



WARRINGAH ARCHERS NEWSLETTER February 2010

www.warringaharchers.com.au



Across the desk of the Secretary.

Website updates:

Results of Club Shoots/Warringah
Handicap & QRE events.

Well done also to Aimee Deaves who took out Gold at the Metropolitan Championships 13/14th Feb, with a total for the weekend of 2434.

What a great turn out of members competed in the Warringah Open this year, with 7 Gold medals, 4 Silver & 1 bronze being awarded. Warringah Archers took out the Recurve & Compound team trophies:

Compound Team members were: Jack Salmon / Conan Omori / Patrick Mesiti & Michael Salmon.

Recurve Team members were: Yoshiki Imiya, Aimee Deaves, David House & Danny Stasenka well done to you all.

FUN SHOOT 17th January, 2009

We had a fairly reasonable turn out to our FUN SHOOT, mixing members into teams of 3 (Conan & Jack making up a team on their own). We had 10 targets ranging from Speed Shoots, to shooting in reverse where the white becomes 10 and yellow scored 1, we had a bugs shoot, as well as Planet Mars, where hitting the moon scored you 100 points -v- the sun only scoring 5.

The highlight of the day and enjoyed by everyone was the arrow chucking – Congratulations to Stirling who threw over 28m, there was a rough one thrown at 33m, but was outside the scoring zone, and there was no way we could have called it a line cutter? Best dressed for the day was Danny Stasenka.

The winning team was: **David Can't toss (at least not 100%)** Morgan Montgomery / David House & Stirling Calandruccio scoring 9519 points

Team of Two: 8189 points

All Age Groups Accepted: 8554 points

Team Four – can't read in Japanese?

Scored: 7404



BIRTHDAYS, March 2010

Linda Tyson (11th) Patrick Mesiti (16th) Steve Jennison (20th), Geoff Benstead (24th), Jaime VanBarbieri (30th)

Warringah Handicap 24/1/10

Archer	Divn	H/Cap	Score	Total/Class
L.McLeod	IntBC	370	557=927	(37) 2 nd
Dav.House	MR	230	676=906	(51) 2 nd
P.Mesiti	CadBC	68	836=904	(83) nd
M.Salmon	JunBC	43	852=895	(89) 2 nd
S.Calandruccio	MR	289	597=886	(41) 3 rd
C.Omiri	CadBC	46	839=885	(84) 2 nd
T.Benstead	CadBC	59	819=878	(78) 2 nd
K. Wilson	CubBR	289	549=838	(37) 2 nd
D.Stasenka	MRV	126	705=831	(55) 1 st
Y.Imiya	CadBR	68	734=802	(60) 2 nd

CONGRATULAIONS LACHLAN



Bang goes my rating.....

KidBow Qualifying Rounds:

Alex Brinkman	IntBR	Aust Indoor I	137
Eliza Earl	IntGR	18m 122cm	232
Eliza Earl	IntGR	15m 40cm	100
Harriet Channon	CadGR	10m 80cm	240
Sophie Renouf	IntGR	10m 122cm	245
Thomas Williams	CadBR	15m 40cm	196
William Nord	CubBR	15m 80cm	204
William Nord	CubBR	15m 60cm	168

Adbow Qualifying Rounds:

Janet McGuigan	LR	10m 40cm	165
Jim Borrowes	MRM	10m 122cm	252
Jim Burrows	MRM	10m 80cm	242
Jim Burrows	MRM	10m 60cm	213
Jim Burrows	MRM	10m 40cm	224
Mark Jones	MR	10m 122cm	275
Mark Jones	MR	10m 80cm	245
Mark Jones	MR	10m 60cm	232
Mark Jones	MR	10m 40cm	204
Mark Jones	MR	15m 122cm	243
Mark Jones	MR	15m 80cm	210
Mark Jones	MR	15m 60cm	211
Robert Kiprovice	MRM	10m 60cm	255
Robert Kiprovice	MRM	10m 40cm	212
Robert Kiprovice	MRM	15m 122cm	260
Robert Kiprovice	MRM	15m 80cm	259
Robert Kiprovice	MRM	15m 60cm	228
Robert Kiprovice	MRM	15m 40cm	183
Robert Kiprovice	MRM	18m 122cm	261
Robert Kiprovice	MRM	18m 80cm	213

