



WARRINGAH ARCHERS NEWSLETTER September 2009

www.warringaharchers.com.au

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

Club Website Updates



ACROSS THE DESK of the SECRETARY (alias Nessy)

New information placed on
website:

- Club & QRE results for the month of Aug/Sept.
- Results of Club

Championship events Field & Target.

ANNUAL GENERAL MEETING

I'd like to take this opportunity to thank those members who came along to the Annual General Meeting early on Sunday 13th September, and to those who stayed to shoot the Warringah Handicap following. Please join me in welcoming aboard your new Executive Committee for 2009/2010.

President:	Steve Jennison
Vice President:	Steve Salmon
Secretary/Recorder:	Elizabeth Jennison
Treasurer:	Ian Harper
Executive Member 1:	Geoff Benstead
Executive Member 2:	John Mesiti
Executive Member 3:	Ivan Koprovec
Junior Representative:	Michael Salmon

Lake Macquarie Games on 23rd August, saw our lone entry of Morgan Montgomery win Gold in the CadetBC division, while at the **Liverpool Black Snake Challenge on 12/13th September**, two gold medals were achieved by Tom Benstead (CadBC) and Ian Stokes (MLM), well done. Tom shot a Master Bowmen score on day 1 and a GMB on day 2.

Our Club Presentation Night / XMAS party has been booked for Saturday the **28th November**. Please keep this date in your diary as further details will be broadcast shortly.

In preparation for the above event could all members that have perpetual trophies, please return these to the club by the end of October, so that we can fix up / engrave for this year. This would be greatly appreciated.

KidBow/Adbow Quarterly Handicap shoot – 29th August, 2009.

N.Mckay	IntGR	18	16	604	730
C.Cronin	CubBR	20	118	608	726
T.Williams	CadBR	24	102	609	711
D.Trueman	CubBR	20	118	582	700
O.Reeves	CubBR	3	206	484	690
M.Giles	IntBR	19	121	547	668
S.Niven	IntBR	12	154	497	651
A.Brinkman	IntBR	6	189	443	632
S.Lee	CubBR	15	139	441	580
S.White	CubBR	1	218	348	566
J.Brannon	IntBR	16	135	417	552
W.Nord	CubBR	5	105	427	532
N.Callandruccio	CubBRB	1	218	307	552

Congratulations Nyomi and also to Stirling Callandruccio who took out the Adbow division.

KidBow Qualifying Rounds:

Alex Brinkman	IntBR	15m 80cm	202
Nick Salandruccio	CubBRB	10m 80cm	219
Sean Niven	IntBR	18m 40cm	93
Tom Williams	CadBR	15m 122cm	255



BIRTHDAYS

October, 2009

Elizabeth Jennison
(16th), sshhhh! David
House (23rd), Jenny Wandl (25th)

Indoor Ratings Improvements:

Nyomi McKay	IntGR	21 to 23	12/9/09
Sean Niven	IntBR	7 to 12	12/9/09

Field Ratings Improvements:

Tom Benstead	CadetBC	79 to 80	13/09/09
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Target Ratings Improvements:

Nyomi McKay	IntGR	18 to 19	29/8/09
Yoshiki Imiya	IntBR	81 to 82	30/8/09
Nyomi McKay	IntGR	19 to 22	5/9/09
Morgan Montgomery	CadBC	51 to 53	13/9/09
Barbara Stasenka	LCV	xx to 30	13/9/09
Thomas Williams	CadBR	xx to 23	19/9/09
Alex Brinkman	IntBR	xx to 7	19/9/09
Cameron Cronin	CubBR	20 to 24	19/9/09
Barbara Stasenka	LCV	30 to 37	20/9/09
Graeme McLennan	MRM	41 to 43	20/9/09
Morgan Montgomery	CadBC	53 to 54	20/9/09
Cameron Cronin	CubBR	24 to 26	20/9/09

Club Shoot – 30th August, 2009

You commence this event with a Ranking round which is shot at the 2nd distance you would normally shoot in FITA competition. (*Members can always shoot higher if they choose*), and of course there is always a distance for our newer members to shoot, so they can also take part.

