

Paringa Archery Club Newsletter

Join in, achieve and have fun.



Target and Field: 201 Reatta Rd, Trevallyn Reserve, Launceston, Tasmania

November 2017

To help make the newsletter relevant for you, please pass on any copy, comments, suggestions or submissions to the email in the footer or catch me at the club.

For what's happening at Paringa and Archery in Tasmania, see Paringa's [AST calendar](#)

Paringa Membership

All members of Paringa have the same basic rights and responsibilities.

Some members choose to volunteer to help raise funds and allow non-members to experience archery (Come N Try, External Events and mid-week Groups) and to hopefully go on to become members. Remember how you started?

Other members choose to be part of the committee and have formal roles to uphold the Constitution and see to the running of the club.

Others obtain Archery Australia (AA) qualifications (Club Official, QRE Official, Judge, Instructor/Coach) that allow members to take part in AA events. If we don't have members with AA qualifications then, no club shoots, QREs, Come N Trys, Groups or World Archery tournaments, basically no club.

By attending club meetings, members can voice their opinion and vote on items the committee may be considering. I.e: spending club funds.

Members contribute their time on an ad-hoc basis or through working bees to keep the facilities maintained and operational. You leave rubbish around; another member is cleaning it up. Whatever you leave undone, you leave for another member to do.

So, if you don't attend meetings, volunteer and attend working bees, then the next time you point

the finger (literally or figuratively) and say "someone" should do that, look at the other three fingers pointing back at you. "Someone" is all Paringa members.



If you just want to shoot, then accept what other members provide and have fun. That's how many of us start at the club.

Thanks go to all the volunteers that are building on the foundations of those that have gone before to maintain and improve the facilities that make Paringa such a great club for everyone.

This Month's Face of Paringa

Tim Smallbon is a member, Club Official, Come N Try volunteer and compound archer. What the!



Tim graduating from "training wheels", under the watchful eye of AA Instructor Rolfe, at a recent External Event.

Tim is often seen of a Saturday mornings helping on the line and is occasionally at the range during the week for a practice shoot. Among other things, Tim is a Masters (Research) Candidate in the School of Land and Food at the University of Tasmania.

Indoor Project

"Whatever good things we build end up building us". Jim Rohn

27/11/17 – Slab to be started.

22/11/17 – Made final payment on shed kit.

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17/11/17 – Meeting with Builder and concreter to get site levels and set start date.

30/10/17 – TCF funds received (\$90k).

Car Park Project

22/11/17 – Email received advising application for funding has been approved. Letter to follow with conditions.

Club Meetings

Paringa AGM to be held at 5:00pm Saturday 16th December 2017.

Next club meeting: See [calendar](#)

Organiser: President

Working Bees

“We make a living by what we get but we make a life by what we give.” Winston Churchill



Then on Sat 18th Nov we have this on target 3 Field.
Looks like a job for “someone”

The Friends of Trevallyn Reserve working bee is for ~~October 15~~ December 3rd 10-12 (with archery afterwards). Rolfe



Geoff D clearing the field course and lowering Target 3 with Jeff G.



Brian S moving some of the stramit target butt lengths cut by Jeff G.

Jobs To-do

Editor: Jeff Garner

Comments/Submissions: treasurer@paringa.archerytasmania.org.au

Club Website: www.paringa.archerytasmania.org.au

Event Results: archersdiary.com

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- Field Course
 - 80 – 60cm butt replacement with old range BCE butts. Wrap with pallet wrap.
 - Bugs eye butts replaced with new foam butts. Target 4
 - Lower target 3
 - Replenish signage and lane barriers
 - Clear fallen trees/branches.
- Target Range
 - Replace wheels falling off with new design.
 - Repair stramit butts
 - Repair trolley tyres.
 - Add shade cloth barrier to mound
- Club House
 - Front gutter blocked.
 - Leak in male toilet skylight.
 - Remove kitchen return
- Grounds
 - Front gate replacement
 - Seating/tables
- Removal of non-native and weed vegetation
 - Coordinate with the [Friends of Trevallyn Reserve](#) to identify and remove. Rolfe.

Next Working Bee: See [calendar](#)

Organiser: All members

Groups

October saw four groups from Newstead College, for a total of 44 participants.

