

# Ten Minutes with the Team

## *World Championships, Torino 3 - 10 July 2011*

*“There’s a good chance we’re going to surprise people”*



FITA has held World Championships since 1931. Competitions were held in four events: an individual event for men and women and a team event for men and women from 1931 to 1993. In 1995 the Compound Bow Division was added for men and women and for men's and women's teams. World Championships were organised every single year until 1959 (with a few exceptions), but since then they have been held every two years only.

In the Recurve division, the top 8 teams in the Team Competition (other than the 2012 Olympic Games host nation of Great Britain) will earn three places in the Olympic Games in 2012. Also, 8 places will be allocated to the National Olympic Committees of the highest ranked archers from nations which have not qualified through the team competition, with a maximum of 1 per NOC.

This year New Zealand is sending two Men's Compound archers, a team of three Women's Compound archers and for the first time, a full team of Men's Recurve archers. We wish them all the best!

The last time Stephen was in the World Championships it was Korea in 2009, and he took the bronze medal. He is eagerly awaiting Torino, hoping for the chance to better his previous result. With American Braden Gellenthien, Stephen Clifton is the only other person in the world who has won a medal at both the Junior World Championships and the World Championships. In 2004, Stephen took the bronze in the Junior Men's Compound division, while Gellenthien took the gold. In 2009, Stephen won the bronze medal in the Men's Compound division, and Gellenthien took another gold, this time with the Men's Compound Team.

Stephen first picked up a bow when he was 9 years old, going bowhunting with his uncle. A few years later he went to the Auckland Archery Club, where he tried out shooting at a fixed target. Finding he liked it, he stayed, and says he's been addicted to the sport ever since.

Stephen has been competing at a high level since he started in archery. His first international tournament was a Trans-Tasman, and soon after he was jetting off to England for the Junior World Championships in 2004, where he won the bronze.

He says he is always trying to improve his results, and going to as many tournaments as he can prepares him for the next one. Only a few weeks ago he returned from the Australian Nationals with a silver medal in the target division.

Steve ranks his greatest achievements as the bronze in Korea, closely followed by winning gold at the Commonwealth Archery Championships in 2006, the bronze at the Junior World Championships in 2004, and winning the Australian National Championships in 2006. "I was up against guys like Clint Freeman, John Dudley and Pat Coghlan for the first time," he says. "I thought I was going to get beaten!"

Along with these achievements he lists getting his 1400 pin as a "moment from a dream". He says when he finally attained the score he'd been dreaming about since he was eleven years old it was more a sense of relief than anything else.

He trains usually 5 to 6 days a week, for 1 – 2 hours each morning, and for longer during the weekend. He also runs and goes to the gym to do weight training. His warm-up, he says, is mostly just more shooting. He also likes to train close to what is in the next tournament. If it is a 144-arrow FITA, he'll do 90m, 70m, 50m and 30m. If it's only going to be matchplay, he'll focus more on the 50m distance.

One of the reasons he says he has stuck with archery is because of where it takes him. "I am competitive and I like to travel," he says. "Archery takes me all over the world." He is looking forward to Italy, as he has travelled there before, but only on holiday, and this time he gets to shoot there for the first time.



Anne has had a wild ride on the way to her selection into the World Championships team for Italy. Not only has she gone from one bow type to another, she has also gone from one tournament to another, some in New Zealand and many overseas.

Shooting with a recurve took her to her first international tournament, the World Masters Games in Melbourne in 2002. She injured her shoulder in 2004, but rather than give up a sport she had come to love, she changed to compound and worked harder to challenge herself. With the continued support of her mentor and coach Dave Henshaw in Christchurch, Anne was selected to go to the 6th Oceania Championships in 2006, where she came away with the gold medal and title of Matchplay Champion.

With this under her belt, Anne began to work harder at

her shooting, and was rewarded by being selected to go to stage 4 of the Archery World Cup in Boe, France in 2008. From there Anne has been all over the world: Turkey, China, Croatia, USA and New Delhi. She says she loves the travel aspect of shooting, as well as meeting the other archers from around the world. "It's surprising the friends you make," she says warmly.

Anne's favourite tournaments remain the Commonwealth Games in 2010, which she says was awesome "just to go there", and the World Cup in Antalya, Turkey, in 2009. Here, Anne and her teammates Mandy McGregor and Linda Lainchbury, ranked 9th in the teams division, took out opponents such as Venezuela, Italy and Greece to win the gold.

