



# WARRINGAH ARCHERS NEWSLETTER May 2009

[www.warringaharchers.com.au](http://www.warringaharchers.com.au)

## Club Website Updates

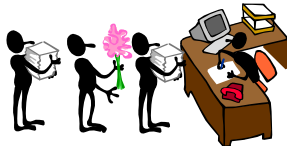
### New information placed on website:

- Club shoots for the month of April/May
- Members Ratings @ 30<sup>th</sup> April, 2009
- Members All Golds achieved since 1<sup>st</sup> January to 30<sup>th</sup> April 2009
- Records broken between 1<sup>st</sup> Jan-30<sup>th</sup> April 2009
- Grand Master Bowmen & Master Bowmen Target status achieved 2009 and claimed from Archery Australia @ 30<sup>th</sup> April, 2009.

### ArcheryNSW.com – updates:

- Janet Wilks Memory Trophy for Masters competing in Society events, point standings.
- Senior & Junior Tournament Points standings.
- Upcoming ArcheryNSW tournaments & registration procedures – please keep this as a favourite on your computer.

## Across THE DESK OF THE Secretary



**(J.Barber) –  
Check your Score  
Sheets:** After all of your efforts, expense and time to attend a tournament

stop ripping yourself off at the end by not completing your score sheets correctly.

Your score sheet is what records and performance awards are assessed on and you are letting yourself down.

I need to comment on the quality of the score sheets from the recent SOPA 900 event.

### **THEY WERE DISGUSTING**

Just under half of the score sheets are NOT acceptable. Either they have not been signed or details are missing such as division, club, round shot, as well as the total score has not been added up, the 10s and Xs count not completed. Also on some arrow value changes have not been initialled by the archers on the target.

This has resulted in some archers losing qualification to FITA Target Awards from this event.

It is the ARCHERS responsibility to ensure that their own score sheet is completed correctly NOT the scorers. When you sign (for those that did) you are signing to state ALL details are correct, including division shot, date shot, round shot, 10s and Xs as well as the final score total.

It is the paper copy of the score sheet that is important as this is what the awards are assessed from, all details need to be included, if that is not correct..... **YOU MISS OUT** - On Behalf of the ArcheryNSW Recorder.

**The NSW State Open Team** competed at the National Championships in Adelaide, South Australia during 19 April to 24 April 2009 inclusive and made up of the following archers.

### Recurve Team

Debbie Edwards (Ill), **Aimee Deaves (WA)**, Lexie Feeney (EAC), Elisa Barnard (SOPA)  
Paul Handley (NA), Brian Cotter (SOPA), Michael Naray (NA), Steve Kilgannon (MA)

### Compound Team

Fiona Hyde (Ill), Diann Benson (SH), Tanya Buscombe (NCA), Kathryn Jankovic (EAC)  
Dennis Carson (Arm), Guy Phillips (NA), Vernon Petersen (Bur), Dean Conacher (EAC)

**Managers:** Denise Deaves, John Hyde

**Aimee:** achieved **Bronze** in the Target event scoring 1267/1258=2525, **Gold** in the Clout event 145m), 297/304=601 for the double and **Silver** in the 48T Fita Field Mrk (Red pegs) event shooting 263/292=555.

**Ian Stokes** also competed at the event in the Male Longbow Masters division, with the following achievements. Obtained **Triple Gold medals**. In Target event shooting a Fremantle, scored 793 & 849=1642 for the double. Shot 231/250=481 for the Double Clout (145m) and ended up with 241/157=398 in the 48T Field Field Mrk (Yellow pegs).

Aimee finished 2<sup>nd</sup> overall in the Individual Aggregate scoring 3080, just being pipped by Deanne Bridger from WA scoring 3190 points.

Ian finished 2<sup>nd</sup> overall In the Longbow Individual aggregate scoring 2521 with the winner being Andrew Pullen from WA who achieved 2688 points.

**NSW finished 2<sup>nd</sup> in the Compound Teams event scoring 20117 points, being beaten by VICTORIA on 20238 points.**

**NSW were awarded the National Championships Team Title by achieving 18120 points beating WA who finished on 17879 points – awesome performance.**

The above is achieved by adding the best three Male & Female scores together from the Target & Field events only.

Well done to you both on your performances, and the other members of the NSW State Team.