Target Rating Improvements:

Lachlan McLeod	InterBC	35 to 36	24/1/10
Tim Channon	MRM	25 to 26	30/1/10
Tom Benstead	CadetBC	85 to 86	31/1/10
Patrick Mesiti	CadetBC	83 to 86	31/1/10
Morgan Montgomery	CadetBC	63 to 73	31/1/10
Danny Stasenka	MRV	67 to 68	31/1/10
Alex Brinkman	InterBR	19 to 24	20/2/10
William Nord	cubBR	6 to 8	20/2/10
Lachlan McLeod	InterBC	36 to 39	21/2/10
S.Calandruccio	MR	43 to 44	27/2/10
William Nord	InterBR	8 to 10	27/2/10
Conan Omori	CadBC	90 to 91	28/2/10
Morgan Montgomery	CadetBC	73 to 74	28/2/10
Eliza Earl	InterGR	New 12	6/3/10
Robert Koprivec	MRM	New 27	6/3/10
Tom Peek	MCV	62 to 65	7/3/10
Mark Jones	MR	New 14	6/3/10
Janet McGuigan	LR	New 9	13/3/10

Indoor Rating Improvements:

Alex Brinkman	InterBR	New 14	13/2/10
Eliza Earl	InterGR	New 15	13/2/10
Ivan Koprivec	MR	26 to 31	13/2/10
Tim Channon	MRM	24 to 25	13/2/10
William Nord	CubBR	New 5	6/3/10
William Nord	CubBR	5 to 9	6/3/10
Robert Koprivec	MRM	New 27	6/3/10
Mark Jones	MR	New 17	6/3/10
Tracie Newlands	LR	New 23	13/3/10
Mark Jones	MR	17 to 19	13/3/10

Field Rating Improvements:

Patrick Mesiti	CadetBC	60 to 61	27/2/10
Kane Wilson	CubBR	33 to 34	27/2/10

Club Shoot 31st January, 2009

Wollongong 36 arrows @ 90/70m (122)

Michael Salmon JunBC 301/332=633 (97) 1st

Townsville 36 arrows @ 70/60m (122)

Patrick Mesiti CadBC 324/336=660 (90) 1st

Tom Benstead CadBC 307/329=636 (88) 1st

Morgan Montgomery CadBC 317/303=620 (83) 1st
Yoshiki Imiya CadBR 219/230=449 (54) 1st

Bothwell 36 arrows @ 60/50m (122)

Danny Stasenka MRV 251/320=571 (69) 1st

David Onslow MLV 146/95=241 (23) 2nd

Goulburn 36 arrows @ 40/35 (122cm)

Cameron Cronin IntBR 215/249=464 (32) 3rd

Mitchell Staniforth IntBR 142/208=350 (19) 3rd

Andy Pandy 36 arrows @ 10m/5m (122cm)

Ivan Koprivec MR 341/359=700 (29)

MAXIMUM PERFORMANCE SERIES

DYNAMIC RELAXATION Section

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

QUIETING THE MIND

Just as CONCENTRATION is often impaired by self-induced distractions, so a great deal of tension is self-inflicted. Dynamic Relaxation works most effectively when you're aware not only of everything that contributes to tension but of what you can do to reduce it. It comes under the category of what world-class athletes would call "getting it together."

Much of what follows, once again, goes against the grain of accepted norms of how excellence is achieved. But it's the norms themselves, and commitment to them, that help produce the performance-spoiling tension.

PROTECTING YOURSELF FROM OVEREFFORT

When BENNY BROWN, a world-class quarter-miler, was a student in my class on maximum performance at UCLA, he was absent a number of times and missed some important lectures. So I called him in for a conference. "Benny," I said, "Your not doing well in the course. Let's figure out how you're going to make up your work."

"We better not lay on me any more than I've got right now", Benny replied. I immediately understood what he was saying. Between pressures of competition, other schoolwork and social relationships, he had all he could handle. He could have gotten his A, but he had decided to settle for a lower mark in order to maintain his equilibrium. In terms of this priorities, it was a sensible decision, and very much in keeping with Nile Kinnick's dictum that it's a mistake to try to give 100 percent to everything 100 percent of the time.

