

Paringa Archery Club Newsletter

Join in, achieve and have fun.



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

June 2019

Paringa executive committee changes.

There has been recent changes to the executive committee membership due to Emma's resignation as secretary to allow her to concentrate on her newly born baby. And also the resignation of Tim Smallbon as vice president.

The secretary role has been accepted by Graham Brown and Rolfe de la Motte has returned to the executive committee as vice president.

Thanks go to Tim and Emma for the work they have done in their roles and they are wished well for the future.

Northern Indoors Championships

Our annual indoor tournament was held on the 25th and 26th May, the second time it has been run in our indoor range. A total of 19 contested the event with a good mix of recurve and compound archers but only one longbow. Some good scores were achieved but no records were set. Paringa club member results were: Damian Clark, 4th Open Male Compound; James Bramich, 1st Open Male Recurve; Jeff Garner, 4th, Master Male Recurve; Asher Anderson, 2nd Open Male Recurve Barebow; Michael Roberts, 1st Master Male Recurve and Geoff Dyer, 1st Veteran Male Compound.

I have heard that a couple of our members missed the closing date for entries, even though it is clearly stated on the entry details on the AA website. Be aware that, for our tournaments, we now (and have done since the beginning of this year) close the entries on the Tuesday prior to the event. This is

mainly to facilitate the engraving for medals but also allows time to organise the event.

The next event I am running is a target QRE on the 9th June and the closing date for this is the 7th June (on Archers Diary) with a fee of \$10 per archer paid on the day. Next tournament in our range is the 2019 State/ National Indoor Championships on the 20th/21st July. **NOTE:** closing date for entries for this (on the AA website) is on 8th July (a state/national event, not a club tournament).



Hope to see you on the line,

Geoff Dyer

Tournament Coordinator/ Club Recorder

Spare Equipment

Over time many archers accumulate surplus archery items as they progress through their archery journey, such as sets of finger tabs, newer release aids and other items.

Some items are suitable for resale, other items could be suitable for donation to new members to start their personal basic equipment.

If you have any such items and you would like to make them available to new members. Contact any member of the club executive with the details.

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Scoring in progress with judge, Andrew Fluck, patrolling the line.



Launceston School for Seniors Term 1 graduates, Anna Diacopoulos and Robert Gow, with their Archery Australia Instructor, Brian Swinton.

Paringa ran a ten week (1.5hrs/week) Intro to Archery course culminating in an OzBow Bare-bow Recurve 30m shoot.

Editor: Graham Brown

Comments/Submissions: Grahamoz2@gmail.com

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

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Come N Try archers and members on the Come N Try of 18 May



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Latest acquisition for the club—a John Deere ride on mower to make the upkeep of the range much easier.

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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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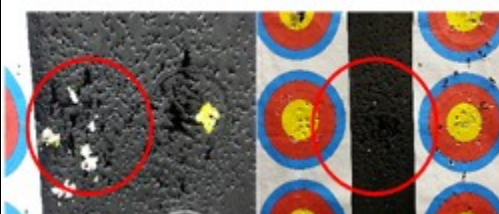
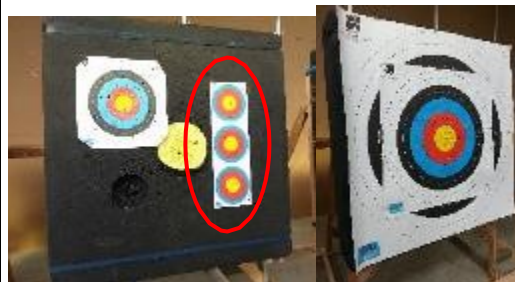


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Current Office Bearers

President	- Roger Emery
Vice President	- Rolfe de la Motte
Treasurer	- Jeff Garner
Secretary	- Graham Brown
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, birth-days 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
Paul Malinowski

Team 3

Brian Swinton
Dean Emery
Graham Brown

Team 2

Andrew Fluck
Ben Millington
Nick Heywood

Team 4

Rolf de la Motte
Roger Emery
John Dodos

Backups:

Jeff Garner, Geoff Dyer, Caitlin Street
Karen Neil, James Bramich, Asher Anderson

Wednesday night Come N Try's

1st and 3rd Wednesday.

1st Wednesday – Jeff Garner, Clint Freeman

3rd Wednesday— Roger Emery, Dean Emery

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



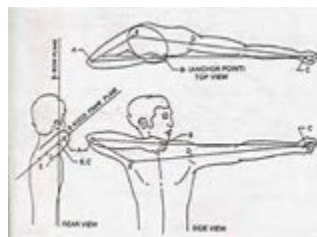
Organiser: Roger Emery

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

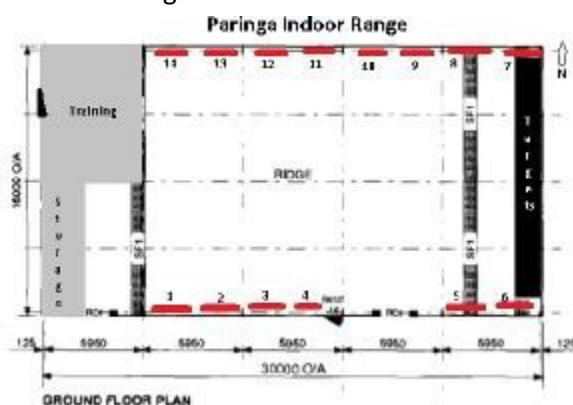
Indoor – Carpet tile floor (480 sq m)	11
Tarmac - car park	20
Tarmac – Entry road	20
Permanent Clout range	
Workshop (in container)	2
High speed cameras (x3) for Coaching	6
Safety fence for west side of range	
Ride on 4wd mower with trailer	15
Wheeled leaf vacuum (range/indoor)	1.2
Weather Station (Digital)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

