



Target and Field: 201 Reatta Rd, Trevallyn Reserve, Launceston, Tasmania
A quorum for these meetings requires

March 2019



Changes to club meetings

During the first few weeks of this year the Executive Committee has been working to bring the management and practices of Paringa Archers in line with the constitution and Archery Australia guidelines.

The Executive is responsible for the day to day management of the affairs of Paringa Archers and is required to meet at least once in each month, we have had 2 meetings and 1 special executive meeting in the first 2 months of this year.

In addition to these monthly meetings the executive will schedule 3 special general meetings through the year.

The first special general meeting will be on March 11th from 6.30pm – 7.30pm before the next executive meeting.

The main agenda items will be:

The open day.

Changes to the come 'n' try format.

Come 'n' try teams for Saturdays and Wednesdays.

These special general meetings will be similar to the previous club meetings but with more structure.

(30%) of current financial members to be present in order to conduct and vote on any business.

Any member with concerns or questions can either bring those concerns to the attention of any executive committee member and it will be addressed at the next executive meeting, (subject to time constraints), or put those concerns forward for inclusion at the next special general meeting.

If any member has any questions regarding the structure of the club meetings, I recommend they read the constitution which explains the process in more detail, or they can speak to me at the club at any time.

Roger Emery
President

Birth Notice



Adam and Maggie Smith and daughter, Freya, have welcomed the arrival of baby,

Help Wanted

Roger and Rolfe need another couple of volunteers to help them with the Mall display on the 9th March. 10am to 2pm, set up around 9.30am, to hand out brochures and talk to people.

Roger Emery



Safety Notice

A note on Safety, High draw shooting:

In recent times, there have been some concerns raised regarding potential high draw practices at our club. A high draw relates to an archer who, while drawing the bow, allows the arrow to rise to an angle above square on or in line with the target that, if accidentally shot, the arrow would travel beyond the targets and possibly past the safety zones.

- Arrows shot from a high draw will travel past the target butts and can go past safety zones.

Archery Australia provides guidelines which identify the correct ways to shoot a bow, this is covered in the drawing and shooting a bow in an unsafe manner, which provides guidelines to follow to prevent any stray arrows from over shooting the safety zones behind our target butts.

This can be found on the AA website and provides in depth evaluation on shooting technique and procedure for coaches and instructors to assess high draw shooting.

If members are concerned that another member might be high drawing a bow, or shooting a bow in an unsafe manner, it is encouraged that they have a friendly chat as fellow archers.

If you do not feel confident in doing this please bring the incident to the attention of the Director of Shooting, one of the club instructors or the club coach. Techniques vary between archers and it is important to remember that we all shoot differently. Paringa has an impeccable safety record and maintaining this is important to our club, so please continue the wonderful shooting, enjoy archery and our club over

the last few weeks of great weather.

Wednesday Twilight Shoot

The number of archers at the above shoot, are currently so small that is in danger of being closed down.

We have decided to continue until the end of Daylight Saving this year, however, having run this shoot for the last 8 years, it would be unfortunate for the club to lose the event.

Wednesday 60/50/40 5pm-6-30pm.

Give me a call (6334 4940)

Brian Swinton.

Long Bow Shoot 16th February 2019

The shoot went well with one of our new Long bowers, Doug Smith, taking out the event. We all (6) enjoyed the shoot in ideal weather.

Andrew had a couple of 'silent' arrows and Paul said he was shooting at the enemy on the battlements, while Doug, Wal and I waited for the 10 metre target to make our scores look better. To avoid being called the darts club, the range in the March shoot (16/3/2019) will be 30/25/20. We will all have to do a bit more practice.

Note:

The club president came and showed us his new English Longbow, and very nice it was too. (but not to be used just yet).

Scores:

40/30/20	Paul Karosi	260
	John Dodos	377
	Andrew Fluck	268
30/20/10	Brian Swinton	395
	Wally Morphet	435



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Doug Smith

436

A recount was held for the last two, but the scores were confirmed.

