



WARRINGAH ARCHERS NEWSLETTER September 2010

www.warringaharchers.com.au



Across the desk of the Secretary.

New Committee for Warringah Archers:

At the Annual General Meeting held on the 26th September, the following members were

elected:

| | |
|------------------|---|
| President: | Stephen Jennison |
| Vice President: | Steve Salmon |
| Secretary: | Kaitlin Turner, assistant Elizabeth Jennison. |
| Treasurer: | Ian Harper |
| Recorder: | Elizabeth Jennison |
| Other Committee: | John Mesiti Ivan Koprivec & Patrick Mesiti |

Patrick will be also taking on the role as Junior Representative, so if any of our junior members wish to make any changes or have input to the club direction, Patrick can help you out.

State Open Target Championships: 11/12th September, held at Homebush:

Jack Salmon place 5th Overall, and Robert Talbot placed 7th in the Open Mens Compound. Aimee Deaves shooting in the Ladies compound division, placed 3rd.



Northern Junior Challenge 19th September

Gold: Conan Omori (CadBC), Yoshiki Imiya (CadBR), Kane Wilson (CubBR)

Silver: Tom Benstead (CadBC), David Shannon (CadBR)

Warringah were successful in winning the **Recurve teams trophy** with a total of 2207 points, congratulations Yoshi, David & Kane.



Our Compound team.

came 2nd with a total of 1676 (with 2 competitors), Erina taking out first on 2425 points.

NEW MEMBERS: Louis Reay-Smith (CubBR) Luke Maras (IntBR), Kaitlin Turner (LR), Adam Mayo (MR), Robert Talbot (MC).

KidBow Qualifying Rounds– Step 1 (30 arrows):

| | | | |
|-----------------|-------|----------|-----|
| Oliver Reeves | CubBC | 10m 80cm | 253 |
| Sophie Renouf | IntGR | 10m 60cm | 211 |
| Youki Rosewarne | CubBR | 10m 80cm | 237 |

Adbow Qualifying Rounds– Step 1 (30 arrows):

| | | | |
|----------------|-----|-----------|-----|
| Adam Mayo | MR | 10m 122cm | 270 |
| Adam Mayo | MR | 10m 80cm | 266 |
| Adam Mayo | MR | 10m 60cm | 239 |
| Katelin Turker | IR | 10m 80cm | 252 |
| Keiran Murphy | MRM | 15m 80cm | 217 |
| Linda Tyson | LR | 15m 60cm | 194 |
| Mark Hitchcox | MR | 15m 60cm | 210 |

Club Shoot – 22nd August, 2010

Long Sydney 30 arrows @ 70/60/50/40

| | | |
|----------------|-------|---------------|
| Jack Salmon | CadBC | 1060 (97) GMB |
| Michael Salmon | JunBC | 1001 (88) GMB |

Short Adelaide 30 arrows @ 50/40/30*/20*

| | | |
|----------------|-------|---------------------------|
| Yoshiki Imiya | CadBR | 1086 (72) 2 nd |
| Danny Stasenka | MRV | 1043 (64) 1 st |
| Allan Nolan | MRM | 372 (7) |

| | | |
|------------------|-------|--------------------------|
| Mini Adelaide | | |
| Carmelo Aslandis | CubBR | 828 (12) 3 rd |
| Luke Maras | IntBR | 540 |
| Nick Thomas | IntBR | 670 |
| Katelin Turner | LR | 605 |

On Handicap 1st / 2nd & 3rd went to:

- 1st – Carmelo Aslandis
- 2nd – Danny Stasenka
- 3rd – Nick Thomas

Target Rating Improvements:

| | | | |
|-----------------|-------|----------|---------|
| Ray Clarke | MR | 28 to 33 | 21/8/10 |
| Thomas Williams | CadBR | 26 to 27 | 21/8/10 |
| Mark Hitchcox | MR | 15 to 16 | 21/8/10 |
| Sophie Renough | IntGR | 2 to 4 | 21/8/10 |
| Julie Wright | LC | 73 to 74 | 22/8/10 |
| Clinton Wright | MC | 95 to 98 | 22/8/10 |
| Ray Clarke | MR | 33 to 38 | 28/8/10 |
| Tracy Newlands | LR | 31 to 34 | 28/8/10 |
| Oliver Reeves | CubBC | New 10 | 28/8/10 |
| Keiran Murphy | MRM | New 13 | 28/8/10 |
| Ken Wright | MCV | 54 to 59 | 11/9/10 |
| Maria Wright | LCV | 58 to 59 | 11/9/10 |
| Tracy Newlands | LR | 34 to 37 | 11/9/10 |
| William Nord | CubBR | 10 to 13 | 11/9/10 |
| Eliza Earl | IntGR | 16 to 39 | 11/9/10 |
| Linda Tyson | LR | 17 to 20 | 11/9/10 |
| Mark Hitchcox | MR | 16 to 17 | 11/9/10 |
| Lachlan McLeod | IntBC | 43 to 52 | 18/9/10 |
| Maria Wright | LCV | 59 to 60 | 18/9/10 |
| David Shannon | CadBR | 48 to 54 | 19/9/10 |

