

Paringa Archery Club Newsletter

Join in, achieve and have fun.



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

Hello Fellow Archers,
We start this month with news of a working bee and car boot sale.

There will be a working bee on 25th October along with an Archery Car Boot Sale (cost \$5.00 per entry) from 9:30am.

Suggested jobs for the working bee.

- 1, Check and repair come n try equipment.
- 2, Change and repair indoor target butts.
- 3, Re define the shooting lanes on the outdoor range.
- 4, check donated carpet for indoor range, use if appropriate.
- 5, Clean indoor range.
- 6, Clean clubhouse.
- 7, Rake and clean pathway to the indoor range.

There may be others added as members think of them. We thank you all for your time and effort with the working bees, everyone's time is precious and our club benefits greatly from you giving it yours.

The car boot sale is for everyone who has spare equipment to sell and I'm sure many new members will be out to purchase gear. Come and set up, give some of your time to help out and sell on some gear that is hanging around the shed.... And of course, chats and a cuppa will be had throughout the day.

A NOTE FROM ROGER ON COVID-19

Hi everyone just a reminder that we are still observing Covid-19 Return to Sport Arrangements.

Our Covid-19 plan is available on the website for download should you wish to read the whole document.

These are the simplified actions we need to take.

A, Whenever we are at the range we need to log this somewhere, there are basically 4 ways of doing this.

- 1, If you are at the range during the week make a diary note that you can keep.
- 2, Register for a club shoot whenever they are held.
- 3, Register for practice on Saturdays.
- 4, Check in with the come n try sign in desk when you arrive on Saturday mornings,

B, Other actions to observe.

Follow minimum contact procedures wherever possible.

Sanitize all shared equipment.

Practice personal hygiene (e.g. wash hands prior to and after handling equipment).

Wipe down and clean toilet and clubhouse facilities if you use them.

Observe physical distancing wherever possible.

Thank you.

Roger Emery
President

COME AND TRY TEAMS.

Hi everybody we are looking for any members who would be willing to occasionally participate as a backup come n try team member.

The Saturday schedule is the 2nd and 4th Saturday of the month, we currently have 2 full time teams for these days but sometimes members just can't make it and instead of putting a further load on other team members to try swapping days, we would like to have a separate group of members available we could call on.

The Wednesday schedule is the 1st and 3rd Wednesday from 6:30pm to 9:00pm.

Please treat this as a new list even if you have previously

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indicated you would be available.

Any members willing to help please send Roger Emery your contact details and phone number. It will be up to individual come n try team members to contact relief members and make the arrangements.

LONGBOW SHOOT 26/9/2020

A glorious day for a Longbow Shoot and enjoyed by all the seven archers who took part. We had our usual cut and thrust, verbally, on the shooting line which is an integral part of the longbow shoot and indeed, it is part of the 'fun shoot'.

We welcomed three new shooters to our ranks today, with Trudy, Alex and Zac all taking part. As per the scores, we need to keep an eye on Alex and Trudy.

The scores for the day were: -

John Doddos	425
Alex Johnston	413
Brian Swinton	383
Trudy	368
Paul Korosi	345
Roger Emery	339
Zac Bower	260

Just quietly, I think Roger was looking after his very good arrows after a fright during practice.

NOTE: The next shoot is to be held on Saturday 24th October 2020.

SATURDAY FUN SHOOT.

Emma will be holding a Saturday fun shoot on the 3rd Saturday of the month. Starting at 1pm-ish and running to 3pm-ish. This is a shoot aimed at having

fun and socializing with other members. This will not be a registered event through archers diary, with no scoring and no coaching elements. Short or long distances, tic tac toe, Ping-Pong balls, balloons and paper cups with the occasional playing card to have a shoot at. Information regarding the shoot will be on the Paringa Archers Members lounge Facebook page, come along and have some fun, with a cuppa after.

Saturday club shoots are always fun, with Matt joining in with his long bow. An amazing effort to shoot both wheels in the same end.



COACHING CORNER

This piece started with the questions "any topics for older members?? Maybe you have some coaching ideas you might like to pass on?? Training schedules or idea for fitness? "

So, men and women typically reach their physical peak in their **late 20's to early 30's**. After this time, **muscle mass, strength and flexibility** begin to decline. So, for anyone 35 plus, welcome to being an "older" member.

Editor: Graham Brown

Comments/Submissions: Grahamoz2@gmail.com

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

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The good news is that **muscle mass** can be maintained by engaging in a **strength** training regimen. Just ask Brian Swinton who regularly takes on the nurses while working out at his local gym. What **bone mass** you build up as a child (structural strength), stays with you until it starts to degrade after about 65. Not much we can do about that. You can counteract age-related loss of **flexibility** if you gently move your major joints through their entire range of movement daily. This one is Rolfe de la Motte's speciality with his commitment to Yoga.

What has this to do with archery you ask?

Basically, if you have not made your archery goals (Olympics, world domination) by your early 30s then just enjoy your archery for the fresh air, socializing and gentle workout. Make sure you have a light draw weight bow and matching arrows but do not expect to be competitive without the work.

For those that want more, then after you have your shooting process down pat work on your strength, endurance, flexibility and structure.

Physical (SPT) - KSL International Archery

10 training exercises that will make your archery practice ...

Jeff Garner – AA level 2 Coach (Development)

OZ BOW PROGRAMME

The OzBow Program is designed as a Step by Step performance and reward-based program for new

members irrespective of age, gender or equipment they are shooting.

The program is intended to expose members to low level social competition and allow them to develop their skills before they join mainstream archery activities. Oz bow is the perfect place for new members to start scoring some ends and get an idea of how they are progressing, as well as slowly start to shoot some longer distances. If you are interested in the Oz bow programme you can speak with the club coach Jeff Garner or any of the come and try volunteers can help you get started.

JUST A REMINDER

The Annual General Meeting will be held on the 12th December, with a Special General Meeting before.

The Special General meeting is a time where members can put forward ideas and discuss problems or comment on things, they are finding helpful about the club. If you have any topics that you would like added to the Special General Meeting agenda please email them to secretary@paringaarchers.org.au and come along to the meeting to discuss.

The Annual General Meeting is when the board and executives are elected. You can find a list of the board roles on our website, they are many and varied so if you think that you may be able to help or are interested in one of the roles please feel free to have a chat with the current board members and nominate for the position. New skills and ideas are what keep the club running and our club at its best.