

# Paringa Archery Club Newsletter

## Join in, achieve and have fun.



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

**August 2019**

### Comparative Membership Table

With the Special General meeting coming up in September and the proposed adoption of our new constitution and by-laws allowing for an additional type of membership

To allow for an easy comparison of the costs and benefits of each membership type. Jeff has prepared this table so that members can see the options.

It is hoped that those who decide to initially take the recreational membership, may come to appreciate the extra benefits of full membership and use this as a pathway to it.

The Temporary membership is the 12 week Archery Australia Come N Try coverage.

The Recreational Membership is the new proposed membership and the Sport membership is the renamed full membership, and no change with the benefits and name of the Associate member

Benefits	Member Type			
	Temporary	Recreational	Sport	Associate
AA Membership (Insurance)	✓	✓	✓	✓
Come N Trys (12 at \$15)	✓			
Come N Trys (any at \$15)		✓		
AST Membership		✓	✓	✓
Paringa Membership		✓	✓	✓
QREs (at \$10)		✓	✓	
WA/AA Tournaments (at entry fee)		✓	✓	
Club Shoots (\$0)			✓	
24/7 Access for practice			✓	
May apply for club key			✓	✓
May use club kitchen			✓	✓
Have club voting rights			✓	✓
Medals and awards paid for			✓	
General Meeting attendance			✓	✓
HCC/Pension target fee disc (\$134)			✓	
Eligible for nomination as a Life Member			✓	✓
Min/Max costs do not include QRE or WA/AA Tournaments.				
Min cost 1 year	\$ 15.00	\$ 260.00	\$ 385.00	\$ 86.00
Max cost 1 year	\$ 180.00	\$ 1,370.00	\$ 385.00	\$ 86.00
Note: Recreational membership is a proposed new membership type and not available.				

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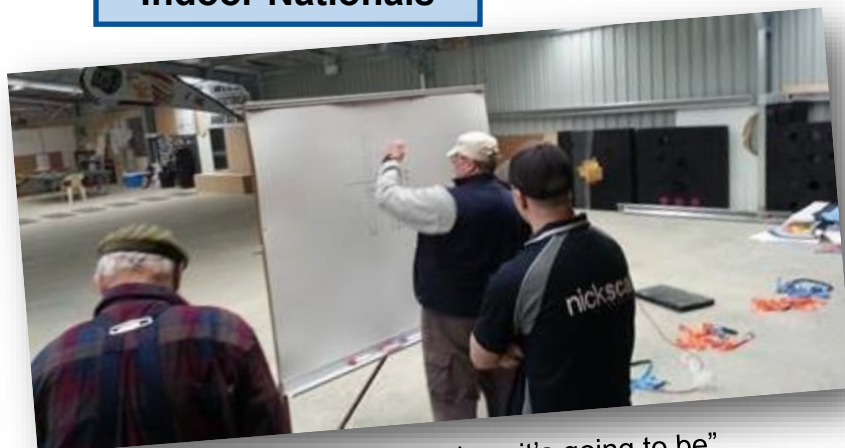
## *Join in, achieve and have fun.*



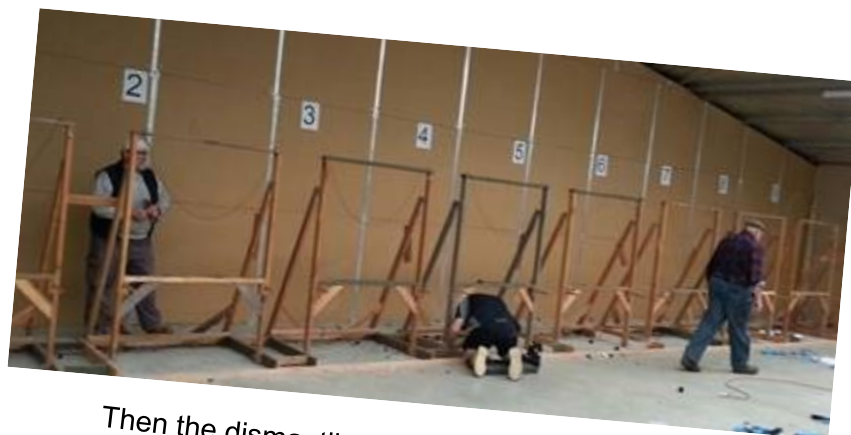
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### Indoor Nationals



First the Planning. "This is how it's going to be".



Then the dismantling.