So, come on all you longbow archers, we want to see you in March. It really is good fun.

Next Long Bow Shoot

The next Long Bow shoot will be on Saturday March 16th. 12:30 for 1:00pm.

Long bow archers are invited to attend. The same format will be held and the ranges will be 30/25/20

Membership Update

As of 24/2/2019 Paringa has 61 financial members. Zero new members and one returning member since the new Committee took office in December 2019.

Based on these numbers, the Special General Meeting 6:30pm 11th March 2019, the [Constitution](#) (7.13 -7.14) requires 30% (19 members) be present to constitute a quorum and be able to transact any business.

Associate (Non-Shooting)	1
Cub	4
Intermediate	1
Cadet	2
Under (20) Senior	1
Open	22
Master	14
Veteran	16
Includes Life Members	7

Archery Tasmania

Paringa Northern WA at Paringa Archers on the 9th & 10th March. Registration is available via the Archery Australia Website. <https://eventdesq.sportstg.com/index.cfm?fuseaction=main&EventDesqID=30586&OrgID=8476>

Southern Championships at Hobart Archers on 30th & 31st March. Registration is available via the Archery Australia Website. <https://eventdesq.sportstg.com/index.cfm?fuseaction=main&EventDesqID=30509&OrgID=8475>

I will also be including the link to the Archery Australia Event Registration page for each of the registered events in the AST Calendar. If you click on the Registered Event in the AST Calendar it will now display the link in the Event Registration Link field. If you highlight the link and right click most browsers will give you the option to go directly to the registration page.

Ian Bessell State Recorder

Archery Beginnings?



John Dodos

Paringa Archery Club Newsletter

Join in, achieve and have fun.



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Roger proudly showing of his new genuine English long bow



The new play area in the inside shed.

Editor: Graham Brown

Comments/Submissions: Grahamoz2@gmail.com

Club Website: www.paringa.archerytasmania.org.au Event Results: archersdiary.com

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Membership fees set at AGM 2018

		AA	AST	PAC	Total	STG	Total
1	Associate (non shooting)	\$ 24.00	\$ 1.00	\$ 31.00	\$ 56.00	\$ 1.94	\$ 57.94
2	Cub	\$ 60.00	\$ 35.00	\$ 166.52	\$ 261.52	\$ 10.19	\$ 271.70
3	Intermediate	\$ 60.00	\$ 35.00	\$ 166.52	\$ 261.52	\$ 10.19	\$ 271.70
4	Cadet	\$ 60.00	\$ 35.00	\$ 166.52	\$ 261.52	\$ 10.19	\$ 271.70
5	Under 20 (Minor)	\$ 60.00	\$ 35.00	\$ 166.52	\$ 261.52	\$ 10.19	\$ 271.70
6	under 20 (Senior)	\$ 90.00	\$ 50.00	\$ 230.67	\$ 370.67	\$ 14.33	\$ 385.00
7	Open	\$ 90.00	\$ 50.00	\$ 230.67	\$ 370.67	\$ 14.33	\$ 385.00
8	Mater	\$ 90.00	\$ 50.00	\$ 230.67	\$ 370.67	\$ 14.33	\$ 385.00
9	Veteran	\$ 90.00	\$ 50.00	\$ 230.67	\$ 370.67	\$ 14.33	\$ 385.00
14	Club Associate	\$ -	\$ -	\$ 230.67	\$ 230.67	\$ 10.15	\$ 240.82
15	Club Associate Junior	\$ -	\$ -	\$ 166.52	\$ 166.52	\$ 7.33	\$ 173.84
34	Life Member AA	\$ -	\$ 50.00	\$ 230.67	\$ 280.67	\$ 12.35	\$ 293.02
35	Life Member (Club and State)	\$ 90.00	\$ -	\$ -	\$ 90.00	\$ 1.98	\$ 91.98
36	Life Member (Club)	\$ 90.00	\$ 50.00	\$ -	\$ 140.00	\$ 4.18	\$ 144.18
37	Life Member (club) RGB and AA Associate (Non shooting)	\$ 24.00	\$ 1.00	\$ -	\$ 25.00	\$ 0.57	\$ 25.57
39	Life Member (RGB)	\$ 90.00	\$ -	\$ 230.67	\$ 320.67	\$ 12.13	\$ 332.80
50	Family of four - 1A 3M	\$ 180.00	\$ 105.00	\$ 537.75	\$ 822.75	\$ 32.24	\$ 854.99
51	Family of four - 2A 2M	\$ 180.00	\$ 105.00	\$ 666.06	\$ 951.06	\$ 37.89	\$ 988.95
52	Family of three - 1A 2M	\$ 180.00	\$ 105.00	\$ 435.39	\$ 720.39	\$ 27.74	\$ 748.13
53	Family of three - 2A 1M	\$ 180.00	\$ 105.00	\$ 563.70	\$ 848.70	\$ 33.38	\$ 882.08
54	Family of five - 2A 3M	\$ 180.00	\$ 105.00	\$ 768.42	\$ 1,053.42	\$ 42.39	\$ 1,095.81
	Temporary member (Under Instruction)			\$ 15.00	\$ 15.00	\$ 0.66	\$ 15.66
	Temporary member (Visitor)			\$ 15.00	\$ 15.00	\$ 0.66	\$ 15.66