Most maximum performers I know have this same solid sense of proportion. They know how much they can take on in addition to their highly focused training. In their resistance to the demands and pressures put on them by society, they show a mature wisdom. But the wisdom, itself, is childlike in its origins.

When you ask a child to run 100 yards, he knows innately whether he can or can't do it.

He may try it – or he may sit down. In either case, he's made a fairly accurate appraisal of his capacity. If he does try to make the run and sees that he can't, he'll simply pull off to the side.

As we mature, we tend to lose this natural capacity to protect ourselves from the catastrophe of over effort. Our innate clarity is compromised by rationalisations inspired by social pressures. In the name of success, we work ourselves to a frazzle, get ulcers, court heart attacks or have nervous breakdowns.

To perform maximally, you need to let your innate understanding of your own capacities govern your activities, just as you did as a child. But it is the nature of adult behaviour to perform in terms of consequences. There are social rewards for certain behaviour. The great irony is that the very behaviour that's supposed to lead to better performance actually retards it.

When you see a sign in an office that says **THINK**, you know you're being urged to "be an adult", take responsibility, recognise the impact of what you're doing. The trouble with such injunctions, whether implied or expressed, is that they keep you from doing what's best for you – as well as your organisation.

Suppose you're an actuary, and you've been asked by your insurance company to deliver, by a certain date, a figure on which policy rates will be based – a maximum mental performance. If, during this performance, you permit yourself to think about the consequences of being late or make a mistake, your work will suffer. Your most accurate and fastest performance will come about if you approach the assignment with childlike openness.

I attack day-to-day problems most effectively when I act on impulse, much as a child would. It's when I'm trying to assess all the ramifications and their possible consequences that things become a mess.

That may sound like a formula for impulsiveness. The fact is that your first impulse seems to be the best informed. It comes about by reflex, and reflex is conditioned by all past experience and knowledge. If there is such a thing as wisdom of the ages, it reposes in impulse.

When you try to construct a response on the basis of logic, several things happen that make a solution more difficult. First, by switching into a cerebration mode – trying to think it all through – you block out your experiential reflexes. Second, you see all the complexities. Third, you function with less conviction; having

considered the alternatives, you've given them the legitimacy to act as censors on your actions. And fourth, by reverting to a harsh, rigid mode, you've lost your own naturalness and personality.

Whether you're thinking or doing, over effort only spoils the act. You'll achieve less than if you develop a solid sense of proportion about how much you can do. Don't overload your system with projects and concerns and goals that you can't handle. You won't do them any good, and you'll only be hurting yourself. If you have a good sense of proportion, those things to which you do commit yourself will be done at your best, because you'll approach them in a state of productive equilibrium, devoid of useless tension.

Self-protection from over commitment includes learning what you can and can't effectively influence – and limiting your concern accordingly.

.....MORE IN NEX ISSUE on QUIETING THE MIND.

Warringah Handicap 14th Feb 2010

Archer	Divn	H/Cap	Score	Total/Class
M.Mongomery	CadBC	100	790=890	(71) 2 nd
M.Salmon	JunBC	43	841=884	(85) 2 nd
T.Peek	MCV	153	707=860	(55) 2 nd
P.Mesiti	CadBC	56	801=857	(73) 2 nd
D.Stasenska	MRV	122	725=847	(58) 1 st
Y.Imiya	CadBR	68	732=800	(59) 2 nd
C.Cronin	IntBR	272	520=792	(24) 3 rd
D.Onslow	MLV	379	397=776	(23) 2 nd
D.House	MR	208	524=732	(34)
J.Salmon	CadBC	17	661=678	DNF
M.Staniforth	IntBR	0	355=355	(9)
Dav.House	MRBM	230	91=321	

CONGRATULATIONS MORGAN



Classifications achieved in 2010 to date:

Tom Peek	MCV	Target	2 nd */1 st
Daniel House	MR	Target	3 rd */2 nd
Morgan Montgomery	CadBC	Target	2 nd */1 st
Steve Calandrucchio	MR	Target	3 rd *
Conan Otori	CadBC	Target	GMB*
David Onslow	MLV	Target	2 nd *