Then the building of the frames

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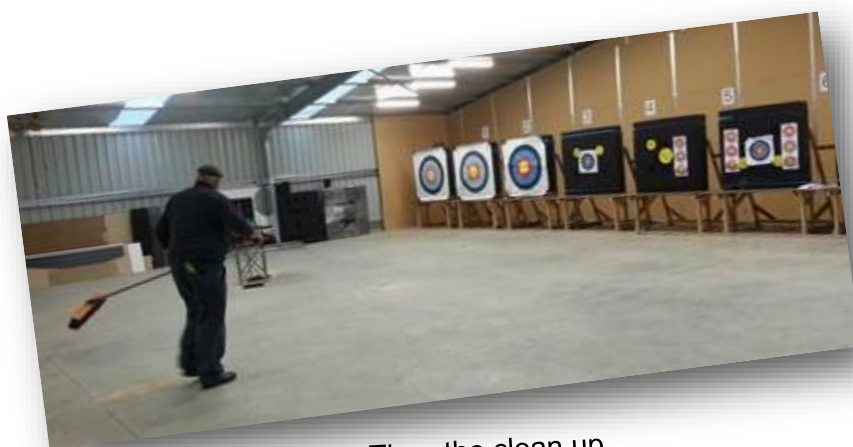


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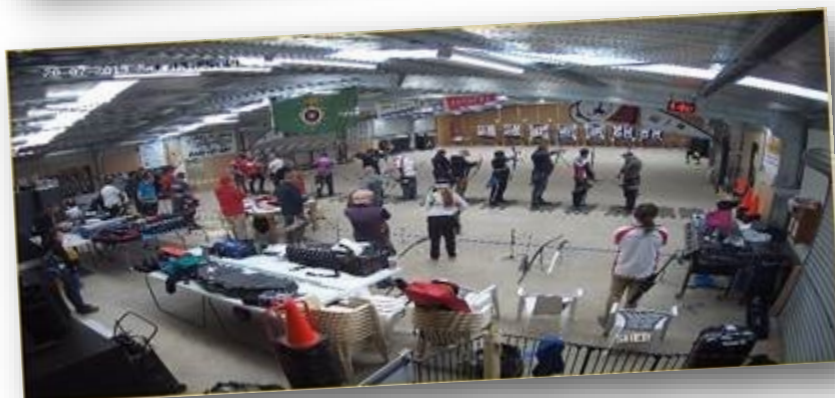
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Then building the new butts.  
Woops, forgot to take the new butts installation picture.



Then the clean up



Then the shooting Saturday 20<sup>th</sup> July 2019.

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Editor: Graham Brown

Comments/Submissions: [Grahamoz2@gmail.com](mailto:Grahamoz2@gmail.com)

Club Website: [www.paringa.archerytasmania.org.au](http://www.paringa.archerytasmania.org.au) Event Results: [archersdiary.com](http://archersdiary.com)

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The archers were happy and the crowd (Emma and baby Tabitha) were impressed.







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Barrie Peers has been at it again.  
Great work done on wheelchair  
access for the last part of the track

Key lock box fitted to the containers  
by Jeff Garner to allow tradespeople  
better access. It has a key to the  
gate and a power access key inside it



### Long Bow Shoot

27<sup>th</sup> July, 2019

Once again a very enjoyable event - the weather was fine, but overcast. The main complaint was that the cloudy overcast affected people's aiming marks. I thought that was a bit thin - some of us just need more practice!

We all shot at 30 metres because Rolfe arrived late and John Dodos decided he was not going to be the only shooter on 40 metres and decided to shoot with the rest of us.

### Scores

Damien Clark	446
Richard Barnes	435
John Dodos	432
Wal Morphet	412
Roger Emery	388
Brian Swinton	387
Paul Korosi	367
Jeff Garner	316

Longbow Shooting is really a lot of fun and we look forward to the next event, which will be held on Saturday 24<sup>th</sup> August.

Brian Swinton

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## Paringa Corporate Challenge

**The range is ready, the challenge is set, does your team have what it takes to win!**

The Corporate challenge is open to 9 teams of 3 archers, Business Teams, Group Teams, Sporting Teams, Trade teams, Profession Teams, Social Teams, Retail Teams etc.

Get a group of work colleagues together, reward your staff for a job well done, challenge another business or make it a company team building exercise.

The cost for the Corporate Challenge is \$360.00 per team, equipment and Archery Australia accredited instruction is included, club equipment only to be used.

Register and pay on-line through our Facebook page, registration closes 3<sup>rd</sup> October

Advertising is available above the targets for each team for the duration of the challenge, approx. size 1.20mtrs x 1.20mtrs

The challenge is an exclusive event where supporters are encouraged to come and support their teams and friends.



