

Paringa Archery Club Newsletter

Join in, achieve and have fun.



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

April 2019

Shooting Line at the Northern WA Star

Silver Open Male Compound

Michael Hinds—Gold Master Male Compound and State Double round record



On Saturday and Sunday, 9th and 10th March, we held our annual "Paringa Northern WA Star" event. This is a target competition over two days with a 1440 round (144 scoring arrows) on each day.

Being WA registered, entrants can achieve WA awards and even set world records!

We had a total of 15 entries (8 from Paringa, 2 Hobart, 4 Burnie and 1 Van Diemen), with six shooting the longest (90m) round. Weather was absolutely perfect - no wind and overcast, warm conditions. In fact, the Burnie contingent were complaining about the lack of wind - they are not used to that. Generally, some good scores were shot and five state records were set.

Paringa medal winners were:

Matt Everett and Nick Heywood - Gold and

Jeff Garner—Silver Master Male Recurve

Geoff Dyer—Gold Veteran Male Compound and State 50m distance record

John Dodos—Gold Veteran Male Longbow and both Masters and Veteran State double round records

Barrie Peers—Gold Veteran plus Male Recurve

Next event to watch for is a Field QRE on the 6th April, an opportunity to shoot under tournament conditions to achieve a national ranking score.

If you would like to shoot, entry is via Archer's Diary and there is a fee of \$10, paid on the day. Bow inspection is at 8.30 am, practise at 9.00 and scoring starts at 9.30. Round is 24 target marked WA field. If you are not sure of the rules, don't worry as

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we will teach you as you go.
See you on the shooting line.
Geoff Dyer

Longbow Shoot

Longbow Shoot 16 March 20

This was held in wonderful weather, with only four shooters as half of our longbow archers were shooting in the Lonnie Challenge next to us. Hopefully they will be back with the real archers for the April shoot.

The results were:

Brian Swinton	382
Damien Clark	424
Wally Morphet	432
Richard Barnes	375

We all look forward to an improvement in the cooler weather on April 20th.

National Club Challenge

On Saturday, 16th March, eight members participated in the "National Club Challenge". To compete, we shot the 90 arrow round applicable to each archer's bow and age division (mostly a WA 60/900).

It is a handicap event so the best actual scores don't necessarily win! To win, you have to shoot well on the day against your current handicap. Weather, as is usual for Paringa (except for this same event last year), was perfect, apart from being a little warm at one stage. Individual results for Paringa members were:

Nick Heywood—8th Open Male Compound
James Bramich—4th Open Male Recurve

Debbie Draeger—2nd Master Female Recurve
Michael Hinds—9th Master Male Compound
Jeff Garner—10th Master Male Recurve
Rolfe de la Motte—2nd Master Male Longbow
Geoff Dyer—1st Veteran Male Compound
Andrew Fluck—4th Veteran Male Longbow

Overall results can be found on Archers Diary at: <https://archersdiary.com/ViewResults.aspx?id=5e9ed7f3-1878-4e67-ad16-e059ddf594fc>

There is also a club team competition but we have to wait for AA to complete their calculations before we know that result.

Geoff Dyer

Club Recorder/ Tournament Coordinator

Next Longbow Shoot

Longbow Shoot 20th April 2019

The next Longbow Shoot will be on 20th April at the usual time of –

12.30 pm	Practice
1.00 pm	Shoot

The ranges you can shoot are:

50/40/30
40/30/20
30/25/20

As usual, this is a club fun shoot, not a registered event. You turn up, shoot and enjoy the event and a chance for a few smart remarks to your mates.

I look forward to seeing you on 20th April – (weather permitting).

Brian Swinton

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Range Improvements

Paul Malinowski and Kel Smith completed grounds work at the range on Sunday 3rd March. Two pipe sections were laid in the drains, one for range access and the other for Field course access.

A path was made on the eastern side of the range safety bank to allow better access to the area at the back, to look for wayward arrows and a DOS pad was made up near the top path for tournaments (thanks Matt and Michael for helping to move the pavers).

Distance numbering plates were redone by Paul Mal and Damian Clark helped install them on the western side of the range.

All in all, it's been a great effort to get the range ready for the Open Day and upgrade the facilities just that little bit more. A big thank you goes to Kel and Mal for giving their time over the two Sundays and for "finding" the drainage pipes.

