



WARRINGAH ARCHERS NEWSLETTER July 2009

www.warringaharchers.com.au

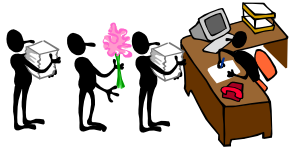
**CLUB FEES FOR
2009/2010 are now
DUE!!!!!!
Before any shooting
commences**

Club Website Updates

New information placed on website:

- Club & QRE results for the month of June/July
- Club Records @ 30th June 2009
- Adbow/Kidbow Club records @ 30th June 2009
- Club records broken by members 1st July through to 30th June 2009
- All Gold Awards achieved by members since 1st January to 30th June 2009.
- Ratings for Target/Indoor & Field @ 30/6/09
- Club Shooting Calendar July to December 2009 – check when you are allocated for Ground Duty.

Across THE DESK OF THE Secretary



(J.Barber) –Well done to those junior members who competed at the 2009 Golden Gong in Wollongong on 21st June.

This round was specially introduced by Illawarra archers and is made up of 30 arrows @30m/ 25m & 20m on 122cm face. Although the ground was soaking wet and muddy our junior archers had a great day, with the following results: **Gold:** Joshuya Seymour (CadBC), Kane Wilson (CubBR) **Silver:** Conan Omori (CadBC), Lachlan McLeod (CubBR) & **Bronze:** Patrick Mesiti (CadBC), with Joshua & Kane both shooting new Club records at the event.

Good Shooting: Several off our members have also been competing away from the club at QRE & tournaments events. It was great to see the results posted by Yoshi at the Erina QRE on the 21st June, shooting the Short Fita rather than the Intermediate for an Intermediate BR, and scoring new club records for the round and each of the distances also. Final score was 1277 with a break up of 302/70m, 318/60m, 315/50* & 342/30m* good shooting Yoshi. Out of the 5 members from Warringah that shot this event, Michael Salmon posted a Master Bowmen score, with Jaime / Jack / Aimee & Yoshi all posting Grand Master Bowmen ratings. At the QRE at Liverpool on 27/6/09 Aimee broke new club record at 60m scoring 331 points and Jack Salmon shot a new Club record at 70m scoring 346 out of 360.

New members, please join me in welcoming aboard our new members: Nicholas & Stirling Calandruccio, Eliza Earl, William Nord, Oliver Reeves & Cameron Cronin. A full list of members is kept on the club notice board.

Age Groups: Remember that if you have a birthday half way through the year, you can still competing in tournaments under your same age group (*i.e.* Lachlan turns 12 on 21st August, he can still compete as an Cub until the 31st December, however, if he wishes to compete at the 2010 Junior Nationals in Perth next year, he would need to qualify as an Intermediate).

Also a big thanks to Geoff Benstead for facilitating the Arrow Selection "Update Your Knowledge" course on 5th July. As mentioned set out below is an on-line resource link that can assist members further - <http://www.huntersfriend.com/2007-Carbon-Arrows/arrow-selection-guide1.htm>

KidBow Qualifying Rounds:

Alex Brinkman	IntBR	10m 60cm	205	4/7/09
Cara Derkenne	IntGR	10m 122cm	255	6/6/09
Caro Derkenne	IntGR	10m 80cm	248	13/6/09
Caro Derkenne	IntGR	10m 60cm	205	27/6/09
Daniel Trueman	CubBR	18m 40cm	102	25/7/09
Eliza Earl	IntGR	10m 122cm	245	25/7/09
Luca Simon	IntBR	18m 122cm	217	11/7/09
Oliver Reeves	CubBR	10m 80cm	227	27/6/09
Oliver Reeves	CubBR	10m 60cm	200	11/7/09
William Nord	CubBR	10m 80cm	220	27/6/09
William Nord	CubBR	10m 60cm	197	4/7/09
William Nord	CubBR	10m 40cm	149	25/7/09
Youki Rosewarne	CubBR	10m 122cm	248	4/7/09

AdBow Qualifying Rounds:

Eugen Simon	MRM	18m 122cm	249	11/7/09
Ian Harper	MRM	10m 40cm	207	18/7/09
S.Calandruccio	MR	10m 122cm	251	27/6/09
S.Calandruccio	MR	10m 80cm	254	4/7/09
S.Calandruccio	MR	10m 60cm	219	11/7/09
S.Calandruccio	MR	10m 40cm	164	11/7/09
S.Calandruccio	MR	15m 122cm	232	18/7/09
S.Calandruccio	MR	15m 80cm	200	25/7/09



BIRTHDAYS

August 2009

Holly Cooper (18th),
Lachlan McLeod (21st),
Antoine Sakellarides
(26th), **BIG '50'**, Scott
McNeill (28th) & Robert Willis (30th)

