



WARRINGAH ARCHERS BULLETIN No.4 September 2007

www.warringaharchers.com.au

ANNUAL GENERAL MEETING elected Executive Committee for 2007/2008:

President: Steve Jennison
Vice President: Rin Barbieri
Secretary: Barry Ward
Treasurer: Ian Harper
Recorder: Elizabeth Jennison
Executive Members:
Steve Salmon / Geoff Benstead & Paul Dilley

Many thanks to our outgoing Executive Member – Ken Raye, for your support throughout the year, your input was invaluable.

At its recent Executive Meeting Aimee Deaves was appointed as Social Director assisting the Committee with social activities throughout the year. If you have any ideas on what you would like to be involved in, please drop Aimee a line, over the next few months we she be drawing a Social calendar for members to actively participate in – keep posted.

Club Shoot – 26th August, 2007

Bellingham – 90 @ 65m (or Ballina @ 55m)

Paul Dilley MCM 765 (85) 1ST
Ken Raye MCM 710 (75) 1ST

Elizabeth – 90 @ 45m (122cm face)

Mitchell Dickeson IntBR 612 (44) 2nd
Alan Dickeson MRM 550 (37) 3rd
Conan Omori IntBR 486 (31) 2nd
Robert Willis JunBR 478 (30) 3rd
Tom Peek MRV 344 (19)
James Smyth CadBR 186 (3)

Fortress – 90 @ 35m(122cm face)

David Onslow MLV 593 (31) 2ND

Warringah Archers Development Program

KidBow Qualifiers:

Joshua Brannon	CubBR	15m 122cm	234
Mathew Reid	CubBR	15m 122cm	250
Kirk Reynolds	CubBC	10m 80cm	246
Peter Wearne	CubBR	18m 122cm	206
Nathan Gardner	CubBR	18m 122cm	198

AdBow Qualifiers:

Marc Cummins	MR	10m 122cm	269
Scott Abrahams	MR	25m 122cm	194
Scott Abrahams	MR	25m 80cm	123

Changes in Target Rating:

James Wells	IntBR	3 to 14	29/7/07
Yoshiki Imaya	CubBR	xx to 16	25/8/07
Joshua Brennon	CubBR	xx to 13	26/8/07
Paul Dilley	MCM	80 to 82	26/8/07
Peter Wearne	CubBR	xx to 11	22/9/07
Tom Peek	MRV	32 to 34	29/9/07

Changes in Indoor Ratings:

Tom Peek	MRV	21 to 28	8/9/07
Maria Johnston	LR	45 to 46	16/9/07
Paul Dilley	MCM	76 to 79	16/9/07
Jack Salmon	IntBC	58 to 61	16/9/07
Steve Salmon	MCM	71 to 76	16/9/07
Mitchell Dickeson	IntBR	36 to 37	16/9/07
Joshua Seymour	IntBC	43 TO 50	16/9/07
Tom Peek	MRV	28 to 29	16/9/07

Changes in Field Rating:

Michael Salmon	CadBC	54 to 57	26/8/07
Scott Wandl	CadBR	46 to 49	26/8/07
Jack Salmon	IntBC	xx to 62	26/8/07

DID YOU KNOW?

At the Archery Australia Board meeting conducted on the 17th and 18th August the Board considered the outcomes of the surveys concerning the conduct of future National and Junior National Championships, the following was approved -

National Championship

Format for National Championships will be:

One day Official Practice and Opening
Two Days of Target
Two Days of Field
One Day of Clout

This format will be conducted for a 4 year trial and reviewed at that time.

Australian Open

The concept of the Australian Open was approved. The tournament will be a 3 day event with Ranking Round and Match Play individual and team). Diamond Valley Archers in Melbourne have expressed interest in hosting the first event and this was approved by the Board. The dates for the first Australia Open will be 27th, 28th and 9th September 2008

Junior National Championships

Format for Junior National Championships will be:

One day Official Practice and Opening
Two days of Target
Two days of Field
One Day of Clout
One Day Match Play (optional)

NOTE -

The target championships will be two target rounds shot over 2 days.

The Clout will be a Double Clout

This format will be conducted for a 4 year trial and reviewed at that time.

