

PARINGA NOTES

SEPTEMBER 2009



www.paringa.org

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Rain

In case you hadn't noticed, our sport has been greatly affected by rain in recent weeks (months!). Don't let it get your down – the summer is predicted to be fine and long. Keep building up those muscle groups with weights, specific practice training (SPT), using an exercise band (theraband) or a Form-Master.

Visualization adds your skills.

Before the real shooting sequence, go through it step by step first mentally. Imagine yourself doing the shot like you have been told to do. This is a good way to give your subconscious a pre-indication how it should be doing the actual thing! It also helps you to bring back before starting your shooting in your conscious mind - the perfect shot.

What's really nice about this visualization technique is that you can practice with it anywhere you like (at home, at school or work, in bed just before falling asleep etc.) and with it you are only allowed to score tens!

First Aid Course

The Club will run a first aid course. The course will be run over two evenings. Dev Ranmuthugala will finalise dates and costs. **If you would like to be included in this training, please contact Dev.**

FOR SALE

A Spotting Scope - \$50 – no tripod. Please see Peter Fisher

A new Club is born!

On 6 September 2009 the Archery Society of Tasmania wrote to approve the application from **Arrogone Archers Inc.** The Club has a development application before Glenorchy City Council for use of the Gerrard Street Reserve as an archery ground.

Nice Work!

Taylah Freeman got some State Records at the State Clout competition in Lauderdale on 6th September. She got a Silver All Golds and a Silver Perfect Ten. Well done!

Monthly medal results

Monthly Medal 12th September 2009

	Round	Score	Rating change	New Rating
Andrew Fluck	Canberra	339	+3	19
Jeff Garner	Canberra	658	+1	51
Coen Marshall	JCB	280	-1	14
Noel Frichot	JCB	315	-5	23
Alister Munro	Canberra	757	-2	70
Peter Starr	Canberra	463	-2	34

JCB=30@40m, 30@30m

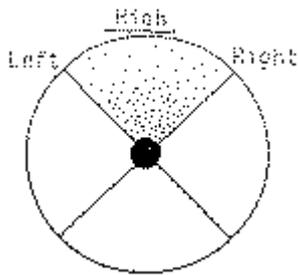
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77-79 Margaret St (Cnr Frederick St), LAUNCESTON, TAS, 7250 Phone: (03) 6331 6755

Open: Mon - Fri 8am - 5pm, Sat 8am - 12 noon

Dealing with High Errors



So, your arrows are all going high?

This could be caused by your equipment:

- Arrow nocking point too low
- Arrow riding up sloping arrow rest
- Nocks not aligned on shaft, pointing up at end
- Stiffer lower limb on bow
- Arrow moving down string during draw or release
- Degree of fletching angle not uniform
- Weight variations in arrows
- Point of balance variation in arrows
- String height variation

Or perhaps by you:

Bow hand: lower on grip; more relaxed than usual, increasing bow cast; ore pressure on the thumb muscle than usual, jerking up on release

Bow arm: more extended than usual, increasing draw length; more relaxed than usual, increasing bow cast

Bow shoulder: extended more than usual, increasing draw length;

Drawing hand: moving backwards further after release; fingers pinching down on arrow nock; plucking the string and peeking to see where arrow went; greater pressure taken on the third finger; flicking fingers down on release; allowing fingers to release in order from top to bottom.

Drawing arm: elbow elevation too high.

Head: string held too lightly against chin; lifting nose away from string just before release; tilting head back; having gap between teeth, lowering chin position;

Other: shooting faster than usual.

I know quite a few with this last problem – including myself!!!

DUTIES FOR SATURDAY MORNING ROSTER MEMBERS

For the successful running of the Come and Try public sessions the following duties need to be carried out.

The first person in the roster list for the day will be in charge.

This club member will allocate tasks for each of the other members on roster for the day.

Duties

- Arrive between 8:00 am and 8:30 am to set up equipment and targets
- The member in charge will allocate duties
- Set up bows, arrows, ground quivers, official table, target faces, move target butts as required, check drink trolley for drinks and chocolates and take trolley to the line
- Assign DOS for the day
- One member will remain at club house to sign in visitors and give out equipment. At busy times a second member will assist
- All other members will go to help on the line
- Assist in running the shoot
- Do not shoot whilst on duty
- At the end of the session put away all equipment not required for other events, such as monthly medal, High Performance group
- Unstring bows from the top limb only
- Make sure eight target butts are on the 30m line (unless directed otherwise by Ray Denton)
- **ALL DAMAGED ARROWS ARE TO BE REPAIRED**, replace broken nocks and missing/damaged fletches (at least two members on duty should know how to repair arrows). Arrows with more significant damage, such as shaft damage, will be left in the clubhouse for repair
- Empty rubbish containers (if more than half full) – on the line and in the club house
- All money collected for the day are to be given to the Treasurer or his/her representative.