Indoor Ratings Improvements:

David Shannon	InterBR	xx to 18	3/5/09
Daniel Trueman	CubBR	14 to 16	26/7/09
Patrick Mesiti	CadBC	18 to 54	19/7/09
Conan Omori	CadBC	48 to 63	19/7/09
Jenny Wandl	LRV	34 to 35	19/7/09
Yoshiki Imiya	IntBR	54 to 64	19/7/09
Aimee Deaves	LR	78 to 79	19/7/09

Target Ratings Improvements:

Kane Wilson	CubBR	41 to 43	21/6/09
Lachlan McLeod	CubBR	23 to 27	21/6/09
Yoshiki Imiya	IntBR	77 to 81	21/6/09
David Shannon	IntBR	20 to 28	21/6/09
Danny Stasenska	MRV	65 to 67	4/7/09
Eugen Simon	MRM	24 to 25	11/7/09
Stirling Calandrucchio	MR	xx to 9	18/7/09

KidBow Quartly Tournament 27th June.

Roun: Peter Pan – 36 arrows @ 15m/80cm & 36 arrows @ 10m/80cm face.

First past the post scores were: 1st Place - Henry Hardie (598), 2nd Place - Zac Voss (580) and 3rd Place Nyomi McKay (561), however as this was a Handicap event, final results are as follows:

Joshua Brannon	IntBR	521	206	727
Nyomi McKay	IntGR	561	164	725
Cameron Cronin	CubBR	512	213	725
Sean Niven	IntBR	465	250	715
Henry Hardie	CubBR	598	103	701
Simon Lee	CubBR	433	265	698
Zac Voss	CubBC	580	95	675

New Club records were shot: by Henry (U12BR), Zac (U10BC), Joshua (U14BR) & Nyomi (U14GR).

Matchplay shot 28th June, 2009

This was the first time I had competed in the Matchplay competition at the club and it was really enjoyable. Thanks to Steve Salmon for managing the event. First off there was a match play 72 arrow ranking round where members shoot at the 2nd distance in the FITA round, or higher, however, in saying that there was the option to shoot lower than your class so that our newer members or those less experienced could join in the event.

From this shoot members were given a Handicap based on their Current Rating, which was added to their 12 arrows score after each match.

Rin Barbieri	70m	642 (R99)	H10
Michael Salmon	70m	537 (R90)	H15
Jaime Van Barbieri	60m	684 (R98)	H9
Jack Salmon	60m	671 (R102)	H7
Joshua Seymour	60m	629 (R89)	H12
Yoshiki Imiya	60m	616 (R77)	H19
Tom Benstead	60m	612 (R81)	H16
Patrick Mesiti	60m	609 (R80)	H17
Morgan Montgomery	60m	529 (R44)	H57
Robert Willis	50m	251 (R47)	H41
Danny Stasenska	50m	596 (R65)	H23
Elizabeth Jennison	50m	474 (R53)	H34
Daniel House	45m	497 (R46)	H37
David House	45m	447 (R45)	H38
Ivan Koprivec	18m	576 (R10)	H59

Members were then ranked in order of score and given a card with a number on it. They then proceeded to shoot their matches, with the winner moving taking the higher card from their contestant, until one was left with Card no.1

Congratulations to IVAN for coming out on top of the pack. It is certainly an enjoyable event and I would encourage everyone to give it a go next time it is on the calendar.

Club Shoot: 5th July

Townsville 36 arrows @ 70m/60m 122cm face

Tom Benstead CadBC 284/302 = 586

Graeme McLennan MRM 169/141 = 310

Bothwell 36 arrows @ 60/50m 122cm face

Danny Stasenska MRV 278/296 = 574

Jenny Wandl LRV 147/194 = 341

David Onslow MLV 50/101 = 151

Yass 36 arrows @ 55/45m 122cm face

David House MR 128/235 = 363

Daniel House MR 176/184 = 360

Pooh Bear 36 arrows @ 15/10m 122cm face

Ivan Koprivec MR 274/315 = 589

MAXIMUM PERFORMANCE SERIES

OPTIMAL ANXIETY

PERFORMANCE REQUIRES TENSION:

To be continued.....How anxious should I be?

SOME PEOPLE FUNCTION well in states of high anxiety. Others are paralyzed. There's no need to test yourself to determine which category you're in. We all know how we respond to stressful situations. We function either better or worse. The more sensitive you are to a high anxiety or arousal state – the more adversely it affects your performance – the more important it is for you to control this state. If, conversely, you're assisted by a high arousal state, then you may even want to induce it.

