



WARRINGAH ARCHERS BULLETIN No.6 November 2007

www.warringaharchers.com.au

Michael Salmon



Club Championships Target

4th November, 2007

We, are pleased to announce the following placings.

Male Open Compound:

Ken Raye	619
Paul Dilley	607
Steve Salmon	592
Steve Jennison	575

U15 Compound:

Jack Salmon	612
Tom Benstead	580
Michael Salmon	523
James Wells	277

Open Longbow:

Ian Stokes	273
David Onslow	264

Male Open Recurve:

Michael Larven	585
Barry Ward	345
Alan Dickeson	332
Robert Willis	248

Female Open Recurve:

Aimee Deaves	611
Maria Johnston	379

U15 Recurve:

Mitchell Dickeson	245
Andre Sanossian	252

Novice Champion of the Year

Scott McNeill	576
Morgan Montgomery`	437
Yoshiki Imaya	294

AdBow Champion of the Year

Tom Peek
Scott Abrahams (Silver)

KidBow Archer of the Year

Morgan Montgomery
Elliott Peek (Silver)
Yoshiki Imaya (Bronze)

Special Awards:

Club Member of the Year - Paul Dilley

Thanks for all your assistance and support throughout the year – well deserved recognition.

Most Consistent Archer

Most Improved Archer Target

5 th Place – Tom Peek - 23.86%
4 th Place – Joshua Seymour – 29.69%
3 rd Place – Jack Salmon – 33.33%
2 nd Place – Sam Shennan on 36.84%
1 st Place – Paul Dilley – 56.10%

Most Improved Archer Indoor:

5 th Place – Tom Benstead – 25.64%
4 th Place – Joshua Seymour on 27.27%
3 rd Place – Jack Salmon on 30.36%
2 nd Place – Steve Salmon on 41.46%
1 st Place – Paul Dilley on 55.32%

Archery Australia – Updates:

Calling for Managers

World Field Championships 2008

2008 World Field Championships will be conducted in Rhondda, Wales UK from the 7th to 13th September 2008. Archery Australia Inc will be selecting a team to represent Australia at the championships.

Team Manager & Assistant Manager

2008 World Junior Championships

2008 World Junior Championships will be conducted in New Dehli India in October 2008. Archery Australia Inc will be selecting a team to represent Australia at the championships.

If anyone is interested in taking on the above roles, written applications to arrive to the CEO of Archery Australia on or before Monday 28th January 2008

2009 World Indoor Archery Championships

1. OVERVIEW:

- 1.1 The 2009 FITA World Indoor Archery Championships is a major event and Archery Australia is intending to send a team to the Championships
- 1.2 The 2009 World Indoor Championships will be conducted in Rzeszów, Poland from 4-8 March 2009
- 1.3 Team funding will be in line with current Archery Australia team funding policy, Archery Australia will cover entry fee and uniform, travel, accommodation and other cost will be at the competitor's expense.
- 1.4 Archery Australia can enter a team of up to 24 archers:
3 x Men Recurve, 3 x Women Recurve,
3 x Men Compound, 3 x Women Compound
3 x Junior Men Recurve, 3 x Junior Women Recurve
3 x Junior Men Compound, 3 x Junior Women Compound

1.5 Depending upon the size of the selected team, Archery Australia may appoint a Team Manager and Team Coach/s who will be responsible for the planning, preparation and management of the team during the championships

2. PROCESS

2.1 The first step to be considered for selection, archers must

- Obtain the required Minimum Qualifying Score (MQS)
 - Register with Archery Australia by the nominated date
 - Pay the registration fee
- 2.2 The Minimum Qualifying Scores (MQS) are

Table 1

Compound Men **578+**, Compound Women **558+**
 Recurve Men **573+**, Recurve Women **560+**
 Compound Junior Men **544+**, Junior Women **525+**
 Recurve Junior Men **544+**, Junior Women **525+**
(The MQS relates to an 18 metre FITA Indoor Round - 60 arrows)

2.3 Minimum Qualifying Scores can be shot from 1st January 2008 until 28th September 2008 in International, National, State and state sanctioned events.

2.4 The closing date for registration and submission of the application form is COB Wednesday, 1 October 2008, with the Archery Australia Chief Executive Officer

3. ELIGIBILITY

Refer FITA Rule 2.4.1

4. SELECTION

4.1 Following the close of applications and, if required, a selection shoot/s will be conducted in November, 2008

4.2 The Archery Australia Selection Committee will nominate the highest ranked archers in each category from those archers who have met the requirements set out in 2.1 to the Archery Australia Board for ratification.