The Challenge will be held in our indoor facility at **201 Reatta Road Trevallyn**, shooting range 18M.  
**Thursdays, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup> October, 7pm start**

**Week 1:** Live practice and range routine with Archery Australia accredited instruction.

**Week 2:** Live practice and shot development.

**Week 3:** Archers will shoot an individual scores competition, Gold, Silver & Bronze medals to top 3 shooters

**Week 4:** Teams will shoot in a knockout format to decide the overall team champions.

Gold, Silver & Bronze medals plus team trophy to the top 3 teams,

Overall winning team placed on the perpetual challenge shield.

Contact us via, [www.paringa.archerytasmania.org.au/](http://www.paringa.archerytasmania.org.au/) or Facebook.

## PARINGA ARCHERY CORPORATE CHALLENGE





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### Group Visit

is in August, I will catch up with you next



**J**eff, Brian and Karen had a group of Bhutanese from The Migrant Resource Centre on Thursday 25<sup>th</sup> July.

Archery is Bhutan's national sport. [https://en.wikipedia.org/wiki/Sports\\_in\\_Bhutan](https://en.wikipedia.org/wiki/Sports_in_Bhutan)

Jeff Garner

time. Best wishes to everyone.

### August Birthdays

Kelli Charles  
Matthew Everett  
Justin Clark  
Clint Freeman  
Peter Fisher  
Matt McLean

### Birthday Corner

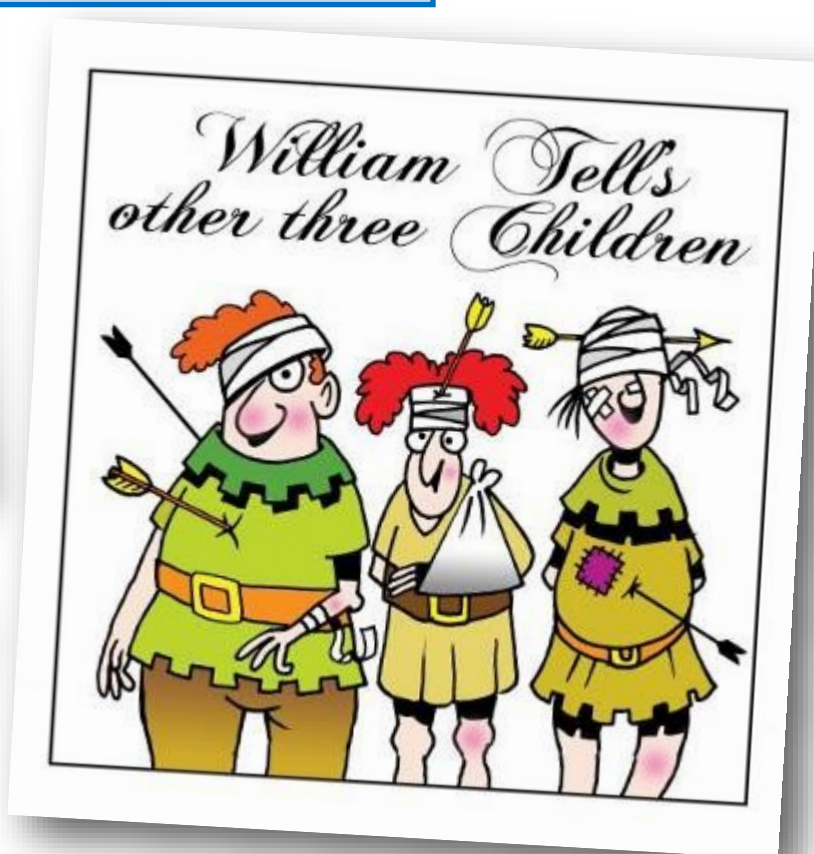
**T**his is a new feature of the newsletter. Each month I will list members who have birthdays during the month so we can wish them a happy birthday.