Your state of arousal is governed by what we call the "Reticular Activating Mechanism," known as the RAM. The mechanism, when active, produces showers of impulses that enhance muscular action. You can, if you wish, deliberately excite your RAM simply by talking to yourself prior to a performance. During an event, if no one is cheering you, you can cheer yourself. Just before the peak of a performance you may even want to let out a shout. Many weight lifters grunt as they lift, exciting the RAM. The same technique is used by shot putters, hammer throwers, and discus throwers, and sometimes even by tennis players. Listen carefully the next time you watch a professional tennis match on television. You'll hear some of the toe players in the world grunting with each serve.

Generally speaking, high arousal states are undesirable in activities requiring fine muscle coordination, but helpful in activities that don't require such precision. Thus, the quarterback looking for a receiver needs to remain as calm as he can, but the lineman protecting him can use arousal to good effect.

If you're going to perform a task that's well known to you and at which you have a high degree

of expertise, you'll probably perform it best in a high arousal state.

I have some friends who are actors, at one time or another I've asked them, "Can you tell before you go on whether or not you're going to give a good performance?" The answer is all but uniform: "If I feel frightened, my palms are wet and my heart is pounding. I know my performance will be good".

The key here is that they know what they're going to do. They've performed hundreds of times before and they can forecast the audience response. The only variable is how well they're going to do this time. If they're not anxious, their performance suffers. One actor flew two thousand miles to give a single performance. The promotion had been badly handled and he found only a handful of people in the audience. He shrugged, and went onstage, but he felt absolutely nothing – no anxiety, no arousal. The next day, his agent received an outraged call from the chairman of the event, denouncing the star's lackluster performance.

It's very seldom, however, that most of us have a chance to use highly polished techniques before predictable audiences. When we're unsure of our material or unpracticed in our event, high state of arousal can be devastating.

As a rule, the more difficult the task, the less value arousal contributes.

If you're doing something you've done a thousand times and you're the kind of person who works well under stress, then on an arousal scale of ten, you'll perform best at about eight. But if stress bothers you and you're unfamiliar with your task, you'll be better off at a lower arousal level.

Before you can perform better, then, you must learn how to control your arousal state so that it is neither too low nor too high when you start the job.

TURNING IT ON, SHUTTING IT OFF

If you're in an extreme state of anxiety, and would perform better in a lower state, you have two options. The first is to put off the task until time has diminished your arousal state. The second is to take steps to diminish that state.

If you're in a low state of anxiety, you would perform better in a higher state, once again you have two options – either to postpone action until you reach that state, or to take steps increase the state at once.

Physiologically, when you increase or decrease your arousal state, you are controlling the flow of adrenaline through your body. Adrenaline is a hormone secreted into the bloodstream by the adrenal medulla, the soft, marrow like center of the adrenal gland. This secretion occurs during stress. It produces an immediate increase in metabolism and an accompanying "jump" in blood pressure, cardiac output, oxygen consumption, blood glucose, blood lactate and central nervous system action. It constricts the smooth muscles of your gut and blood vessels in your belly, but dilates the vessels of the skeletal muscles, letting more blood into them to help them with their work.

The effect is to strengthen your muscular contractions, including those of the heart muscle.

because your heart rate increases and your blood pressure rises even though for the moment there is no demand for either, the body responds to this interruption in your normal rhythm as it would to a threat, and shunts the blood away from the digestive areas of the body into the muscular areas. What the body's doing is as old as man, preparing you to defend yourself.

From all this adrenaline comes a temporary increase in strength, alertness, coordination and reflex action. You require less exertion to accomplish your objective. In a way, adrenaline is like a high octane in fuel. You get more power. The hills seem easier.

Just as a heavy foot on the accelerator can mean danger, so too much adrenaline sweeping through your body can ruin your performance. You become exceptionally powerful – and tend to apply this extra power where it isn't needed. At high speeds there's a premium on driving skill. A concentrated boost of adrenaline requires a controlled use of the super power.

Obviously, a resource like this can be either an asset or a liability. The first step toward controlling it is to appreciate that the nervousness you feel before a performance is vital to that performance. Without it, you're going to be flat; with it, you have the opportunity to excel.

It's not necessary to feel well in order to perform well. Sometimes it seems that the opposite is true; the worse you feel, the better you're going to perform. Don't worry that you don't feel like playing or giving your report. Your interior processes are working on your behalf. Be glad that you feel like throwing up as you unpack your archery gear. If your mouth is dry, your palms are wet, your heart is pounding and you feel your neck hairs standing on end, under normal circumstances you should interpret these as signs of illness. In terms of performance, you're super well.