Club Shoot: 28th August, 2010 Matchplay

Archers shot a 36 arrow ranking round at their 2nd Fita distance.

| | | | |
|-------------------|-------|-----|-----|
| Guy Phillips | MC | 70m | 348 |
| Tom Benstead | CadBC | 70m | 306 |
| Conan Omori | CadBC | 60m | 336 |
| Aimee Deaves | LR | 60m | 316 |
| Danny Stasenska | MRV | 50m | 293 |
| Yoshiki Imiya | CadBR | 60m | 284 |
| Jenny Wandl | LR | 50m | 212 |
| Mark Hitchcox | MR | 35m | 254 |
| Katelin Turner | LR | 20m | 228 |
| Cameron Cronin | IntBR | 45m | 215 |
| Carmelo Aslanidis | CubBR | 35m | 95 |
| Linda Tyson | LR | 35m | 83 |

Members were then ranked, given a handicap, and then shot 12 arrow matchplays. Their score shot added to their handicap gave a total, if there score was higher than competitors, they swapped ranking cards, until 4 were left. These then competed for the medal rounds.

| | |
|---------|----------------|
| Gold: | Katelin Turner |
| Silver: | Conan Omori |
| Bronze: | Yoshiki Imiya |

BIRTHDAYS, October 2010



Alan Nolan (7th)
Elizabeth Jennison

(16th) David House (23rd), Jenny
Wandl (27th), BIG 70 AWESOME

MAXIMUM PERFORMANCE SERIES How to Maximise Everyday Performance

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

THE CRUCIAL HABIT

MOST OF US are impatient to get into competition as soon as we can. Understandably. we're after either results or enjoyment, and the process of learning is no substitute for the real thing.

But the secret of maximum performance is exactly here: you must train for an event until conscious movements become so habitual that they're performed automatically.

Training and conditioning should not be so dull and frustrating that they kill anticipation of the event itself. The key to avoiding such boredom is to make each session so simple that a reward is guaranteed. There is no satisfaction quite like being able to do something that you couldn't do before.

On or off the field, failure is the worst part of any performance. And too often failure is the result of plunging right into the middle of a complicated activity and competing against a superior opponent. This is a mistake. Only when you have a good understanding of the complexities should you seriously challenge a better opponent.

Here sport and work intersect. Every time I become deluged with responsibilities, I find myself trying to do everything at once. It's no good; it doesn't work; but it's a normal human response.

Only when I see that I'm doing everything poorly do I remember what I've learned so many times: ***One thing at a time, the simplest things first.***

I belong on automobile club whose employees utilize the one-thing-at-a-time principle, whether they know it or not in their office procedure. When you go to a representative's desk, the only thing on his desk is your file. Everything concerning your business is transacted while you're sitting at the desk. If a form needs filling out, it is filled out then and there. If a phone call on your behalf needs to be made, it is made on the spot. If a higher authority must be consulted, he is sought out at once. You're still sitting there when the representative makes out his report; who you are, what was done, and so forth. When you're finished, he's finished. Then he pulls the next customer's file and calls him in.

You may have to wait a while to get such service, because the representative won't see you until he's completed work with the customer ahead. But contrast this service with the service you'd get if shortening the customer's stay in the office was the representative's primary concern. Papers would be put aside to be filled out later when you're not waiting. Phone calls would be made, after you'd left. Consultation's and reports, the same. An enormous amount of unfinished work would accumulate. Eventually all that work would have to be reviewed to see what was done, what still needed doing and what special concerns you might have had.

Invariably, the representative would run across questions that only you could answer; that would require a letter, or phone call or another visit, which would generate more unfinished work, more time and more delay.

Whether you're training for a sport or working for a living, the vital principle is the same; Take things in order, simplest things first. Complete one project before you start the next. Not only is it more efficient and productive, its' also easier to confront.

GETTING STARTED

ALL THE METHOD in the world isn't going to help us if we can't bring ourselves to begin.

