

Paringa Archery Club Newsletter

Join in, achieve and have fun.



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

March 2018

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. Jeff.

Face of Paringa

Caitlin Street is the Paringa Secretary and the Instructor for the three-monthly Beginner courses. Caitlin is often seen helping at External events and occasionally gets to shoot. Hopefully her injuries are in the past and we will see more of Caitlin on the range.



Security fitout under way. 2/3/2018



Fire extinguishers and another 3 lockers.

Indoor Project

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

05/04/18 – TasNetworks to install transformer for power.

31/3/2018 – Safety Wall build to start.

26/3/2018 – Engineer final inspection. Passed.

09/3/2018 – Engineer inspected and approved the build. Fire exit step to be 190mm when the plumber has finished the drainage.



Electricians and plumber hard at work. 2/3/2018



Magic Rolfe, making the downpipes disappear.



18mm chipboard sheets donated by [InnerSpace Wardrobes](#) for the safety wall.

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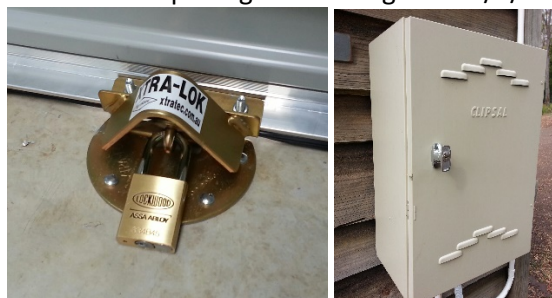
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Plumber completing the drainage Fri 23/3/18



Locks installed Mon 19/3/2018



7am delivery for the Safety Wall build.29/3/2018



Adam Malinoski and his crew from Pure Development donated their skills to build the safety wall.



"No shooting through doorway" signage.



No more to do on the outside. 23/3/2018



First the frame



Then the sheeting



Brian and Barry fitting out the training area.



Then the stramit



and it's ready to shoot.

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Those gathered granted me the first shot and luckily, it was a 10!
Fitting that a recurver got to shoot first.



Then the compounders and a longbowyer.



Where is everyone.



Yep, they are in the indoors.

Treasurers Report

After being unsuccessful with the Sport and Recreation grant application, the club is running on depleted funds due to the extra costs (approx \$15k) in completing the Indoor Range.

Money from membership covers fixed operating costs (ie: lease, insurance, water, rates etc) and some target face/butt costs (ie: faces, centres) without money left for asset improvement.

Target face/butt costs are supplemented by tournament fees, Come N Try income and Group bookings, that is all earned by club volunteers. This income is also used to maintain and buy the equipment used by the public, school and community groups.

Items like interest and advertising income is passive income. Paringa will benefit from this as the reserves (\$15k target) are replenished and the Indoor Range advertising spaces are sold. Our lease prohibits the club having external advertising signage.

If Paringa sells all 14 spaces, that will be \$134/week of passive income (\$7k/yr). Based on 2017 figures that is half as much as Come N Try income, without the 552 hours of volunteer effort that was needed to generate it. This would be a 24% increase on 2017 income, not including membership fees.

Paringa will of course have to pay increased fixed/variable costs for insurance, electricity and internet services (estimated at \$3k per year) but the flow on benefits from the new infrastructure will out way any ongoing costs.

If Paringa finds electricity to be an onerous cost then "someone" may like to undertake a project to install a solar power system to contra these costs or even return more passive income to the club. With Paringa's limited usage, a 3kw system should probably eliminate any costs. Time will tell 😊

So yes, Paringa is low on cash but full of potential and has a bright future. All down to the Paringa volunteers.

