

## **Top Local Archer represents Australia in World tournament.**

Top local archer, Michael Naray, a member of Northern Archers of Sydney, in Pennant Hills, started archery only four years ago. He recently represented Australia in the World Cup held in Turkey earlier this year and has a goal to represent Australia at the Olympics in Beijing in 2008.

Michael is in the top four ranked recurve archers in Australia. And his selection to the Australian Team for the World Cup Tournament in Turkey last June was his first International tournament. After a rather nervous start his last 36 arrows ranked him 4<sup>th</sup> in the world class field.

Michael is also the current National Field Archery champion, NSW State Indoor Champion and last month won a silver medal in the National Indoor Archery Championships, where over 600 competitors were shooting in simultaneous events held throughout Australia.

Approximately 2 years ago Michael came to the attention of one of Australia's leading Archery High Performance Coaches, another local resident, Robert de Bondt. "Michael has

responded extremely well to intensive coaching and has advanced very rapidly. In only three years he's reached a level which most archers would take about 9-10 years to reach, if ever" says de Bondt. Robert is noted as co-author of the world's best selling archery coaching book "Total Archery", now translated into five other languages.

Michael has now received some overseas sponsorship for his Olympic level equipment, but is doing it tough, as his training schedule only allows him to study and work part time at night. Michael is totally dedicated to archery and has had to give up full time work and study to fully focus on his goal to represent Australia at the Beijing Olympics. At present he is seeking local business support to have him achieve his Olympic dream.

"He will have some stiff opposition, but with his dedication he has a very good chance" says de Bondt.

Most days he can be found on Northern Archers' range in Pennant Hills Park, training 5 to 6 days a week. Northern Archers of Sydney have been shooting at their club in Pennant Hills Park for over 44 years and have transformed what was once a grassy field into one of the best archery facilities in Australia catering for able and disabled archers. During the Sydney 2000 Olympics, the club was the training ground for some of the world's best teams and the club hosted the Australian Paralympic team. The Paralympians were coached by Robert de Bondt, who is now secretary of the club and John Marshall, a member of that Paralympic team, is now club president.

Northern Archers hold regular classes for beginners, as well as hosting family days and fun shoots. You can visit the club at Pennant Hills Park, Britannia Street. Pennant Hills 2120 in person on a Saturday or Sunday between 10am and 3 pm or call the club during those times to speak to someone or leave a message on the clubs answering machine on 02 9875 4283.

