



WARRINGAH ARCHERS NEWSLETTER March 2010



www.warringaharchers.com.au



Across the desk of the Secretary.

Website updates: Handicap winners
/ Shoots for March.

Congratulations to Aimee Deaves who took at Gold at the Northern Fita Star 13/14th March, which is an open event. Other divisions were allowed to compete, space permitting. Some very good scores were shot by our members resulting in Master Bowmen & Grand Master Bowmen scores being achieved:

Aimee Deaves	1239 GMB & 1211 MB Short Fita
Yoshiki Imiya	1072 MB Short Fita
Jack Salmon	1320 & 1382 GMB Short Fita
Michael Salmon	1298 GMB Long Fita
Conan Omori	1328 GMB Short Fita

Welcome to our new members: Jim Burrows (MRM), Mark Jones (MR), Robert Kiprovich (MRM) Allan Nolan (MRM), Mark Jones (MR), Sofie Renouf (IntGR), Julia (LC), Clint (MC), Maria (LCV) & Ken (MCV) Wright & Aaron Wedd (CadBR), please join me in welcoming them aboard and showing them the ropes down the club. Please take the time to introduce yourselves.



Warringah faired well at State Junior / Veteran championships held 20/21st March:
Gold: Jack Salmon (CadetBC), Ian Stokes (MLM)
Silver: Yoshiki Imiya (CadetBR), Michael Salmon (JuniorBC), scoring 1299, soooooo close to 1300.
Bronze: Conan Omori (CadetBC)

Congratulations to our Junior State Team representatives, who have been selected to represent NSW as part of the State Team for the 2010 National Youth Archery Championships to be held in Perth in April:

Recurve Team made up of the following:

Yoshiki Imiya	(Warringah Archers)
Kathy Kuestler	(Northern)
Elisa Barnard	(SOPA)
Ricci Cheah	(SOPA)
Brendan Howe	(Armidale Archers)
Liam Mowbray	(Great Lakes Archers)
Alex MacQueen	(St.George Archers)
Alexander Eggleton	(SOPA)
Shenna Wu	(Burilda Archers)
Katie Todd	(Erina Archery Club)

Compound Team consisting off:

Jack Salmon	(Warringah Archers)
Justin Lyell	(Erina Archery Club)
Genevieve Robertson	(Erina Archery Club)
Lachlan Inkpen	(Illawarra Archers)
Dean Conacher	(Erina Archery Club)
Tom Benstead	(Warringah Archers)
Sasha Lyell	(Erina Archery Club)
Conan Omori	(Warringah Archers)
Michael Salmon	(Warringah Archers)
Ella Hugo	(Cessnock)

Archery NSW congratulates these Archers on being selected for the Team and wishes them well and every success during the Championships, the team heads off on the Good Friday.



BIRTHDAYS, April 2010

Zac Schroder (3rd),
Sean Niven (4th),
Eliza Earl (5), Barbara Stasenska (7th), David Shannon (13th), Daniel House (15th), Jack Salmon (22nd),

Warringah Handicap March 14th March 10

Archer	Div	Rating	H'Cap	Score	Total
C.Cronin	IntBR	35	272	680	952
P.Mesiti	CadBC	86	56	826	882
T.Peek	MCV	65	138	743	881
L.McLeod	IntBC	39	328	550	878
T.Benstead	CadBC	86	56	811	867
K.Wilson	CubBR	43	210	652	862
S.Calandruccio	MR	44	280	576	856
Y.Imiya	CadBR	82	68	751	819
D.Onslow	MLV	34	379	440	819
D.House	MRM	50	230	569	799
Dan House	MR	53	208	485	693

CONGRATULATIONS Cameron
Woops there goes my handicap rating!

KidBow Qualifying Rounds:

Eliza Earl	IntGR	15m 122cm	245
Eliza Earl	IntGR	15m 60cm	207
Thomas Williams	CadBR	18m 80cm	210
William Nord	CubBR	15m 40cm	103

Adbow Qualifying Rounds:

Alan Nolan	MR	10m 122cm	256
Alan Nolan	MR	10m 80cm	259
Alan Nolan	MR	10m 60cm	225
Alan Nolan	MR	10m 40cm	175
Alan Nolan	MR	15m 122cm	230
Alan Nolan	MR	15m 80cm	237
Alan Nolan	MR	15m 60cm	207
Jim Burrows	MRM	15m 80cm	220
Ken Wright	MRV	10m 122cm	267
Ken Wright	MRV	10m 80cm	278
Ken Wright	MRV	10m 60cm	245
Ken Wright	MRV	10m 40cm	230
Ken Wright	MCV	15m 80cm	252
Mark Jones	MR	15m 40cm	153
Mark Jones	MR	18m 122cm	255
Maria Wright	LCV	10m 122cm	265
Maria Wright	LCV	10m 80cm	266
Maria Wright	LCV	10m 60cm	250
Maria Wright	LCV	10m 40cm	185