For your diary

	Roster for Saturday morning public shooting sessions	Notes
Saturday 26 th September	Andrew Fluck, Guy McCutchan, Jeremy Grist, Paul Korosi, Steve Coulson	12-2 High Performance Group
26th 27 th September	Coaching Instructors Course	Burnie
Saturday 3rd October	Ray Denton, Alec + Dimitri & Michael Skrinnikoff, Paul Fahey	HPG – see QRE tomorrow
Sunday 4 th October	QRE practice 10am Start 10:30am	
Saturday 10th October	Andrew Burr, Wally Morphett, Shirley Morphett, Richard Barnes, Caitlin Street, Dev Ranmuthugala	12noon WORKING BEE to finish the path.
Sunday 11th October	Gill Clarke Memorial (Canberra Round) Burnie	
Saturday October 17	Les Freeman, Darren Bishop, Peter Fisher, Ashley Harding, Mark Ansell	12-2 High Performance Group & Monthly Medal
Saturday October 24	Andrew Fluck, Guy McCutchan, Jeremy Grist, Paul Korosi, Steve Coulson	12-2 High Performance Group
Saturday October 31	Ray Denton, Alec + Dimitri & Michael Skrinnikoff, Paul Fahey	12-2 High Performance Group
Saturday 7th November	Andrew Burr, Wally Morphett, Shirley Morphett, Richard Barnes, Caitlin Street, Dev Ranmuthugala	HPG – see QRE tomorrow
Sunday 8 th November	QRE practice 10am Start 10:30am	
Saturday 14th November	Les Freeman, Darren Bishop, Peter Fisher, Ashley Harding, Mark Ansell	State Southern FITA Star 14th And 15th November at Lauderdale
Saturday 21st November	Andrew Fluck, Guy McCutchan, Jeremy Grist, Paul Korosi, Steve Coulson	12noon WORKING BEE to replace old Stramit on targets, ready for Northern Championships.
Sunday 22 nd November	AGM AST (Archery Tasmania) in Burnie	AGM Shoot (FITA 900) and BBQ
Saturday 28-29th November	No Come & Try Northern Championships at Paringa	FITA 900
Saturday 5 th December	Ray Denton, Alec + Dimitri & Michael Skrinnikoff, Paul Fahey	12 noon Paringa Annual General Meeting

And a very special event:

There will be a Christmas BBQ for club members and their families to be held at Ray Denton's house on Saturday 19th December after 5:00pm. Please bring a salad and your own drinks.

Result Sheet:	Statewide Novice Tournament	
Type of Shoot:	Club Tournament	Location: Lauderdale, Paringa, Burnie
Discipline:	Outdoor Target	Dates: 19/9/09 (Hobart/Paringa) 20/9/09 (Burnie)

Last Name	First Name	Club	Division	Round	Score 1	Score 2	Score 3	Score 4	Total
Armstrong	Ethan	Hobart	Recurve	20m	165	152	117	120	554
Coulson	Steven	Paringa	Compound	20m	154	151	143	78	526
Cairns	Glenn	Hobart	Recurve	20m	161	144	132	86	523
Ang	Joshua	Hobart	Recurve	20m	155	133	117	64	469
Cairns	Bianca	Hobart	Recurve	20m	139	116	100	86	441
Pauly	Moss	Hobart	Barebow Recurve	20m	148	115	104	73	440
Marshall	Coen	Paringa	Recurve	20m	137	126	114	44	421
Filby	Aidan	Hobart	Recurve	20m	138	94	78	65	375
Hicks	Josh	Burnie	Barebow Recurve	20m	133	108	70	51	362
Duniam	Paula	Hobart	Recurve	20m	108	107	109	31	355
Osborne	Harrison	Burnie	Recurve	20m	123	102	61	55	341
Trezise	Jess	Hobart	Recurve	20m	127	80	77	46	330
Casimaty	Nicholis	Hobart	Recurve	20m	121	84	82	13	300
Lewis	David	Burnie	Longbow	20m	123	63	67	31	284
Russell	Nathan	Burnie	Barebow Recurve	20m	110	61	69	23	263
Docherty	Selly	Hobart	Recurve	20m	125	69	32	19	245
Casimaty	Bill	Hobart	Longbow	20m	109	66	36	26	237
Osborne	Steve	Burnie	Recurve	20m	68	22	33	4	127
Noble	Eden	Hobart	Recurve	10m	147	106	103	66	422
Harding	Casey	Paringa	Recurve	10m	131	129	89	41	390
Harding	Aleesha	Paringa	Recurve	10m	110	118	96	21	345
Noble	Connor	Hobart	Recurve	10m	119	63	32	49	263
Noble	Heather	Hobart	Recurve	10m	72	83	40	22	217