Guy Phillips	MC	70m	669 (105) GMB
Jack Salmon	CadBC	60m	645 (90) GMB
Yoshiki Imiya	IntBR	60m	621 (84) GMB
Michael Salmon	JunBC	70m	618 (90) GMB
Conan Omori	CadBC	60m	607 (80) GMB
Aimee Deaves	LR	70m	597 (85) GMB
Danny Stasenka	MRV	50m	592 (68) 1 st
Tom Benstead	CadBC	70m	561 (71) MB
Barbara Stasenka	LCV	35m	558 (46) 3 rd
David House	MRM	35m	552 (44) 3 rd
Daniel House	MR	35m	489 (33)

From the ranking round members are then ranked and given a handicap and a ranking card. Then they proceed to shoot 12 arrow matches, and add their handicap to the total arrows scored. If they win the match they swap cards with their competitor, until everyone has shot a match against each other, whoever is holding Ranking No.1 card is declared the winner. Unfortunately, I cant give you the full results of how everyone went in the Matchplay as there are some score cards missing..Geeezzzzz

Club Champoinships Field 6/9/09:

Recurve Division

Archer	Peg	Divn	Score
Yoshiki Imiya	Blue	InterBR	332
Aimee Deaves	Red	LR	310
Danny Stasenka	Red	MRV	217
Kane Wilson	Yellow	CubBR	213
David Shannon	Blue	InterBR	195
Daniel House	Red	MR	126
David House	Red	MRM	118
Cameron Cronin	Yellow	CubBR	106
Jenny Wandl	Red	LRV	99
Matthew Giles	Yellow	CubBR	83
Clay Howlett	Blue	InterBR	20

Compound Division

Tom Benstead	Red	CadetBC	327
Michael Salmon	Red	JuniorBC	322
Barbara Stasenka	Yellow	LCV	89

Longbow Division

Ian Stokes	Yellow	MLM	238
David Onslow	Yellow	MLV	120

Outright Club Field Champion: Yoshiki Imiya

SPORTS FLUID FACTS

Did you know?

- That about 60% of your body weight is water.
- That water makes up about 72% of the weight of muscle tissue and only 20 - 25% of the weight of fat. Therefore the more muscular you are, the greater your total body water.
- You lose approximately 500-700mL of water a day in sweat from your skin (about two cups full).
- With every breath you expire small droplets of water into the air. Approximately 250-300mL a day (about a cup).
- You also excrete approximately 1000 to 1500mL of water each day by going to the toilet.

Points to remember:

- Thirst is not a good indicator of fluid need.
- Drink half a glass of fluid every 15 minutes before exercise and during if it is possible.
- Cold, diluted drinks are absorbed better.
- Water is the best drink of all.

So how much water did you drink today?

It would be great to see members turn up with drinking bottles! You can always fill up your drinking bottle with cool water from the fridge through the days competition.

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

New Question:

Q. During the break between practice and the first scoring end, an archer, having just made a repair to his bow, is observed to shoot an arrow to test the repair. Is this allowed?

A. No

8.4.2.3 An arrow shot after the DOS has officially closed the practice session on the competition field, (which is after the pulling of the practice arrows), or during the breaks between distances or rounds, will cause the athlete to lose the highest scoring arrow of the next scoring end. (see also article 8.6.2.2).

How did you go, did you get this answer?

Warringah Handicap 13th September, 2009

S.Calandruccio	MR	21	531	656	1187
J.Wandl	LRV	39	328	716	1044
M.Montgomery	CadBC	51	223	712	935
B.Stasenka	LRV	30	424	482	906
M.Salmon	JunBC	90	46	825	871
D.Stasenka	MRV	67	126	744	870
Y.Imiya	IntBR	82	68	789	857
D.Onslow	MLV	34	379	355	734

**CONGRATULATIONS STIRLING
WELL DONE**

MAXIMUM PERFORMANCE SERIES DYNAMIC RELAXATION Section

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

The Mechanics of Relaxation

While MENTAL and muscular tension are interrelated, it's in the muscles that the tension state is manifested. That's extremely fortunate, because it's infinitely easier – for most of us, at least – to relax our muscles than our minds. In the process, the mind becomes more quiet, since relief of muscular agitation removes some pressure from it.

