



WARRINGAH ARCHERS NEWSLETTER June 2011

www.warringaharchers.com.au



Across the desk of the Secretary.

Jim Scott Clout – 1st May, although no members from Warringah were present, the Perpetual Southern Clout Teams trophy for the 4 highest scoring archers went to **Northern**

Archers, and the Perpetual Jim Scott Memorial trophy for the club with the highest proportional representation went to **Shoalhaven Archers**.

Well done to our members who competed at the Open Nationals the last week in May –

Best Allround / Team placings are yet to be published, but results to date from members are:

Aimee Deaves – Lady Compound – Target

Placed 11th overall (9th in Australia).

Short Fita Score 1340 & 1331 = 2671

Robert Talbot – Male Recurve – Target

Place 7th overall (6th in Australia).

Long Fita Score 1142 & 1186 = 2328

In Field – came 4th with a score of 654

Ian Stokes – Male Longbow Master

Triple Gold Medalist – Fremantle Round

Target scored 928 & 980 = 1908

In Field Scored 511 & Clout 536

WELL DONE TO YOU ALL

Best All Round Compound Women was presented to Fiona Hyde

National Teams Event - Compound Team **Gold**

Recurve Team 4th

Macarthur Field shoot at Camden on 5th June,

saw two members competing:

Ian Stokes (MLM) Gold with a score of 251 and

Robert Talbot (MR) Gold with a score of 310.

State Short Course Championships, 26th June,

held at Sydney Olympic Archery Park at Homebush, saw the following members take out awards:

Gold: Kane Wilson (U13), Yoshiki Imiya (U17), Conan Omori (U17)

Silver: Robert Talbot (MR), Aimee Deaves (LC), Jenny Wandl (LRV)

Bronze; Carmelo Aslanidis (U13), Lachlan McLeod (U15)

Well done to everyone.

Funny Money: Please remember that these can be used to offset against Club membership / Badges / Equipment.

They cannot be offset against Canteen Purchases.

Score Sheets: Just a friendly reminder that all scores should have the following information: Full Name / Boxes ticked for Divisions / Equipment being shot / Age group / Date. If you are shooting more than one end please mark (1) (2) or AM/PM as this affects ratings. Most important the round being shot is required, as well as your ACCESS number, If you are uncertain what your number is these are located on the notice board in the club rooms.
FINAL Check – Sign & Witness – PLEASE

Club Shoot 24/4/11 (Easter Sunday)

Think most of our members went into hiding on this day, as many of our juniors were competing at the Junior Nationals – there were only 2 members attend the club shoot for the day:

Short Canberra 30 arrows @ 50/40/30m

Alan Nolan MRM 581 (34) 3rd

Brenton Day MRM 533 (29)

Unfortunately, the easter bunny didn't make an appearance this year!!!!

TARGET RATING IMPROVEMENTS

Brenton Day	MRM	20 to 26	15/4/11
Carmelo Aslanidis	CubBR	22 to 24	15/4/11
Kane Wilson	CubBR	53 to 55	24/4/11
Carmelo Aslanidis	CubBR	24 to 27	23/4/11
Carmelo Aslanidis	CubBR	27 to 36	24/4/11
Tom Benstead	JunBC	91 to 92	24/4/11
Jack Salmon	CadBC	112 to 113	24/4/11
Conan Omori	CadBC	93 to 97	23/4/11
Conan Omori	CadBC	97 to 100	24/4/11
Brenton May	MRM	26 to 27	24/4/11
Alan Nolan	MRM	25 to 29	24/4/11
Aimee Deaves	LR	99 to 100	1/5/11
Carmelo Aslanidis	CubBR	36 to 37	15/5/11
Sophie Renouf	InterGR	5 to 7	4/6/11
Simon Page	MRM	18 to 23	4/6/11
Tom Benstead	JunBC	92 to 93	5/6/11
Brenton Day	MRM	27 to 29	5/6/11
Nick Calandruccio	CubBR	16 to 21	18/6/11
Tim Channon	MLM	XX to 10	25/6/11
Brenton Day	MRM	29 to 32	26/6/11
Simon Page	MRM	23 to 26	26/6/11

Club Shoot 1/5/11

Adelaide 30 arrows @ 60/50/40*/30*

Still only a couple of members turning up on Sundays to shoot the round on the Calender!

