



WARRINGAH ARCHERS NEWSLETTER November 2009

www.warringaharchers.com.au

KEEP 28th
NOVEMBER FREE,
CLUB XMAS
FUNCTION!!!!!!!



ACROSS THE DESK of the SECRETARY (alias Nessy)

New information on website:

- Club & QRE results for the balance of Oct/November.
- Full Results KidBow Tournament

From placings gained in tournaments points are awarded 3/1st, 2/2nd, 1/3rd, in State Championships events 5/1st, 3/2nd, 1/3rd. In memory of Janet Wilks point are added up throughout the year, and award the Janet Wilks Memorial Trophy.

Points 2009 from 1/1/09 to 15/9/09

Top Score 28 points

| | | |
|----------------|------|-----------|
| Ian Stokes | MLM | 22 points |
| Danny Stasenka | MRV | 8 points |
| Jenny Wandl | LRV | 6 points |
| Jenny Wandl | LRBV | 3 points |
| Jim Barber | MCM | 1 point |

Junior Division Points 2009

| | | |
|--------------------|-------|-----------------------------------|
| Conan Omori | CadBC | 12 points (1 st place) |
| Jaime Van barbieri | CadBC | 8 points |
| Jackson Salmon | CadBC | 8 points |
| Joshua Seymour | CadBC | 5 oints |
| Morgan Montgomery | CadBC | 3 points |
| Patrick Mesiti | CadBC | 2 points |
| Tom Benstead | CadBC | 1 point |
| Michael Samon | JunBC | 14 points (1 st place) |
| Tom Benstread | JunBC | 5 points |
| Joshua Seymour | JunBC | 1 point |
| Kane Wilson | CubBR | 11 points |
| Lachlan McLeod | CubBR | 4 points |
| Henry Hardie | CubBR | 3 points |
| Morgan Montgomery | CadBR | 3 points |
| Yoshiki Imiya | IntBR | 21 points (1 st Place) |

Senior Divison Points 2009

| | | |
|---------------|------|-----------------------------------|
| Jenny Wandl | LRBV | 3 points (1 st Place) |
| Jim Barber | MCM | 1 point |
| Ian Stokes | ML | 5 points |
| Ian Stokes | MLM | 22 points |
| Dave Onslow | MLV | 2 points |
| Danny Staseka | MRV | 8 points |
| Jenny Wandl | LRV | 6 points |
| Aimee Deaves | LR | 22 points (1 st Place) |

Ross Herron Memorial Trophy (Club of the Year)

| | |
|------------------------|------------------------------------|
| Warringah Archers | 154 points (1 st place) |
| Erina Archery Club | 137 points |
| Illawarra Archers | 119 points |
| Liverpool City Archers | 116 points |
| St.George Archers | 110 points |
| SOPA | 7 points |

State Open Team Aggregates @ 5th October, 2009
Top 4 only listed:

Lady Compound: Fiona Hyde (Ill) 1771, Diann Benston (Sth High) 1701, Kathryn Jakovic (Erina) 1660, Samantha Carson (Arm) 1564

Lady Recurve: Aimee Deaves (WA) 1583, Lexie Feeney (BA) 1563, Emma Kitchen (SOPA) 1443, Debbie Edwards (ILL) 1333

Male Compound: Brian Politis (ILL), 1789, Dennis Carson (ARM) 1776, Jeffrey Carson (ARM), 1751 Guy Phillips (NOR), 1748

Male Recurve: Michael Narey (Nor) 1645, Steve Kilgannon (BM) 1607, Robart Talbot (SydUni) 1210, Paul Handley (NOR), 1505.

Additional placings can be found on archerynsw.com website.

State Field Championships held in Armidale over the weekend of **30th Oct/1st November**, saw Warringah walk away with a Beanie full of medals (more like a bucket).