Master and Veteran events at National Championships will be:

2 days of target

2 days of field

1 day of clout

This brings the Master and Veterans in line with all other categories shooting at the National Championships.

NOTE - The rounds remain the same as in the past This format will be conducted for a 4 year trial and reviewed at that time.

All the changes noted above for National Championships will come into force from the 2008 National and Junior Championships.

Congratulations Aimee for winning Bronze Medal at the "Keeping the Flame Alive" tournament held at Homebush on the 16th September.

Gold was won by Lexie Feeney won Gold & Jane Waller won Silver both from the AIS.

Northern Junior Challenge: held 23rd September, saw the following junior members placed:

Gold: Tom Benstead – Intermediate BC

Silver: Jack Salmon – Intermediate BC

Bronze: Conan Omori – Intermediate BR, Michael Salmon – Cadet BC

Joshua Seymour placed 4th InterBC

Compound team won by Erina on 2510 points, Warringah placing 2nd on 2382 points.

Recurve team won by SOPA on 2236 points, Warringah only had 1 recurve entry this year; let's start practising everyone for 2008 and see if we can win both Recurve & Compound team trophies!!!! The challenge is on.

AGE GROUPS: Please remember that if you turn 12 half way through the year you are still classified as a Cub U12 until the 31st December, same applies to those who turn 14 / 16 and/or 18. You move up to the next age bracket @ 1st January following the year your birthday is in. Some members are confused when filling in their score sheet and are recording the incorrect age bracket, please keep this in mind, it helps your club recorder.

SCORE SHEETS: Another friendly reminder. Your score sheets needs **YOUR** Name / Round / Class / Date.

Also when you are recording your scores you need to add up as you go along, please do not leave this until the completion of shooting. From November onwards, we will be looking at handing out the Handicap Trophies at the conclusion of the Shoot;

therefore scores are required to be entered as soon as possible after the shoot has concluded. If you have trouble adding up, please let someone on your target or the target next to you know so we can assist.

QRE Events at the Club: Next one being held is 13th October, followed by the 10th November, members are welcome to attend, however, you should ensure you fill out the QRE Registration Form and forward to Steve Salmon, just turning up on the day does not ensure that space will be available for you, so rather than be disappointed, let someone know your intention to shoot.

CLUB CHAMPIONSHIPS INDOOR

16th September, 2007

FITA INDOOR 1 – 60arrows @ 18m 40cm face

Longbow Division:

Ian Stokes	MLM	296 (29) 2 nd
David Onslow	MLV	255 (24) 2 nd

Recurve Division:

Michael Larven	MR	538 (75) MB
Maria Johnston	LR	429 (48) 2 nd
Alan Dickeson	MRM	409 (45) 3 rd
Tom Peek	MRV	307 (31) 3 rd
Barry Ward	MRBM	279 (27) 3 rd

Junior Recurve Division:

Mitchell Dickeson	Inter BR	364 (38) 2 nd
Robert Willis	Junior BR	286 (28) 3 rd
Morgan Montgomery	Inter BR	256 (24) 3 rd
Conan Omori	Inter BR	251 (24) 3 rd

Junior Compound Division:

Jack Salmon	Inter BC	495 (64) 1 st
Jamie Van Barbieri	Inter BC	489 (62) 1 st
Tom Benstead	Inter BC	483 (61) 1 st
Joshua Seymour	Inter BC	473 (58) 1 st
Michael Salmon	Cadet BC	444 (46) 2 nd

Compound Division:

Paul Dille	MCM	540 (82) MB
Steve Salmon	MCM	539 (82) MB
Rin Barbieri	MC	532 (78) 1 st
Jim Barber	MCM	512 (70) 1 st

BIRTHDAYS

October 2007

Scott Abrahams (10th),
Rob Jacobs (12th),
Elizabeth Jennison (16th)
James Johnstone (20th),
Jenny Wandl (25th)
Rowan Kooy (31st)



Goodie, goodie, cake might finally

be available!!!!!!