Advertise in Paringa Indoor Range

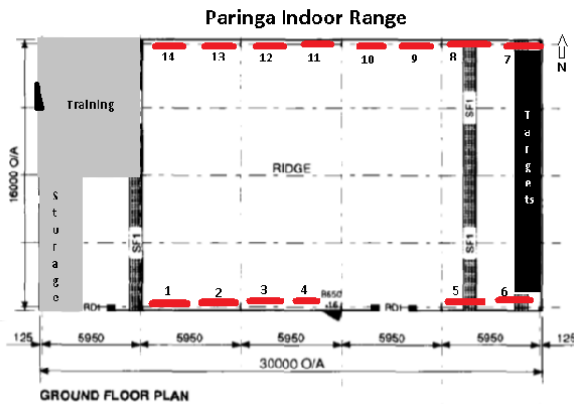
So far, we have [seven organisations](#) that have taken up the offer. Do you know anyone that may like to advertise in the Indoor Range?

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Each signage space (1.2m(h) x 2.4m (w) max) is priced at \$500 per year. Advertiser supply the sign and have the option for one or multiple years of advertising.

For more information please contact the Treasurer treasurer@paringa.archerytasmania.org.au And see

<http://paringa.archerytasmania.org.au/advertising.php> for available advertising spaces.

Car Park Project

13/02/18 – Decision taken to use any spare funds for the Indoor Project. Caitlin S will see if she can arrange another source of funds to undertake the project.

AST Meeting - Sun 18/03/2018

Hosted by Arrogone Archers Hobart. Reports from committee members and no motions passed.



A steep climb up from the carpark.



The container is their club house and storage.



Target butts with an old quarry wall backdrop.

Club Meetings

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

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
- Target Range
 - Repair trolley tyres.
- Club House
 - Front gutter blocked.
 - Leak in male toilet skylight.
- 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.

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Next Working Bee: See [calendar](#)

Organiser: All members

Groups

Three groups for this month, for a total of 70 participants. The groups were Queechy High, Launceston Christian School and Kings Meadows High.

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



Good turnout for Saturday 17th March.



Easter Saturday a little slow but plenty of members enjoying a great day.

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)	2
High speed cameras (x3) for Coaching	6
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
Range Finder (200m +-2mm) per PK	1.2
Small tool = maintenance	2

Members

Four new members since 1/3/2018.

James	Bramich
Jake	Smith
Douglas	Smith
Emma	Hutchinson

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

Member Club Coaching

Kim Youngsook has been Korea's team psychologist for six years. In an [interview in February 2018](#) he made the comment

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"In other sports, sports psychology is typically only about 20 to 30 percent of performance. In archery, they say it's probably closer to 80 percent. The real deciding factor of performance in archery is an archer's mental strength and confidence."

So practicing form is important but dealing with insecurity, anxiety, and lack of confidence, in practice and competition, are the important aspects of archery.



Results from shooting new arrows (no bow adjustment) with points ranging from 110 grain to 140 grain (left to right) over a 10m, 15m, 20m walk back. What do you think?

Paringa will be taking full advantage of the new Indoor Range, incorporating a training area for archery courses, seminars and coaching material.

Archery Instructor Course

www.archery.org.au/About-Archery/Coaching/Archery-Instructor

Date: Sat 28th and Sun 29th April 2018
Time: 10:00am to 4:00pm each day.
Location: Paringa Archers - Indoor Range.
Presenters: Murray Frith (Regional Coach), Jeff Garner (Club Coach)
Enrolment: Email coaching@paringa.archerytasmania.org.au
Cost: Cost covered by AST and Paringa
Cut-off date: 5pm Monday 16th April 2018

Note: Any current Instructor is welcome to attend as a refresher. Please enrol for numbers and no course material will be supplied.

Archery Seminar

Topics: Preparation and competition mind set
Date: Sat 19th May 2018
Time: 1:00pm to 3:00pm.
Location: Paringa Archers - Indoor Range.
Presenter: Clint Freeman
Enrolment: [Register here](#)
Cost: \$50 per person
Cut-off date: 5pm Friday 18th May 2018

Email coaching@paringa.archerytasmania.org.au to arrange a free member coaching session.
Organiser: Club Coach

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

2018 Australian Open

Michael Hinds represented Paringa Archers at this year's Australian Open in Perth WA.



Not a bad practice end. Wearing his Paringa shirt.

See the ranking round [results](#) and [rules](#).
Catch up with Michael at the club to ask about his experience at the Australian Open 2018.

