



WARRINGAH ARCHERS NEWSLETTER

July/August 2011

www.warringaharchers.com.au



SMURF'S PHOTO page

(Carmelo Aslanidis)

On the 2nd July, Warringah played host to the NSW Youth training squad, where youth members from other clubs come to Warringah and share in a



variety of activities such as coaching tips / shooting etiquette and competition elimination



rounds. We have a real neat baseball bat, which if you win the elimination rounds, you get to write your name on it and keep



until the next event – Yippee I won it this time round – sorry Jack Everyone shooting recurve! Jack –v- Yoshi

Congratulations to members who competed at the State Clout Championships at **Cessnock 10th July**, due to wet weather cancelling out the original event.

Gold: Jenny Wandl (LRBV) , Stirling Calandruccio (MRB), Michael Salmon (JuniorBC), Yoshiki Imiya (CadetBR), Kane Wilson (CubBR)

Silver: Jack Salmon (JuniorBC), Lachlan McLeod (IntBC), Carmelo Aslanidis (CubBR)

Bronze: David Shannon (CadetBR), Nicholas Calandruccio (CubBR)

Club Shoot: 3rd July (144 arrows)

M.Salmon	JunBC	Long Fita	1265 (90)	GMB
K.Turner	LC	Fremantle	1064 (56)	2 nd
D.Stasenka	MRV	Fremantle	1042 (54)	2 nd
J.Salmon	CadBC	Townsville	(109)	1 st
K.Wright	MCV	Bothwell	559 (65)	1 st
M.Wright	LCV	Bothwell	559 (65)	1 st

Saturday shoot 9th July (90 arrows)

Geelong 30m/122cm face

Katelin Turner	LC	776 (50)	3 rd
Ray Clarke	MR	728 (41)	3 rd
Brenton Day	MR	699 (37)	3 rd
Kevin Dwyer	MRV	635 (28)	3 rd
Carmelo Aslanidis	CubBR	616 (26)	2 nd
Nick Calandruccio	cubBR	503 (15)	3 rd
Stirling Calandruccio	MRB	500 (15)	
Alan Nolan	MRV	496 (14)	

Club Shoot – 10th July, 2011

72 arrow round:

Ken Wright	MCV	Goulburn	560 (49)	3 rd
Danny Stasenka	MRV	Launceston	480 (52)	2 nd
Brenton Day	MRM	Launceston	318 (32)	3 rd

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

Jesse Irwin	IntBR	694	10m/122	6/8/11
Jesse Irwin	IntBR	645	10m/80	13/8/11
Robert Peers	MR	655	10m/122	6/8/11
Peter Logan	MR	657	10m/122	6/8/11

Abdow/ KidBow Qualifying Rounds Step 2 (90 arrows):

Kevin Dwyer	MRV	635	30m/122	9/7/11
Brenton Day	MR	699	30m/122	9/7/11
Nick Calandruccio	CubBR	503	30m/122	9/7/11
Carmelo Aslanidis	CubBR	616	30m/122	9/7/11



BIRTHDAYS, August 2011

Julia Wright

(8th), Lachlan

McLeod (21st), Ella

Hugo (30th) PS: there will be time to celebrate on your return from the Junior Worlds Ella

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*.

Kate Turner	LC	3 rd /2 nd Indoor
Alan Nolan	MRV	3 rd Indoor
Jack Salmon	CadBC	MB Clout*
David Shannon	CadBR	3 rd /2 nd Clout
Lachlan McLeod	IntBC	3 rd /2 nd /1 st & MB Clout
Kane Wilson	CubBR	2 nd Clout
Carmelo Aslanidis	CubBR	3 rd /2 nd Clout
Ray Clarke	MR	3 rd Target*
Nick Calandrucchio	CubBR	3 rd Target
Katelin Turner	LC	3 rd Target*/2 nd Target
Ken Wright	MCV	3 rd Indoor*
Luke Maras	IntBR	3 rd Target*
Luke Maras	IntBR	3 rd /2 nd /1 st Indoor