Gold: Jaime Van Barbieri (CadBC), Kane Wilson (CubBR), Yoshiki Imiya (IntBR), Ian Stokes (MLM) & Aimee Deaves (LR)

Silver: Jack Salmon (CadBC), Lachlan McLeod (CubBR), Michael Salmon (JunBC)

Bronze: Patrick Mesiti (CadBC)

For Patrick Mesiti, this was only the second field shoot he'd ever Shot with his compound. Quote "I was pretty nervous because i didn't know what to expect. Staying with the Carson's was great because every afternoon we could train. The first day of field I shot a Personal Best which I was really happy with considering how nervous I was, but to my amazement the second day I shot another one. One of the highlights of the whole event was the get together on the first night which brought everyone from all over NSW together for a barbeque and a chat. Warringah received a lot of awards considering the whole cadet boys compound and cub boys recurve were all from our club. Congratulations to Jaime, Kane, Yoshi, Ian and Aimee for all getting first place.

It was a great weekend for me and for a lot of other people.

At the 9th Warringah Archers KidBow tournament on **14th November**, CONGRATULATIONS to Jaime Van Barbieri & Conan Omori who shot the perfect 900 out of 900 - AWESOME

With Michael Salmon (893), Jack Salmon (899), Patrick Mesiti (896), Tom Benstead (893) & Morgan Montgomery (880) all achieving All Range and All Distance Awards, with Yoshi Imiya (873), obtaining an All Range Gold.



At the State Clout Championships held on the **15th November**, saw Warringah members take away the following awards:

Gold: Aimee Deaves (LR), Yoshiki Imiya (IntBR), Jenny Wandl (LRBV)

Silver: Cameron Cronin (CubBR), Tom Benstead (CadBC)

Bronze: Lachlan McLeod (CubBR), Jack Salmon (CadBC) & Joshua Seymour (JunBC), well done to everyone, some awesome scores shot.

KidBow Qualifying Rounds:

| | | | |
|---------------|-------|-----------|-----|
| Alex Brinkman | IntBR | 18m 122cm | 239 |
| Alex Brinkman | IntBR | 18m 80cm | 218 |

Adbow Qualifying Rounds:

| | | | |
|-------------|----|----------|-----|
| Linda Tyson | LR | 10m 60cm | 207 |
|-------------|----|----------|-----|

MAXIMUM PERFORMANCE SERIES

DYNAMIC RELAXATION Section

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

The Dynamic Relaxation System

THE SPECIFIC SYSTEM of Dynamic Relaxation is based on the "Jacobson technique," named after Edmund Jacobson, a physician, physiologist and pioneer in the field of relaxation methods. Doctor Jacobson's system has been used most widely in assisting people to get to sleep. You lie on your back, and focus on each part of the body, beginning with the feet and ending with the head. Increase the tension to a count of ten, then, counting backward, slowly relax each body part.

Dynamic Relaxation goes much further. It is a means by which you gain voluntary control over involuntary functions during any kind of performance. It is used during motion, rather than in a static state. I developed the technique when I was working with Mel Patton in the last 1940s at the University of Southern California. At the time, Mel was the world's fastest human, running the 100-yard dash in 9.3 seconds. I asked myself why he couldn't run the dash in 8.9 seconds. We studied his leg as we would a pendulum figuring the mechanics of movement. Mel was tremendously powerful, as we had suspected; his strength measurements were far superior to everyone else's. If he was to run faster it wasn't strength he needed. It was the ability to relax his muscles between their contractions at a faster rate. But Mel was a high-strung athlete, and he had used his great power against only partially relaxing muscles for so long that the

muscles were torn and replaced with non-contracting scar tissues. Our discovery was not made in time to help him, but the system has worked subsequently form almost everyone who's tried it.

Dynamic Relaxation is accomplished in four steps:

1. You become aware of your present tension level.
2. You deliberately increase that level.
3. You then diminish that level, until you feel yourself slipping well below your initial tension level. You're getting so loose that your motions begin to wobble a little.
4. You bring your tension level back up to a degree that allows you to perform at your best; you have firm control and are free to move rapidly.

You learn Dynamic Relaxation as in the Jacobson method. While you are in motion, keeping a steady pace, slowly count to ten as you increase tension. Gradually tense your body all over, constricting the muscles, clenching the hands and feet, gritting the teeth. When you feel you're as tight as you can possibly be and still be able to move you should be at the count of ten. Then, counting backward to one, slowly let loose of your muscles, hands and feet, and let your jaw go slack. Let your body go limp. From this lowest tension point, increase your tension a notch or two, until you feel just right.