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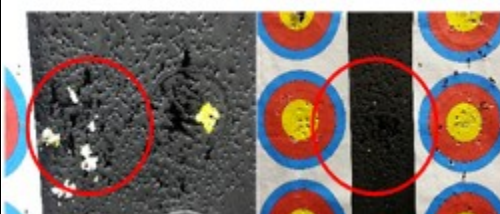
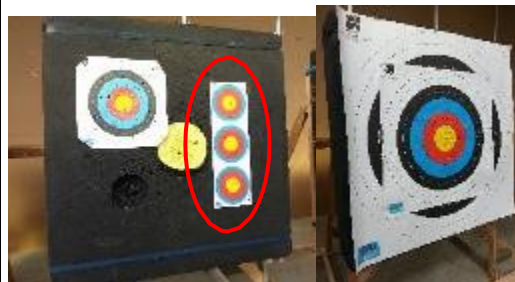


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Office Bearers from AGM 2018

President	- Roger Emery
Vice President	- Tim Smallbon
Treasurer	- Jeff Garner
Secretary	- Emma Hutchinson
Recorder	- Geoff Dyer
Schools Program Coordinator	- Jeff Garner
Group Bookings Coordinator	- Jeff Garner
Tournament Coordinator	- Geoff Dyer/ Rolfe de la Motte
AST Delegate	- Jeff Garner
Club Coach- Compound	Vacant
Club Coach—Recurve	Jeff Garner
Public Relations	Dean Emery
Public Officer	Jeff Garner
Member Protection Officer	Michael Hinds
Website Administrator	- Jeff Garner
Auditor	Camerons Accountants and Auditors

And this is why we don't have nice things"



Do you think these contribute to increased target fees? Why shoot out a \$60 replaceable centre when you can shoot out a \$600 target butt!

Note:

Remember that broadhead arrows are not allowed in the indoor range. A broadhead mark has been found in the stramit wall behind the targets

gets





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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

Partner Daycare

Want to go fishing, shopping etc or just get some peace and quiet!

Drop your partner off with Paringa Archers on Wednesday nights or Saturday mornings,

Come N Try (Sat and Wed) Come N Try Teams

Team 1

Wally Morphett
Shirley Morphett
Richard Barnes
Tim Smallbon

Team 2

Andrew Fluck
John Dodos
Emma Hutchinson

Team 3

Brian Swinton
James Barker
Dean Emery

Team 4

Rolf de la Motte
Roger Emery
Nick Emery

Backups:

Jeff Garner, Caitlin Street, Geoff Dyer, Karen Neil, Graham Brown

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 Roger Emery on rogeremery@bigpond.com

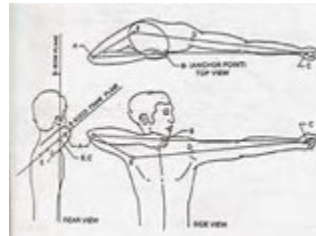
Organiser: Roger Emery and Teams



Member Club Coaching

The **Formaster** training aid is a much miss understood device. Most people think it's supposed to force your body into the correct form for archery. This is not correct. The Formaster is a device you can use to get feedback on your archery form and help correct it.

