

ARCHERY AUSTRALIA NEWS

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MILNE READY TO CAPITALISE ON PERFECT PREPARATION

Australian archer Jonathon Milne will go into Wednesday night's eliminations at the Rio Paralympics knowing he has had a perfect preparation against some of the best archers in the world.

30-year-old Milne qualified in ninth position for the eliminations, and will take on Norway's Morten Johannessen, who qualified 24th.

Milne spent much of the lead-up to Rio competing against able-bodied opponents, with coach Ricci Cheah happy with the experience it gave him.

"The move to compete with able bodies archers instead of para archers was a simple decision," Cheah said.

"The level at the very top of para archery in W2 category is similar to the top 20-30 in able body competitions. So to give Jono more experience shooting against the level of archers that he will go up against in Rio, he has been shooting against Australia's best able bodied compounders and competing at able bodied world cups in Shanghai and Antalya."

Cheah reported that Milne had settled into the village well and, after some initial jetlag, was sleeping well and training hard.

The Australian Paralympic team's recovery specialist has helped Milne adjust to the hotter and more humid conditions.

"I've been very happy with the preparations, Jono has been training very hard," Cheah said.

"We have a great multi-disciplinary team, team-mates and great support from Jonathon's family, club and NSO back in Australia, that has allowed him to be at the level he is now.

"Jonathon has prepared very well for the games. He has trained himself to a point where he is at a level with 8-10 other competitors that have the potential to win.

"I expect Jonathon to do his best and stick to his process but as for placings and medals, time will tell, hopefully it will be a good two days."

It's been a nervous wait for Milne since the ranking round, watching as other disciplines get their moment in the sunshine.

But Cheah believes his athlete is ready to deliver on his potential.

"Jonathon has been dealing with the pressure pretty well," he said.

“We go through a strict training routine that emphasises focusing on the process rather than outcome, so that it becomes habit and second nature to focus on shooting good shots rather than worrying about losing, winning or scoring.

“Apart from that, we practice plenty of scenario drills and play games designed by the APC Skill acquisition specialist and top coaches in Australia to ensure that Jonathon's focus remains where it needs to be.”

Milne takes on Johannessen at 1230am Thursday morning, AEST.



ARCHERS DIARY

On Sunday the Archers Diary suite of applications suffered a couple of technical and procedural problems.

The IT Committee would like to acknowledge that these interruptions occurred and apologise to those effected.

The cause of these issues has been identified and corrected where appropriate, and measures put in place to minimise the risk that these problems can reoccur.

A lot of work has been put into preparing the system for the upcoming Nationals in South Australia, and it was, in part, due to these preparations that problems occurred.

We would like to assure all archers that the stability and performance of the systems remains our top priority. Archers can look forward to the continued stability and performance from the Archers Diary suite of applications to which they have become accustomed.

Regards

James Larven
Archery Australia CEO