ArcheryNSW Junior Ranking List @ 30/10/07:

Members of Warringah are ranked as follows:

Michael Salmon	16 th Cadet Boy Compound
Scott Wandl	10 th Cadet Boy Recurve
Michael Salmon	14 th Cadet Boy Recurve***
Tom Benstead	3 rd Intermediate Boy Compound
Jack Salmon	5 th Intermediate Boy Compound
Joshua Seymour	12 th Intermediate Boy Compound
Sam Shennan	10 th Junior Boy Compound

***interesting saying Michael shoots compound?

Full details can be viewed by visiting archery.org.au "Whats New"

Club Shoot 11th November, 2007 Short Canberra 30 arrows @ 50/40/30m

Aimee Deaves	LR	859 (86) 2 nd
Ken Raye	MCM	841 (80) 2 nd

Paul Dille	MCM	835 (78) 2 nd
Jack Salmon	IntBC	811 (71) 1 st
Scott McNeill	MC	811 (71) 2 nd
Michael Salmon	CadBC	799 (67) 2 nd

Junior Canberra 30 arrows @ 40/30/20m

Mitchell Dickeson	IntBR	703 (37) 2 nd
Alan Dickeson	MRM	703 (37) 3 rd
Robert Willis	JunBR	701 (37) 3 rd
Conan Omori	IntBR	578 (22) 3 rd
David Onslow	MLV	434 (8) 3 rd

Newcastle – 90 arrows @ 20m/122cm face

Yoshiki Imaya	CubBR	716 (22) 3 rd
Morgan Montgomery	IntBR	689 (18) 3 rd
James Wells	IntBC	592 (7)
Andre Sanossian	IntBR	574 (5)

Warringah Archers KidBow Tournament 17th November, 2007

Of course this was coupled with our club championships for AdBow & KidBow members. Tom Peek & Scott Abrahams competed, and were well received by the junior members; we received this note from Scott...

Just a quick note to say that I thoroughly enjoyed the KidBow & AdBow Club Championships last Saturday. Feeling a bit sore and a bit of sun burn today but I had a fantastic time at the Tournament and loved the intensity of the Competition. Young Ben from the St George Club was very helpful with the scoring and rules + he was an excellent Archer to be paired with and I always enjoy shooting with Tom Peak. So Thank you to all the officials and organizers and I'm looking forward to many more days like that one.

Elizabeth, thanks again for your help & guidance with my equipment. It's all starting to fall into place nicely now.

Yours Sincerely, Scott Abrahams

There was a great display of comradie from both Parents / Archers and Warringah club members who assisted in the day. Special thanks again to our esteemed DOS – Steve Salmon, and not forgetting our cook David Bonney, and to our photographers Rin & Lynda, photos can be found on our website in the gallery section, together with full results. The following members took out medals:

Gold: Laim Bonney (CubBRB), Kirk Reynolds (U10BC), Jack Salmon (IntBC)

Silver: Robert Willis (JuniorBR), Tom Benstead (IntBC).

Bronze: Yoshiki Imaya (Cub BR), Joshua Seymour (IntBC).

Jack Salmons walked away with the Matchplay Compound Division and a perfect 300/300 at one of the brackets of 30 arrows.

This is a **MUST** tournament for all junior archers in the club to compete in next year.

Warringah Archers Development Program

KidBow Qualifiers:



Jobe Woodcock	CubBR	10m 122cm	247
Kane Wilson	CubBR	10m 122cm	259
Yoshiki Imiya	CubBR	15m 80cm	205
Chris Buchanan	IntBR	20m 122cm	250
Elliott Peek	IntBR	20m 122cm	225
Elliott Peek	IntBR	20m 80cm	180
James Wells	IntBC	20m 122cm	226
Joshua Brannon	CubBR	20m 122cm	211
Kirk Reynolds	CutBC	20m 122cm	185
Nathan Gardner	CubBR	20m 122cm	225
Matthew Reid	CubBR	20m 122cm	207
Matthew Reid	CubBR	20m 80cm	136
Yoshiki Imiya	CubBR	20m 122cm	243
Yoshiki Imiya	CubBR	20m 80cm	252
Yoshiki Imiya	CubBR	25m 122cm	164
Chris Buchanan	IntBR	25m 122cm	220

Changes in Target Rating:

Jack Salmon	IntBC	70 to 72	28/10/07
Chirs Buchanan	IntBR	24 to 25	28/10/07
Morgan Montgomery	IntBR	26 to 30	4/11/07
Jack Salmon	IntBC	72 to 76	4/11/07
Yoshi Ima	CubBR	20 to 32	10/11/07
Tom Peek	MRV	33 to 36	10/11/07
Nathan Gardner	CubBR	10 to 12	10/11/07
Matthew Reid	CubBR	xx to 12	10/11/07
Elliott Peek	IntBR	xx to 14	10/11/07
Scott McNeil	MC	xx to 70	10/11/07
Michael Salmon	CadBC	64 to 65	11/11/07
Joshua Seymour	IntBC	55 to 56	17/11/07
Michael Salmon	IntBC	65 to 67	17/11/07
Aimee Deaves	LR	85 to 88	18/11/07
Tom Benstead	IntBC	77 to 79	18/11/07

Club Shoot: 18th November, 2007

Belling – 90 arrows @ 65m/122cm

Aimee Deaves	LR	795 (91)	1 st
Tom Benstead	IntBC	744 (81)	1 st
Geoff Benstead	MC	661 (67)	2 nd
Robert Willis	JunBR	210 (22)	

Ballina – 90 arrows @ 55m/122cm

Mitchell Dickeson	IntBR	475 (39)	2 nd
Ken Raye	MCM	770 (79)	2 nd
Alan Dickeson	MRM	509 (42)	3 rd

Elizabeth – 90 arrows @ 45m/122cm

Jim Barber	MCM	820 (80)	3 rd
Jenny Wandl	LRV	466 (29)	3 rd

Fortress – 90 arrows @ 45m/122cm

David Onslow	MLV	522 (24)	3 rd
Barry Ward	MRM	541 (26)	3 rd
Tom Peek	MRV	576 (29)	3 rd

Lukie Last – 90 arrows @ 25m/122cm

Yoshiki Ima	CubBR	609 (18)	3 rd
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Please join me in welcoming our new members: Kane Wilson / Lachlan McLeod / Joab Woodcock / Derrick Guerinoni / Daniel Trueman and welcome back one of our founding members Danny Stasenka.

BIRTHDAYS

December 2007

Michael Salmon (1st) & Joab Woodcock (31st)

Gotta be a cake in their somewhere??

Bits and Bobs:

CONGRATULATIONS to Jack Salmon who attained a GMB (Grand Master Bowmen) Score at the QRE on 10/11/07 – Total score for the Intermediate round was: 320 / 322 / 328 / 346 = 1316

And to Tom Benstead who shot as a Cadet at the Erina QRE scoring 1210 and obtaining a Grand Master Bowmen his 3rd for the year, just scrapped in Tom.

Master Bowman & Grand Master Bowmen medallions will be ordered from the State Recorder at the end of the Year.

Ian's Joke Corner:

An 80 year-old man goes for a physical. All of his tests come back with normal results. The doctor says, 'George, everything looks great. How are you doing mentally and emotionally? Are you at peace with God?' George replies, 'God and I are tight. He knows I have poor eyesight, so he's fixed it so when I get up in the middle of the night to go to the bathroom, poof! The light goes on. When I'm done, poof! the light goes off.' 'Wow, that's incredible,' the doctor says. A little later in the day, the doctor calls George's wife.

'Ethel,' he says, 'George is doing fine! But I had to call you because I'm in awe of his relationship with God. Is it true that he gets up during the night and poof! the light goes on in the bathroom, and when he's done, poof! the light goes off?' 'Oh my God!' Ethel exclaims. 'He's pissing in the fridge again!'

THAT CRITICAL MILLISECOND

By Al Henderson author of "Understanding Winning Archery"

One of the biggest faults a lot of archers have in their quest for perfection is that they do not concentrate 100 percent on what they want to happen when the explosion of the shot occurs, and during the brief flight of the arrow to the target. Many archers, when they are giving the command to the fingers not to hold the string any longer, are usually not concentrating on anything at all. Their mind is a complete blank for that extremely critical moment, which includes the time it takes for the arrow to clear the string.

In my opinion, what the archer is concentrating on during the span of time, as small or as short as it is, can mean the difference between what they would like to get, and the score they end up with. Some will object that there are lots of things that have to be working well in order to get the arrow into the gold, and, to them I say "right!" However, we are talking about a split-second of time *after* all those other important things have been carefully attended to – the moment of explosion.

A shooter once told me that he objected to the word "explosion" used in connection with archery, because it

describes what happens with a gun. I asked him for a better description of what occurs when a bow shoots an arrow in a millisecond, and he couldn't.