Target Rating Improvements:

Cameron Cronin	IntBR	35 to 38	14/3/10
Jim Burrows	MRM	New 11	14/3/10
Maria Wright	LCV	New 11	6/3/10
Maria Wright	LCV	11 to 13	6/3/10
Eliza Earl	IntGR	12 to 15	20/3/10
Conan Omori	CadBC	91 to 93	21/3/10
Tom Benstead	CadBC	86 to 90	21/3/10
Michael Salmon	JunBC	91 to 93	21/3/10

Indoor Rating Improvements:

Janet McGuigan	LR	9 to 14	20/3/10
William Nord	CubBR	9 to 10	20/3/10
Mark Jones	MR	19 to 21	20/3/10
Tracie Newlands	LR	23 to 30	20/3/10
Eliza Earl	IntGR	15 to 19	20/3/10
Jim Burrows	MRM	New 12	23/3/10

MAXIMUM PERFORMANCE SERIES

DYNAMIC RELAXATION Section

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

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

I feel that the world affects me and I affect the world, but I don't feel a deep responsibility for everything that's going on in the world, and I don't think the world expects me to be personally responsible. I wasn't always like that. Over the years, I've dissipated a lot of energy because of my over response to what confronts me in the media. With the onset of worldwide communications, we've become spectators at an unending series of disasters. If we permit ourselves to become

"burden bearers", reacting personally to every human tragedy even though there's practically nothing we can do about most of them, we drain our personal resources.

You can't live harmoniously in the world if you always try to tailor it to your own constructs. Sometimes, you have to let the world exist as it is and try to understand it. That, of course, if easier said than done; we may acknowledge validity in the proposition, but that doesn't prevent us from trying to make over the world in our image.

Years ago, the government of Egypt asked me to investigate the problem of low productivity among its industrial workers. The problem was readily located; an extraordinarily high degree of absenteeism. To my American mind, the solution was obvious: identify those workers who didn't want to work, and replace them with workers who were more willing to stay at their jobs. But in the course of my investigation, I came to appreciate that Egypt was a culture formed by the rhythm of the Nile; all work and social life had for centuries been cycled to the flooding and ebbing of the river. There were brief periods for the planting and harvest, and long periods of inactivity in between. Egyptians, consequently developed working rhythms all of their own, and spent long periods among their families, to whom they developed close ties.

Even now, in an industrial age, the historical rhythms continued; the country's most dominant social feature remained the celebration by all members of a family of a special event in the life of any one of them. A marriage, a birth, an anniversary or funeral obliged every relative, no matter how distant, to attend the ritual ceremonies. And there were frequent festivities, as well, for which business shut down. In the spring, the example, there was an exodus to the Sahara to "smell the breezes" fragrantly scented by the brief bloom of desert flowers. Absence from work for such reasons was a cultural norm, readily accepted as more fulfilling than a few days' work on an assembly line. Nothing in my armament of human factors science could change that. I departed Egypt wondering if there wasn't a little something we Americans could learn from the Egyptians.

To be continued.....

CREATING A RELAXED ENVIRONMENT

Classifications achieved in 2010 to date:

Cameron Cronin	IntBR	Target	3 rd *
Jack Salmon	CadBC	Target	GMB*
Tom Benstead	CadBC	Target	GMB*
Patrick Mesiti	CadBC	Target	MB*
Michael Salmon	JunBR	Target	GMB*

*highlights those achieved from 2009

Medals can be purchased from recorder @ \$6.50ea.

Club Shoot: 21st March, 2010

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

Guy Phillips	MC	343/342 = 685
Aimee Deaves	LR	282/323 = 605
Morgan Montgomery	CadBC	249/292 = 541
Graeme MacLennan	MRM	222/210 = 432

ANNUAL AWARDS that are PRESENTED by Warringah Archers MOST CONSISTENT ARCHER COMPETITION

CONDITIONS:

This event is held annually and commences on the 1st January and closes 31st October.

What do I need to do !

- Shoot a minimum of 20 rounds throughout the year (Easy)
- However, only rounds that have two or more distances involved will be considered (Yep).
- Must include a minimum of 4 handicap rounds, 3 Canberra rounds (or equivalent for Juniors), with the good news being, that the balance can be made up of whatever else the archer wishes, which is listed on the Club Calendar as long as it complies with (b) above. (OK)

A perpetual trophy is presented to the winner at the Club Presentation Night.

MOST IMPROVED ARCHER

Introduced in the MILLENIUM year 2000

CONDITIONS:

Any archer having a rating at the beginning of the year will automatically qualify and/or when they first obtain one.

The objectives of the award are:-

- to recognise the archer who has improved the most, irrespective of how good they were at the beginning of the year
- to allow for the fact that an archer rated 12 can improve in numeric terms more easily than one with a rating of 80.