## At the SOPA900 shoot held on the 9<sup>th</sup>

**May, 2009.** Warringah Archers were well represented, with the following placings being achieved by our members:

**Gold:** Jenny Wandl (LRV), Kane Wilson (CubBR), Yoshiki Imiya (InterBR), Jack Salmon (CadetBC), Scott Wandl (JuniorBR), Michael Salmon (Junior BC),

**Silver:** Conan Omori (CadetBC)

**Bronze:** Lachlan McLeod (CubBR), Patrick Mesiti (CadetBC), Danny Stasenka (MRV), David Onslow (MLV).

Tomas Peek came 4<sup>th</sup> in the MCV division.



**LOVE THE PHOTO!!!**

## Jim Scott Memorial Clout Shoot was held on the 17<sup>th</sup> May in Wollongong.

**Gold medals** were won (Is there any other colour?)

Tom Benstead (JunBC) @ 180m, scored 281/1<sup>st</sup>, 311/GMB = 606 for the combined round.

Ian Stokes (MLM) @ 145m scored 254/2<sup>nd</sup>, 248/2<sup>nd</sup> = 502 for the combined round and Jenny Wandl (LRBV) @ 125m scoring 160 & 196/3<sup>rd</sup> = 356.

The Jim Scott Shield was won by Cessnock, with Northern taking out the Team Shield.

## KidBow Qualifying Rounds:

Cameron Cronin	CubBR	10m 40cm	157
Cameron Cronin	CubBR	15m 122cm	237
Cameron Cronin	CubBR	15m 80cm	188
Cameron Cronin	CubBR	15m 60cm	165
Cameron Cronin	CubBR	15m 40cm	90
David Shannon	IntBRB	15m 122cm	246
David Shannon	IntBRB	15m 80cm	225
David Shannon	IntBRB	15m 40cm	108
David Shannon	IntBRB	18m 122cm	217
David Shannaon	IntBRB	18m 80cm	163
Ellen Jacobs	IntGR	10m 40cm	161
Ellen Jacobs	IntGR	15m 122cm	223
Luca Simon	IntBR	15m 80cm	198
Matthew Giles	IntBR	15m 80cm	187
Matthew Giles	IntBR	15m 60cm	158
Matthew Giles	IntBR	15m 40cm	128
Matthew Giles	IntBR	18m 122cm	212
Matthew Giles	IntBR	18m 80cm	208
Nyomi McKay	IntGR	15m 60cm	157
Sean Niven	IntBR	15m 40cm	87
Simon Lee	CubBR	18m 122cm	237
Simon Lee	CubBR	18m 80cm	190
Simon Lee	CubBR	18m 60cm	131
Zac Schroder	CubBR	15m 60cm	147
Zac Schroder	CubBR	15m 40cm	119
Zac Schroder	CubBR	18m 80cm	202

## AdBow Qualifying Rounds:

Eugene Simon	MRM	15m 80cm	222
Gary Giles	MRM	15m 40cm	176
Gary Giles	MRM	18m 122cm	256
Gary Giles	MRM	18m 80cm	224

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

During a FITA field event you observe an archer standing next to the shooting peg and holding a score board above another archer who is about to shoot in order to provide shade on that archer's scope. Is this allowed?.....answer June edition.

## Target Ratings Improvements:

Joshua Seymour	CadBC	84 to 88	29/3/09*
Jaime V.Barbieri	CadBC	101 to 102	5/4/09
Conan Omori	CadBC	77 to 78	5/4/09
Patrick Mesiti	CadBC	72 to 75	5/4/09
Graeme McLennan	MRM	xx to 38	5/4/09
Tim Cooper	MRM	63 to 67	11/4/09
Jaime V.Barbieri	CadBC	102 to 103	11/4/09
David House	MRM	45 to 46	11/4/09
Daniel House	MR	41 to 44	11/4/09
David Shannon	IntBRB	xx to 20	11/4/09
Matthew Giles	IntBR	xx to 7	11/4/09
Simon Lee	CubBR	10 to 15	11/4/09
Tim Cooper	MR	62 to 63	12/4/09
Yoshiki Imiya	InterBR	76 to 77	12/4/09
Jaime V.Barbieri	CadBC	103 to 107	12/4/09
Graeme McLennan	MRM	38 to 41	12/4/09
Tom Peek	MCV	57 to 59	17/4/09
Luca Simon	IntBR	xx to 12	18/4/09
Eugene Simon	MRM	xx to 24	18/4/09
Tom Peek	MCV	59 to 60	18/4/09
Jack Salmon	CadBC	107 to 108	19/4/09
Gary Giles	MRM	21 to 26	25/4/09
Zac Schroder	CubBR	7 to 15	25/4/09
Matthew Giles	IntBR	7 to 14	25/4/09
Zac Schroder	CubBR	15 to 17	2/5/09
Joshua Seymour	CadBC	88 to 89	3/5/09
Patrick Mesiti	CadBC	75 to 80	3/5/09
Danny Stasenka	MRV	63 to 65	3/5/09
Lachlan McLeod	CubBR	22 to 23	3/5/09
Conan Omori	CadBC	78 to 80	9/5/09

**Note:** It is also important that when members are competing in events outside of the club, could they please ensure that their scores are submitted to the Club Recorder, as we do not always receive the score cards from the host club, and performances away from the club are also taking into consideration when adjusting your rating and/or improving your classification.