Anne says she is really excited to be going to the World Championships. She just missed out on going to Korea in 2009, and after going to Delhi for the Commonwealth Games, this will be her second biggest tournament. She practices 3 nights a week, 1-2 hours at a time, and during the weekend for up to 3 hours. As part of her build-up to the World Champs, she recently went to Brisbane for the Australian National Championships, where she came 9th in the target and 6th in the field events.

Her goal for the World Championships is, she thinks, to really focus on getting good shots and good scores. "I just need to concentrate and shoot the best I can and the results will come," she says.



When Royle and Allison Hutton went to Mandy McGregor's primary school, they had no idea they were kindling the sparks of a life-long love of archery in the 9-year old. A week after their visit, Mandy went to Greenwood Club and picked up a bow. She shot recurve seriously as a junior until she was 18, and off and on until she was 25. While in England a few years later she picked it up again – unable to stay away.

Upon her return to New Zealand, Mandy succumbed to her curiosity and bought herself a compound. She says she has always wanted to shoot with one, the precision of the sport appealing to her. As she builds up for tournaments, she trains with the target in her back yard for an hour a day, going through a series of warmup exercises before she starts. She goes to the gym twice a week to build her strength, and spends a lot of time working on her mental strategy: going through her shot routines and focusing on imagery of the shoot.

With this committed attitude Mandy got into the team for the World Championships in Korea in 2009. It was the first time she had competed internationally for New Zealand as a senior, and she says it was difficult but she enjoyed it. "You get a rush from putting yourself up against people – a lot of people – who are at that level... who are that good," she says. "I love the challenge."

From here it was everywhere for Mandy, going around the world, competing in the World Cup circuit, a series that led her towards winning the Stage 3 World Cup in the teams event in Antalya, Turkey in 2009.

Frank Trye, from Greenwood Archery Club, was an early coach, with John Dearing in Auckland her current coach. Allison and Royle Hutton were there in her early days of shooting, and she says they were a huge influence on her when she was a junior.

Those that have had the most influence on her, though, she notes as the team that she shoots with, and the support crew that travels with them to major tournaments. She believes that the best feeling is shooting alongside friends, and having the backing of the people that travel with you. She says she knows the team pretty well now, and she is looking forward to going to Italy with them.

Not only because she hasn't been to Italy before, but also because she doesn't see her teammates from day to day. Stephanie is in Gisborne, Anne is in Balclutha, Steve Clifton and Shaun Teasdale are in Auckland, along with Stephen Florence, Yiftach is in Hamilton and Rob is in Invercargill! She knows it will be such a great feeling to shoot alongside them, and spend time in sunny Italy with them. "What more could you ask for – other than a good result?" she says.

While Stephanie had been chosen for the World Championships team in mid-April, she was uncertain whether she was going until only a few weeks ago. Her finances were not quite enough to get her there, and she hadn't heard back from her applications for funding. Luckily enough she received the funding in late May and now, she admits, she really has to kick into training. Stephanie (now 20) has been shooting since she was six years old. Her father David was the archer in the family. When her older brother Shaun wanted to start as well, it wasn't long before the whole family followed. She first shot with a recurve, but moved quickly to a compound. She started competing when she was only 8. "I love it," she says. "I wouldn't still be doing it if I didn't like it!"

While she had done many New Zealand-based tournaments, she started her international shooting career in 2004 when she shot in the Trans-Tasman competition. Following on from this she competed more prominently in both Australia and New Zealand. She was selected for the Archery World Championships in Ulsan, Korea in 2009, which was her first foray overseas to a major international tournament. She says of the experience: "It was an eye-opener. It was scary because there were so many people and I didn't really know the guys I went with. It was massive."

Among her favourite international tournaments she lists the World Cup stage 4 in Shanghai in 2010. She ranked 9th out of 40 competitors. She loved China, and it is high on her list of places to go back to.

Stephanie states her recent personal best of 1384 in a 144-arrow FITA has been her best moment shooting. Before then her PB had been 1369, and shooting the



*Stephanie Croskery*

1384 at the Shore Archery Club Double FITA Star in February was "just amazing". She said her performance simply jumped up and she hopes to keep her scores at that level.

When she is preparing for a tournament, Stephanie shoots 5 or 6 times a week, for about an hour or two each day, usually at the Shore Archery Club, but also at Mountain Green with teammate Shaun Teasdale.