*highlights those achieved from 2009

Club Shoot – 7th March, 2010

Canberra round	30 arrows @ 60/50/40m (122cm)
Tom Peek	MCV 242/245/267 = 754
Danny Stasenska	MRV 227/215/266 = 708
David Onslow	MLV 61/109/18 = 353

ArcheryNSW Presentation Night
13th Feb 2010

The President attended with several members of Warringah Archers who took out the following awards – **In Tournament Trophies category:**

Tony Marturano Memorial Trophy for the Overall Junior Boy Target Champion

Presented to ArcheryNSW by the Bridges family in 2009 to honour the memory of Tony Marturano a Paralympian. Tony was also a coach and he competed in numerous tournaments until his death in 2009. Tony was the winner posthumously of the Disabled Archer of the Year 2008.

2009 Awarded to Yoshiki Imiya

Outright Indoor Womens Recurve Trophy: Aimee Deaves

Outright Field Womens Recurve Trophy: Aimee Deaves

Outright Clout Womens Recurve Trophy: Aimee Deaves

In the Category of Allround Trophies: Womens Allround Recurve Champion:

Ladies Allround Recurve Champion (presented Rowntree Target Archers). Rowntree Archers was a club who shot at Rowntree Park which was situated between Beverly Hills & Kingsgrove. The club was disbanded in the late 1960's – **Awarded to Aimee Deaves**

Most Proficient Lady Recurve Archer: This trophy is awarded on the highest aggregate score of Target/Field/Clout/Indoor & Flight. If no flight is scheduled on the Calendar it is taken from Target/Field/Clout & Indoor. If Flight is scheduled and no females compete, the trophy is not awarded. Participants must compete in all events to be considered:

Awarded to Aimee Deaves

Arthur Chapman Trophy: Arthur Chapman owned a sports store in Rockdale in the 1950'2 and 60's and was a major supplier of archery equipment. His son Gary was a swimmer who won a bronze medal at the Melbourne Olympics in 1956. The trophy was first awarded in 1962 to the Best Allround Intermediate Recurve Archer. These trophies were changed from U/15 in 1995 and awarded to the U/14 age group - boys & girls on a point system.

2009 Awarded to Yoshiki Imiya

Best Allround U12 Champion: PRESENTED BY WARRINGAH ARCHERS) The following trophy is awarded on a point system, which includes recurve, compound, boys and girls – **2009 Awarded to Kane Wilson**

All Juniors Aggregate scores Champions – CCS Pty Limited

was a company owned by Malcolm Fear (World representative Target archery). Malcolm and his son Jackson participated in the sport of archery for many years. Jackson broke many Australian records and in 1994 scored a perfect Australian indoor I. In 1996 he was the Junior World Target Champion and broke an Olympic record in the teams Matchplay at Athens. This trophy is awarded on aggregate scores taken from Target, Field, Clout & Indoor. All age brackets are considered (ie U/12 competes against U/18). Should a junior change age division throughout the State Championship events, their scores still apply - **2009 Awarded to Yoshiki Imiya**

In the category of Performance Awards:

Based on points 3 for 1st, 2 for 2nd & 1 for 3rd, with state events being 5 for 1st, 3 for 2nd & 1 for 3rd, the highest number of points for each division is recognised with a Certificate of Proficiency:

Cub Boy Recurve:	Kane Wilson
Intermediate Boy Recurve:	Yoshiki Imiya
Intermediate Girl Recurve:	Nyomi McKay
Cadet Boy Compound:	Jack Salmon
Junior Boy Compound:	Michael Salmon
Open Womens Recurve:	Aimee Deaves
Mens Compound Barebow:	Ken Raye
Womens Recurve BB Vet:	Jenny Wandl

Ross Herron Memorial Trophy – Best Performed Club

Ross Herron was a founding member of the Archery Society of NSW. History states that Ross, the Drakes, George Scott, Dick Rutherford and Dr. John Boorman met at the first National Championships to form the Society. Ross was a member of Greenlees Archers and a life member of ArcheryNSW. Ross also manufactured the Symphony range of bows. Ross's wife, Anne is currently a member of Greenlees. The memorial shield was first awarded in 1998 to acknowledge the best performing club, and presented to:

Warringah Archers for 2009

Again this is linked the places gained in ArcheryNSW tournaments throughout the year, so congratulations everyone who competed, awesome effort.