At the finish of the exercise, you'll be at an optimal level for performance, not so loose that you can't function, but not so tight that movement is restricted. If you were tense at the start, this level will be a good two notches lower than the level at which you began. You can never locate this proper level unless you dip below it and feel yourself coming "untied". Only then can you bring your tension back up to a level required to maintain proper function. In this optimal tension zone, your body is freewheeling, and you can move at top speed because there's nothing holding you back.

In the subtension level, you're so relaxed and loose that you don't hold your body together, which means that you can't hold your technique or style together. If you swing a golf club without a certain degree of firmness, your swing all but collapses, and you don't hit the ball far or accurately. A certain degree of tightness is necessary to stabilize the joints and move them with accuracy and force. Golfers recognize this and go to extremes to achieve it, such as making sure that their shoelaces and belt are tight. This gives them a certain feeling of compactness. They feel that all their joints are properly bound together. Imagine swinging a golf club with no shoelaces in your shoes. You need this tightness in order to hold your feet firmly in the shoe and the shoe firmly to the ground. Your muscles are acting the same way. You can't move well with your muscles untied.

Conversely, too much tightness constricts you. Imagine trying to pivot if your shoes are too tight. In that case you don't get the proper footwork.

So the trick is to find just the right level. The trick is accomplished by exploring the *wobble*.

Measure out a distance – an estimate is good enough – the length of a basketball court. You are going to go three lengths to discover your own best level of tension. First, walk swiftly or run the length of

the court. As you do, gradually tighten your body all over. Now, turn around and make the return trip. As you do, gradually let your structure "come apart". Deliberately let your coordination go. You'll feel it first in the knees and hips, where quite a bit of tension is normally needed to take controlled strides forward. This will slow your speed, and you will almost appear to be stumbling. A little further and you'd be staggering. Just before you get to the finish line, when you feel that you're as limp as a rag doll, begin to recover your tension – just enough to restore coordinated motion.

On the final lap, maintain that tension which gives you perfect function. What you've lost is the tension you didn't need. Repeat this three-trip circuit until you are able to achieve complete control of your tension.

The principle of Dynamic Relaxation can be applied in any sport. If you're swinging a golf club, for example, swing too stiff, then too loose, and finally just right a few times while you're warming up before you tee off on the first hole. After you've got it right, take one or two more practice swings to establish the feel of relaxed but firm control.

The Dynamic Relaxation system is good for any activity, athletic or otherwise. Whatever you're proposing to do that involves the movement of any part of your body, adjusting your arousal and tension will get the body's neuromuscular system into the right level of readiness – just enough to keep you up, not so much as to tie you up.



BIRTHDAYS, December 2009

Michael Salmon (1st) William Nord (4th) Ivan Koprivec (20th) –

BIG THANK YOU to IRON CHEF (Patrick Mesiti) & MASTER CHEF (Jack Salmon), for cooking birthday cakes for our October Birthdays, they were delicious.

Club Shoot 1st November, 2009

Canberra 30 arrows @ 60/50/40m

| | | | |
|----------------|-----|----------|-----------------|
| Danny Stasenka | MRV | 721 (62) | 1 st |
| Tom Peek | MCV | 704 (59) | 2 nd |
| Jenny Wandl | LRV | 484 (35) | 3 rd |

Short Canberra 30 arrows @ 50/40/30m

| | | | |
|------------------|-----|----------|-----------------|
| Graeme McLennan | MRM | 734 (43) | 2 nd |
| Barbara Stasenka | LCV | 646 (42) | 3 rd |

Indoor Ratings Improvements:

| | | | |
|----------------|-----|----------|----------|
| Danny Stasenka | MRV | 52 t 58 | 16/10/09 |
| David Onslow | MLV | 32 to 39 | 16/10/09 |
| Jenny Wandl | LRV | 35 to 37 | 16/10/09 |
| Tom Peek | MCV | 29 to 35 | 17/10/09 |