Club Shoot 23rd September, 2007

Canberra shot – 30 arrows @ 60/50/40m

Paul Dille	MCM	808 (79) 1 st
Aimee Deaves	LR	797 (77) 1 st
Maria Johnston	LR	564 (42) 3 rd

Sht Canberra – 30 arrows @ 50/40/30m

Alan Dickeson	MRM	683 (46)	2 nd
Mitchell Dickeson	IntBR	633 (40)	2 nd
Robert Willis	JunBR	582 (34)	2 nd
Tom Peek	MRV	520 (28)	
David Onslow	MLV	459 (22)	2 nd
Barry Ward	MRBM	445 (21)	3 rd

Ian's Joke Corner:

Three men were hiking through a forest when they came upon a large raging violent river. Needing to get on the other side, the first man prayed, "God, please give me the strength to cross the river." Poof! God gave him big arms and strong legs and he was able to swim across in about 2 hours, having almost drowned twice.

After witnessing that, the second man prayed, "God, please give me strength and the tools to cross the river." Poof! God gave him a rowboat and strong arms and strong legs and he was able to row across in about an hour after almost capsizing once.

Seeing what happened to the first two men, the third man prayed, "God, please give me the strength, the tools and the intelligence to cross the river. Poof! He was turned into a woman. She checked the map, hiked one hundred yards up stream and walked across the bridge.

A very old lady looked in the mirror one morning. She had three remaining hairs on her head, and being a positive soul, she said, "I think I'll braid my hair today." So she braided her three hairs, and she had a great day.

Some days later, looking in the mirror one morning, preparing for her day, she saw that she had only two hairs remaining. "Hmm, two hairs... I fancy a centre parting today." She duly parted her two hairs, and as ever, she had a great day. A week or so later, she saw that she had just one hair left on her head. "One hair huh...", she mused, "I know a pony-tail will be perfect." And again she had a great day. The next morning she looked in the mirror. She was completely bald. "Finally bald huh," she said to herself, "How wonderful! I won't have to waste time doing my hair any more..."

Club Handicap – 30th September, 2007

Name:	Class	Handicap	Score	Total
P.Dilley	MCM	68	815	883
J.Seymour	IntBC	195	671	866
M.Dickeson	IntBR	307	494	801
A.Dickeson	MRM	216	568	784
Scott McNeill	MC	XX	740	740
K.Raye	MLM	424	302	726
C.Omori	IntBR	246	477	723
B.Ward	MRVM	255	468	707
R.Willis	JunBR	255	411	666

WELL DONE PAUL

ARCHERY...A GAME OF REPETITION

Archery is basically a simple art. However, there are many principles that must be developed and mastered before someone can hope to shoot with consistent accuracy. The underlying principle upon which all other

archery techniques and shooting styles must be built is repetition. In other words, you must learn to execute each shot in the same manner as the shot you just made. Every action, both physical and mental, must be an instant replay of the preceding actions. Your draw, anchor, hand placement, head position, aim, release and follow-through all must be consistently the same each and every time you shoot.

Archery is a game of repetition that requires absolute precision in each repetitive action, but when you think about this repetitive nature of archery, is it now really so peculiar. Most other sports require the participants to repeat the same action or actions time after time. For example, golf, bowling, darts and tennis all require a similar degree of repetition and without it the individual does not achieve the consistency that is required for success.

Because it is absolutely critical to develop consistency in each repetitive action involved during the execution of a shot, you must strive to condition your physical and mental actions to that end. This is accomplished by continual practice which will eventually lead to 'automatic' or conditioned response of a correctly executed shot. For example, a boxer practices throwing various blows and combinations of blows until he is able to react to his opponents actions automatically as a result of his many hours of practice.

Because Archery is a game of repetition, we can condition our actions through proper practices so that each shot can be executed correctly and almost automatically. There are simply too many things to think about at full draw, therefore, the more actions we can correctly execute automatically without thinking, the more attention we can give to those actions that cannot be executed automatically.

The ultimate goal in the development of our repetitive execution of a host is to learn to perform all physical actions automatically in order to free and thus direct our total and complete mental concentration towards the aiming process. To achieve any kind of consistency in the development of the automatic execution of a shot, we first must learn to practice correctly. A few weeks ago I spent some time watching a group of archers at 'practice'. After observing them for a while I asked one of them, "What are you doing?". 'I'm practicing' was the reply. "What are you practicing", was my next question. I received, as I expected, a rather peculiar look, I'm practicing my shooting. I continued to watch this group of archers at "practice" for another half hour or so. I watched the bow arms drop, I watched the release hand flip sideways and anchor positions that could not possibly give consistent alignment, and I watched arrows continue to scatter all over the target, I had to give this group credit, they were really hard at it, I felt that given time and an abundant supply of arrows they would 'Perfect their Mistakes'.