There are four simple things to do that will give you instant relief.

- Pause
- Breathe
- Move
- Take a break

Pausing changes the state you're in. It assists you to erase where you were and get ready to start over again. It alters the relationship between you and what's bothering you. Preoccupation with a problem locks you into a process that reinforces your tension. Pausing unlocks the process.

Breathing induces concentration. You shift your focus to your breathing and away from bothersome things. Breathing a little more deeply and a little more slowly produces several beneficial physiological changes. First, a deep breath increases the negative pressure in your chest. This, in turn, helps to draw blood toward the heart through the large veins. An increased supply of blood in the heart helps to maintain the pressure of blood to your brain at the very moment when other parts of the body are competing for the blood. When your body prepares to go into action, the blood vessels supplying the muscles that will move you to fight or run away shift more blood into the action area. The body does this by squeezing the blood out of your belly – digestion isn't important now – and driving it to the muscle area where the vessels are opened to receive it. A sigh or two will help move the blood from your belly to your muscles and your brain.

When you breathe, focus on its four phases.

- Feel yourself inhale.
- Feel yourself pause.
- Feel yourself exhale.
- Feel yourself pause again.

Next, practice *belly breathing*. Sitting in a chair, put your hands on your belly. As you inhale, note whether your belly is rising or falling. It should be rising, but it often isn't because when we're tense we harden the stomach muscle as though in anticipation of a blow. If your belly isn't rising as you inhale, make a conscious effort to change the pattern. Continue monitoring your breathing for at least a minute by feeling the rise and fall of your belly.

Movement of any kind further reduces tension. Tapping the foot unconsciously; yawning, and

stretching; going through the motions of swinging a club, bat or racket; taking a walk; pacing the floor – all these motorize tension and help erase it.

Anything specific helps to calm emotions. If you're nervous about writing a paper, laying out your supplies will help to calm your nerves. If you're in a match, the way to combat the emotional backwash of a bad shot is to immediately rehearse a good shot by taking a well-executed practice swing.

The very best thing you can do when suddenly seized by tension is to take a break. Mentally, and physically, if possible, remove yourself from the arena that is causing your tension, so that you avoid further impulses that have locked you into a feedback situation. Ideally, you would go to a quiet, comfortable room where you could shut out the noises and smells that remind you of the arena. But whether an oasis exists or not? having the break is the crucial thing.

Let's assume you're in your office, feeling unusually hassled. Six different people are lined up at your door, ready to ask you for a decision. Your phone is ringing. Your secretary is ill, and her substitute is driving you crazy. Everything that's happening to you right now is adverse to good performance. Your blood pressure is up, your heart is pounding, your tense and mentally confused. For your sake and the sake of your firm, you should close your door, tell the secretary to hold your calls, remove your shoes, loosen your clothing, pause for a moment, take a deep breath and relax your belly, yawn, stretch and stay on your break, until your composure is restored.

TAKING A TENSION INVENTORY

WHILE YOU'RE ON your break, you should make a tension inventory.

TENSION CHECKLIST

- Eyebrows arched?
- Squinting?
- Staring?
- Teeth clenched?
- Pushing your tongue against your teeth?
- Biting the inside of your mouth?
- Scratching your face?
- Biting your fingernails?
- Neck tight?
- Clearing your throat?
- Swallowing unduly?
- Shoulders hunched?
- Hands clenched?
- Tapping your finger?
- Tapping your foot?
- Belly tight?
- Buttocks squeezed?
- Are you sitting tensely on your chair, instead of letting your weight sink into the chair?
- Thighs tensed?
- Are your toes clenched?

Using the same principle you used in focused breathing, go down the checklist, focusing on each body part.

If your eyebrows are arched, relax and lower them. Then tense them again, and relax them once more. They'll relax more on the second try.

If your teeth are clenched, try letting the muscles of the jaw relax. If they won't relax, deliberately clench your teeth, and then focus on letting the tension diminish. Clench and unclench your teeth until your jaw muscles relax to the point that your mouth falls open.

Focus on the tension in your shoulders. Next, let your shoulders relax. Then let them hang, as though they might fall off on each side. Now tense and raise them again. Finally, let them relax and fall out to sides once more.

