



# WARRINGAH ARCHERS NEWSLETTER May 2010



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



## Across the desk of the Secretary.

**Website updates:** QRE & Club  
results May.

**Jim Scott Memorial Clout shot on  
the 2<sup>nd</sup> May**, medals were achieved by the  
following members:

Tom Benstead (165m) 318/328=646 (2xGMB  
scores), Gold in the CadetBC Division.  
Ian Stokes (145m) 171/250 = 421 (Gold-MLM)  
Jenny Wandl (125m) 165/128=293 (Gold-LRVB)

NSW Open Team selected to 2010 national  
Championships, which commenced 16<sup>th</sup> May, were  
made up of the following members:

**Compound Men:** Dennis Carson, Jeffrey Carson,  
Guy Phillips & Scott Buscombe

**Female Compound:** Fiona Hyde, Diann Benson,  
Marie Hulbert & Samantha Carson.

**Men Recurve:** Michael Naray, Garry Maxfield, Liam  
Mowbray & Robert Talbot

**Female Recurve:** Aimee Deaves, Debbie Edwards  
& Margaret Carson.

Congratulations to Aimee from Warringah and to  
Guy & Robert (Associate Members). Ian Stokes  
attended as an independent:

**Aimee:** Bronze in Target & Silver in the Field, and  
came 2<sup>nd</sup> in the Best Allround Award.

**Guy:** (Silver in Target)

**Ian:** Gold medals in Target/Field & Clout, and 2<sup>nd</sup> in  
the Best Allround Award

**NSW Compound Team** won Gold with 20732  
points defeating VIC on 17056.

**NSW Recurve Team** came 2<sup>nd</sup> with 17650 being  
marginally defeated by WA on 18005 points. Well  
done everyone that competed.

### State Clout Championships 30<sup>th</sup> May, 2010,

hosted by Illawarra archers, saw the following  
members placed in the medal tally:

Yoshiki Imiya (CadBR-145m) Silver, 283/256=539  
David Shannon (CadBR-145m) Bronze 240/234=474  
Kane Wilson (CubBR-100m), Gold, 241/177=418  
Cameron Cronin (IntBR-125m), Silver 180/180=360  
Ian Stokes (MLM-145m), Gold, 251/238=489  
Jenny Wandl (LRVB\_125m), Silver 115/122=237  
Aimme Deaves (LR-145m) Gold, 314/288=603  
Well done to everyone that competed.

### Welcome to 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.

### Club Shoot – 2<sup>nd</sup> May, 2010

#### Long Sydney – 90/70/60/50 – 122cm face

Jack Salmon	CadBC	1111 (101) GMB
Michael Salmon	JunBC	1011 (82) MB

#### Adelaide – 70/60/50/40 – 122cm face

Guy Phillips	MC	1128
Mike Voss	MC	1001 (71) 1 <sup>st</sup>
Aimee Deaves	LR	1050 (79) 1 <sup>st</sup>
Yoshiki Imiya	CadBR	995 (70) 1st
Dabbt Stasenka	MRV	974 (65) 1st

#### Short Adelaide – 60/50/40/30 – 122cm face

David Shannon	CadBR	723 (31) 3 <sup>rd</sup>
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### KidBow Qualifying Rounds– Step 1

(30 arrows):

Harriet Channon	CadGR	15m 122cm	247
Harriet Channon	CadGR	15m 80cm	222
Nick Calandrucchio	CubBR	18m 122cm	219

### KidBow Qualifying Rounds– Step 2

(72 arrows):

Nyomi McKay	IntGR	20m 80cm	452
Nyomi McKay	IntGR	Fita Indoor II	368
Sean Niven	IntBR	20m 60cm	381

### Adbow Qualifying Rounds – Step 1

(30 arrows):

Alan Nolan	MRM	Aust.Indoor I	117
Ken Wright	MCV	18m 122cm	272
Ken Wright	MCV	18m 80cm	257
Linda Tyson	LR	15m 80cm	261
Maria Wright	LCV	15m 60cm	228
Maria Wright	LCV	15m 40cm	207
Maria Wright	LCV	18m 122cm	232
Maria Wright	LCV	18m 80cm	232
Mark Hitchcox	MR	15m 80cm	225

### Adbow Qualifying Rounds – Step 2

(72 arrows):