3 groups for this month, for a total of 39 participants. Big Picture School, 21st birthday party and Cataract Girl Guides.

Do you know of a group that would love to have a go at archery (schools, corporate, birthdays etc)?

Organiser: Jeff Garner - m: 0411 878 658

Deloraine Craft Fair 3-6th Nov

Results from the Craft Fair long weekend in Rotary Park Deloraine.



Day	Archers (signed in)	Takings	Avg per Archer
Friday	0	0	0
Saturday	140	\$693	\$4.95
Sunday	117	\$623	\$5.32
Monday	66	\$350	\$5.30
Total	323	\$1,666	\$5.16

Plus the Saturday Come N Try \$370 makes \$2,036 for the weekend. Must be a record 😊

Thanks to Rolfe d, Tim S, Richard B, Wal M, Shirley M, Jeff G and Lyn G for making this possible.

Launceston Christian School Fair

On Friday 10th November Rolfe d, Caitlin S, Wal M, Shirley M, Jeff G and Lyn G ran the External Range at the LCS Fair. 5pm to 8pm plus setup and takedown. \$500 for the club and 122 people tried archery.

I also got the chance to discuss, with teacher Darryl Bain, using archery as a module in their Physics classes. Archery as part of the STEM curriculum would be awesome.

Deloraine Show Sat 25th Nov

A wet start to the day with setup of the external range delayed until 9am due to light rain. Only a couple of showers during the day but show goers were few and far between. 54 archers in all with \$234 takings.

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Thanks to Wal M, Shirley M, Richard B and Jeff G for running the range for the day.

Not a good return for their efforts, so the consensus was not to do the show again as last years was only 55 archers as well.

Come N Try

Often our Come and Try volunteers will get a nice thankyou from the public at the end of the day. On a recent Saturday morning, a young blonde lady was offered help and said;

"OMG thank you! You just changed my entire life!"

Nick H needs to tell us all, what his secret coaching method is?

Come N Try Teams

Team 1

Wally Morphett
Shirley Morphett
Richard Barnes
Tim Smallbon

Team 3

Brian Swinton
James Barker
Michael Hinds

Team 2

Andrew Fluck
Damian Clark
(John Dodos)

Team 4

Rolfe de la Motte
Geoff Dyer
Nick Heywood

Backups:

Jeff Garner, Caitlin Street

Thanks to these members for offering their time. A few volunteers still needed (we'd like to have 4 in each group). If you can spare one morning every four weeks please contact Rolfe on 0409 686 911 or rolfe.delamotte@gmail.com

Organiser: Rolfe de la Motte and Teams

Wish List

Some items that may be appropriate for **future consideration** by the committee,

Description	Est \$k
Line marker for range lines http://www.trulineaustralia.com.au/item-details.asp?CategoryID=40&ItemID=83	1.2

Indoor –Southwest corner target face rack	.2
Indoor – Floating floor (480 sq m @ \$45)	21.6
Indoor - Widescreen monitor and computer	4
Tarmac - car park	20
Tarmac – Entry road	20
Permanent Clout range	
Workshop (in container/Club house)	
High speed cameras (x3) for Coaching	
End of range safety barrier	3
Safety fence for west side of range	
Ride on 4wd mower with trailer	15
Wheeled leaf vacuum (range/indoor)	1.2
Weather Station (Digital) for tournaments4
Vacuum cleaner (Wet/Dry)	.2

Members

one new members since 1/11/2017.

Lyn Garner

Please make our new members feel welcome when you see them around the club.

Member Club Coaching

[Coaching](#) is a form of development in which a person called a coach supports a learner or client in achieving a specific personal or professional goal by providing training and guidance.

Archers often focus on the score they are trying to achieve (goal) but a coach will look at an archer in a holistic way to work towards that outcome based on training and guidance.

Not all archers are ready for coaching and training on form and technique takes up the bulk of the time spend with an archer.

As an archer settles in and gains confidence with technique, then the nuances of mind set, preparation, debrief and routine become more important.

Many people shoot so much better at practice than in competition, yet their equipment and technique are the same.

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Stop and think, what else have you changed to shoot competition. No smoking at the tournament, sneaked a chocolate bar to give you energy (not true), a big breakfast rather than the normal cereal and the list goes on.....