If you practice an action long enough it will become automatic, this applies to both proper and improper actions. It is quite possible to reach a certain standard score wise by practicing improper actions, but, you will come up against a brick wall where it becomes impossible

to make further progress. So many archers firmly believe that the more arrows they shoot the better they will become. How many times have we heard people say, "I cannot understand it, I've practiced solidly for the past few weeks and have not improved". Perhaps the only aspect of their archery that has benefited is from the point of view of stamina. While it is possible, as mentioned before, to reach a certain standard, this standard can generally only be reached on the "home range"; under the pressures of Tournament conditions it is rarely possible to reach this standard.

What then is the answer?

First of all the archer should realize that improper actions that have become automated are not easy to correct, these improper actions may have been practiced for a long period of time. The archer may only have one aspect of his/her shooting sequence that is wrong, such as moving the bow arm on release, or there may be two or more faults in the shooting sequence. It is also possible that one improper action is the cause of a chain reaction resulting in complete loss of any form at all.

An archer's performance is directly related to how well he or she thinks. Archery is a game of repetition, to achieve accuracy it is essential that a proper sequence of repetitive actions be developed so that the eventual results will be a consistently automated executive of each shot. To gain this proper sequence of actions the archer must 'think' every action made. If you want to improve accuracy near enough is not good enough, every aspect of the sequence must be 'precise', Feet, bow-hand placement, bow arm sequence, for instance, the archer, commencing the draw realizes the bow hand position is not just as it should be, good, the error has been noticed. The next step should be to let down and commence the sequence again. Sad to say this does not always happened, instead the archer adjusts the bow hand position during the draw which very often affects the bow arm as well, resulting in a poor shot. The act of correcting the bow hand position during the draw, or attempting to correct any other error once the shooting sequence has commenced is detrimental, any action in the sequence that does not feel correct means the shot must be aborted and the sequence recommenced. If the archer continues to correct bow hand position, for example, during the draw this improper action repeated often enough, will become automatic and in time this archer will not even bother to set the bow hand correctly in the first place. The improper action will replace the proper action. As a further example I have seen archers adjust their stance while at full draw.

The archer must remember that every time he/she shoots, with the exception of Tournaments, that archer is practicing, or should be, not just shooting for shootings sake. As the brain is incapable of concentrating on more than one task at a time, each individual aspect of the sequence must be given attention, with weak areas receiving extra attention until such time as this particular weakness has been improved upon and can be integrated equally with the rest of the shooting sequence. For instance, the stance, bow hand and arm may present no problems, but failure to relax the draw fingers in the early stages of the draw may be having adverse effects on the release, this area must then be given the extra attention.

I firmly believe that problem areas in the sequence can best be worked upon using a target butt with no face, and if possible depending on which part of the sequence is causing the problem, with the eyes closed, shooting from only a few feet distant. Many of the problems that creep into an automated shooting sequence are caused by over-aiming during practice sessions. More concern should be shown by the archer on form, on how the arrow was shot, if it went in the middle was it well executed or was there a lot of luck.

When you next go out to a practice session, go with the firm intention of improving your repetitive shooting sequence. If you don't already have one, and there are many archers that don't start one. It is not such a bad idea to write it down at first. Keep it as simple as possible to begin with, as your form improves you may need to add to it.

In concluding this article a word of warning. While it is possible to develop a repetitive shooting sequence that becomes automatic, allowing for greater concentration on aiming during tournaments, never neglect this sequence in practice. Work on it all the time in practice, remember that the number of improper actions we can make far outnumber the proper actions.

If there is a chink in the armour of your proper sequence an improper action will creep in, small at first but, if undetected and checked, like a disease it will grow to epidemic proportions.



WORKING BEE
Will be held at the
Club on Saturday 27th
October, 2007, starting at
8.00 am. Members are required
to attend to assist as we need to
ensure that all equipment is in
good working order
and available for
our KidBow
tournament in
November, many
hands make light work.

