



WARRINGAH ARCHERS NEWSLETTER December/January 2010

www.warringaharchers.com.au



ACROSS THE DESK of the SECRETARY (alias Nessy)

New information on website:

- Club & QRE results for the balance of November / December
- Most Improved Target & Indoor Honour Roll
- Most Consistent Archer Honor Roll
- Tournament Placings Points Honor Roll
- Wayne Jarrett Memorial Shoot & Honor Roll
- All Gold Awards achieved in 2009, plus All Gold Awards since records kept. Regardless of when the All Gold/Perfect award was shot you can purchase at any time.
- Current Ratings @ 31st December, 2009
- Current Classifications @ 31st December, 2009
- Club Records and AdBow/KidBow Club Records @ 31st December, 2009

Please join me in welcoming our newer members, and showing them the ropes around the club.

Mitchell Staniforth (CubBR), Tim Channon (ML/MR), Tracy Newlands (LR), Adelaide Channon (CubGR) & Harriet Channon (CadGR) & Robert Kiprovlch (MRM)

Adbow Club Championships:

OK, I know we had a few newer members and there was a little bit of a mix up with the score sheets and we didn't quite shoot the number of arrows required for the round that was programmed, but we did get a winner. Members were also handicapped in relation to the distance they shot in relation to their recent qualifying scores.

Stirling Calandruccio	MR	240/251 = 491
Tracey Newlands	LR	213/238 = 451
Nina Earl	LR	213/200 = 413

KidBow Club Championships:

Zac Voss	U10BC	257/279 = 536
Hattie Channon	CadGR	231/284 = 515
David Shannon	InterBR	254/250 = 504
Cameron Cronin	CubBR	220/243 = 463
Nicholas Calandruccio	CubBR	196/256 = 452
Adelaide Channon	CubGR	148/232 = 389

At the Fred Herbert Clout on 29th November, saw Warringah members walk away with the following:

Gold: Ian Stokes (MLM), Tom Benstead (CadBC), Jenny Wandl (LRVB)

Silver: Conan Omori (CadBC), Michael Salmon (JunBC)

Bronze: Joshua Seymour (JunBC),

Tom Benstead earned a new club record with his double clout bearing the previous score of 629 with 634 held by Andrew Jennison, with Michael Salmon obtaining a new club record for the Single & Double break Scott Hunter-Russell's old record, considering both these juniors are now in the Mid 20's, its amazing to see the improvement of our clout shooters.

Our Junior members also walked away with the Junior Shield award on 2490 points, 2nd was St.George on 1044 and 3rd was Erina on 547.

In the Senior shield points were awarded to: 1st place Northern on 4897 points, 2nd KFB on 2221 and 3rd St.George on 1006 points.

In theCumberland Shield, points are awarded to members competing, Warringah came 2nd on 1661 with Northern taking out top honors on 2839 points.

Also Congratulations to Danny Stasenka who took our 3rd place in Division 2 at the City of Sydney Tournament on 6th December, 2009. Shooting the Double Canberra round, with a score of 738 / 705 with a total of 1443, obtaining two 1st class scores.

On the 9th December, Archery Australia advised its Training Squad for the 2010 Commonwealth Games. There were 12 archers selected from New South Wales, with three of them registered with Warringah – namely: Aimee Deaves (Recurve), Jack Salmon & Jaime Van Barbieri (Compound), good luck to you all in relation to your training preparation leading up to the Games.

MOST CONSISTENT ARCHER 2009 Yoshi Imiya



This goes from the 1st January through to the 30th October, and archers are required to shoot a minimum of 20 rounds in that period. 4 must be handicap round for your age group, 3 Canberra or associated Canberra round for your age

group and the balance made up of anything you choose. Your rating is taking into consideration at the beginning of the year, and at the end of October. Then each round you shoot is offset against each other, sometimes your rating is higher than your one at the beginning of the year, and sometimes you don't achieve your rating for a particular round, this is weighed up against all the rounds you shoot to declare a winner.

MOST IMPROVED TARGET ARCHER

Top 5 improvements listed below:

Kane Wilson	CubBR	7 to 43	30.51%
Jaime VanBarbieri	CadBC	100 to 107	28%
Jack Salmon	CadBC	102 to 108	26.09%
Conan Omori	CadBC	71 to 83	22.22%
Stirling Calandruccio	MR	25 to 46	21.37%

MOST IMPROVED INDOOR ARCHER

Top 5 improvements listed below:

Conan Omori	CadBC	48 to 83	4.45%
Yoshiki Imiya	IntBR	54 to 74	28.17%
David House	MR	27 to 47	20.41%
Joshua Seymour	CadBC	65 to 75	16.67%
Jack Salmon	CadBC	81 to 88	15.91%

Again the formula is quite unique for this and can be located on the website.