As new members join, their birthdays will be added to the appropriate month. So if you are a new member and your birthday





**Archery Cartoon Corner**





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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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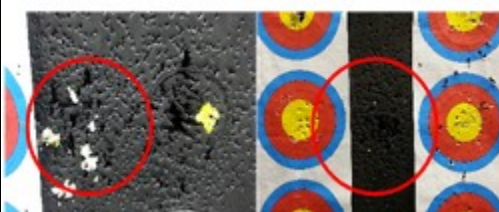
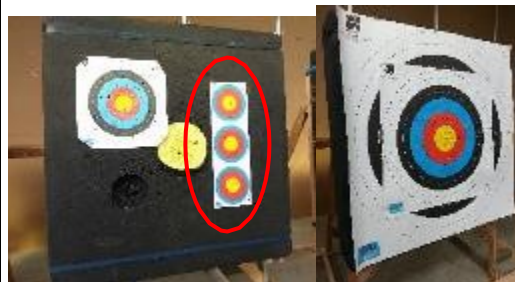


Target and Field: 201 Reatta Rd, Trevallyn Reserve, Launceston, Tasmania

### Current Office Bearers

<b>President</b>	- Roger Emery
<b>Vice President</b>	- Rolfe de la Motte
<b>Treasurer</b>	- Jeff Garner
<b>Secretary</b>	- Graham Brown
<b>Recorder</b>	- Geoff Dyer
Schools Program Coordinator	- Jeff Garner
Group Bookings Coordinator	- Jeff Garner
Tournament Coordinator	- Geoff Dyer/ Rolfe de la Motte
AST Delegate	- Roger Emery
<b>Club Coach- Compound</b>	- Vacant
<b>Club Coach—Recurve</b>	- 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:

**R**emember 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 Morphet  
Shirley Morphet  
Richard Barnes  
Paul Malinowski

### Team 3

Dean Emery  
Brian Swinton  
Graham Brown

### Team 2

Andrew Fluck  
Ben Millington  
John Dodos

### Team 4

Rolf de la Motte  
Roger Emery  
Nick Heywood

## 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](mailto:rogeremery@bigpond.com)

**Organiser:** Roger Emery and Teams

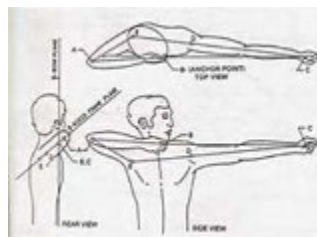
## Member Club Coaching



**T**he **Formaster** training aid is a much miss under-

stood 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. Rota-



tor 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



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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 <a href="http://www.trulineaustralia.com.au/item-details.asp?CategoryID=40&amp;ItemID=83">http://www.trulineaustralia.com.au/item-details.asp?CategoryID=40&amp;ItemID=83</a>	1.2

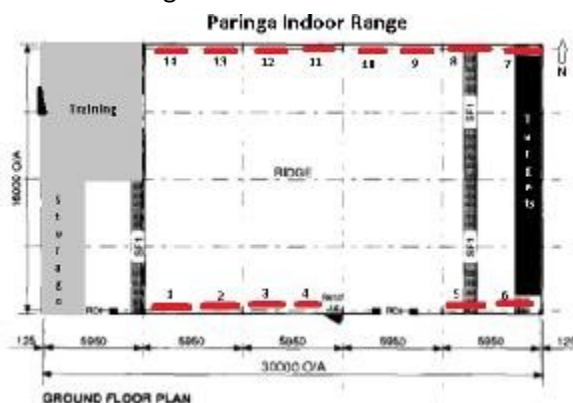
fo	Indoor – Carpet tile floor (480 sq m)	11
	Tarmac - car park	20
	Tarmac – Entry road	20
	Permanent Clout range	
	Workshop (in container)	2
	High speed cameras (x3) for Coaching	6
	Safety fence for west side of range	
	Wheeled leaf vacuum (range/indoor)	1.2
	Weather Station (Digital) for tournaments...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

Editor: Graham Brown

Comments/Submissions: [Grahamoz2@gmail.com](mailto:Grahamoz2@gmail.com)

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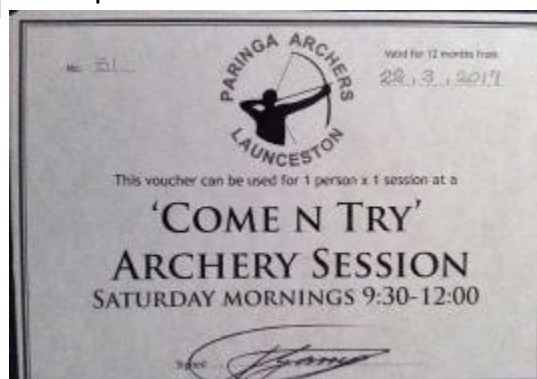
**Paringa Archers recommends you do not** buy equipment off eBay, similar sites or Sports Stores, as bows need to be matched to the archer and arrows need to be matched to the bow.

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.



Editor: Graham Brown

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