Danny Stasenka MRV 922 (59) 1st

Jenny Wandl LRV 516 (29) 3rd

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

Tim Channon	MLM	20m/80cm	535
Ray Clarke	MR	30m/122cm	698

Adbow/ KidBow Qualifying Rounds Step 1 (72 arrows):

*Stirling Calandrucchio	MC	10m/122cm	720
*Stirling Calandrucchio	MC	10m/80cm	716
*Katelin Turner	LC	10m/122cm	701
+Nick Calandrucchio	CubBR	10m/122cm	662
Nick Calandrucchio	CubBR	20m/122cm	573
*Stirling Calandrucchio	MRB	10m/122cm	651
Adam Hyde	MR	10m/122cm	655

*previously recurve shooter

+previously qualified under the old system



BIRTHDAYS, July 2011

Robyn Van Nooten (1st), Thomas Williams (2nd), Cameron Cronin (3rd), Ian Stokes (5th), Sam Loga (6th), Sam Shennan (12th), Adam Hyde (13th), Louis Reay-Smith (13th), Conan Omori & Jamie Stewart (20th),

Gotta be some type of cake on one of these weekends????

FIELD RATING IMPROVEMENTS

Yoshiki Imiya	CadBR	72 to 73	25/4/11
David Shannon	CadBR	42 to 48	25/4/11
David Shannon	CadBR	48 to 54	26/4/11
Kane Wilson	CubBR	33 to 39	25/4/11
Kane Wilson	CubBR	39 to 42	26/4/11
Michael Salmon	JunBC	89 to 91	25/4/11
Michael Salmon	JunBC	91 to 92	26/4/11
Tom Benstead	JunBC	83 to 89	25/4/11
Conan Omori	CadBC	82 to 89	25/4/11
Conan Omori	CadBC	89 to 95	26/4/11
Lachlan McLeod	IntBC	48 to 58	25/4/11
Lachlan McLeod	IntBC	58 to 66	26/4/11
Nick Calandrucchio	CubBR	11 to 16	28/5/11
Carmelo Aslanidis	CubBR	37 to 38	28/5/11
Kane Wilson	CubBR	55 to 59	28/5/11
Carmelo Aslanidis	CubBR	38 to 41	29/5/11
Robert Talbot	MR	XX to 78	5/6/11

INDOOR RATING IMPROVEMENTS

Ray Clarke	MR	XX to 32	7/5/11
Carmelo Aslanidis	CubBR	9 to 23	7/5/11
Sean Niven	IntBR	20 to 22	14/5/11
Sophie Renouf	IntGR	5 to 6	14/5/11
Ray Clarke	MR	32 to 37	21/5/11
Alan Nolan	MRM	19 to 25	28/5/11
Ray Clarke	MR	37 to 40	25/6/11
William Nord	CubBR	10 to 12	25/6/11
Thomas Williams	CadBR	31 to 35	25/6/11
Eliza Earl	IntGR	21 to 25	25/6/11

Club Shoot 8/5/11 (Mothers Day)

72 arrow round

Danny Stasenka	Bothwell	561 (66)	1 st
Alan Nolan	Bothwell	248 (24)	
Yoshiki Imiya	Fita60m	607 (80)	GMB
Jack Salmon	Fita50m*	662 (100)	GMB

After handicap introduced \$\$\$ awarded to:

\$5 goes to Yoshiki Imiya on 721 points
\$3 goes to Danny Stasenka on 701 points
\$2 goes to Jack Salmon on 687 points

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*.

Robert Talbot	MR	MB Target*
Kane Wilson	CubBR	MB Target*
Carmelo Aslanidis	CubBR	2 nd / 1 st Target
Tom Benstead	JunBC	GMB Target*
David Shannon	CadBR	3 rd & 2 nd Field
Ray Clarke	MR	3 rd Indoor
Brenton Day	MRM	3 rd Indoor
Ian Stokes	MLM	1 st Field*
Robert Talbot	MR	3 rd /2 nd /1 st Field
Robert Talbot	MR	MB Field
Ken Wright	MCV	2 nd Target*
Maria Wright	MCV	2 nd Target*
Tim Channon	MLM	3 rd Target
Brenton Day	MRM	3 rd Target

Club Shoot 15/5/11

90 arrow shoot (3 distances)

Jack Salmon	CadBC	Hobart	830 (102)	1 st
Tom Benstead	JunBC	Perth	825 (93)	1 st
Michael Salmon	JunBC	Perth	810 (89)	1 st
Danny Stasenka	MRV	Canberra	726 (63)	1 st
Maria Wright	LCV	Canberra	715 (61)	2 nd
Ken Wright	MCV	Canberra	691 (58)	2 nd
Kane Wilson	CubBR	Canberra	628 (49)	1 st
Jenny Wandl	LRV	Canberra	491 (27)	3 rd
Carmelo Aslanidis	CubBR	Jun.Can	705 (38)	2 nd

After handicap introduced \$\$\$ awarded to:

\$5 goes to Carmelo Aslanidis on 912 points
\$3 goes to Tom Benstead on 904 points
\$2 goes to Maria Wright on 894 points

MAXIMUM PERFORMANCE SERIES

Maximising Energy

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

PREPERFORMANCE NAPS

PROLONGED BED REST is not the proper way to prepare the body for action. Every person has his optimal sleep time, but in general if you stay in bed past nine hours a day, you are deconditioning. There is a possibility that midday sleep before an afternoon athletic competition may diminish your performance. Your body becomes sluggish.