Club Shoot 22nd November, 2009

Sydney Round 30 arrows @ 70/60/50/40m

Michael Salmon	JunBC	1084 (85)	1 st
Aimee Deaves	LC	1069 (82)	1 st
Tom Benstead	CadBC	1060 (81)	1 st
Patrick Mesiti	CadBC	1040 (77)	1 st
Yoshiki Imiya	InterBR	991 (70)	1 st

Adelaide Round 30 arrows @ 69/50/40*/30*

Danny Stasenka	MRV	926 (60)	1 st
Graeme McLennan	MRM	874 (54)	2 nd
David House	MRM	734 (43)	3 rd
Jenny Wandl	LRV	652 (37)	3 rd
Daniel House	MR	651 (37)	3 rd

MAXIMUM PERFORMANCE SERIES

DYNAMIC RELAXATION Section

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

THE DYNAMIC RELEXATION RUN

LATER ON, when you're conditioned for intensive activity, you'll want to practice this advanced form of relaxation.

The difference between Dynamic Relaxation and the Dynamic Relaxation Run is that the first engages the entire body while the second isolates body parts and enables you to run with all brakes off.

Warm up for the Dynamic Relaxation Run by one bout of Dynamic Relaxation. When you feel that your body is at an optimum level of tension, try the procedure over again – but this time engaging only your lower legs, ankles and feet. As you run, increase the tension, then let it fade gradually until you find that there is a looseness or flipping action in your ankles that, if any more severe, would interfere with our running style. This is exactly what John Smith, the world-class quarter miler, looks for to give him top speed. Keep searching back and forth, alternating tension with relaxing, until you feel that you've got the ideal degree. Then move up to the knees, thighs and hips, and repeat the process. Try to keep your lower leg area relaxed as you increase the tension in your thighs and buttocks, making yourself feel that you're running still. Then gradually release this tension until you feel that you're slowing down, even wobbling. At

that point, bring the tension back to the point at which you control the running stride once more.

While you're practicing Dynamic Relaxation during running, try releasing the tension in your lower back in order to allow more than usual hip rotation. Such hip rotation should enable you to increase your stride length without altering your stride frequency. This little change could cause a remarkable increase in your speed.

Thus far we've approached the optimal state of tension for a maximum performance via the body. Now let's look to the mind..... You'll have to wait until 2010???

Club Shoot – 29th November, 2009

Launceston 36 arrows @ 50/30m* (windy day)

Danny Stasenka	MRV	254/300 = 554 (63)	1 st
Barbara Stasenka	LCV	192/259 = 451 (48)	3 rd
David House	MRM	156/274 = 430 (45)	2 nd
Daniel House	MR	148/243 = 391 (40)	3 rd
E.Jennison	LR	90/160 = 250 (24)	

BIRTHDAYS, January 2010

**Mitchell Staniforth (3rd)
Merrick Nacinovich (12th)
Janet McGuigan (13th) Tom Benstead (16th),
Adrian Harper (19th), Simon Lee / David Onslow & Michael Voss (25th)
Nicholas Calandruccio (30th),**



February 2010

**Clay Howlett (5th) Aimee Deaves (7th),
Zac Voss (8th) Stirling Callandruccio (11th)
Alex Brinkman (13th), Kane Wilson (21st).**

I know there is a few good cooks in here, so there might be cake>>>>>>?????

Wayne Jarrett Memorial Shoot 6th December, 2009 – CONGRATULATIONS Lachlann – compound's paying off!!

L.McLeod	CubBC	27	350	689	1039
D.House	MRM	46	262	691	953
B.Stasenka	LCV	43	289	651	940
E.Jennison	LRM	53	208	674	882
J.Salmon	CadBC	108	17	862	879
Dan House	MR	47	255	612	867
C.Omori	CadBC	87	52	811	863
K.Wilson	CubBR	43	210	653	863
Y.Imiya	IntBR	82	68	749	817
D.Shannan	IntBR	48	177	619	796
S.Calandruccio	MR	42	298	447	745
A.Deaves	LR	88	51	533	584

Well done to Aimee giving it a go with a very light beginners bow, good to see you on the shooting line.

Club records broken highlighted in bold.



**CLUB MEMBER
of the YEAR
2009** Presented
to John Mesiti
at the club
presentation
night by the
President Steve
Jennison On
behalf of all the
members,

thanks for the work that you do in our club.
Well deserved.