Alan Nolan	MRM	20m 122cm	561
Nina Earl	LR	25m 122cm	552
Nina Earl	LR	Fita Indoor II	305
Ivan Koprivec	MR	Fita Indoor II	406
Mark Jones	MR	20m 60cm	470
Mark Jones	MR	25m 122cm	550
Tim Channaon	MRM	25m 122cm	531
Tim Channon	MRM	25m 80cm	448

## Club Shoot 9<sup>th</sup> May 2010

Yoshiki Imiya	CadetBR	Perth	772 (79)	1 <sup>st</sup>
Danny Stasenka	MRV	Canbera	773 (71)	1 <sup>st</sup>
Cameron Cronin	IntBR	Jun.Can	614 (26)	3 <sup>rd</sup>



## BIRTHDAYS, June, 2010 (slim pickings for June)

**Yoshiki Imiya (9<sup>th</sup>) Adelaide**  
**Channon (29<sup>th</sup>)**

### Target Rating Improvements:

Julia Wright	LC	New 59	1/5/10
Clinton Wright	MD	72 to 74	1/5/10
Nick Calandrucchio	CubBR	New 9	1/5/10
Ken Wright	MCV	New 24	1/5/10
Michael Voss	MCM	64 to 68	2/5/10
Tom Peek	MCV	68 to 69	4/5/10
Alan Nolan	MRM	17 to 20	8/5/10
Ken Wright	MCV	24 to 32	8/5/10
Harriet Channon	CadGR	XX to 11	8/5/10
Linda Tyson	LR	xx to 17	15/5/10
Mark Hitchcox	MR	10 to 15	15/5/10
Maria Wright	LCV	24 to 32	15/5/10
Ken Wright	MCV	32 to 37	15/5/10
Julia Wright	LC	59 to 62	15/5/10
Clinton Wright	MC	74 to 76	15/5/10
Jack Salmon	CadBC	108 to 109	16/5/10
Kane Wilson	CubBR	43 to 45	16/5/10
Mark Jones	MR	28 to 29	23/5/10
Clinton Wright	MC	76 to 78	23/5/10
Julia Wright	LC	62 to 63	23/5/10

### Indoor Rating Improvements:

Alan Nolan	MRM	17 to 19	1/5/10
Ivan Koprivec	MR	34 to 38	15/5/10
Jim Burrows	MRM	12 to 13	29/5/10
Sean Niven	IntBR	15 to 18	15/5/10
Nina Earl	LR	26 to 27	15/5/10
Nyomi McKay	IntGR	26 to 31	15/5/10
Julia Wright	LC	New to 64	16/5/10
Clinton Wright	MC	New to 80	16/5/10

## MAXIMUM PERFORMANCE SERIES

### How to Maximise Everyday Performance

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

**WE ALL PERFORM,** all day long.

Brushing your teeth is a performance. You can do it well or poorly. If you do it poorly, you eventually pay for it with complex, costly and uncomfortable dental work. If you do it well, you may avoid this problem. Yet dentists are aware that many patients don't brush their teeth well. They haven't learned - or, if they've learned, they haven't been impressed by - the major purpose of brushing, which is to extract particles of food from between the teeth before they cause decay. A scrubbing or polishing motion back and forth will refresh your mouth, but it may not dislodge the food particles, and it may even drive them farther into the crevices. A better

motion is to place the bristles against the gums, then stroke the bristles away from the gums out to the biting edge of the teeth.

The manner in which we perform even the most mundane acts is a statement of who we are. We resemble our performance, and our performance resembles us. Every repetition of a performance habituates us more permanently to the style of that performance. By improving our performance, we improve ourselves as persons.

During World War II, I commanded a patrol ship based in Brazil. When we weren't at sea and I didn't have much to do, I started reading about graphology, a system that assesses personality and behaviour characteristics through the analysis of handwriting. I became conscious of what my own handwriting purported to reveal about me. Crowded words are interpreted in graphology as a sign of stinginess. My words, I saw, were crowded. So I deliberately increased the spacing to portray my self as a more generous person - and each time I did that I was reminded to be more generous.

Most of us perform dozens of routines every day without thinking about what we're doing. We've done them thousands of times before, and it never occurs to us that we may be doing them in an inefficient manner. Yet, if we were to examine these activities, we'd find that we could do them more swiftly, with less energy and greater style.

The first time you made a bed, you probably followed someone's instructions - your mother's or your sergeant's. Like a rat in a maze who finds a route to the food and then repeats that route over and over without searching for a better one, you continue making the bed in the manner you were taught.