Jeff Garner, Treasurer.



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Mall Display For Open
Day



Editor: Graham Brown

Comments/Submissions: Grahamoz2@gmail.com

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Latest Come N Try

Latest Come N Try indoors while the Paringa Northern FITA was being run the outdoors range.



This little chap was seen hurrying through the car park. Perhaps he was trying to be on time for the Come N Try, but he was a bit too slow :)



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What Happens On A Sunny Day at Paringa

Who his this unknown archer enjoying the perfect weather at Paringa recently? Must be one of the Long Bow crowd 😊



Thanks to John Dodos—who gave us a funny cartoon last newsletter. Here are some more inspired by his submission.





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Getting to know our club Executive



Club Secretary Emma and President Roger

Introducing your new secretary:

I'm Emma Hutchinson, and I have been living in Tasmania since 2011. I graduated university and needed a job, Launceston provided this opportunity and I moved here with my husband to start my career. If you then fast forward a few years, add in a 2 year old and another one on the way you have where we are up to now.

I started Archery to have some 'me' time. When having a family, I decided to give up horse riding due to several impractical hurdles that were too hard to overcome at the time. I then found myself without a Hobby, I had tried Roller Derby – and was miserable at it, as I'm a short little person and was continually knocked over and ended up bruised, which as you can imagine is not really that fun.

My husband suggested I try archery. At first I was reluctant as it was something I had never considered. However, I did find Horseback Archery, which I thought I might like to go one day. So, while I was biding my time to get back into horses I

thought I'd at least have a go at archery.

Oh, how wrong I was. Turns out Archery is quite challenging and not really that easy. I find archery a sport against yourself, your results are dependent on how well you take instruction and your technique. The meditative aspect, with focusing and breathing while you shoot allows my brain time to stop and think of nothing but archery and what I'm doing in the moment. I love being up at the range with new friends and the relaxing surrounding bushland. I now shoot recurve, have a Hoyt bow and enjoy the Saturday afternoon club shoots hope to soon start competition. After the initial come and try I then went on to work with Jeff Garner on my technique and am now focusing on increasing the distance I shoot.

When Jeff suggested that I become Secretary of the club I was glad that the club thinks highly of me, I was further encouraged by Rolfe, Shirley and Wally, and Tim. Being Secretary is a new role for me and like nothing I have done before. I have many skills from my professional life that help me in the role, however I am learning as I go and hope that the members are patient with me as I take on the role. I am in the process of becoming an instructor and hope to set up a mummy archery group that will further encourage other stay at home parents to try archery.

I encourage all members to come and say hello if I have not met you before. I have now given away all thoughts of becoming a horseback archer and am very much focusing on target archery and enjoying the new friends I have made at the club, and one day if I can get over my fear of Leeches I will have a go at Field.

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Feel like this some Days?

*Inspired by the cartoon submitted by
John Dodos in the last newsletter*



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Special Open Day Issue

The club open day on Saturday 23rd was a great success with approximately 35 members of the public attending the morning Come N Try session and about 34 attending the afternoon session.

A number of them attended both morning and afternoon sessions. The rain held off for the morning outdoor group until during the demonstration Match play session which was concluded during the rain.

The afternoon session was held indoors and we had so many archers that they had to be in "A" and "B" shooting groups on the shooting line.

In the afternoon session, most improved youngster was Alby Taylor, who impressed everyone by managing to hit the table tennis ball taped to the bulls eye with one of his arrows during the special fun event to conclude the session.

The Match play demonstration event was held between Dean Emery, Matthew Everett, Nick Heywood and Michael Hinds, all shooting compound bows under strict competition rules and timings.

The elimination rounds saw Matthew Everett (141) beat Dean Emery (107) and Nick Heywood (146) beat Michael Hinds (138).

In the Gold Medal play off Matthew Everett (145) beat Nick Heywood (141).

It was a great day supported by the Lion's club who were there to supply coffee and barbecue to those attending.

Club members generously gave their time

and efforts in both the Mall display prior to the Open day, helping to set up the range before the day, and, of course all those who supported the day by assisting the shoots go smoothly and safely.