We want correct archery form so that we are in the best position to handle the forces archery places on our upper body. This is not about being an Olympic archer but all about being able to shoot for many years without injury or discomfort. Rotator cuff, tendonitis and carpal tunnel syndrome are all injuries that can be associated with bad archery form.



Feedback with the **Formaster** comes from shooting an arrow while the device is attached to the bow. Correct form will have the bow in a straight line

and land a few meters in front of the bow while the archer maintains their form.

If the arrow goes right/left or your bow arm elbow goes forward, then these are indicators of bad form or technique. With finger tabs you can have good form but still have a bad release causing a bad shot. You could also have incorrect bow hand pressure causing the bow to twist when you release.

It's not always one thing and informed feedback from a coach can go a long way to understanding what you need to work on.

For a simple explanation on back tension and form have a look at this [YouTube video](#).

Email coaching@paringa.archerytasmania.org.au to arrange a free member coaching session.

Organiser: Club Coach

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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

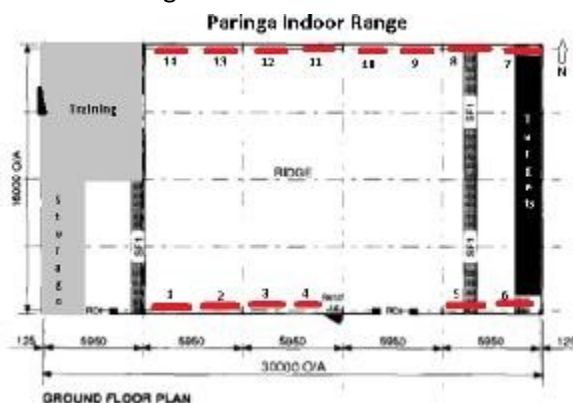
Indoor – Carpet tile floor (480 sq m)	11
Tarmac - car park	20
Tarmac – Entry road	20
Permanent Clout range	
Workshop (in container)	2
High speed cameras (x3) for Coaching	6
Safety fence for west side of range	
Ride on 4wd mower with trailer	15
Wheeled leaf vacuum (range/indoor)	1.2
Weather Station (Digital) for tournaments...	.4
Small tools - maintenance	2

And see <http://paringa.archerytasmania.org.au/advertisin>



Advertise - Paringa Indoor Range

Do you know anyone that may like to advertise in the Indoor Range?



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

Clint Freeman Strings

Clint Freeman strings are made from the highest quality products from BSCY 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, 15 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 SFT (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": Blk

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

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

Please contact Clint Freeman by

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

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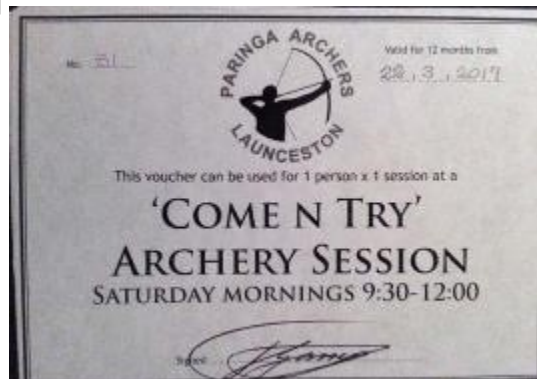
Paringa Archers **recommends you do not** buy equipment off eBay, similar sites or Sports Stores, as bows need to be matched to the archer and arrows need to be matched to the bow.

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: Graham Brown

Comments/Submissions: Grahamoz2@gmail.com

Club Website: www.paringa.archerytasmania.org.au Event Results: archersdiary.com