If you don't do the same things then don't expect the same results.

Keep an eye on the [club calendar](#) for the Saturdays when the Club coach will be at Paringa or email coaching@paringa.archerytasmania.org.au to arrange a coaching session.

Organiser: Club Coach

Club Officials

Recently Matt E, Paul M and Tim S took up the challenge to become [Club Officials](#).

Club Officials are members who are Archery Australia qualified to conduct a club shoot or local tournament. These members have the appropriate skills and knowledge required to run the event in a safe manner and they know the rules that should be applied. Club Officials are not AA Instructors or AA Coaches and are not qualified to offer instruction. "caveat venditor".

Note: To become an AA Archery Instructor, you must complete the AA Archery Instructor course. To become a QRE Official, you must first complete the Club Official course and [apply with AA](#) to be a QRE Official.

Any members wanting to become a Club Official can do the online course at <http://www.archery.org.au/About-Archery/Training-and-Certification>.

Paringa - Club Officials

- Geoff Dyer
- Matthew Everett
- Jeff Garner
- Paul Malinowski
- Tim Smallbon

AA Instructors are also qualified to run club shoots and local tournaments as well as public group sessions and level 1 coaching.

AA Archery Instructors	AA Archery Club Coaches
Andrew Fluck	Jeff Garner
Wal Morphett	
Shirley Morphett	
Rolfe de la Motte	
Caitlin Street	
Brian Swinton	

If you are interested in becoming an Instructor or Coach have a look at the [National Coaching Program](#) on the AA website or talk with me (Jeff G) at the club..

[PARINGA ARCHERS / ARCHERY SOCIETY TAS \(AST\) EVENTS CALENDAR link](#)

Club Shoots

Shooting members can do beginner rounds to 30m, [OZBow Tasmania](#) rounds, club created rounds or [AA rounds](#).

When: Most Saturday afternoons (See [Calendar](#))

Organiser: Rolfe de la Motte

Midweek Twilight Shoot

Twilight series started 4th October.

Organiser: Brian Swinton

Longbow Shoot 18th Nov 2017

Well, the last of the longbow shoots for this year has been held with somewhat reduced numbers, due mainly to the practise for the QRE.

However, we will resume with a shoot in late February when I return from UK.

The scores were :

50/40/30

W Boon 280

A Fluck 125

40/30/20

R Barnes 391

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J Clark	365
B Swinton	313
30/20/10	
D Clark	432
P Korosi	415
W Morphett	391

Best wishes to the longbowers for Christmas, and may the New Year bring more practise.

Brian S

QRE (WA)



Start of the Target QRE Sat 19/11/2017



Wayne B admiring his longbow effort with one in the 10 and "gold" 4.

Organiser: QRE Official

Target (WA)

Organiser: Tournament coordinator

Indoor (WA)

Organiser: Tournament coordinator

Field (WA)

Organiser: Tournament coordinator

Clout (AA)

Organiser: Paul Malinowski

All results at archersdiary.com/EventResults.aspx

Break O'Day Field Archery Club

Congratulations to Damian and Justine Clark on their shooting at the recent field event and article in Archery Action Nov-Dec 2017.

Damian took out the Senior Men's Sighted Unlimited and Justin the Senior Men's Barebow.



Rabbit of the Month

For things members occasionally do but probably wish they hadn't.

Overheard at a recent Twilight shoot was a little promoted fact that Paringa's young gun International archer missed the target at a recent QRE. What can I say, we all do it!

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On his 50th birthday (Fri 3rd Nov) PK was spotted trying out his new bow at the range. His sister told me his cat had bought him a bottle of Royal Dragon Vodka with gold flakes in it. I don't believe PK drinks, 😊 so perhaps his cat was looking to have a party while PK was at the range!

I wasn't sure but I now have confirmation!



A past member recently re-joined and bought all new gear. First shot back at the range and he didn't hear that familiar thud, as the arrow hits the target. Half an hour later he stopped looking for the arrow and on return to the shooting line found all his arrows were in his quiver.

Archery 101 - Load arrow in bow before firing!

The Final Say

Nearly another year gone bye and the club is looking in good shape with plenty of archery activity and facility development.

November was over the top with Groups, External Events and Come N Trys all doing exceptionally well.

