you maximum, it's mostly a matter of doing more. *Anyone* will improve who works at it in the appropriate manner.

There are, to be sure, genetic qualities that enable some people to achieve more than others.

The governing hereditary factor in performance is the quality of your nervous system. It determines how fast you react, and it is a given that usually can't be modified. Disease, injury and malnutrition can also permanently affect the system. The normal nervous system can be affected by early child care. Margaret Mead discovered that children who are swaddled in infancy have a delayed motor development. Yet they also have a compensatory keenness in observation because all they had to work with at the outset were their eyes.

CLUB CHAMPIONSHIPS FIELD

21st August, 2011

Jack Salmon	CadBC	Red	378
Conan Omori	CadBC	Red	333
Katelin Turner	LC	Red	241
Stirling Calandruccio	MC	Red	227
Jenny Wandl	LR	Red	169
Maria Wright	LCV	Red	165
Kane Wilson	CubBR	Blue	246
Brenton Day	MRM	Blue	205
Mark Hitchcox	MR	Blue	168
Nick Calandruccio	CubBR	Blue	123
Linda Tydon	LR	Blue	73
Carmelo Aslanidis	CubBR	Yellow	177
Peter Logan	MR	Yellow	132
Bruce Davis	MRM	Yellow	127
Jesse Irwin	IntBR	Yellow	107
Robert Peers	MR	Yellow	88
Josh Calandruccio	CubBR	Yellow	82
Steve Jennison	MLM	Yellow	64
Sam Logan	IntBR	Yellow	48

Club Records broken highlighted in brown

Winners will be announced at the Club Presentation Night = 19th November.



BIRTHDAYS, September 2011

Katelin Turner (1st)
Neil Dekker (5th),
Steve Salmon (16th),

TARGET RATING IMPROVEMENTS

Brenton Day	MRM	35 to 36	14/8/11
Brenton Day	MRM	36 to 37	27/8/11
Luke Maras	IntBR	44 to 48	28/8/11
Simon Page	MRM	26 to 33	28/8/11
Tom Willaims	CadBR	29 to 32	28/8/11
Brenton Day	MRM	37 to 39	4/9/11
Katelin Turner	LC	53 to 59	4/9/11

INDOOR RATING IMPROVEMENTS

Katelin Turner	LC	55 to 59	27/8/11
Nick Calandruccio	CubBR	21 to 32	3/9/11
Tom Williams	CadBR	32 to 35	3/9/11
Nick Calandruccio	CubBR	13 to 29	10/9/11

FIELD RATING IMPROVEMENTS

Ian Stokes	MLM	47 to 48	14/8/11
Jenny Wandl	LRV	21 to 25	14/8/11
Kane Wilson	CubBR	39 to 43	21/8/11
Jenny Wandl	LRV	25 to 33	21/8/11
Kane Wilson	CubBR	43 to 48	27/8/11



AUGUST HANDICAP SIMON PAGE MALE RECURVE MASTER

Archer	Divn	Rating	H/Cap	Score	Total
S.Page	MRM	26	479	579	1058
R.Peers	MR	0	343	692	1035
L.Rudd	CubBR	0	343	670	1013
L.Maras	IntBR	44	280	686	966
T.Williams	CadBR	29	329	636	965
A.Nolan	MRV	29	436	445	881
K.Turner	LC	54	201	659	860

State Field Championships 27/28th August, hosted by Illawarra Archers:

Gold: Kane Wilson (CubBR) 303 (MB) / 280 (1st) = 698 & Ian Stokes 278 (MB) / 261(1st) = 539 (Yellow), Conan Omori (JunBC) 351/347 = 698/GMB scores (Red)

Silver: Jenny Wandl (LRV) 103/114 = 217 (Red), 3rd Class Scores.

Bronze: Robert Talbot (MR) 320/321 = 641/MB scores (Red)

Adbow/ KidBow Qualifying Rounds Step 2 (72 arrows):

Josh Calandruccio	CubBR	10m/122	655	14/8/11
Reece Bouman	CubBR	10m/122	654	14/8/11
Alex Jackson	CubBR	10m/80	467	14/8/11
Spencer Davis	U10BR	10m/122	491	10/9/11
Liam Rudd	CubBR	10m/122	663	10/9/11

Saturday, 3rd September - 90 arrows

Luke Maras	IntBR	Melbourne	630 (49)	1 st
Michael Maras	MR	Melbourne	573 (43)	3 rd
S.Calandruccio	MC	Holt	587 (60)	2 nd
Robert Peers	MR	Newcastle	627 (11)	
N.Calandruccio	CubBR	Drake	631 (44)	2 nd
Tom Williams	CadBR	Drake	586 (39)	2 nd

Club Shoot 4th September - 72 arrows

Brenton Day	MRM	F60/720	363 (41)	3 rd
Stuart Craker	MC	Townsville	550 (69)	2 nd
Katelin Turner	LC	Townsville	531 (65)	2 nd

Classifications from 1st January 2011.

