

Paringa Archery Club Newsletter

Join in, achieve and have fun.



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

July 2019



For those you have seen me doddering around the club on a Saturday, I am Graham Brown the new secretary of the club.

I volunteered to take over from Emma Hutchison as she has had to take time off to look after her new born baby.

As a new archer, I stand in awe, as I watch some of you more experienced archers and the achievements you have reached.

I am also grateful for all of the help and hints and assistance that club members have given me as I went through the typical new archer issues.

I am a baby boomer, born in Bradford in the northern English county of Yorkshire in 1949. And, yes, it does mean that I just had my 70th birthday.

I came out to Australia with my family, mum and dad and younger brother in 1963 and have since lived in Sydney, the Blue Mountains and then Redcliffe near Brisbane before coming down to paradise (that is Tasmania)

My wife and I live in Deloraine with our granddaughter.

My earlier hobbies were table tennis at state level in New South Wales and then Karate for a while, and pistol shooting.

I have been the state secretary of the Queensland Clay Target Association and the State Secretary of the Physiotherapy Association, Queensland branch which has helped me fit in to the role as club secretary.

Please come up and see me on any Saturday and have a chat on how you see the club is going, any suggestions you have and also tell me about your journey through archery as I would like to add a short article about club members each month so we all get to know each other better.

Regards,

Graham Brown

Longbow Shoot

After the May shoot was unfortunately held on the same Saturday as the Northern Indoor Championships, as well as wet weather, we need to set another date.

So that we give everyone enough time to keep the date free and to have plenty of practise, the date selected is SATURDAY 20th JULY.

The usual times - 12.30 pm practice and 1.00 pm shoot

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

We look forward to being overrun with longbow shooters. You do not have to register, just turn up, as it's a fun shoot.



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Brian Swinton

COME AND TRY - TEAM 3 (Change of Leadership)

Brian is standing down as the lead instructor for team 3, and the new team leader is Dean Emery.

As Dean is now a qualified instructor, it is time for the younger members to have their time at leadership.

Brian is not leaving team 3, he is merely making way for a younger person, who he believes will do a good job.

Launceston Challenge 2019

The first round of the Launceston Challenge for 2019 is done and dusted, was shot on June 1st.

It was between Mike Hinds and Jeff Garner. Handicaps were Mike 57, Jeff 140.5.

It was a close one, Mike over shot his handicap by 16 points which really hurt him, as this brought his score down to 688.

Jeff with his handicap ended up with 688.5, which made Jeff the winner.

Jeff was very quick to take the win, he had his name in the box for the next round before I could even make my coffee.

The scores were done manually on a paper scoresheet by Brian. The scores were being checked and added to archers diary back at the clubhouse with Jeff savouring his victory and feeling quiet chirpy.

However, (LOL) Jeff's happy smiley face

turned to despair when a mistake in the scoring was found, Brian had inadvertently tacked on an extra point to Michael.

Which now meant that Mike only overshot by 15 points, which means Mike's score is now 690 which makes him the winner.

I'm not sure how badly the depression and tears have come upon Jeff, but I do hope he recovers soon, (LOL)

This would have to be the closest challenge ever, I have to admit when Jeff added the 0.5 to his handicap, I was laughing on the inside, but it was almost a success for him, anyway, better luck next time Mr Garner.

Mike Hinds

Silver Leprechaun Competition



On Sunday, 23rd June, 12 archers, eight from Paringa, shot two WA60/900 rounds to compete in this year's Bunbury Silver Leprechaun competition. This is a worldwide postal shoot with awards being "Silver Leprechauns". Weather was absolutely perfect - except for a hard frost. Results will take a couple of months to come through.

Next month, on the 20th and 21st July, we will be running the State and National

Indoor Championships. Be aware that the

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closing date for entries, on the Archery Australia website, is the 8th July so make sure you get in early!

Enjoy your shooting,

Geoff



Barrie diverting runoff while Brian gets ready for a Birthday group in the Indoors

Editor: Graham Brown

Comments/Submissions: Grahamoz2@gmail.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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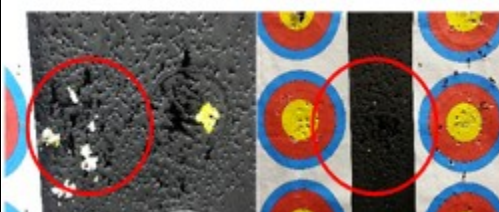
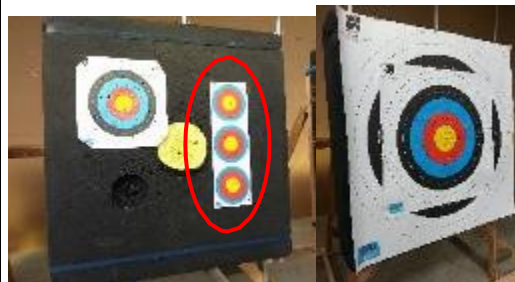


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Current Office Bearers

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



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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 (Saturday and Wednesday)

Team 1

Wally Morphett
Shirley Morphett
Richard Barnes
Paul Malinowski

Team 3

Dean Emery
Brian Swinton
Graham Brown

Team 2

Andrew Fluck
Ben Millington
Nick Heywood

Team 4

Rolf de la Motte
Roger Emery
John Dodos

Come N Try Teams

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

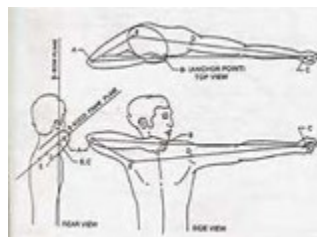
Organiser: Roger Emery and Teams



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.

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For a simple explanation on back tension

and form have a look at this [YouTube video](#) Some items that may be appropriate for future consideration by the committee.

Email: [coach@paringa.archerytasmania.org.au](#)

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free member coaching

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Organiser: Club Coach

Description	Est \$k
Line marker for range lines http://www.trulineastralia.com.au/item-details.asp?CategoryID=40&ItemID=83	1.2

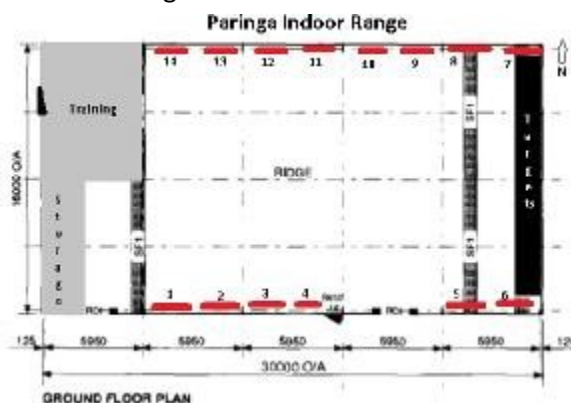
Indoor – Carpet tile floor (480 sq m)	11
Tarmac - car park	20
Tarmac – Entry road	20
Permanent Clout range	
Workshop (in container)	2
High speed cameras (x3) for Coaching	6
Safety fence for west side of range	
Wheeled leaf vacuum (range/indoor)	1.2
Weather Station (Digital) for tournaments...	.4
Small 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 (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 or mobile: 0467299051 to discuss your string needs.

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Comments/Submissions: Grahamoz2@gmail.com

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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.