2018 should be a "watershed" year for Paringa with the Indoor Range up and running as well as power, internet access at the club and increased security.

There is also the start of a campaign to introduce an **AA Social Shooter (SS)**. An SS would be a Paringa club member and pay an AA Insurance component. They would only be able to shoot under AA Instructor supervision on club social days (ie: Saturday) and would have no voting rights. This would go a long way to fulfilling Paringa's [Constitutional Objects and Purpose](#) by providing archery as a pastime and recreation and not just a sport.

You would then have

- **Temporary Member**
 - People seeing if they like archery. And may attend 12 times on an ad-hoc basis.
- **Social Member (new)**
 - People who enjoy archery as a pastime and recreation. Join the club for 1 year at a time and shoot at club social events.
- **Affiliate Member**
 - People who want to be able to shoot at the club 24/7 and want to take part in registered WA/AA tournaments.

[Paringa Archers Committee](#)

President	Rolfe de la Motte
Vice President	Tim Schwabe
Treasurer	Jeff Garner
Secretary	Caitlin Street
Recorder	Geoff Dyer
Schools Prog Coordinator	Jeff Garner
Group Bookings Coordinator	Jeff Garner
Tournament Coordinator	Andrew Fluck
QRE Official	Geoff Dyer
AST Delegate	Andrew Fluck
AA Club Coach - Compound	Jeff Garner
AA Club Coach - Recurve	Jeff Garner
Public Relations	Jeff Garner
Public Officer	Caitlin Street
Member Protection Officer	Caitlin Street
Web Administrator	Jeff Garner
Auditor	Cameron

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Clint Freeman

Strings

Clint Freeman strings are made from the highest quality products from BSCY fibers. With over 20 years of string making experience, Clint Freeman strings have accumulated in excess of 50 National titles, 2 World titles, multiple international podium finishes, 13 World records plus countless National and State records.

To help reduce any annoying peep rotation or stretch, Clint Freeman strings are constructed under incredibly high tension.

STRINGS and CABLES

RECURVE - \$40 (made from "8125")

COMPOUND - \$40 (made from "X" and "8190")

Mathews solo-cam compound string - \$80

COMPOUND STRING/CABLE SET (5 total)
(please allow one week)

\$115

STRING/CABLE FITTING

(This includes cam timing, draw length set and centre serving to suit nocks)

\$80

Colours currently available in "8125": Black

Colours currently available in "X": Black, Flo Yellow and Flo Green

Colours currently available in "8190": Black, Blue and Buck Skin

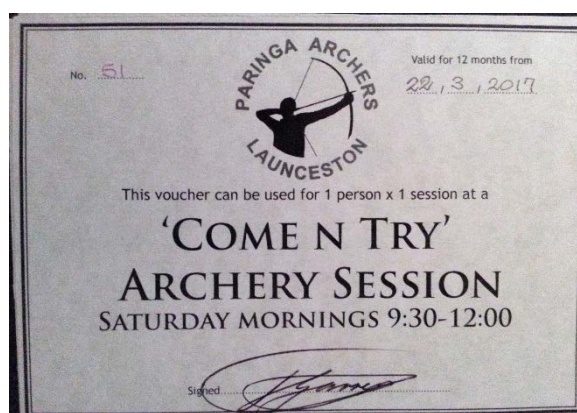
Please contact Clint Freeman by

email freemanclint@hotmail.com or mobile, 0467299051 to discuss your string needs.

Looking for that special gift? Look no further!

Yes, the **Paringa Gift Card** says it all.

See Shirley at the club of a Saturday morning and secure one (bargain price of \$15) or more for that special someone.



Editor: Jeff Garner Comments/Submissions: treasurer@paringa.archerytasmania.org.au

Club Website: www.paringa.archerytasmania.org.au

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Paringa Archers Member and Family Christmas BBQ



Where: Paringa Club House, 201 Reatta Rd Trevallyn

When: 5:30pm Sat 16th December 2016

RSVP: By Fri 8th Dec with Name and number attending.

Email: treasurer@paringa.archerytasmania.org.au

SMS: 0411 878 658

Provided: BBQ, Tea and Coffee

What to bring: Nibbles, salad/side dish or dessert (ie: Plate of food)

Drinks