Classifications have to be achieved annually.

For those who have maintained their status from previous years have been highlighted with an*.

Robert Talbot	MR	3 rd /2 nd /1 st Field
Stirling Calandruccio	MR	3 rd /2 nd Target
Jenny Wandl	LRV	3 rd Field*
Jack Salmon	CadBC	GMB Field*
Conan Omori	CadBC	GMB Field*
Kane Wilson	CubBR	2 nd */1 st Field
Carmelo Aslanidis	CubBR	3 rd Field
Michael Maras	MR	3 rd Target
Robert Talbot	MR	MB Field
Katelin Turner	LC	2 nd Target
Stuart Craker	MC	3 rd /2 nd Target
Katelin Turker	LC	3 rd /2 nd Indoor

*indicates achieved from previous year

CLASSIFICATION MEDALS:

Target/Field/Clout/Indoor:

Target badges are bronze with a target face in the background for 2nd & 3rd class.



1st class is black with a white class insert.

➤ Field badges are silver with a field face in the background and white class insert.

➤ Clout badges are silver with a yellow triangle in the background and white class insert.

➤ Indoor badges are bronze with a target face in the background for 2nd & 3rd class. 1st class is black with a grey/blue class insert.

1st, 2nd and 3rd class badges can be purchased from the club recorder at a cost of \$6.50 per award.



Master Bowmen (MB) & Grand Master Bowmen (GM) badges once achieved, a special form must be filled in and forwarded to the National Recorder

through the RGB Recorder for Registration.

Master Bowmen is a Blue with a white class insert. Grand Master Bowmen are Gold with a white class insert.

The first year this status is achieved it has the class inserted. For future years an insert with the Class and Year attained can be claimed and awarded by the National Association.

Warringah Archers awards Grand Master Bowmen & Master Bowman badges to its members at no charge

Saturday Shoot: 10th September

(Indoor rounds)

Katelin Turner	LC	Fita I	520 (72)	1 st
S.Calandruccio	MR	Fita I	464 (55)	3 rd
N.Calandruccio	CubBR	Fita I	421 (46)	1 st
Nick Hudnott	MR	Fita I	307 (29)	
Reece Bouman	CubBR	Fita I	181 (13)	3 rd
A.Hyde	MR	Fita I	169 (11)	
J.Calandruccio	CubBR	Fita I	152 (8)	
W.Nord	CubBR	Aust1	82 (12)	3 rd

Note: *It is extremely important that members add up their score sheets as they go along, please remember to put the Date / Round / Distance & Face size being shot/ Access Number, and most important **YOUR NAME***

Northern FITA900 (Canberra)

Performance Shoot 11th September.

Gold: Robert Talbot (MR) 264/275/289 = 828

Silver: Katelin Turner (LC) 232/241/261 = 734

Jenny Wandl (LR) 5th Place - 435

Advertisement

BOW-SIT

For the true archery enthusiast, no day is complete without shooting a quota of arrows. But for those at the elite and regular competition levels, daily shooting is absolutely essential. While this requirement to stay at peak condition might be obvious to many people, what is not quite so evident is the need for the archer's equipment to maintain a similar prime level.

So what happens when an archer goes on holiday and the bow must remain at home? Well wonder no more! We now announce a world first:

The Toxophilus Bow-Sit Lodge



Using this service is exactly the same as checking into a motel. You and your bow are met on arrival by one of our trained consultants, at which time you will tell us of any special equipment needs - such as the frequency of string waxing, or how many arrows should be shot each day. Then you depart on holiday and leave the rest to us. Our skilled operators undertake to not only use your equipment daily in accordance with your directives, but at the end of each shoot we disassemble all parts and provide a thorough cleaning. Where necessary arrows are re-fletched and strings re-served. All equipment is stored overnight in air conditioned and humidity controlled storage suites, which are patrolled by our own security officers. Your bow is kept happy!

One of our long-standing customers eloquently described this comprehensive bow-sitting service as 'bow heaven'!

What more can we say?

Short and long term rates are available.

For more information and details of the lodge nearest you, please write to us at:

Far-Fletched Enterprises

(The Archery Innovators)

P.O. Box B84689C

Stimarts - NSW

CONGRATULATIONS

ELLA HUGO

BRONZE MEDAL (Cadet Girl Compound) at 2011 YOUTH WORLD CHAMPIONSHIPS held in POLAND



Other medal winners

**Ryan Tyack – Junior Men Recurve – SILVER
Jess Gale – Junior Male Compound - BRONZE**

WELL DONE ELLA from members of Warringah Archers