We're all familiar with the work-avoidance phenomenon. We need time to 'crank up' we tell ourselves, and so we fritter away hours in the process. "Getting myself together" is a way of avoiding work. I convince myself that I don't have in mind exactly what I want to do. So I fuss around, finish the newspaper or watch the rest of a TV program. My rationale is that my unconscious is getting me organised, so that when I do get to work, I'll have a better concept of how I want to proceed. Before I know it, I've blown the time I've set aside for the work.

The work-avoidance phenomenon is a rational and understandable process. It usually surfaces when you're about to do something uncomfortable. Either you've never done it before, or you don't feel competent enough to succeed. So you concentrate on the dreading, not the doing.

The remedy is a simple one: Begin by doing something that's related to the task, but doesn't involve any risks.

Suppose it's a tough paper you've been putting off. Write down your present thoughts right away without worrying about how they sound. Such notes don't pose the same hang-ups as writing the paper, because you haven't yet committed an idea for examination by someone else.

To commit yourself to an idea, for most of us, is not an easy thing to do. As Leonard Gross tells students in this writing course; "Writing is easy. It's thinking that's hard. It's not what you write but what you think that's tough to come to terms with" He advises the students to get their ideas and convictions down on paperwork first, no matter how crudely they're stated. They can be prettied up later.

By the time you've finished your notes, you may well find that you have the outline of your paper. All you then need to do is fill in the gaps.

The phenomenon of work avoidance is equally present in physical workouts. Getting started is a problem for most of us every day that we train. The solution is similar to that employed for mental work; Do something that's preliminary to the work you're supposed to do.

A warm up exercise is more than physiological preparation. It's psychological, as well. You're about to undertake something that you don't particularly relish doing, so rather than hit it head on, you take tentative steps in that direction – for example, moving a light weight before a heavy workout.

Another common excuse for putting things off is the feeling that you're not ready to perform perfectly. Your sense of what you'd like to do and what you're ready to do are so far apart that you're discouraged from ever trying. There's a lesson to be learned from industry here: Your initial effort is and ought to be a crude one.

The first step in the development of a new product is to take scraps of whatever's on hand, whether suited to the final product or not, put the whole thing together on a work bench, and see if and how it works. The first device is usually called the bench model.

The next step is the engineering model. It requires the fabrication of parts that are going to be its central feature. Once the engineering model is assembled, it's tested for reliability, durability, accuracy and efficiency. From the results of these tests comes the final design of an attractive, easy-to-use and hopefully saleable product.

To get yourself organized, you follow the same basic procedure. Set down what you've got, no matter what it is – a rough set of figures, sketches, fragmentary ideas. Organisation doesn't matter. Once you have these items set down, then you can see what else you need. When you have the new ingredients, assemble them with the initial ones in a logical order. Now you have an engineering model. Then perfect that model until it's what you want.

So many people shy away from projects, saying "I could never do it." If they were to see the effort

in its initial stages, they would recognise it is something they could, indeed, do.

The important thing is to get started, no matter how – even if what you do at first doesn't necessarily appear in the final product. Any preparation that's related to the anticipated task will help – even if all you do is write a word or two on the back of an envelope or clip an article from a newspaper.

September HANDICAP WINNER



Handicap/Mini Handicap., with the Handicap being adjusted based on the round bshot.

**Eliza Earl
Intermediate
Girl Recurve**

1st – Eliza Earl
2nd – Simon Page
3rd – Tracy Newlands

Full results can be located on the website.

Additional Classifications achieved in 2010:

*highlights those achieved from 2009

| | | |
|----------------|----|------------------------|
| Tracy Newlands | LR | 3 rd Target |
| Ray Clarke | MR | 3 rd Target |
| Clinton Wright | MC | GMB Target |
| Aimee Deaves | LC | Master Bowman Target |
| Robert Talbot | MC | Master Bowmen Target |

Medals can be purchased from recorder @ \$6.50ea

An Exercise for Improving your Aiming

By Mike Geard – courtesy of Archery Focus

The intention of this article is to give you an exercise that will improve your comfort level during the act of aiming. This exercise is an excellent way to address the issue of target panic as well. We often hear the term target panic used with varying definitions. I make no attempt to define just what target panic is, but do express that the exercise I am about to share with you will reduce the anxiety that often fuels the various affects of target panic. This exercise is also excellent at improving your ability to aim off the centre of the target in windy conditions. The exercise is equally effective no matter what style of equipment you shoot, be it compound and release, Olympic style recurve, or bowhunter. It has worked for everyone that has been offered the exercise.

Here is the aiming exercise –

- *The first thin to do is choose a location on a target butt off of the centre to aim at. This could be at 12:00, 3:00, 6:00 or 9:00 o'clock positions as long as you can also see the centre of the target also. I like to choose a line on the target*

to aim at make this a precise location such as 12:00 o'clock on the 9/8 or 8/7 lines.