Result Sheet:	Qualifying and Ranking Event	Location:	Paringa, Trevallyn, Launceston
Type of Shoot:	Registered QRE	Dates:	30-Aug-09
Discipline:	Outdoor Target	Officiator:	Clint Freeman, AA Approved QRE Officiator

Last Name	First Name	Club	Class	Division	Round	Distance 1	Score 1	Distance 2	Score 2	Distance 3	Score 3	Distance 4	Score 4	Total
FLUCK	Elizabeth	Paringa	Open Women	Recurve	FITA 70	70m	245	60m	251	50m	266	30m	305	1067
FLUCK	Andrew	Paringa	Master Men	Longbow	FITA 60	60m	116	50m	116	40m	91	30m	189	512
FREEMAN	Clint	Paringa	Open Men	Compound	FITA 90	90m	335	70m	342	50m	339	30m	360	1376
FREEMAN	Taylah	Paringa	Cadet Women	Compound	FITA 60	60m	314	50m	324	40m	324	30m	327	1289
PAUL	Stuart	Paringa	Open Men	Recurve	FITA 90	90m	125	70m	229	50m	258	30m	283	895
SKRINNIKOFF	Michael	Paringa	Cadet Men	Compound	FITA 70	70m	294	60m	306	50m	287	30m	331	1218
SKRINNIKOFF	Alec	Paringa	Master Men	Compound	FITA 70	70m	295	60m	325	50m	293	30m	329	1242
SWINTON	Brian	Paringa	Veteran Men	Recurve	FITA 60	60m	160	50m	233	40m	236	30m	244	873

	AST Target	Silver All Gold	Silver Perfect 10	State Record	National Ranking List
Clint Freeman		90m x 3, 70m x 4, 50m x 5,	30m x 6	30m 360 Equal	Qualified
Taylah Freeman		60m x 1, 50m x 3, 30m x 2		40m 324	
Andrew Fluck	500				
Alec Skrinnikoff		60m x 1, 30m x 1			
Michael Skrinnikoff		30m x 2			

AST State Ranking List 2009		
Aug-09		
Adult Recurve		
Archer Name	Best Score Current	Current Ranking points
Elizabeth Fluck	1073	2115
Russell Hoffman	1098	2112
Ian Bessell	1095	2103
Paul Fahey	1003	1969
Ross Ogilvy	1004	1968
Stephen Potter	1049	1944
Tony Bennett	1121	1910
David Bremner	1024	1894
Murray Frith	1033	1879
John Hofman	952	1821
Brent Lowe	889	1741
Jeff Garner	901	1729
Guy McCutchan	953	1722
Stuart Paul	895	1515
Brian Swinton	873	1483
Emerson Mee	1004	974
Warren Donnelly	831	831
Adult Compound		
Archer Name	Best Score Current	Current Ranking points
Robert Pope	1358	2617
Patricia Freeman	1325	2578
Peter Fisher	1296	2477
Alec Skrinnikoff	1242	2457
Paul Korosi	1241	2427
Stephen Potter	1247	2424
Clint Freeman	1376	1376
Ray Denton	1271	1241
Ron Williams	1236	1221
Tony Bennett	1169	1144
Adult Longbow		
Archer Name	Best Score Current	Current Ranking points
Peter Starr	720	1345
Paul Leggatt	664	1198
Andrew Fluck	512	908
Stephen Potter	492	467
Maxine Ebdon	424	419
Adult Barebow Recurve		
Archer Name	Best Score Current	Current Ranking points
Ian Burchill	729	699
Peter Starr	639	629
Chris Springer	375	350

Youth Recurve	Best Score Current	Current Ranking points
Archer Name		
Thomas Midson	753	1411
Bianca Cairns	457	437
Jeremy Grist	425	410
Youth Compound	Best Score Current	Current Ranking points
Archer Name		
Taylah Freeman	1309	2588
Michael Skrinnikoff	1218	2410
Youth LongBow	Best Score Current	Current Ranking points
Archer Name		
Michael Leggatt	501	486
Beginner Round 1		
Adult Recurve	Best Score Current	Current Ranking points
Sharon Bessell	596	591
Wendy Russell	363	358
Youth Recurve	Best Score Current	Current Ranking points
Coen Marshall	527	512
Bianca Holloway	243	389
Gabrielle Volmer	352	337
Beginner Round 2		
Adult Recurve	Best Score Current	Current Ranking points
Archer Name		
Sharon Bessell	614	599
Brian Swinton	486	466

NOMINATION FORM



I hereby nominate

For the office(s) of

President	Compound Coach
Vice-President	Non-compound Coach
Treasurer	Public Relations
Secretary	AST Delegate
School Programmes Coordinator	Group Bookings Coordinator
Recorder	Public Relations Officer
Member Protection Officer	Auditor
Tournament Coordinator	Another – state position

Signed, Paringa Member: _____ date: _____

I accept the nomination:

_____ date: _____

(signature of nominee)

Nominations will be voted on at the Annual General Meeting