The next time you make a bed, take a job foreman's view of the project. Observe how many times you go from one side to the other before you're finished. The first time I tried this experiment I was surprised to learn that I was making six trips around the bed. I decided to see whether I could make the bed in one trip. I could, but it was a pretty sloppy-looking bed. So I modified my objective, and found that in three trips I could often make a bed as neatly as I could in six.

Using the methods of maximum performance you might well double your effectiveness, doing a job as well or better in half the time and with half the effort. To accomplish this, you have to pay attention - perhaps for the first time in years - to what you're doing. At the outset, you'll work with less efficiency, not more, because you'll want to become come aware of everything you're doing, evaluate your useless movements and figure out a more direct method. Next comes the actual experiment, in which you see whether your new method works. After that comes refinements, until there's no further way of reducing waster motion consistent with achieving the result you want.

As you proceed, you'll be tempted to return to your habitual method. Old habits are comfortable; you may feel more comfortable spending twice the time and energy just because you don't have to think about what you're doing.

There's a lesson here central to all improvement, be it making a better bed, brushing your teeth better, earning a better living, or playing better tennis. It's this: There is a thinking phase in all earning that makes any new process seem more difficult. But this phase is quickly left behind once you habituate yourself anew. Then the new habit is as automatic as the old one – but considerably more effective.

No matter what your objective is, everyday habits are a good place to start. We want to accustom ourselves to keeping improvement in mind. We start with readily changeable patterns. Once we've successfully changed those, we know we can change habits, period.

What could be simpler than getting into a car? Nothing, really, yet most of us enter a car in a cumbersome manner: We grab the wheel, place our right foot inside, then sit, then lift our left foot inside. The entry is inefficient and ungainly, and could conceivably cause a muscle pull.

Just as an experiment, try a new technique, one well known to sports car owners. Open your door. Turn your back to the sea. Sit. Then lift and swivel your feet into the car.

If you were to continue to climb into your car in the old inefficient manner, it wouldn't make that much difference in your life. But if you could make this new, more efficient way a habit, you would be preparing yourself for changing activities that do matter.

Let's try that principle out now by learning to be better performers at an activity common to us all. In the process we'll learn about the method of improvement and, also, how improvement of a rudimentary technique all but automatically improves other things we do.

### Classifications achieved in 2010 to date:

Tom Benstead	CadetBC	GMB Clout*
Ivan Koprivec	MR	3 <sup>rd</sup> Indoor
Sean Niven	IntBR	3 <sup>rd</sup> Indoor
Cameron Cronin	IntBR	2 <sup>nd</sup> Target
Kane Wilson	CubBR	1 <sup>st</sup> Target*
Clington EWright	MC	1 <sup>st</sup> Indoor

\*highlights those achieved from 2009

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

## What's new:

### Archery Australia & Archery NSW Archery Instructors Course

17<sup>th</sup> & 18<sup>th</sup> July 2010

#### Venue:

NSW Sport & Recreation Centenary Room & Ken Brown Rooms / Sports House  
6 Figtree Drive, Olympic Park NSW 2127

#### Times:

Sat. 9:00am to 4:00pm

Sun. 9:00am to 3:00pm

#### Agenda:

- Introduction
- Principals of Teaching
- Psychology of Coaching

- Safety and Range Etiquette
- Member Protection
- Selecting Equipment
- Eye Dominance
- Understanding the Shooting Technique
- Understanding and detailing the Ten Steps
- Practical Sessions
- Instructing the Disabled
- Equipment
- Planning an Instruction Course

**Course Participation Fee:** \$120 per head.

Morning and afternoon tea provided. Bring your own lunch as there is no lunch shop immediately available.

This Course is open to any Archery NSW affiliated members wishing to become Archery Instructors as well as existing archers wishing to revisit and reinforce the basic principles for their own shooting purposes.

Please return to: [hanti@optusnet.com.au](mailto:hanti@optusnet.com.au)

Or call 02 9876 4894 (after 7 pm)

By: **Fri. 1st Jul 2010** to ensure a place.

## Archery NSW Junior Team Selection

### Selection period:

- 1st January in the year preceding the Youth Nationals to be contested and 6 weeks prior to the commencement of those Nationals
- All ArcheryNSW archers that compete at the Youth Nationals be considered as New South Wales Representatives
- New South Wales Representatives archers must wear Archery NSW Uniform and comply with Team Management directives at the event
- All ArcheryNSW Team and Representative Archers will be included in any State activity at the event.
- 10 Compound and 10 Recurve archers, regardless of sex are selected and named as the New South Wales Team.