Indoor setup prior to starting



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Setting up an outdoor gazebo



Outdoor range setup

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Shooters waiting for the safety briefing



First lot of shooters on the line



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The outdoor line during the sunny morning



Roger presenting the most improved adult medal



Roger presenting the most improved junior medal



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Dean Emery, Matthew Everett,
Nick Heywood and Michael
Hinds during the Match Play
demonstration



Andrew Fluck talking to Matthew Everett



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Displays of different bow types and equipment in shed area



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Shooters receiving instruction



Member shooting demonstration



Indoor shooting line setup

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Alby Taylor receiving his most improved junior medal

Alby Taylor with his winning shot of an arrow through a table tennis ball on the "X" spot of the target



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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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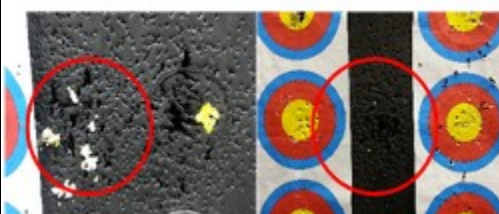
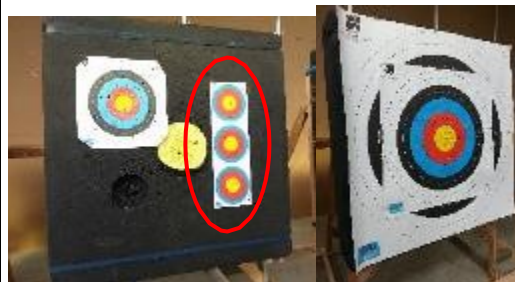


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Office Bearers from AGM 2018

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



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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 3

Brian Swinton
James Barker
Dean Emery

Team 2

Andrew Fluck
John Dodos
Emma Hutchinson

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

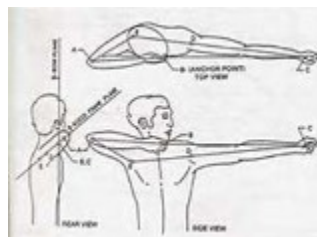
Organiser: Roger Emery and Teams



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 arrow leave 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

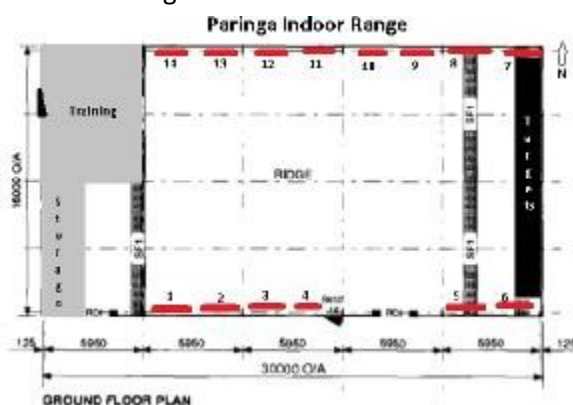
Indoor – Carpet tile floor (480 sq m)	11
Tarmac - car park	20
Tarmac – Entry road	20
Permanent Clout range	
Workshop (in container)	2
High speed cameras (x3) for Coaching	6
Safety fence for west side of range	
Ride on 4wd mower with trailer	15
Wheeled leaf vacuum (range/indoor)	1.2
Weather Station (Digital) 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 SET (1/2 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.

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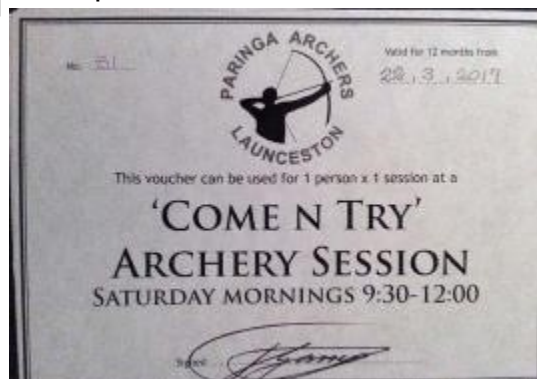
Paringa Archers recommends you do not buy equipment off eBay, similar sites or Sports Stores, as bows need to be matched to the archer and arrows need to be matched to the bow.

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.



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