

Paringa Archery Club Newsletter

Join in, achieve and have fun.



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

December 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.



Happy New Year

A Plan for Paringa – 2018

This plan is a base to get people thinking about what could be, rather than what currently is.

The new Indoor Range offers Paringa an opportunity to promote the club for all those that enjoy archery. The Indoors is not a destination but a beginning for the club.

As well as offering an all-weather range the club gets an electricity connection with security system and NBN connection. This in turn provides live streaming of events with real-time electronic scoring and remote monitoring of the club's facilities. The opportunity also exists to connect a digital weather station for tournaments (See [Tournament Management Policies](#)) and online observation.

Goals

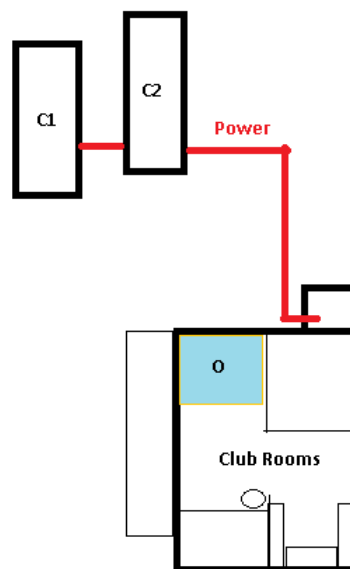
1. Maximise the opportunity to shoot for all archers
2. Increase the standard of the facilities
3. Club gear for facility and equipment maintenance

4. Increase club exposure to the public and members

Action Plan

Action	Goals
Come N Try on a Wednesday night	1
Office with computer, printer, scanner etc	2
PayPal online payment system for Credit, debit cards etc (no cash)	2
Container usage (see below)	3
School program promotion	4
Group program promotion	4
Come N Try promotion	4

The containers are currently used for storage and these could be repurposed to provide a **maintenance container** and **members archery workshop**. An office would provide for club administration rather than members using their personal equipment to undertake club business (Ie: Computers, printers etc) and for storing club documents, rather than at members' homes.



- C1 = Maintenance container
- C2 = Members archery workshop
- O = Administration office

Jeff Garner - Treasurer

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Burnie Bowmen's Archers Workshop



Power from the club house to containers at Hobart Archers.



The builder expects to be back the second week of January.

Indoor Project

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

11/12/17 – Base layer delivered and levelled.

06/12/17 – Excavator delivered.

27/11/17 – Slab to be started. (Didn't happen)

Car Park Project

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



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[Bhutan loves archery](#) (youtube.com)



Paul Karosi receiving his well-deserved AA Life Membership at a National Indoor event.

Club Meetings

The Annual General Meeting was held 16th December 2017. Committee members remained the same except for the AST Delegate being vacated by Andrew Fluck and filled by Jeff Garner.

Next club meeting: See [calendar](#)

Organiser: President

Christmas Party

A great time getting together and celebrating the year that was with good food, fellow archers and family.



Everyone having a chat and enjoying Brian's BBQ skills with beef skewers and chicken pieces in Moroccan spices.



A couple of the many different items for dessert.

Once again, a big thankyou to Brian S for doing the BBQ and getting all the utensils.

Working Bees

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



Stramit target repair Wed 6th Dec.



Turbo supervising!

Thanks to Barrie P, Brian S, Geoff D, John D and Jeff G.

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Jeff G cutting off the old shelter slab, making way for Indoor Range drainage.

Tim S tells me he has removed the hanging tree on Field target 3 and that all the range target butt wheels have been fixed.

Jobs To-do

- 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
 - Fix target 3 to stand
 - 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

3 groups for this month, for a total of 24 participants.

A children's combined birthday party and two sessions of coaching for a couple.

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

Come N Try

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

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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

0 new members since 1/12/2017.

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

Member Club Coaching

It's the holiday season but don't let your exercise drop off or your bow will feel that little bit heavier when you come back in the new year.

Simulated Bow Tension (SBT) exercise is a great way to keep your strength up without shooting. Five minutes each day will pay big dividends over time.

Use your bow (no arrow), appropriate weight Mediband or similar device to do your SBT exercises.



SBT exercise is

1. Use correct technique to draw
2. Hold for 20 seconds at full draw
3. Let down
4. 40 seconds at rest (2 x full draw time)
5. Repeat 5 times

As this gets easier, increase the full draw time. Work those back scapulars and not your arms. That's it, all done.

Compound Coaching Seminar 28th December

Erika and Martin Damsbo volunteered a day of their time while on holidays from Denmark, seeing family.

What a great session at Hobart Archers with a very free exchange of knowledge and experiences.



Martin giving Ian B some tips on his release aid.



Sarah H "helps out" with the BBQ lunch.

Core lesson for the day was "keep it simple" and minimise any movements while shooting.

It was interesting to hear Martin say he aims below the gold, so he can see what he wants to hit.

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

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

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Club Shoots

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

The last shoot for the year was a Drake. 90 arrows at 30m on an 80cm face. Nice and easy with a few 59s but no perfects.



Paul K and Damien C in the Christmas spirit with red and green fletches.



Packing up at the end of the shoot.



Barry P having the last say on the last end.

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

Organiser: Rolfe de la Motte

Midweek Twilight Shoot

Back Wed 10th Jan.

Organiser: Brian Swinton

QRE (WA)

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

Rabbit of the Month

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

The Final Say

Happy New Year and tight groups for 2018.

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

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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Group Bookings Coordinator	Jeff Garner
Tournament Coordinator	Andrew Fluck
QRE Official	Geoff Dyer
AST Delegate	Jeff Garner
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	Camerons

TASMANIAN
ARCHERY
SUPPLIES

Mt Nelson Tas [Website link](#)

Clint Freeman

Strings

Clint Freeman strings are made from the highest quality products from BCY fibers. With over 20 years of stringmaking 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 (3 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

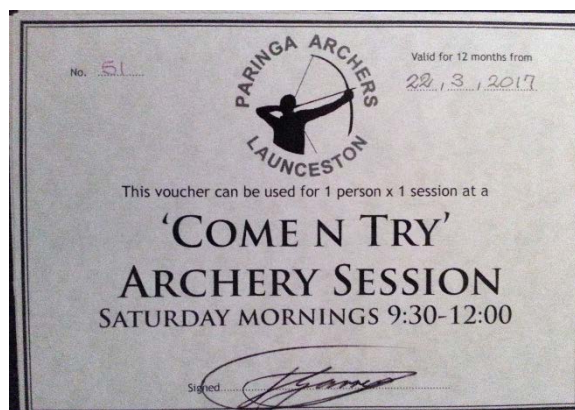
Colours currently available in "8190": Black, Blue and Buck Skin

Please contact Clint Freeman by
[email: freemanclint@hotmail.com](mailto: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.



PATS ARCHERY

www.pats-archery.com