KidBow Qualifying Rounds:

Alex Brinkman	IntBR	18m 60cm	165
Harriet Channon	CadGR	10m 122cm	247
Mitchell Staniforth	CubBR	10m 122cm	250
William Nord	CubBR	15m 80cm	189

Adbow Qualifying Rounds:

Ivan Koprivec	MR	18m 80cm	219
Ivan Koprivec	MR	18m 60cm	210
Timothy Channon	MRM	10m 122cm	252
Timothy Channon	MRM	10m 80cm	233
Timothy Channon	MRM	10m 60cm	212
Timothy Channon	MRM	10m 40cm	170
Timothy Channon	MRM	15m 122cm	254
Timothy Channon	MRM	18m 122cm	223
Timothy Channon	MRM	18m 60cm	183
Timothy Channon	MLM	10m 122cm	246
Tracy Newlands	LR	10m 122cm	282
Tracy Newlands	LR	10m 80cm	273
Tracy Newlands	LR	15m 80cm	213
Tracy Newlands	LR	15m 60cm	165
Tracy Newlands	LR	15m 40cm	173
Tracy Newlands	LR	18m 122cm	241
Tracy Newlands	LR	18m 80cm	210
Tracy Newlands	LR	18m 60cm	181
Tracy Newlands	LR	18m 40cm	113

Club Shoot 13th December, 2009

Canberra - 30 arrows @ 60/50/40m 122cm face

Danny Stasenka	MRV	743 (56) 1 st
Graeme MacLennan	MRM	660 (53) 2 nd
Jenny Wandl	LRV	423 (190)

Sht Canberra – 30 arrows@ 50/40/30m 122cm

Daniel House	MR	705 (50) 2 nd
Barbara Stasenka	LRV	689 (47) 3 rd
David House	MRM	680 (46) 3 rd
David Onslow	MLV	510 (27) 2 nd

Mini Cnaberra – 20/15/120m 122cm face

Cameron Cronin	CubBR	818 (33) 2rd**
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****New Club Record established**

Target Ratings Improvements:

Conan Omori	CadBC	83 to 87	14/11/09
Morgan Montgomery	CadetBC	58 to 63	14/11/09

Zac Voss	CubBC	38 to 40	14/11/09
Tracey Newlands	LR	xx to 27	14/11/09
S.Calandruccio	MR	34 to 42	21/11/09
Nina Earl	LR	29 to 32	21/11/09
David Shannon	IntBR	42 to 48	21/11/09
Zac Vocc	U10BC	40 to 56	21/11/09
Cameron Cronin	CubBR	26 to 35	21/11/09
Alex Brinkman	IntBR	19 to 31	21/11/09
Graeme McLennan	MRM	51 to 52	22/11/09
Matthew Giles	IntBR	19 to 24	22/11/09
Nyomi McKay	IntGR	22 to 23	28/11/09
Matthew Giles	InterBR	24 to 25	28/11/09
Barbara Stasenka	LCV	30 to 43	29/11/09
Lachlan McLeod	CubBC	28 to 35	6/12/09
David House	MRM	46 to 49	6/12/09
Barbara Stasenka	LCV	43 to 45	6/12/09
Ivan Koprivec	MR	22 to 26	13/12/09
Daniel House	MR	47 to 48	13/12/09
Barbara Stasenka	LCV	45 to 46	13/12/09
Tim Channon	MRM	xx to 10	12/12/09
Sean Niven	InterBR	17 to 22	19/12/09
William Nord	CubBR	5 to 6	19/12/09
Patrick Mesiti	CadBC	82 to 83	20/12/09
S.Callandruccio	MR	42 to 43	28/12/09

Club Shoot 20th December, 2009

Due to a mix up in relation to the FUN Shoot being held, members elected to shoot the Canberra and equivalent Canberra rounds as follows:

Canberra 30 arrows @ 60/50/40m 122cm face

Tom Benstead	CadBC	807 (79) 1 st
Danny Stasenka	MRV	717 (61) 1 st

Short Canberra 30 arrows @ 50/40/30m 122cm

Stirling Calandruccio	MR	532 (29)
Jenny Wandl	LRV	483 (25) 3 rd
David Shannon	InterBR	398 (4)

Junior Canberra 30 arrows @ 40/30/20m, 122cm

Kane Wilson	CubBR	681 (34) 2 nd
Daniel House	MRB	644 (29) 3 rd
David Onslow	MLV	509 (15) 2 nd
David House	MRMB	389 (3)
Nick Calandruccio	CubBR	108

SPECIAL NOTE

Following FITA Congress in Ulsan Korea where the 70m round was approved for Masters Men (Recurve and Compound) and the 60m Round for Masters Female (Recurve and Compound) which will come into force from the 1st April 2010,

Masters shooting in FITA Registered Tournaments will now be able to claim FITA Stars. In the past this division and round was not recognised by FITA and they could only claim Australian Stars.

If the archer currently has claimed Australia Stars they can now claim FITA Stars.

This will be in force in time for the 2010 National Championships in Brisbane.