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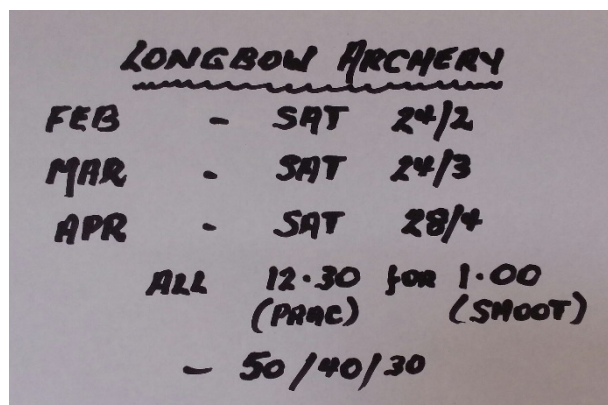
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Longbow Shoots

Brian S has arranged some more Longbow shoots.



Brian congratulates Matt on winning the last chook (his fifth) for the Twilight raffle.

Organiser: Brian Swinton

QRE (WA)

Organiser: QRE Official

Target (WA)

Organiser: Tournament coordinator

Indoor (WA)

Organiser: Tournament coordinator

Field (WA)

See the real photos, taken by Richard Goninon, on the clubs [Facebook page](#).

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.

After scoring all the arrows for the other members shooting, the member forgot to collect their own arrows and did the walk of shame.

Club Shoots



Nice weather brought out old and new members for the club shoot Saturday 17th March.

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

Organiser: Rolfe de la Motte

Midweek Twilight Shoot



Watching members shoot, in the drizzle, from the relative comfort of the Indoor Range. 28/2/2015

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One member said, that's a "rabbit of the month", so I think I know who will be scoring for everyone next time.

This space reserved for the first member to put an arrow in the stramit wall of the Indoors.

The Final Say

Change is one of those things we rarely see coming but it's a constant in our club and lives.

With the new Indoor facility, power, security and internet access, will come changes. Some subtle and others "in our face" but they will defiantly happen and alter the culture of the club.

Some members will resist and pine for the way things were, others won't care and the remainder will see opportunities that didn't exist before.

Keeping in mind the Constitutions purpose for Paringa is "*to perpetuate and foster the principles and practice of archery, as a pastime, recreation and sport in accordance with the high spirit and honourable traditions of that most ancient sport.*", current and future members will all contribute to the changes and make Paringa Archers the club it will be.

I personally look forward to a club that is

- Fun
- Family oriented
- Fosters achievement
- Facilitates learning
- Focused on community

Whatever your personal goals, I hope Paringa Archers becomes a memorable part of your journey through life.

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	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	Cameron

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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 "S125")

COMPOUND - \$40 (made from "X" and "S190")

Mathews solo-cam compound string - \$80

COMPOUND STRING/CABLE SET (\$ 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 "S125": Black

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

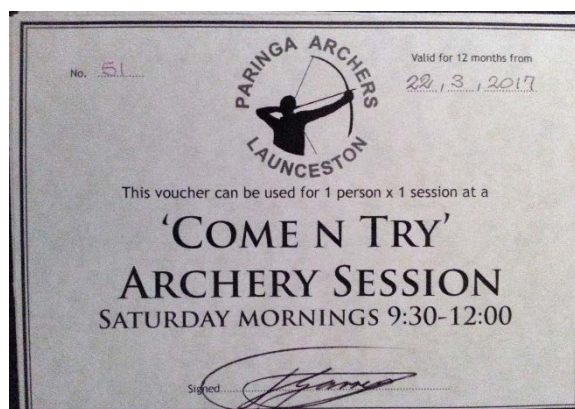
Colours currently available in "S190": Black, Blue and Buck Skin

Please contact Clint Freeman by

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

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. *for that special gift? look no further!*



www.pats-archery.com

TASMANIAN
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SUPPLIES



Mt Nelson Tas [Website link](#)

Editor: Jeff Garner

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

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

Event Results: archersdiary.com