TARGET RATING IMPROVEMENTS

Tim Channon	MLM	10 to 13	2/7/11
Ken Wright	MCV	63 to 64	3/7/11
Maria Wright	LCV	62 to 63	3/7/11
Katelin Turner	LC	00 to 53	3/7/11
Brenton Day	MR	32 to 34	9/7/11
Brenton Day	MR	34 to 35	17/7/11
Maria Wright	LCV	63 to 68	30/7/11
Luke Maras	IntBR	42 to 44	30/7/11
Sam Logan	IntBR	xx to 4	31/7/11
Stirling Calandrucchio	MR	xx to 72	6/8/11
Katelin Turner	LC	53 to 54	7/8/11
Nick Calandrucchio	CubBR	21 to 23	7/8/11
Ray Clarke	MR	40 to 42	13/8/11
Brenton Day	MR	35 to 36	13/8/11

INDOOR RATING IMPROVEMENTS

Ken Wright	MCV	49 to 56	17/7/11
Maria Wright	LCV	49 to 51	24/7/11
Lachlan McLeod	IntBC	44 to 63	24/7/11
Kane Wilson	CubBR	43 to 55	25/7/11
Mark Hitchcox	MR	13 to 17	13/8/11
William Nord	CubBR	12 to 14	13/8/11

16th July – FUN SHOOT XMAS in July



Winning team were the High Flyers (Robert Peers / Mark Hitchcox & William Nord) on 3233 points (though I think there adding up leaves a lot to be desired). This was a great opportunity to mix

our beginners and come n'try members and give the various targets from Turkey / to Christmas Balls / hidden point in Christmas Crackers / Juggling spending money / and most importantly, see who could shoot Santa's hat and not the picture of the person, lot of members

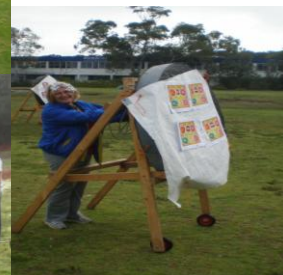
struggled with this one, and shot el president, straight between the eyes (difficult shot of course). Although we had targets dressed in money (which you need to go shopping with right!



Members were on their best behavior (for the most part, as the elusive turkey, kept moving around the club field, with shouts, will someone shoot that thing to keep it still (we didn't have the heart to tell him it was stuffed already).. Maybe if I



turn my back on it, I can creep up and shoot it later? At the



A Great day was had by all, and yes we finally got the turkey.

Illawarra Golden Gong on the 17th July, two junior members competed from Warringah – this is certainly an event that all levels of juniors can compete in and one we will earmark to go to as a club in 2012: Kane Wilson & Carmelo Aslanidis. Kane shooting his way to obtaining a Gold Medal, and Carmelo the bronze – Well done boys.

The State Indoor Championships on the 24/25th July, saw the following members competing:

GOLD: Robert Talbot (MR) 552/549 = 1101, Maria Wright (LCV), 455/443 = 898, Yoshiki Imiya (CadBR), 496/497 = 993, Kane Wilson (CubBR), 467/491 = 958

SILVER: Danny Stasenka (MRV) 485/478 = 963

BRONZE: Lachlan McLeod (IntBC) 509/506 = 1015
Ken Wright MCV also competed and finished 7th 443/367 = 810.

Club Shoot 24th July (90 arrows)

Canberra round 30 arrows @ 60/50/40m

Brian Hugo	MC	810 (80)	1 st
Stuart Craker	MC	803 (78)	1 st
Michael Salmon	JunBC	793 (76)	1 st
Brenton Day	MRM	493 (35)	3 rd

Junior Canberra 30 arrows @ 40/30/20m

Carmelo Aslanidis	CubBR	636 (28)	2 nd
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Saturday shoot 30th July, 2011

Maria Wright	LCV	Holt	695 (73)	1 st
Ken Wright	MCV	Holt	628 (64)	2 nd
Ray Clarke	MR	Holt	354 (39)	3 rd
Luke Maras	IntBR	Drake	658 (46)	3 rd
Michael Maras	MR	Drake	560 (35)	3 rd

INDOOR SHOT DURING JULY – other than the State Indoor event.