I was told by a scientist at the U.S. Olympic Training centre in Colorado Springs that it takes 70 milliseconds for the mind to give a command and 70 milliseconds for the muscles to react to that command. I don't know how many milliseconds it takes for the arrow to clear the string, I'm sure it's in milliseconds.

Two things happen here that handicap shooters and they happen in milliseconds. First, the blank out of the shooter's concentration, which would have controlled the physical part of the shot as it had been prepared by the shooter. Then, about the time the arrow leaves the string, they wake up and start concentrating (wondering) where in the target face the arrow hit. Some shooters wake up about the time the arrow hits the face.

Let's put a shot together. Some shooters think that the physical part of the form is the most important. Others feel that the mental control of the shooter's physical form has a higher percentage of importance. Since every part of the physical form is controlled by the mental, I am inclined to agree.

When we prepare a shot, care must be taken to understand what we are trying to do. If that sounds silly, think about it awhile. Too many shooters are on the line doing everything by habit only. Habit is necessary in our sport, but it must be understood, policed and controlled. When the shot form has been prepared and you are ready to aim, there are several things that you had better understand when that sight pin stops on the gold. Number one is, what are you trying to do?

If you think that is a silly question, think again. If your answer is "I'm trying to put an arrow in the gold," that is not good enough. ...You had better be going to put that arrow that is on the bow in the gold. *Not* an arrow, that arrow. What I am saying is that the only arrow we shoot is in the bow. You cannot shoot the ones already in the butt nor any that are still in your quiver.

Does this sound silly? Not if you think about it. The slightest worry about an arrow already shot and in the target face will take away some of your confidence in, and your concentration on, the arrow you now have in the bow ready to shoot. The slightest worry about what might happen to the rest of these shots left in your quiver does the same thing.

When putting a shot together, you have pulled the arrow back, okayed the feel of the form and are going to aim. What are you thinking? You should be thinking 100 percent that you are going to put that arrow in the bullseye on the exact spot you are focusing and concentrating on.

100 percent means that you must teach yourself to want that arrow in the gold, that you are going to *put* it in the gold and believe that it will hit in the gold, and you should never waver from that belief. This concentration must start before your brain tells the fingers not to hold the string and should continue 100 percent until a second or two after the arrow has arrived on the face. If it did not arrive in the gold, there is a reason and it is called control. So, instead of condemning the shot and the effort as a failure, you make a mental note to control the next one better. You then proceed as before to shoot the only arrow available to you at that time – the one on the bow.

I once asked a student at full draw where his arrow was going to hit. He let down and said, "How do I know,

I haven't shot it yet." You don't know him. He never made a name for himself.

HANDICAP SHOOT 25TH November, 2007

Winner – Steve Salmon

Canberra round – 30 arrows @ 60/50/40m

Rin Barbieri	MC	836 (88)	1 st
Jim Barber	MCM	817 (82)	1 st
Paul Dille	MCM	812 (82)	1 st
Steve Jennison	MCM	808 (79)	1 st
Steve Salmon	MCM	801 (80)	1 st
Scott McNeill	MC	771 (97)	1 st
Ken Raye	MCM	754 (68)	2 nd
Michael Salmon	CadBC	755 (68)	1 st
Jaime VanBarbieri	IntBC	650 (52)	3 rd
Tom Peek	MRV	352 (13)	

Junior Canberra – 30 arrows @ 40/30/20m

Alan Dickeson	MRM	714 (39)	3 rd
Robert Willis	JunBR	664 (32)	3 rd
Mitchell Dickeson	IntBR	661 (31)	2 nd

Mini Canberra – 30 arrows @ 30/20/10m

Morgan Montgomery	IntBR	680 (19)	3 rd
Joshua Brennan	IntBR	614 (11)	3 rd
Yoshiki Imaya	CubBR	600 (15)	3 rd

Dates to remember:

16th December: Wayne Jarrett Handicap

Shoot: 6 ends @ 50m/122cm, 4 ends 40m/122cm, 3 ends 30m/80cm & 3 ends @ 18m 40cm face:
All club members over the age of 12 should be shooting the full handicap round:

Junior Handicap is for U/12 competitors – Distances: 40/30/20/18m

There will be a B.B.Q cooked while scores are being collated, winner will be announced on the day.

24th December: End of Year Fun Shoot

Dress in bright colours: Members will be contacted over the next couple of days to bring along some type of fruit. On arrival members will be broken into teams. Winning team will receive fruit baskets.

At the conclusion of the shoot we will be having a Get Together, so that members can mingle with each other. An invitation is also being extended to members families – all welcome to attend. Further details will be supplied shortly, keep this date in your diary in the meantime.