



WARRINGAH ARCHERS BULLETIN No.7 December 2007

www.warringaharchers.com.au



THE EXECUTIVE COMMITTEE hopes you have an enjoyable and safe festive season and look forward to your continued support & shooting in 2008.

Club Shoot 2nd December, 2007

Victoria – 90 arrows @ 70m/122cm face?

Paul Dilley	MCM	768 (89)	1 st
Ken Raye	MCM	721 (80)	1 st
Rin Barbieri	MC	719 (80)	1 st
Aimee Deaves	LR	711 (79)	1 st
Tom Benstead	IntBC	659 (71)	1 st

Grange – 90 arrows @ 60m/122cm face

Jack Salmon	IntBC	756 (80)	1 st
Steve Salmon	MCM	775 (84)	1 st
Michael Salmon	CadetBC	707 (71)	1 st
Robert Willis	JuniorBR	352 (33)	3 rd

Darwin – 90 arrows @ 40m/122cm face

Danny Stasenka	MRM	702 (49)	3 rd
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Geelong – 90 arrows @ 30m/122cm face

David Onslow	MLV	703 (37)	3 rd
Tom Peek	MRV	683 (34)	3 rd
Barry Ward	MRM	543 (18)	
Brett Guthrie	MLM	437 (9)	3 rd

Newcastle – 90 arrows @ 20m/122cm face

Lynda Bonney	LR	668 (15)	
Yoshiki Imaya	CubBR	644 (12)	3 rd
James Wells	IntBC	558 (30)	
Joshua Brannon	IntBR	484	

PROTOCOL by Steve Boutcher, NZ

Have you given any thought to relaxing – clearing your mind – here's some ideas to try out, either on your own or with a group of friends:

- **Environment:** A warm, darkened, carpeted room is best to introduce these techniques
- **Comments:** Athletes should lie on their backs with arms by their sides. Ask them to check their clothing to ensure nothing is too tight or uncomfortable. Check to see if anyone has injuries before starting.

Protocol:

Focus your thoughts on your breathing. Slow your breathing down and take deep, rhythmical breaths. Focus all your thoughts on the air as it enters your nasal passage and progresses deep into the lungs. If extraneous thoughts enter your mind, push them

aside and refocus all your attention on your breathing.

Pointer: *Emphasis this point periodically throughout the session.*

Now we will develop our cue word. The word is RELAX. Breathe in on the RE, and out on the LAX. Practice using this cue for three breath cycles.

Pointer: *Rehearse RELAX periodically throughout the session.*

Now we will start working on relaxing your muscles. We will use a tensing / relaxing technique called progressive relaxation. Firstly, complete a body tension check by monitoring all your muscle groups for excessive tension and stress.

Good. Your breathing is slow, rhythmical and your body is starting to relax. Now tense your fist by curling your fingers as tight as you can. Hold the tension, focus on the tension, now release this stress by relaxing your hands and letting your fingers uncurl. Notice the warm, tingling feeling of relaxation compared to the feeling of tension.

Pointer: *Repeat this point throughout the session.*

Now focus on your biceps, create tension in this muscle by lifting both hands to the shoulders and tense the biceps. Keep the hands relaxed, however. Repeat this format for the following muscle groups: shoulders, neck, back of head, eye muscles, lips and cheeks, chest, abdomen, upper and lower legs.

Pointer: *Repeat these points for the rest of the muscle groups – repeat one word RELAX.*

Finally, tense all muscle groups. Hold the tension, focus on the attention, and relax. Repeat your body tension check.

Pointer: *A longer session could be to relax one side of the body at a time.*

Now create in your mind the following scene - you are on a warm, white beach. You are the only one on the beach and the water is calm and green, and the sky is vivid blue. Focus on the sky. In your mind's eye see nothing but blue. Now focus on the green, turquoise colours of the sea. Now focus on the smell of the ocean in your private scene. Let the fresh smell of the sea flood your mind. Now focus on the sky and imagine a small white cloud slowly descending to the beach. The cloud becomes increasingly large until it finally settles under you and you are lying on top of this small cloud. Now the cloud lifts you into the air and you see the beach getting smaller and smaller. Feel your body becoming lighter and lighter.

You are feeling warm, secure, and relaxed. Now the cloud descends and your body is feeling heavier and

more relaxed. As you descend you are feeling warm and heavy, and relaxed.

Pointer: *Change this lying scene to your particular situation.*

Now focus on your breathing. Use your cue word for two breathing cycles. At the end of the second cycle you will open your eyes and will feel energised and ready for action.