### Scores to be used:

- Only scores shot at ArcheryNSW & Archery Australia sanctioned events will be considered. (Long and/or Short Fita / Fremantle / Intermediate & Horsham for Target, 24T Marked Fita Field and a Single 10 Ring Clout )
- The highest score shot during the qualification period from either Target, Field or Clout will be used.
- The team will be selected by ranking the top five (5) archers in Target, top three (3) archers in marked Fita Field and the top two (2) archers in Clout, rotating until these places are filled
- Archers may compile scores in their current or higher age group in the year preceding the Nationals.
- Scores will then be recalibrated using the current Archery Australia rating tables to reflect the division being shot at the National Championships should someone move up an age group.

**Team members must :**

- Be members of ArcheryNSW
- Compete in all three disciplines at the Nationals
- Shoot the discipline and category that they gained selection in
- Comply with all current ArcheryNSW / Archery Australia Tournament & Shooting Rules & Team Guidelines
- Register an intention to be selected

Note: So that you can be kept up to date on Junior activities, please register your intentions to attend.

**The 2011 National Youth Championships will be hosted by Twin City Archers in Morwell, Victoria from the 23<sup>rd</sup> April to 29<sup>th</sup> April, 2011**

**2010 State & National Indoor Champs -** Will be conducted over the weekend of the **10th and 11th July 2010 at**

Gateshead Indoor Sportsworld, Macquarie Business Park, 26 Oakdale Road, Gateshead, details can be found on ArcheryNSW website.

**2010 Australian Open -** Will be hosted by Southern Vales Archer Club which is located just south of Adelaide in South Australia.

The format will be a ranking round followed by individual and Team Matchplay. The event will be conducted to the new FITA Matchplay rules with compound shooting the new Hit & Miss format. As normal to encourage greater participation the event will be conducted to both Elimination & Non elimination formats.

It is hoped the team and individual finals will be conducted at a winery close by to the archery venue. Further details will be available at a later stage. Dates to keep in mind are **Friday 19<sup>th</sup> to Sunday 21<sup>st</sup> November, 2010.**

**2010 Trans Tasman Youth Team -** Following on from the Youth Nationals – Warringah Archers has **Kane Wilson (CubBR), and Jack Salmon (CadetBC)**, selected in the Australian Team to contest the above event during 1<sup>st</sup> to 7<sup>th</sup> July, 2010. Out of the 25 competitors selected to compete, 12 come from NSW.

Event will be held at De La Salle Youth Camp, South Kincumber NSW, hosted by Erina Archery Club.

**Congratulations KANE & JACK**



**Womensport NSW**

**Womensport NSW : Membership**

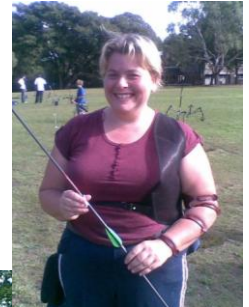
Do you want to know more about women's sports in New South Wales? Then take the opportunity to join Womensport NSW (the peak leadership body for

women's sports) by logging on to [www.womensportnsw.com.au](http://www.womensportnsw.com.au) (under **Membership, "How do I join?"**) and stay in touch with news updates on elite female athletes around the State; leadership and media workshops; research on girls and women in sport and invitations to events for schoolgirls and women. Womensport NSW often features details on grants available to athletes and highlights opportunities for girls and women to achieve great things in their sport. Soon you will also be able to have *your say* or ask questions via our Facebook page. Womensport NSW wants to reach as many girls and women around New South Wales in order to keep them informed on all aspects of sport and staying healthy throughout their lives. **So, join now (it is free for individuals) and become better informed about your women in sport.** (All new members will receive a 5% discount card from Rebel Sport.)

Enquiries – [office@womensportnsw.com.au](mailto:office@womensportnsw.com.au) or (02) 8116 9734

**ROBIN HOOD EAT YOUR HEART OUT, NOT ONE, NOT TWO, BUT THREE ROBIN HOODS IN ONE WEEKEND**

When I shot the Robin Hoods I felt a sense of achievement in knowing that my accuracy has improved through training and shooting with Elizabeth's guidance.



I never thought it possible to develop such

Consistency in such a short time since taking up archery so I am very happy and excited to have accomplished this feat.



**AWESOME EFFORT JULIA,**

now be careful as you move to Carbon arrows!