## Indoor Ratings Improvements:

Gary Giles	MRM	xx to 24	5/4/09
Zac Schroder	CubBR	xx to 10	18/4/09
Simon Lee	CubBR	6 to 8	25/4/09
Nyomi McKay	IntGR	xx to 10	25/4/09
Zac Voss	CubBC	xx to 19	2/5/09
Cameron Cronin	CubBR	xx to 6	2/5/09
Sean Niven	IntBR	4 to 5	2/5/09

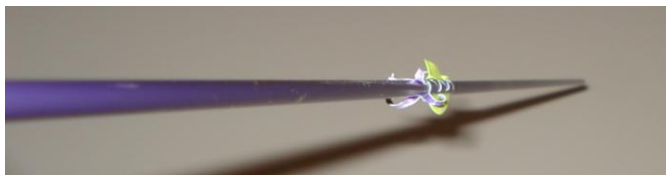
## Warringah Handicap – 19<sup>th</sup> April, 2009

Daniel House	MR	41	224	687	911
Jack Salmon	CadBC	107	17	884	901
Yoshiki Imiya	IntBR	77	85	792	877
Michael Salmon	JunBC	90	46	811	857
David House	MRM	45	196	660	856
Tom Peek	MCV	57	182	652	834

### CONGRATULATIONS DANIEL

in what looked like was going to be a very wet day, turned out fine enough for the shoot to proceed. Thanks to Tom Peek for helping set out the field.

And not being one to brag, Daddy House (David) went out the following week and shot an impressively tight group, that this Robin hood caught him completely by surprise!!!



**Classifications:** As mentioned previously classifications are required to be retained from one year to the next, a full list of ratings @ 31<sup>st</sup> December can be located on the website, those members who have retained for 2009 or shot for the first time are listed below: Badges are \$6.50 and can be purchased from the Recorder:

Joshua Seymour	CadetBC	MBowmen Target
Danny Stasenka	MRV	1 <sup>st</sup> Target
Tom Peek	MCV	2 <sup>nd</sup> Target
Holly Cooper	IntGR	3 <sup>rd</sup> Indoor
Joshua Seymour	CadetBC	GMB Target
Patrick Mesiti	CadetBC	MB Target

## MAXIMUM PERFORMANCE SERIES FORGET PICTURE-BOOK PERFECTION

Yet another enormous misconception under which we labor is the conviction that there is a perfect way of doing things.

We're a conforming society, and we've been taught all our lives to perform in certain ways. Prompt and uniform obedience is sometimes necessary to the preservation of life: abandoning ship, leaving a burning building, fighting a battle. But conformity in matters of human performance is a crime against yourself.

What has kept us back from our maximum as performers is not so much our lack of potential as our belief that there is only one way to do something. If we can't do it that way, we do nothing. It's our idea that's deficient, not our capacity.

The reality is that there is no single perfect way to execute a movement or perform a task. Everybody is different – which means that the movements of the muscles and joints ought to be different and, in fact, will be different, no matter

how hard you might try to be a sedulous ape, mimicking someone else's movements.

I remember once from my hotel room overlooking the boardwalk, I could see miles down the beach. In the distance, about the size of an ant, was a figure walking on the beach. "There's Charlie", I said to my partner. Charlie didn't move strangely. He simply had a style of movement that expressed Charlie. He happened to be an **extrovert**, so he walked with an upright body, swinging arms and a long stride. Had he been an **introvert**, he might have walked "small" hunching his shoulders, lowering his head, keeping his arms tight to his body and his feet close together. Each person has his own style of movement, and any changes made in the execution of a movement must be undertaken within the individual's style.

In all probability you have a style of movement that is better for you than any style you might be taught. We call this style **idiosyncratic movement**. The attempt by well-meaning teachers throughout our lives to get us to conform to idealized models in motion has kept most of us from achieving maximum performance. *Your* ideal is the motion that conforms to your structure. Since the structure of every one of us is different – even if only minutely – it follows that each one of us will perform a motion in a different manner. The difference may be so minuscule as to be all but undetectable by the eye. Or the motion may be totally unorthodox in terms of conventional movement.