Pointer: *At the end of the session get feedback from athletes concerning which protocol they thought effective.*

The full program:

The type of session described above could be put on a tape or typed as a script. The athlete should practice daily. As the athlete develops the skill of relaxation the protocols should be shortened and transferred to more realistic settings (This may take weeks or months). This is called DIFFERENTIAL relaxation. Progressions should be: relaxing in a chair, relaxing in a car, train or bus, relaxing during stressful situations during the day, and to the actual archery situation. Learning to monitor and control anxiety and tension can be achieved through a sound goal setting system and well structured practice sessions.

Pointer: *This skill will form the base for more advanced skills such as centering and the development of a quality pre-competition and pre-shot routine.*

Club Shoot: 9th December, 2007

Half Fremantle

Paul Dille	MCM	654 (84) 1 st
Jaime VanBarbieri	IntBC	629 (76) 1 st
Danny Stasenka	MRM	535 (56) 2 nd
Conan Omori	IntBR	375 (36) 2 nd
David Onslow	MLV	346 (32) 1 st
Tom Peek	MRV	293 (27) 3 rd

Half Horsham

James Wells	IntBC	255 (9)
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CONGRATULATIONS TO

JACK SALMON

**Obtained his final Grand Master
Bowman Target rating at Erina QRE
10th December, 2007**

Note on Classifications: Members wishing to obtain any type of classification for 2007 need to obtain the specified 3 scores of that class between 1st January to 31st December.....so for those of you who are trying to obtain, the clock is ticking for 2007. If you have 2 scored obtained, and need the 3rd you have till the 31st December to achieve, after that they are wiped.

Classifications need to be reobtained 2008, commencing on 1st January 2008.

Archery Australia – Updates:

Archery Australia Elite Compound Program

Archery Australia has formed an Elite Compound Program committee. This committee has the task of formulating and implementing a strategy to optimise Australia's compound archers' likelihood of winning medals in the 2010 Commonwealth Games.

The committee members are:

- James Park (Chairman)
- James Larven (Archery Australia CEO)
- Leigh Cornish
- Clare Barnes

While we would like to see our archers do well in the individual events, prime focus is on the team events. The committee does have a budget from Archery Australia to assist this program and expects to use major international events (such as the FITA World Cup events) and development weekends in Australia as components of archer development. We expect to be able to provide funding for participation in these events. Note that this program is only covering archers using FITA-legal compound bows, not recurve bows. The committee is developing selection criteria for involvement in the program. While we expect archers to have demonstrated an ability to reliably obtain world level scores in competition (such as in FITA Star events and QREs), we are strongly mindful of the need for archers to demonstrate their ability to perform well in team events and to work well with other team members. That is the selection criteria can be expected to include a significant subjective component rather than be simply score-based.

We would now like archers to indicate their interest in taking part in this program and their likelihood of meeting the potential selection criteria.

In particular, interested archers should submit a proposal to Archery Australia (to the CEO by email) covering at least the following:

- Name
- Contact details (including email address)
- Citizenship (including any dual citizenship and shooting commitments with other countries)
- Gender
- Passport (please provide a photocopy)
- Performance over the past two years, including key achievements
- Availability to travel to major events and development weekends through to 2010
- Your major goals in archery
- Why you expect to be able to meet the requirement of world-level scores for FITA target?
- What score level do you think equates to 'world-level'?
- Why you would expect to be an effective team member in a team event and what is involved in doing so, what values would you bring to a team environment?
- Why you think the program should devote funding to your archery development?
- Would you be prepared to supplement any funding from the program for participation in major events?
- Your willingness to learn?
- Have you identified areas in your technique that you feel need improvement?
- Other points you think are important

As the FITA World Cup events for 2008 start in March, we require this input prior to 1st January 2008 if you wish to be considered.

Send your information to

Archery Australia
 P.O.Box 54, Panania NSW 2213
 Email archeryaustralia@bigpond.com
 Fax 02 9772 2749
 Questions should be addressed to the Chairman
 Email jlpark@bigpond.net.au

Jack Salmon	InterBC	76 to 78	2/12/07
David Onslow	MLV	32 to 34	2/12/07
Michael Salmon	CadBC	67 to 69	2/12/07
Steve Salmon	MCM	79 to 81	2/12/07

Changes in Indoor Rating:

Yoshiki Imiya	CubBR	xx to 25	7/12/07
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The Archery Australia Elite Compound

Team Selection: The Archery Australia Elite Compound Program committee focus is to optimise Australia's compound archers' likelihood of winning medals in the 2010 Commonwealth Games. While we would like to see our archers do well in the individual events the prime focus is on the team events and selecting the best possible team.

To this end the procedure for selecting team members to attend World Cup events has been changed. The Non World Championships procedure will not be used to select teams, teams will be nominated by the Compound Committee to the Archery Australia Selection Committee based on a range of criteria aimed at providing archers with high level tournament exposure in preparation for the 2010 Commonwealth Games.