- *After shooting a few arrows while aiming off, adjust your sight so that you hit the middle while aiming off.*

Note – If you choose a 3 or 9 o'clock position, note the number of turns you have made to your windage adjustment in order to hit the middle. This is so you can adjust it back when the time comes to aim on again.

- *At this point, come to full draw the way you normally do and briefly aim hard with great focus at your chose location. Next, move your eye's focus to the centre of the target (where you are trying to get your arrows to hit) and shoot the arrow while focussed on the middle.* The sight will stay in your peripheral vision, but your direct focus is on the centre of the target.

What this does for you is to relieve your direct focus from the act of aiming. You are still aware of your pin out there in your peripheral vision, but you are not having it's image in your direct focus. The center of the target is instead in your direct focus.

Why it Works: As you shoot using this exercise, you will notice your face and neck becoming more relaxed and that you shoot a nice relaxed shot. The reason for this is that you are not painfully aware of the movement in your sight pin and this relieves the stress that aiming puts on your shot sequence. Target panic is a product of the stress or 'lock up' that occurs when your sight picture does not allow you to complete your shot properly. The message your sight picture sends to your brain is that you are not aimed perfectly and are there fore not ready to shoot. By being totally focussed on your sight pin, your brain is bombarded with continually changing signals that in effect say, "Okay, I'm ready ... now I'm not ... okay, ready again, Oh no, not yet@ ... Creating a "start and stop" set of signals to all of the control centres of your shot. Ever shoot an arrow at the instant that the signal says, "No, not ready yet?" In my case, it is not a pretty sight! This start and stop confidence crusher is the foundation for target panic. We become fearful of shooting the arrow at the wrong instant. Typically this is caused by the event of that very thing happening during a perfectly good day of shooting! By shifting your sight picture to being focused on a target empty of a sight, it is almost like shooting barebow, and the fear of shooting the arrow at the wrong instant gradually goes away!

Not only does the fear of shooting an arrow at the wrong instant gradually build up on you, it also gradually goes away through the positive reinforcement of having success. This is how the exercise works; by aiming intensely at the beginning of the shot, you in effect burn the image into your memory. When you turn your active attention to the center of the target, the burned in image stays in your peripheral vision and even though you are not focused on your aiming device, I guarantee you are still aware of exactly where it is aimed. This restores your smooth shot execution and removes

the hesitation from your shooting motion. You also get a beautiful picture of the ten ring and your arrow hitting it without the obstruction of a sight pin. Since success breeds confidence, you begin to strengthen your faith in the fact that you can relax and shoot a good strong shot without having aimed on a pinpoint. Gradually you will become comfortable shooting with a full view of the center as you get to watch your arrows hitting it!

Once you feel you have restored your confidence in your shooting and sighting picture, you will notice that when aiming on the center with your sight again, you are able to do so without concern for the normal movements that take place during the shot. You are also able to keep your focus on the target with your sight pin in the background instead of bouncing your focus back and forth between your sight and the target. This gives a more relaxed nature to the aiming process and allows your face and neck to have less tension in them. That relaxation seems to spread through the rest of your body as well.

Shooting in the Wind. The way this exercise helps your wind shooting is that you can pick the spot you wish to aim off based on the wind conditions, place your pin there and then look at the center of the target. By having your pin in your peripheral vision, you shoot a faster, smoother shot because you do not get the instant feedback of the wind pushing your aiming picture around! In windy conditions, it is always more effective if you can execute strong shots quickly so that there is less opportunity to be purchased off by the wind. By not watching the moving sight pin, it is easier to shoot at the middle with strength an enthusiasm.

I have heard the comment that shooting with an aperture will do the same thing as this exercise, but I beg to differ. The reason is that your focus still has the opportunity to bounce between your aperture ring and the target. Also, even though you look through an aperture and do not have as much awareness of the small movements you are making, you do still consciously center the aperture throughout the shot! The exercise I described allows you to purposely not enter anything. Once you get used to looking away from your sight pin, it is absolutely in your peripheral vision as long as your focus remains on the middle forcing you to rely on your instincts to a greater degree. Once you get the positive reinforcement of being able to rely on your instincts, the effects on your comfort zone are positive.

If you have been struggling with your sighting picture and/or shot executive, I hope this article makes you want to go out and shoot your bow. If you find that this is an effective exercise for you, it is nice to know that you can practise it any time you feel hesitation creeping into your shot. Practicing good habits is always the key to conquering your goals. This exercise if yet another way to fight back when you start to hesitate during the execution of your shot.