While she's looking forward to the World Champs event, she says she's not looking forward to the 22 hour flight that will get her there!



*Rob Peterson*

"It's getting down to the wire," Rob tells me when I ask him about the World Champs. "I'm really focused on final preparation, getting my gear set up, that sort of thing. Shane's been a great help."

Rob started archery in Australia when he was 14 years old. He shot for six years, even trying out for the Olympic Training squad. When he started university, he didn't have time to shoot anymore, so he packed away his bow. He came over to New Zealand in 2000 with his family, intending to stay for only two years, and he simply never left! Now Rob has New Zealand citizenship and lives in Invercargill.

He took up Kendo, a modern Japanese martial art of sword-fighting. Kendo is physically and mentally challenging, combining both strong martial arts values with sport-like physical elements. While training for his black belt qualification, Rob had an accident that shattered his right femur. The leg was reconstructed and after rehabilitation he was able to regain full use of his leg, but he was not going to be able to do a

physically demanding sport such as Kendo again.

So Rob dusted off his archery equipment and started shooting. It's been almost four years and he hasn't looked back since. He trains every day in the 70m range in his back yard, for up to two hours. He also trains at the Southland Archery Club, mainly in the weekends, in order to get practice at 90m. To keep up his fitness, he works out on his rowing machine, and does a lot of walking.

Rob mentions that Tony Waddick, who offers words of advice and "keeps me grounded" was an influence on his archery, as well as Colin Tucker helping with coaching, and Dave Henshaw in Christchurch. The person who he really wants to thank is his wife Liz. With four very active children there are heavy demands on travel and support. "If it were not for Liz I'd never have been able to devote the time to archery needed to be successful. Anything I achieve is as much her success as mine" he says.

Rob cites his greatest achievement so far as winning the National Field Championships as a Junior in Australia. He also lists winning the NZ National Champs high on his list as well – Rob has won the gold medal at the target for the last two years. He looks forward to the tournament each year and especially the level of competition that NZ provides. "I like shooting with Stephen," he says of Stephen Florence. "He pushes me to shoot better."

He is looking forward to such an event as the World Championships. "It's going to be a blast," he says. "I like the fact we're a dark horse! There's a good chance we're going to surprise people."



Yiftach has been to international tournaments before, but he says he's apprehensive about the World Championships in July. The youngest member of the 8-strong team, he says "I don't know what to expect. It's my first adult tournament."

It is also his first major international tournament as a recurve archer. He started with a recurve when he began, although he moved to compound after a year. He signed up for a beginner's course at the Auckland Archery Club. It took only one lesson and he was

hooked. He shot in JAMA for a year before he was bought a PSE Nova compound.

His first competition was the North Island JAMA Championships in Rotorua. He credits Trevor Irvine as helping him with his compound technique. In 2008 he won the U16 Men's Compound in the March 2008 Trans-Tasman tournament, and created a Cadet Men's Compound World Record at 70m with 350 points – a record that lasted until 21 May 2011, when it was broken in the Netherlands by 17 year old Mike Schloesser (who shot 351). Yiftach says: "3 years and 2 months. Pretty stoked it lasted that long!"

He rates his best achievement at the Junior World Championships in October 2008, in Antalya, Turkey. He came 4th overall, and Yiftach says that while he didn't win, he was extremely proud of this placing because it was his first overseas tournament.

After this tournament, he started to look at recurve bows with a renewed interest, feeling like a change. A friend of his, Robert Turner, heard he was curious and asked him if he'd like to try it. Yiftach thought, "Why not?" and was lucky enough for Rob to offer to give him a bow! He enjoyed shooting with one, and saw huge potential with the division. He currently gets coaching from Shane Switzer, and trains as much as he can, with university taking precedence. On average, he trains at least an hour or two hours in the evenings, every 2nd or 3rd day. On Saturday he trains all day.

When asked about how he felt about qualifying for the World Championships, he said he was excited about it. The best thing was the fact he isn't going alone. "The team is great. They're always there for help and support, and I'll be there with people I know and trust, so I've got something to rely on."

The best thing about going to this World Championships, Stephen tells me, is that this time he's not alone. In 2009 he went to Ulsan, Korea, and he was the only NZ recurve archer there. This time he has teammates: Yiftach Swery and Robert Peterson.