Wayne Jarrett Memorial Shoot: 16th December, 2007

J.Salmon	IntBC	81	72	831	903
M.Salmon	CadBC	870	113	778	891
T.Benstead	IntBC	79	78	808	886
A.Deaves	LR	88	51	831	882
P.Dilley	MCM	82	68	813	881
J.Barber	MCM	82	68	803	871
S.Jennison	MCM	89	47	821	868
M.Montgomery	IntBC	26	359	501	860
S.McNeill	MC	70	113	743	856
J.Wells	IntBC	18	447	378	825
J.Barbieri	IntBC	xx	xx	808	808
C.OmoriIntBR	48	246	555	801	
M.Dickeson	IntBR	41	307	482	789
A.Dickeson	MRM	52	216	568	784
Y.Imaya	CubBR	40	232	405	737
B.Ward	MRM	49	239	447	686
D.Stasenka	MRV	xx	xxx	663	663
K.Raye	MCBM	70	113	544	657
D.Onslow	MLV	34	379	273	652
B.Guthrie*	MLM	53	208	222	430

*change in equipment no rating for LB to hand

Members who have no rating/handicap are required to shoot rounds to obtain a rating.

Warringah Archers Development Program

KidBow Qualifiers:

Daniel Trueman	CubBR	10m 122cm	259
Ollie Brennan	CubBR	10m 122cm	252
Yoshiki Imaaya	CubBR	10m 60cm	231
Yoshiki Imaaya	CubBR	10m 40cm	242
Mackenzie Nix	IntBR	10m 122cm	274
Mackenzie Nix	IntBR	10m 80cm	225

Changes in Target Rating:

Yoshiki Imiya	CubBR	25 to 34	7/11/07
Yoshiki Imiya	CubBR	34 to 42	17/11/07
Steve Salmon	MCM	78 to 79	25/11/07

Welcome to our newest member: Mackenzie Nix (IntBR)



BIRTHDAYS January 2008

Couple of Big Milestones coming up next year – Definitely got to be some cake!!!!!!!!!!!! I'm wasting away!
 Liam Bonney (3rd), Elliott Peek (6th) Nathan Gardner (10th), Tom Benstead (11th), Merrick Nacinovich (12th), **Adrian Harper (19th) – BIG 18**, Mitchell Dickeson (13th), David Onslow (25th) **Allan Dickeson (30th) – BIG '60'**

Ian's Joke Corner: A store that sells new husbands has opened in New York City, where a woman may go to choose a husband. Among the instructions at the entrance is a description of how the store operates:

You may visit this store ONLY ONCE! There are six floors and the value of the products increase as the shopper ascends the flights. The shopper may choose any item from a particular floor, or may choose to go up to the next floor, but you cannot go back down except to exit the building!

So, a woman goes to the Husband Store to find a husband. On the first floor the sign on the door reads:

Floor 1 - These men Have Jobs.

She is intrigued, but continues to the second floor, where the sign reads:

Floor 2 - These men Have Jobs and Love Kids.

"That's nice," she thinks, "but I want more."

So she continues upward. The third floor sign reads:

Floor 3 - These men Have Jobs, Love Kids, and are Extremely Good Looking.

"Wow," she thinks, but feels compelled to keep going. She goes to the fourth floor and the sign reads:

Floor 4 - These men Have Jobs, Love Kids, are Drop-dead Good Looking and Help With Housework.

"Oh, mercy me!" she exclaims, "I can hardly stand it!" Still, she goes to the fifth floor and the sign reads:

Floor 5 - These men Have Jobs, Love Kids, are Drop-dead Gorgeous, Help with Housework, and Have a Strong Romantic Streak.

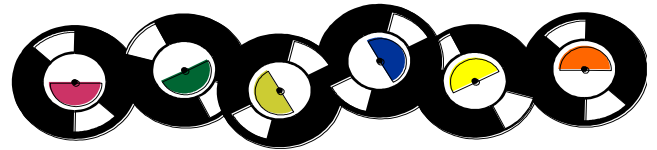
She is so tempted to stay, but she goes to the sixth floor, where the sign reads:

Floor 6 - You are visitor 31,456,012 to this floor. There are no men on this floor. This floor exists solely as proof that women are

impossible to please. Thank you for shopping at the Husband Store.

PLEASE NOTE:

To avoid gender bias charges, the store's owner opened a New Wives store just across the street. The first floor has wives that love sex. The second floor has wives that love sex and have money and like beer. The third, fourth, fifth and sixth floors have never been visited.



records tumble.....again!