Now to deepen your relaxation even more, rehearse your belly breathing – breathe in, belly out; breathe out, belly in – pausing at the end of each phase. **GIVE IT A GO.**

Club Championships Target 20/9/09

Open Compound Mens Division

Jaime VanBarbieri	280/294/296 = 870 (100) 1 st
Jack Salmon	275/287/289 = 851 (93) 1 st
Michael Salmon	270/284/280 = 834 (87) 2 nd
Patrik Mestiti	263/260/286 = 809 (80) 1 st
Tom Benstead	245/278/277 = 800 (77) 1 st

Open Compound Ladies Division

Barbara Stasenka	254/237/255 = 746 (44) 3 rd
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Open Recurve Mens Division

Yoshiki Imiya	251/271/280 = 802 (78) 1 st
Danny Stasenka	191/240/252 = 683 (56) 1 st
David House	192/184/212 = 588 (45) 2 nd
Graeme McLennan	170/186/231 = 587 (45) 2 nd
Daniel House	142/172/187 = 501 (36) 3 rd

Open Recurve Ladies Division

Elizabeth Jennison	176/180/210 = 566 (42) 2 nd
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Open Longbow Division

David Onslow	77/99/158 = 738 (21) 2 nd
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Intermediate Compound (U15)

Morgan Montgomery	218/244/276 = 738 (55) 2 nd
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Intermedaite Recurve (U15)

David Shannon	164/184/207 = 555 (32) 2 nd
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Cub Recurve (U12)

Kane Wilson	187/226/248 = 661 (31) 2 nd
Lachlan McLeod	155/151/203 = 509 (27) 2 nd

Novice Division (Shooting less than 12 months)

Cameron Cronin	211/253/272 = 736 (28) 2 nd
Stirling Calandrucchio	183/239/275 = 697 (22)
Ivan Koprivec	176/218/274 = 668 (18)
Nick Calandrucchio	46/88/182 = 316

DATES TO REMEMBER:

- October handicap 4th October
- Club Championships Indoor (shot outdoors) 11th October
- Good luck to our members competing in the World Masters Games 11-17th October.

CLASSIFICATION MEDALS:

Target/Field/Clout/Indoor:

Target badges are bronze with a target face in the background for 2nd & 3rd class.

1st class is black with a white class insert.



1st, 2nd and 3rd class badges can be purchased from the club recorder at a cost of \$6.50 per award.



Master Bowmen (MB) & Grand Master Bowmen (GM) badges once achieved, a special form must be filled in and forwarded to the National Recorder through the RGB Recorder for

Registration. Master Bowmen is a Blue with a white class insert.

Grand Master Bowmen are Gold with a white class insert.

The first year this status is achieved it has the class inserted. For future years an insert with the Class and Year attained can be claimed and awarded by the National Association.

Warringah Archers awards Grand Master Bowmen & Master Bowman badges to its members at no charge.

Members are required to classify/re-classify annually. So far this year members have achieve the following target classifications:

Cameron Cronin	CubBR	3rd
Aimee Deaves	LR	GMB
Henry Hardie	CubBR	3 rd & 2nd
David House	MRM	3 rd
Daniel House	MR	3 rd
Yoshiki Imiya	InterBR	MB/GMB
Graeme McLennan	MRM	3 rd
Nyomi McKay	IntGR	3 rd
Lachlan McLeod	CubBR	3 rd
Patrick Mesiti	CadBC	2 nd /1 st & MB
Morgan Montgomery	CadBC	2nd
Conan Omori	CadBC	1 st / MR
David Onslow	MLV	2 nd
Tom Peek	MCV	2 nd
Jack Salmon	CadetBC	GMB
Michael Salmon	JuniorBC	MB/GMB
Steve Salmon	MCV	1 st
Joshua Seymour	CadetBC	MB/GMB
David Shannon	IntBR	3 rd / 2 nd
Danny Stasenka	MRV	1 st
Barbara Stasenka	LCV	3 rd
Ian Stokes	MLM	1 st
Jaime VanBarbieri	CadetBC	GMB
Zac Voss	CubBC	3 rd
Jenny Wandl	LRV	3 rd
Kane Wilson	CubBR	2 nd /1st