You need the professional's eye and a measure of advice. That advice must be given in a certain way if it's to do you any good – a point we'll be elaborating further on. What you don't need is the feeling that you must develop someone else's style.

You'll be your best if you learn to be yourself. This involves a whole new teacher-pupil relationship. You're going to learn to say to your coach, "Help me find my own way in terms of my idiosyncratic body organization".

That we're all different is a fact so inarguable it would not bear repeating if its meaning were truly accepted and its consequences understood. It is the most obvious and yet the most ignored lesson of human existence, and its consequences transcend the playing field.

Physical training is a joy when it's done in a way that's right for you. Improvement is swift. But the biggest payoff is when the logic and method of conditioning for maximum performance are applied to daily life.

You may figure that you can't apply the principles of body conditioning to life-style improvement because life is so complex. But if you consider all the adjustments the body makes to improve the movement of the intricate system of levers in the body, adjustment of life outside the body by comparison becomes a fairly simple affair.



## Scott's JOKE CORNER:

Driving to the office this morning on the freeway, I looked over to my right and there was a woman in a brand new BMW doing 140km/hr with her face up close to her rear vision mirror putting on her eyeliner! I looked away for a couple of seconds and when I looked back she was halfway over in my lane still working on that makeup!! It scared me (I'm a man) so much that I dropped my electric shaver, which knocked the bacon roll out of my other hand. In all the confusion of trying to straighten out the car using my knees against the steering wheel, it knocked my mobile from my ear, which fell into the coffee between my legs, causing it to splash and burn BIG JIM AND THE TWINS, causing me to scream, which made me drop the cigarette out of my mouth, ruining my shirt and disconnected an important call!!! BLOODY WOMEN DRIVERS !!!!!!!!

## SPECIAL EVENT

Tri-Nations Postal shoot  
France, WA Aussie's & the Brits.  
**Some of you may remember Didier Chabin who came and shot with us a few times last year, well we have put together a Tri-nationals Postal competition.**

### Details as follows:

**Date: Sunday 31<sup>st</sup> May, 2009**

**Round; Geelong – 90 arrows @ 30m 122cm face. *Everyone in the club can give this a go, regardless of how long you have been competing.***

### **Team to be made up of the following:**

2 long bows	the 2 best scores
2 bare bows	the 2 best scores
2 recurves	the 2 best scores
2 compound	the 2 best scores
2 others	the 2 best scores

**Notes:** One of the above must be a female, and two of the above must be at least under the age of 18.

**The final team composition is: 10 off**

## Rewards/Recognition:

- Rewards given to the Highest 90 arrows scored by Longbow, Barebow, Compound, and Recurve archer regardless of age and/or sex.
- Recognition given to all competitors who score all their arrows in the '9/10' zone in one bracket => All Range Gold
- Recognition given to all competitors who score all their arrows in the '9/10' zone in all 3 brackets => All Distance Gold
- Recognition given any archer who obtains a perfect round 900/out of 900.

Classification ranking by sex (M=Male L=Lady, B=Boy, G=Girl), Bow Type (L=Longbow, B=Barebow, R=Recurve, C=Compound, then age (U12, U14, U16, U18, M=Master, V=Veteran), note, if no ages are listed then it is deemed competitors are shooting in the Open Division.

### **Categories :**

Poussin and/or Cub (U/12).  
Minime and/or Intermediate (U/14)  
Cadet (U/16) & Junior (U/18)  
Senior and/or Open - Open Division  
Veteran and/or Master - Aged between 50-59 years  
Super veteran and/or Veteran - 60+



## BIRTHDAYS

### June 2009

**Yoshiki Imiya (9<sup>th</sup>) Jack Dance (17<sup>th</sup>) BIG 21, Danny Stasenka (19<sup>th</sup>) Kaj Bollerup-Varley (25<sup>th</sup>), YIPPEE gotta be a cake in here somewhere!**

### **Warringah Handicap – 24<sup>th</sup> May 2009**

Y.Imiya	IntBR	85	813	898
C.Omori	CadBC	74	805	879
M.Voss	MCM	143	728	871
T.Benstead	CadBC	72	795	867
D.House	MR	262	596	858
Dav.House	MRM	271	552	823
A.Sakellairdes	MR	328	438	766
D.Onslow	MLV	379	378	757
R.Willis	MR	255	378	633

**CONGRATULATIONS YOSHIKI**