Test pilots welcome the "butterflies in the stomach" feeling they get just before they put a new type of high-performance airplane into its first dive. They call such surges of arousal "adrenal-burgers." They know they're going to perform to their maximum with their system alert, in a circumstance where alertness and competence are matters of life and death.

Athletes recognize the feeling as "prestart phenomenon," a phrase invented by the Russians. Recall some of the champions you know when being interviewed after their record-breaking performances. They all said that they had felt so bad just before their event that they had considered dropping out.

Once you accept that anxiety can be your ally, the next step is learning how to control it.

How well do you know Tournament & Shooting Rules - YOU BE THE JUDGE what would you do?

Q. Can I listen to music on my ipod on the shooting line?

Warringah Handicap July 2009

D.Stasenka	MRV	65	138769	907
Y.Imiya	IntBR	77	85 790	875
Dan.House	MR	46	262612	874
P.Mesiti	CadBC	80	74 800	874
M.Salmon	JunBC	90	48 822	868
D.House	MRM	45	271529	800
D.Onslow	MLV	34	379414	793
D.Shannon	IntBRB	20	424341	765

CONGRATULATIONS DANNY

Next Handicap Day is Sunday 23rd August, with a distance for everyone to shoot, put this day in your diary and join us.

Club Shoot: 19th July,

Australian Indoor I (30 arrows @ 18m/40cm face), this should have been followed by a FITA Indoor I, however, only half of one was shot so not recorded here for rating purposes.

Patrick Mesiti	CadetBC	285 (90)	1 st
Conan Omori	CadetBC	282 (87)	1 st
Aimee Deaves	LR	275 (80)	1 st
Yoshiki Imiya	IntBR	267 (74)	1 st
Graeme McLennan	MRM	202 (44)	3 rd
Barbara Stasenka	LCV	193 (41)	3 rd
Jenny Wandl	LRV	177 (37)	3 rd
David Onslow	MLV	155 (31)	1 st
David Shannon	IntBRB	113 (20)	2 nd

CONGRATULATIONS to our boys for their efforts at the 2009 World Youth Championships in Utah USA, winning **SILVER**.....

Jamie Van Barbieri (Warringah), Jack Salmon (Warringah) and Mitchell Lawrence (VIC) have just won a silver medal in the Cadet Boys Compound teams event at the World Youth Championships in Utah. In a closely fought match the boys were narrowly defeated by Mexico. After the first end Mexico were up 55 to 50. In the next end the boys fought back 54 to 53. Then the boys shot a combined 59 to the Mexican's 56 and the final end both teams shot 57. Congratulations boys, a well earned silver.



Compound Junior Girls Team: Gold won by USA, Silver to Russia & Bronze to Mexico

Compound Junior Boys Team: Gold won by USA, Silver to Mexico & Bronze to Denmark.

Recurve Junior Girls Team: Gold won by Korea, Silver by China and Bronze to Poland.

Recurve Junior Mens Team: Gold won by Korea, Silver to Great Britain, and Bronze to Poland.

Compound Cadet Girls Team: Gold won by USA, Silver to Mexico & Bronze to India.

Compound Cadet Boys team: Gold won by Mexico, Silver Australia (Jaime Van Barbieri, Mitchell (VIC) & Jack Salmon), Bronze to USA.

Recurve Cadet Girls Team: Gold won by Korea, Silver to Russia & Bronze to Ukraine.

Recurve Cadet Boys Team: Gold won by Korea, Silver to Ukraine & Bronze to Italy.

Individual Matchplay

In a very exciting match Jaime Van Barbieri (Warringah), Cadet Boy Compound went down to the USA in a one arrow shoot off. Jaimie started the match with a perfect 30 then shot a 28,27,28 to finish with 113. Sahi from the USA finished on 113 too. In the one arrow shoot off Sahi shot 10 and Jaime shot 9.

Congratulations on your silver medal Jaimie!



Other results for archers from NSW: Ben Nott (Burilda) was defeated in his first match resulting in a final ranking of 75th. Keiran English (Erina) was defeated on a count back in his first match by another Australian resulting in a final ranking of 35th and Amy Paget (Singleton) was defeated in her first match resulting in a final ranking of 20th. Jamie's final ranking was 2nd and Jack Salmon (Warringah) 24th.

Club Shooting Calendar July – December, 2009 has now been placed on the website. What we have tried to do is with the Ground Set-up is allocate newer club members with an established club member to show them the ropes on how to set up the club for the shoot off the day. It would also be great that when members arrive, rather than set up their equipment first, they should ask the Ground crew if there is anything that they can help with – allocate themselves to a target, the registration sheet for the round of the day is located on the table where you sign in, proceed to put the target onto the shooting range, and then set-up their equipment. More hands make light work, so if everyone chips in we can commence shooting on time....THANK YOU EVERYONE.