Stephen has been shooting for nearly nine years. "I got into it with my dad," he says. "We went hunting with guns, and that turned to bows." He first picked up a bow when he was 13, shooting at Massey Archery Club with a compound, in the Bowhunter Limited Compound division. He was no stranger to tournaments, either, competing in the 2006 IFAA Field Championships, coming first in the Bowhunter Limited Division and setting three IFAA World Records which still stand.

After this he met Shane Switzer, who put the idea in his head that he might like to try a recurve bow. Learning that this path could lead him to the Olympics, he says that became his all-consuming goal – to make London in 2012. Everything he does in archery takes him closer and closer to that goal.

Stephen lists Shane and also his friend Shaun Teasdale as people who've been a big influence on his archery. "I've shot with Shaun since the beginning," he says, as they both belonged to Massey Archery Club. "He's been great – always knowing someone at the tournaments you go to really keeps you grounded."

Anyone who's met Stephen knows that he's an

extremely active person. He says his other love apart from archery is rock-climbing, which he does a few nights a week. Before tournaments he sometimes has a personal trainer at the gym, along with swimming and running every day, and typically shoots for 1 – 2 hours a day at home, and all day at Mountain Green Archery Club on the weekends.

When asked about how he felt about the Commonwealth Games, he says "It was a big blow not to qualify." But he hasn't let it deter him from his dream of reaching the Olympics.

At the recent tournament in Porec, Croatia, he



Shaun Teasdale is not only a fixture in the Archery Imports store, he is an active competitor in New Zealand, and with Stephen Clifton, one of our most recognised international archers. Hopes are high for him to bring home a medal at the World Championships.

Archery has been a constant in Shaun's life since 2002. He went to Big Boy's Toys, focussed on cars and computers, and an encounter with a compound bow at an archery range changed that mind-set completely. He soon enrolled at a beginner's course at Massey Archery Club. It wasn't long before Shaun's enthusiasm rubbed off on his father and older brother, who also took up archery. He gained a coach in the form of John Dearling, who was the person who got Shaun into tournaments, paying for his entry fee when Shaun had no idea what to do.

One of his first overseas tournaments was the Trans-Tasman in 2006, and a few months later he was off to the IFAA World Championships in Brisbane. Quickly following this were forays to the Australian Nationals and the 2006 Commonwealth Championships, an event which his friend Stephen Clifton won, beating Andrew Ward (Great Britain) for the Gold.

During this time Colin took over the ownership of Archery Imports, and Shaun worked there part-time when he wasn't shooting or going to school. It was also during this time that Shaun injured his back. It was enough to stop him from his plans of university. He was nine months going to specialists and walking with the aid of a stick, and nobody could figure out what was wrong. He says he simply learned to handle it: at first with painkillers, then physio and acupuncture, and his back is still not 100%.

Archery, he says, saved him from climbing up the walls. He helped in the shop, and went to archery practice.



*Shaun Teasdale*

He went to tournaments with a walking stick and had helpers to pull his arrows. It has been hard work and practice that has enabled him to put the injury behind him. He practices every day, at least two hours before work. He says warming up is an important step to preventing further injury, and he does half an hour of exercises that his physiotherapist has taught him before he even picks up his bow. When asked would he have given up, he shakes his head and laughs. "I enjoy it too much... and it was the only thing I could do."

The hard work and patience has paid off. Shaun says his greatest achievement so far was winning the Gold medal in Shanghai in 2010. Shooting a 1405 was a close second, he admits, but that's been done, now. "The new 1400 is 1410." And he wants to get there, going to as many tournaments as he can afford. "I can't name a favourite," he says. "If I had one I wouldn't go to the others."

## World Championships

Torino, Italy

3 - 10 July 2011



The Archery and ParaArchery World Championships are being held this year in Torino, Italy, from 3 - 10 July. The ParaArchery is being held from 10 to 17 July.

### The Schedule is:

1 July:	FITA World Congress Day 1	6 July:	Team's Eliminations
2 July:	FITA World Congress Day 2	7 July:	Individual Eliminations Recurve
	Opening Ceremony	8 July:	Individual Eliminations Compound
3 July:	Official Practice	9 July:	Compound Finals
	Team's Captains Meeting	10 July:	Recurve Finals
4 July:	Qualification Day 1		Closing Ceremony
5 July:	Qualification Day 2	10 July:	Opening Ceremony for ParaArchery