But a period of calm prior to a stressful *mental* performance is another matter. It helps to reduce over anxiety.

Some years ago, I flew to Warsaw to lecture at the invitation of the Polish Government. My hosts met me at the airport and took me to the lecture hall, at which point they led me to a little room with

a cot at the side of the stage and indicated that I was to rest. I did. Later, I learned that this period of repose is expected of all speakers, on the theory that it will rest an overloaded brain.

Among great achievers, the habit is widespread. In the middle of planning his strategy for the survival of Britain, Winston Churchill always went to bed. Billy Graham prepares to address a crowd of 100,000 by taking a nap.

If you're in too high a state of anxiety prior to a performance, you should try to bring it down. Otherwise you'll have little energy left for the performance itself. You know unmistakably when your body is feeling itself an "adrenalburger." You feel uncomfortable. Your pulse is racing. The hair on the back of your neck is standing up. Your skeletal muscles may be relaxed, but you're making an effort nonetheless. All of those sensations will be welcome at the time of the performance; the trick is to hold them off.

First, identify the tension by deliberately increasing it. Tighten your body to a count of ten, until it simply couldn't be tighter. Then slowly, counting in reverse, relax your body until your tension slips well below its initial level. Shake your arms. Let your body sag. Now bring your level of tension up just a bit, until your body function is normal, but you're still below the initial tension level. If you feel better, the tension may have been muscular. If the tension and discomfort haven't diminished sufficiently, it's time to break the vicious cycle in your reticular activating mechanism (RAM), those sensory inputs into your control center that are exciting the organs, muscles and glands into action.

The way to manipulate your RAM is to shut off all sensory input, just as you do when you retire for the night. If you're in your office, go to a quiet room, if there is one. If not, close your door and draw the blinds. If there are background noises, use earplugs. Lie down. If you have no couch, slouch in your chair; lean back and put your feet on a drawer or on top of the desk.

If this respite is insufficient, you must then take the final step, which is to rehearse the ritual of going to bed. What you're doing is making use of a conditioned response to induce sleep during the day. President Lyndon Johnson, a highly charged man, always undressed for his brief afternoon naps during the years of his presidency. Johnson lived and worked in the same house, which made it easy for him to go to bed. If you can't do that, you can condition your response to some extent, in any case. Take off your shoes, and turn out the lights. Just as the sight and smell of food get your digestive juices going at mealtime, so a focused, ritualized pattern of behavior prior to naps will induce the desired response.

Indoor rounds shot through the month of MAY/JUNE FITA I or II and/or AUST I or II

Nyomi McKay	IntGR	Fita I	295 (29)	2 nd
Carmelo Aslanidis	CubBR	Fita I	358 (37)	2 nd
Sean Niven	IntBR	Fita I	254 (24)	3 rd

Sophie Renouf	IntGR	Fita I	133 (7)
Eliza Earl	IntGR	Aust I	69 (7)
Kevin Dwyer	MRV	Aust II	174 (34) 3 rd
Kevin Dwyer	MRV	Aust II	173 (34) 3 rd
Brenton Day	MRV	Aust II	195 (41) 3 rd
Luke Maras	IntBR	Fita II	435 (48) 1 st
Simon Page	MRM	Fita II	164 (10)
Ray Clarke	MR	Fita II	398 (42) 3 rd
Ray Clarke	MR	Fita II	428 (47) 3 rd
Alan Nolan	MRM	Fita I	316 (32) 3 rd
Brenton Day	MRM	Fita I	336 (34) 3 rd
Brenton Day	MRM	Fita I	318 (32) 3 rd
Luke Maras	IntBR	Fita I	455 (82) GMB
Ray Clarke	MRM	Fita I	397 (43) 3 rd
Thomas Williams	CadBR	Fita I	374 (40) 2 nd
William Nord	CubBR	Fita I	182 (14) 3 rd
Eliza Earl	IntBR	Fita I	300 (30) 2 nd
Nyomi McKay	IntBR	Fita I	241 (22) 3 rd
Sea Niven	IntBR	Fita I	161 (11)
Kaitlin Turner	LC	Fita I	464 (55) 2 nd