Alan Nolan	MRV	Fita II	284 (26)	3 rd
Alan Nolan	MRV	Aust II	83 (11)	
S.Calandruccio	MC	Fita II	503 (63)	2 nd
S.Calandruccio	MR	Aust II	254 (64)	2 nd
Ray Clarke	MR	Fita I	377 (40)	3 rd
Katelin Turner	LC	Fita I	516 (68)	2 ⁿ

Ten

The archer drew the bow – aware of nothing except the multi-coloured target face fading slowly until nothing was distinct but a golden disk, violated by the sight pin which came to rest in dead centre. In that quiet moment, the sub-conscious mind began its checklist – bow hand comfortable under pressure – bow arm relaxed but firm – string in perfect alignment – anchor precise. Then the imperceptible dynamics began as the back muscles contracted slowly until the instant of joy when the clicker triggered release and counter forces balanced in the perfect follow through.

The Northern Junior Challenge 7th August, saw several members competing, with awards being presented as follows:

Gold: Conan Omori (CadBC), Carmelo Aslanidis (CubBR), Kane Wilson (IntBR)

Bronze: Yoshiki Imiya (CadBR), Nicholas Calandruccio (CubBR, just missing out on silver by 3 points).

Unfortunately, Warringah missed out on teams trophies this year, with Northern Archers taking out the Compound with 2302 points, and Northern Archers taking out the Recurve 2105 points – Warringah came in 2nd place with 2040 points – NEXT YEAR.....we can't let this one get away from us.

New Members: Please join me in welcoming new members to Warringah Archers and assisting them where needed.

Reece Bouman (CubBR), Benjamin Calandruccio (CadetBR), Joshua Calandruccio (CubBR), Stuart Craker (MC/L), Adam Hyde (MR), Peter Logan (MR)

MAXIMUM PERFORMANCE SERIES

Maximising Energy

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

MAXIMUM REST IN BED

IN ONE SENSE, PREPARING FOR SLEEP IS NO DIFFERENT FROM PREPARATION FOR ANY OTHER ACTIVITY. You *focus* on that objective.

If you're the kind of person who falls asleep the moment your head touches the pillow, you obviously don't need assistance. Most of us aren't like that. We carry our waking battles to bed and fight them over again. Our apprehension about tomorrow ruins the end of today. Physiologically, our reticular activating mechanism is still sending showers of impulses through our muscles. Before we can sleep, we must quiet our RAM.

This process should be the same each night. It should begin at the same hour, leading to repose at the same hour. If your bedtime is eleven each night, your preparation should begin at ten, or ten-thirty at the latest.

If you've brought work home from the office, are working on your income tax return, balancing the checkbook or studying for an examination, you should break off at least half an hour before your fixed retirement time.

The next half hour should be given to some activity that changes your mind set. Television, recreational reading, a tub bath, conversation and sex are all good transitional activities leading to sleep.

During this transitional period, you should avoid stimulants such as coffee, tea, soft drinks or tobacco. A glass of milk, preferable warm, is an excellent tranquilizer.

Next, your sleeping environment: It should be quiet and dark. There is no ideal room temperature for sleep. Some people like to sleep warm, others cool. A room cold enough to make you shiver will set off muscular activity and hinder rest. A hot room can produce enervating sweat. Anything between those extremes that feels good to you will assist sleep.

Even mild sweating can make you uncomfortable. A damp skin sticks to bed clothing;

you feel sticky and can't turn over easily. It's amazing how much easy movements in bed helps sleeping, a prime reason for sleeping in the raw. We normally move quite a bit during a night; if it's hard to move and change position, we don't sleep as well.