Target Ratings Improvements:

| | | | |
|------------------|-------|----------|----------|
| Alex Brinkman | IntBR | 7 to 14 | 31/10/09 |
| Alex Brinkman | IntBR | 14 to 19 | 31/10/09 |
| Nina Earl | LR | 16 to 22 | 31/10/09 |
| Barbara Stasenka | LCV | 37 to 39 | 1/11/09 |
| Graeme MacLennan | MRM | 44 to 49 | 1/11/09 |
| Nina Earl | LR | 22 to 29 | 7/11/09 |
| Graeme McLennan | MRM | 49 to 51 | 8/11/09 |
| Daniel House | MR | 46 to 47 | 8/11/09 |

| | | | |
|---------------|-------|----------|---------|
| David Shannon | IntBR | 37 to 42 | 8/11/09 |
| David House | MRM | 45 to 46 | 8/11/09 |

Field Indoor Improvements:

| | | | |
|-------------------|-------|----------|----------|
| Tom Benstead | CadBC | 80 to 81 | 24/10/09 |
| Patrick Mesiti | CadBC | xx to 42 | 24/10/09 |
| Jaime V.Barbieri | CadBC | 90 to 93 | 30/10/09 |
| Kane Wilson | CubBR | xx to 30 | 30/10/09 |
| Aimee Deaves | LR | 75 to 78 | 30/10/09 |
| Jaime V.Barbieri | CadBC | 93 to 97 | 1/11/09 |
| Morgan Montgomery | CadBC | xx to 58 | 1/11/09 |
| Kane Wilson | CubBR | 30 to 33 | 1/11/09 |
| Yoshiki Imiya | IntBR | 67 to 71 | 1/11/09 |
| Aimee Deaves | LR | 78 to 82 | 1/11/09 |

Club Shoot 8th November, 2009

Perth 30 arrows @ 70/60/50m

| | | | |
|--------------|-------|----------|-----------------|
| Aimee Deaves | LR | 794 (84) | 1 st |
| Tom Benstead | CadBC | 751 (75) | 1 st |

Canberra 30 arrows @ 60/50/40m

| | | | |
|-----------------|-----|----------|-----------------|
| Danny Stasenka | MRV | 729 (63) | 1 st |
| Graeme McLennan | MRM | 658 (53) | 2 nd |

Short Canberra 30 arrows @ 50/40/30m

| | | | |
|------------------------|-------|----------|-----------------|
| Daniel House | MR | 695 (48) | 3 rd |
| David House | MRM | 697 (48) | 2 nd |
| David Shannon | IntBR | 693 (36) | 2 nd |
| Barbara Stasenka | LCV | 586 (35) | 3 rd |
| Stirling Calandrucchio | MR | 553 (31) | |

Mini Canberra 30 arrows @ 30/20/10m

| | | | |
|--------------------|-------|----------|-----------------|
| Elizabeth Jennison | LRM | 777 (37) | 3 rd |
| Ivan Koprivic | MR | 628 (15) | |
| Nick Calandrucchio | CubBR | 323 | |

Quotes to remember:

"The art of analyzing can only be perfected by the experience of trial and error"

"Every problem is an opportunity for improvement"

"Shoot in a tournament and work in practice. Don't work in a tournament and shoot in practice."

Warringah Handicap – 15th Nov, 2009

Due to the change in dates for the State Clout unfortunately, clashed with our Club Handicap, although those who shot, had no complaints. The winner being:

DANNY STASENKA – MRV

Congratulations Danny, *we all thought it would have been a nice touch if you could have missed an arrow or two near the end so that Barbara could've won.*

| | | | | | |
|------------------------|-----|----|-----|-----|-----|
| Danny Stasenka | MRV | 67 | 126 | 777 | 903 |
| Barbara Stasenka | LCV | 34 | 328 | 564 | 892 |
| Graeme McLennan | MRM | 51 | 223 | 664 | 887 |
| Stirling Calandrucchio | MR | 33 | 391 | 461 | 852 |

IMPORTANT NOTICES

The 2010 Trans Tasman is on again and will be staged in Australia. Usually the Trans Tasman is conducted over the Easter Long Weekend but in 2010 this clashes with the 2010 National Youth Championships in Perth.