MAY HANDICAP WINNER Michael Salmon Junior Boy Compound

Archer	Divn	Rating	H/Cap	Score	Total
M.Salmon	JunBC	98	27	864	891
J.Salmon	CadBC	113	12	875	887
C.Aslanidis	CubBR	37	256	629	885
Y.Imiya	CadBR	82	68	804	872
S.Calandruccio	MR	48	246	604	850
K.Turner	LC	XX	XX	847	847
J.Wandl	LRV	39	328	486	814

After handicap introduced \$\$\$ awarded to:

\$5 goes to Michael Salmon on 891 points

\$3 goes to Jack Salmon on 887 points

\$2 goes to Carmelo Aslanidis on 885 points

SMURF'S PHOTO page

(Carmelo Aslanidis)

- **Compose your shot**
- **Check your exposure (shutter speed and aperture)**
- **Try to keep your camera as steady as possible in your hand**
- **If you can invest in a tripod**



Club Shoot 29/4/11 – Matchplay

Members shot a ranking round, which is taken from the 2nd distance that you would normally shoot in a FITA, with the exception of Compound shooters who shoot the 50m (80cm face) ranking round.

Members then went into a series of elimination shoots with the following results

Ranking Round:

Jack Salmon	CadBC	FITA50*	681
Ella Hugo	CadGC	FITA50*	642
Michael Salmon	JunBC	FITA50*	637
Tom Benstead	JunBC	FITA50*	634
Yoshiki Imiya	CadBR	FITA60	599
Carmelo Aslanidis	CubBR	FITA35	554
Jenny Wandl	LRV	FITA50	325

Elimination Rounds – final rankings

\$5 goes to - Michael Salmon – JuniorBC

\$3 goes to - Tom Benstead – JuniorBC

\$2 goes to - Jack Salmon – CadetBC

Jenny Wandl – Lady Recurve Veteran

Yoshiki Imiya – Cadet Boy Recurve

Carmelo Aslanidis – Cub Boy Recurve

Ella Hugo – Cadet Girl Compound

Club Shoot 5/6/11 – Half Fita round.

Tom Benstead	JunBC	Long Fita	650 (95)	1 st
Michael Salmon	JunBC	Long Fita	573 (75)	1 st
Jack Salmon	CadBC	Short Fita	681 (108)	1 st
Conan Omori	CadBC	Short Fita	651 (90)	1 st
Yoshiki Imiya	CadBR	Short Fita	557 (67)	1 st
Danny Stasenka	MRV	Fremantle	557 (60)	1 st
Brenton Day	MRM	Fremantle	336 (31)	3 rd
Maria Wright	LCV	Horsham	606 (56)	2 nd
Ken Wright	MCV	Horsham	572 (49)	3 rd
Carmelo Aslanidis	CubBC	Horsham	440 (30)	2 nd

After handicap introduced \$\$\$ awarded to:

\$5 goes to Brenton Day on 752 points

\$3 goes to Tom Benstead on 731 points

\$2 goes to Carmelo Aslanidis on 717 points



JUNE HANDICAP WINNER

Jenny Wandl Lady Recurve Veteran

Archer	Divn	Rating	H/Cap	Score	Total
J.Wandl	LRV	39	328	568	896
M.Wright	LCV	62	153	736	889
S.Page	MRM	23	391	453	844
Y.Imiya	CadBR	82	82	754	836
K.Wright	MCV	63	147	673	820
C.Aslanidis	CubBR	41	224	543	767
S.Calandruccio	MC	XX	XX	756	756
K.Turner	LC	XX	XX	737	737

\$5 goes to Jenny Wandl on 896 points

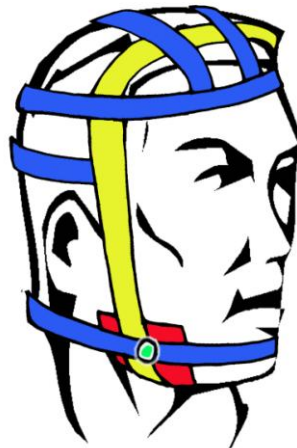
\$3 goes to Maria Wright on 89 points

\$2 goes to Simon Page on 844 points

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What's coming up:

**16th July – FUN SHOOT
XMAS in July**

**Club Social - Christmas Dinner
(Chef Jenno), tickets available
for \$10.00 from 5.00pm
onwards, see Elizabeth for
tickets**