For some persons, the movement of air seems as important as temperature and humidity. You don't want wind blowing directly on you because that would activate your sensory impulses, whereas you want to quiet them down. But a room with little or no air movement seems to make some people uncomfortable. The reason for this is unclear, since there's no problem with the supply or oxygen or elimination of carbon dioxide if the room is adequately sized. One possible explanation can be demonstrated with a simple experiment in a room with no air movement: Close your mouth and breath through your nose for a while, paying particular attention to the resistance of the air that flows in and out of your nostrils. Now pick up a sheet of paper or a folded newspaper and wave it like a fan in front of your nostrils. You'll note immediately that it seems easier to breathe. The movement of air somehow seems to make inhalation easier.

When you want to sleep, be sure to shut out all other stimuli: light, noise, the touch of another person. Lie on your back so that your arms don't touch the side of your body and your legs are separated, knees and feet falling outward. Now that you've shut off your vision, hearing and tactile sense, the remaining task is to shut off your mind. This is the position in which to do it, but it is not the best position for sleep because it puts a strain on your back. The best sleeping position is on your side. You move to this position after you've quieted your mind.

To do that many people successful use imagery. They think of the blackest velvet they can imagine, or butter melting in a pan, or grain spilling from a sack. But what works for some has an exciting or worrisome effect on others.

The best method, by far, would be to learn to think of nothing. Mental inactivity seems all but impossible when you first try it. You may cause your mind to go blank for moment, but almost immediately you realize that you're thinking again. Don't panic or give up. Simply let your mind go blank once more, even the lapses will be less frequent, and you will achieve a state like that you experience on awakening after a night of restful sleep. Your mind is absolutely quiet, and you can close your eyes and go back to sleep again. This is the state you want to fall into in the process of quieting your arousal mechanisms.

Everyone's objective is an uninterrupted night of sleep. Whether you get that or not depends a good deal on what you had for dinner and afterward. I know that I can't eat garlic without punishment. Other people can't eat melons or bananas, because they're gas forming. Others can't drink liquids with impunity in the evening, particularly beer, wine, coffee or tea. If they do, they'll be up for sure at some point during the night.

But getting up during the night to urinate has one advantage. It restores normal circulation. We often hear others boast that they didn't move all night. If you sleep like a log, you wake up in the morning feeling like a log.

We've all had the vexing experience of being unable to get back to sleep once we've awakened during the night. The phenomenon is particularly prevalent when we have a problem we cannot solve. The best thing to do if you find yourself worrying about your problems in the middle of the night is to focus on one problem, and a specific piece of that problem. Rather than let the process control you, control the process. Begin to rehearse what you're going to do. If your to make a presentation the following morning, make it is your mind as you lie in bed. Be as specific as you can be. Get a mental image of where you will stand, whom you will look at and how you'll begin. Think of the very words you propose to use, the points you intend to make, the charges you'll employ.

This is "mental practice" You're dreaming through the motion without conflict of interference. You feel the rhythm and the sense of execution. In the process, you perfect it in your mind. Then you can relax and drift back to sleep.

Naturally, we'd be best off if we hadn't taken our problems with us to bed I the first place. Since most problems relate to fears of failure, let's focus on that problem now.....Continued in next edition of the newsletter.

Saturday shoot 6th August, 2011

Fita Indoor rounds – 60 arrows @ 18m/40cm face

Luke Maras	IntBR	417 (46) 1 st
Linda Tyson	LR	311 (31) 3 rd
Mark Hitchcox	MR	237 (22)
William Nord	CubBR	196 (17) 3 rd
Bruce Palmer	MR	181 (14)
Sam Logan	CubBR	143 (9)

EVENTS COMING UP:

21st August – **Club Championships Field Open to all registered club members**

28th August – Warringah Handicap

3rd September – Ladies day at Northern

18th September – Club Annual General Meeting & **Indoor Championships**

25th September – Warringah Handicap

You know you CAN!!!

Download the Club calendar for the balance of the year from the website....it's really easy ! Highlighted on this calendar are tournament events of ArcheryNSW