Following discussion with ArcheryNZ the proposed dates are – **1st July to 7th July 2010**. This will be school holidays for NZ and all states of Australia except for Tasmania

PROPOSED 2010 TRANS TASMAN PROGRAM

Thursday 1st July 2009 - Arrival

Friday 2nd July–Official Practice and Opening

Saturday 3rd July–Target Round

Sunday 4th July–Target Round

Monday 5th July–Individual Match Play

Tuesday 6th July–Mixed Pair Team Event and Dinner

Wednesday 7th July - Departure

VENUE

De La Salle Youth Camp, South Kincumber NSW

The venue is located on the shores of Brisbane Waters, approximately 100km North of Sydney on the NSW Central Coast

The event will be hosted by Erina Archery Club

WHAT IS THE TRANS-TASMAN CHALLENGE?

The Trans Tasman Challenge is conducted every two years between juniors from Australia and New Zealand.

Each team can consist of up to 32 competitors (up to 2

Archers in each of the following Divisions):

- Junior Male Recurve Round 90m FITA
- Junior Male Compound Round 90m FITA
- Junior Female Recurve Round 70m FITA
- Junior Female Compound Round 70m FITA
- Cadet Male Recurve Round 70m FITA
- Cadet Male Compound Round 70m FITA
- Cadet Female Recurve Round 60m FITA
- Cadet Female Compound Round 60m FITA
- Intermediate Boys & Girls Recurve & Compound - Round Intermediate
- Cub Boys & Girls Recurve & Compound - Round Horsham

HOW DO I QUALIFY?

Archery Australia has set Qualifying Scores which will be used when selecting Team Members. The Scores required for the 2010 Trans-Tasman Challenge Team are as follow:

| | |
|----------------------------|------|
| Junior Male Recurve: | 1100 |
| Junior Female Recurve: | 1080 |
| Junior Male Compound: | 1250 |
| Junior Female Compound: | 1250 |
| Cadet Boy Recurve: | 1100 |
| Cadet Female Recurve: | 1030 |
| Cadet Boy Compound: | 1250 |
| Cadet Female Compound: | 1200 |
| Intermediate Boy Recurve | 1030 |
| Intermediate Girl Recurve | 1050 |
| Intermediate Boy Compound | 1200 |
| Intermediate Girl Compound | 1150 |
| Cub Boy Recurve | 1100 |
| Cub Girl Recurve | 1100 |
| Cub Boy Compound | 1200 |
| Cub Girl Compound | 1200 |

QUALIFYING CONDITIONS

The qualifying period will be from the 1st June 2009 to the last day of the 2010 Nationals in Perth.

Qualifying Scores can be shot at registered tournaments and QRE's.

Final selection will be based on results from the 2010 National Youth Championships (Target event) so attendance at the 2010 Nationals is compulsory unless you apply for an exemption from the Archery Australia Selection Committee providing reasons and supporting evidence.

To qualify archers must shoot 3 qualifying scores or higher during the designated period. If a vacancy exists following the selection events the Archery Australia Selection Committee reserves the right to appoint archers to fill such positions who have shot one or two qualifying score but have failed to formally qualify. If such a situation happens the Archery Australia Selection Committee with rank archers in order based on their qualifying score.

Qualifying scores must be shot for the round to be shot for the archers age groups as at the date of the 2010 Trans Tasman.

To register for selection after shooting the qualifying score archers must apply on the approved Nomination Form which must be submitted by 3pm the day following the last day of the target event of the 2010 National Youth Championships.

WHEN THINGS DON'T SEEM TO BE GOING RIGHT.

There's nothing to stop you from building again.
When you find that your castles have crashed.
There's nothing to stop you from dreaming again.
When the dreams you once dreamed are all smashed.

There's no law to stop you from wearing a smile.
Though perhaps you are crying inside
There's never a reason for losing your grip
On your faith, on your nerve or your pride.

There's nothing to gain by recounting your woe into every listening ear.

For pity and sympathy won't get you far,
Though it may be quite kind and sincere.
Get on with the job of rebuilding your life
For it's useless to sigh or complain
The best thing to do is start out a new
Pluck up courage – and just try again.

Club Championships Clout: This event was held in conjunction with the State Clout Championships on the 15th November, which saw the following results:

| | |
|----------------|--------|
| Joshua Seymour | Gold |
| Tom Benstead | Silver |
| Yoshi Imiya | Bronze |

Don't Forget our Christmas Party on the 28th



November, if you haven't ordered your tickets can you send an email to Elizabeth. Great night planned for everyone. JOIN US it's not too late.....