The calculation is simple and is applied to everyone with a rating as at the beginning of the shooting year; *or from when an archer first obtains a rating.* The person with the highest improvement rating wins the award.

Maximum Rating = 120

Improvement Rating = $((120 - \text{Rating at beginning of year}) / (120 - \text{Rating at end of year})) * 100$

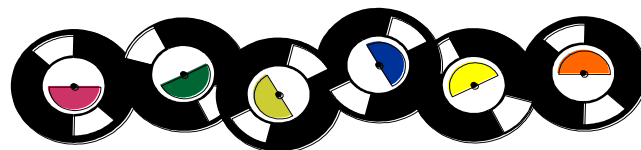
Example: Archer A goes from a rating of 7 to 22 while Archer B goes from 91 - 95. Who is "the most improved"? Archer A whose rating went up by 15 or Archer B whose rating went up by 4

Archer A = $((120 - 7) / (120 - 22)) * 100 = (113 / 98) * 100 = 115\%$

Archer B = $((120 - 91) / (120 - 95)) * 100 = (29 / 25) * 100 = 116\%$

In this example, Archer B is the most improved archer because it is harder to increase by 4 at the top end of the rating.

The best part is that you don't have to worry about it, because all the work will be undertaken by the Executive Committee and the winning archer announced at our Club Presentation later in the year. **All you have to do is SHOOT.**



*records tumble.....since
November listed below, 3 months to go
to the end of June...keep up the good
work...especially Ivan(must be a few more you can
break between now & then).*

K.Wilson	CubBR	24T FFMrk (Yellow)	240	1/11/09
K.Wilson	CubBR	48T FFMrk (Yellow)	479	30-1/1/109
Y.Imiya	IntBR	24T FFMrk (Blue)	338	1/11/09
Y.Imiya	IntBR	48T FFMrk (Blue)	479	30-1/11/09
A.Deaves	LR	24T FFMrk (Red)	331	30/10/09
A.Deaves	LR	24T FFMrk (Red)	345	1/11/09
A.Deaves	LR	48T FFMrk (Red)	676	30-1/11/09
A.Deaves	LR	Perth	794	8/11/09
C.Omori	CadBC	Newcastle (E) 44x's	900	14/11/09
B.Stasenska	LCV	Handicap	564	15/11/09
Y.Imiya	IntBR	125m Double Clout	601	15/11/09
J.Wandl	LRBV	125m Double Clout	374	15/11/09
A.Deaves	LC	Sydney	1069	22/11/09
Y.Imiya	InterBR	Sydney	991	22/11/09
J.Wandl	LRV	Adelaide	652	22/11/09
E.Jennison	LR	Newcastle	837	22/11/09
T.Benstead	CadBC	Double Clout 165m	634	29/11/09
M.Salmon	JuniorBC	Single Clout 180m	319	29/11/09
M.Salmon	JuniorBC	Double Clout 180m	634	29/11/09
B.Stasenska	LCV	Handicap	651	6/12/09
K.Wilson	CubBR	Junior Handicap	653	6/12/09
C.Cronin	CubBR	Mini Canberra	818	13/12/09
Dan.House	MRB	Junior Canberra	644	20/12/09
D.Onslow	MLV	Junior Canberra	509	20/12/09
Dan.House	MR	Bothwell	512	3/1/10
M.Salmon	JunBC	70m 122cm face	330	15/1/10
M.Salmon	JunBC	30m 80cm face	349	15/1/10
M.Salmon	JunBC	Handicap	852	24/1/10
K.Wilson	CubBR	Handicap	549	24/1/10
M.Salmon	JunBC	Wollongong	633	31/1/10
M.Salmon	JunBC	70m 122cm face	332	31/1/10
D.Onslow	MLV	Bothwell	241	31/1/10
D.Stasenska	MRV	50m 122cm face	320	31/1/10
C.Cronin	IntBR	Goulburn	464	31/1/10
I.Koprivec	MR	Andy Pandy	700	31/1/10
I.Koprivec	MR	Wileys Way	256	13/2/10
I.Koprivec	MR	Pound Stirling	227	13/2/10
I.Koprivec	MR	Saint Nick	221	13/2/10
Y.Imiya	IntBR	Sydney	955	21/2/10
K.Wilson	CubBR	Short Adelaide	814	21/2/10
Y.Imiya	CadBR	24T FFMkd(Blue)	291	27/2/10
K.Wilson	CubBR	40m 122cm face	270	28/2/10
I.Koprivec	MR	Daffy Duck	694	13/3/10
C.Cronin	IntBR	Junior Handicap	680	14/3/10
J.Salmon	CadBC	Double Short Fita	2702	13-14/3/10
J.Salmon	CadBC	50m 80cm face	344	14/3/10
M.Salmon	JuniC	50m 80cm face	335	14/3/10
J.Salmon	CadBC	Double Short Fita	2745	20-21/3/10
M.Salmon	JuniC	Double Long Fita	2592	20-21/3/10