I thought this was worth sharing.
It's the Olympic Team values developed by the Athlete's Commission for each athlete.
Makes us the word
ASPIRE

Attitude - My positive attitude is essential in overcoming obstacles to help me improve and give of my best. My positive attitude is a key ingredient to success and leadership.

Sportsmanship - I recognise that sport is greater than the individual; that cheating reduces the stature of sport and all who love it; that class, race and creed are never factors in the attitude of true sports people and those who respect the virtues and values of sport.

Pride- Pride drives me when the temptation is to settle for something less. I am proud to have been chosen to represent our country.

Individual responsibility - I alone am responsible for my performance but I will be generous in acknowledging the support of others.

Respect- I respect sport, the efforts of my competitors, my team mates and officials. I respect Australia, our Olympic past and the spirit of Olympism.

Express - I have an opinion and will express my view with thought and consideration to others. In showing my emotions I do so with individuality and, where possible, good humour.

"Together we aspire to achieve our highest level of performance and conduct; thus providing the finest expression of Olympism".

For the Paralympics – their slogan was
POWER

PASSION

PERFORMANCE

PRIDE

J.Wandl	LRV	Fremantle	772	7/7/07
J.Wandl	LRV	60m 122cm	194	7/7/07
J.Wandl	LRV	60m 122cm	194	7/7/07
J.Wandl	LRV	50m 122cm	201	7/7/07
J.Wandl	LRV	40m 80cm	149	7/7/07
J.Wandl	LRV	30m 80cm	228	7/7/07
S.Jennison	MCM	Long Brisbane	996	8/7/07
K.Raye	MCBM	Long Brisbane	385	8/7/07
A.Deaves	LR	Brisbane	1006	8/7/07
J.Salmon	IntBC	Brisbane	719	8/7/07
M.Salmon	CadBC	Brisbane	767	8/7/07
C.Omori	IntBR	Sht Adelaide	929	8/7/07
A.Deaves	LR	Aust.Indoor I	267	22/7/07
J.Johnstone	MR	Fita 70m Rank	558	4/8/07
J.Barber	MCM	Fita 70m Rank	608	4/8/07
M.Salmon	IntBC	Fita 70m Raki	531	4/8/07
A.Deaves	LR	Melbourne	801	5/8/07
B.Ward	MRBM	Melbourne	420	5/8/07
P.Dilley	MCM	Long Sydney	945	12/8/07
K.Raye	MCBM	Long Sydney	498	12/8/07
T.Benstead	IBC	Sydney	1006	12/8/07
D.Onslow	MLV	Short Adelaide	583	12/8/07
M.Salmon	CadBC	FF48T Mkd (Blue)	552	25-26/8/07
S.Wandl	CadBR	FF48T Mkd (Blue)	506	25-26/8/07
T.Benstead	IBC	FF48T Mkd (Blue)	606	25-26/8/07
I.Stokes	MLM	FF48T Mkd (Yellow)	387	25-26/8/08
T.Benstead	IntBC	Fita 70m Rank	573	8/9/07
D.Onslow	MLV	Short Adelaide	618	14/10/07
B.Ward	MRBM	Short Adelaide	476	14/10/07
M.Johnston	LR	Short Adelaide	866	14/10/07
A.Deaves	LR	Launceston	592	28/10/07
M.Salmon	CadBC	Launceston	546	28/10/07
D.Onslow	MLV	Launceston	309	28/10/07
D.Onslow	MLV	50m 80cm face	48	28/10/07
D.Onslow	MLV	30m 80cm face	226	28/10/07
I.Stokes	MLM	50m 80cm face	85	4/11/07
A.Deaves	LR	Launceston	611	4/11/07
D.Onslow	MLV	Junior Canberra	434	11/11/07
A.Deaves	LR	Short Canberra	859	11/11/07
D Onslow	MLV	Geelong	703	2/12/07
R.Willis	JunBR	Grange	352	2/12/07
J.Salmon	IntBC	Grange	756	2/12/07
S.Salmon	MCM	Grange	775	2/12/07
M.Salmon	CadBC	Grange	707	2/12/07
T.Benstead	IntBC	Victoria	659	2/12/07
P.Dilley	MCM	Victoria	768	212/07
A.Deaves	LR	Handicap	831	16/12/07

FOR SALE ITEMS

There is now a "For Sale" page on Warringah's website. Members -> For Sale.

Any member can send ad details to for-sale@warringaharchers.com.au.

As long as the ad is archery related and includes a price, the Webmaster will advertise, then notify the seller.

These will then be deleted when notified of a sale or after 1 month.

Anyone interested in placing an ad can send an email to for-sale@warringaharchers.com.au and it will then be forwarded it to the seller.

That way no one has to show their phone number or email address on the web site.