



**February 2019**

## Paringa Archers

**Open and Fun Day March 23<sup>rd</sup> 2019**

**Issue No 3, 8 weeks out**

**A**rrangements for our Open Day are now picking up pace, we have programmed our Face Book presence to increase over the next 8 weeks, and have organized for a static display in the Launceston Mall from 10am – 2pm for the 2 Saturdays prior to the open day.

We will have a gazebo with a table display of different equipment and Paringa banners, we are asking for volunteers to help run the display, talk to people and hand out the flyers.

For Saturday 9th Roger has volunteered, and we would like 3 more people to assist.

For Saturday 16th we have Emma, Tim and his wife and would like 1 more person.

We also need 2 more gazebos on the open day for the game's stalls, if anyone has one we could borrow, please let us know.

We have our Come 'N' Try DOS volunteers for the day, thank you Rolfe and Brian, but they cannot do it on their own, so we are looking for 3 people to support Rolfe on the outdoor range and 2 people to support Brian on the indoor range.

Jeff has agreed to give the safety brief-

ing before the am and pm Come 'N' Try shoots, thank you Jeff.

Andrew has agreed to be DOS and judge for the member competition and we have Matt Everett, Michael Hinds and Nick Heywood as shooters, thank you all, if anyone else wants to join in please let us know.

Riverside Lions Club have agreed to do the catering.

Approximate schedule of events at this stage are:

8am set up

9.30 AM Come 'N' Try booking in

10.00 Safety briefing

10.10 AM shoot starts

11.45 AM shoot ends

12.00 Member competition

12.30 Member display shoot, various ages, gender and equipment.

1.00 PM Come 'N' Try booking in

1.00pm Member fun shoot, balloons and other things that go flash bang.

1.30 Safety briefing

1.45 PM shoot starts

3.15 PM shoot ends

There are other activities going on as well, but these are the main shooting times.

As well as these specific jobs we would like to have as many members as possible available to provide relief where required and move target butts etc.

We are keen to get any member feedback or ideas which contribute to the success of the day.

# Paringa Archery Club Newsletter

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



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

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Please contact:

Roger Emery, rogeremery@bigpond.com

Emma Hutchinson, elhammerley@gmail.com

Dean Emery,  
dean.emery@rocketmail.com or see us at the club.

Roger Emery. President

### Important Safety Notice

#### A WORD ON SAFETY

**H**ere at Paringa we view the safety of our members and guests to be of paramount importance. Our members are respectful and well versed in safety practices through our training program. However, sometimes we can forget to think about the consequences of our actions.

Recently it was brought to the attention of the Executive Committee that a small number of shooters were shooting from behind the specified shooting line during a practice session, this has raised a safety issue.

The Archery Australia (AA) Safety Guideline 1018, the Paringa Risk Management Plan of September 2009 and AA Code of Conduct 1002 shows us the shooting lines must be used in all instances. At Paringa we have two shooting lines, the 90 meter line marked with pavers, and the general shooting line marked with bluestone. All our targets are on wheels and can be moved to allow different distances to be shot during practice and tournaments. This is the arrangement

deemed by AA as the safest and most appropriate for all archery clubs.

There is no case where members should be shooting from behind the general shooting line, unless shooting from the 90 meter line. When distances are made shorter the shooting line can be moved forward with the agreement of all shooting members. This would be demonstrated in the case of walk backs and paper testing for bow tuning, and if a member is to be shooting forward of the shooting line they should negotiate an agreement with other shooting members and maintain the required safe distance between shooters.

If members want to shoot at different distances for practice, they should move the target to the required distance and remain on the general shooting line.

If some members wish to practice at 90 meters, and others wish to shoot shorter distances, it is advised that:

- All members shoot from the 90 meter line and move the targets to the appropriate distance, this allows everyone to shoot together in a safe manner.

Or

- Shoot from both lines with all the required safety procedures in place, including the safety fencing between the 90 meter line and the general shooting line to prevent people being unsighted and walking past the indoor range into the path of the 90mtr line shooters.

All members must shoot from designated shooting lines, or in front by agreement between shooting members.



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

The area behind the general shooting line and in front of the indoor range is a **No Shooting** area.

As members of PAC and AA, we have all agreed to the AA safety guidelines and code of conduct.

Safety is an important aspect of our sport, please make sure that when shooting you follow the AA safety guideline and code of conduct.

If you need to refresh yourself on the guidelines, they can be found on the AA website.

Thank you for adhering to the guidelines and ensuring that our club remains a safe and welcoming environment for all members.

**Executive Committee January 27<sup>th</sup> 2019**

### Thank You

**J**ust a short word of thanks for all of the help and guidance I have received as a new member and would be archer.

Everyone has been patient and understanding as I have started to learn the ropes.

Especially helpful has been the assistance in equipment setup and shooting coaching.

Paringa is a very friendly, helpful environment for new and old archers and should be proud of the way everyone is greeted.

Special thanks is given for all the wonder-

ful news items and photographs I have received as I have started to follow in Jeff's footsteps in producing the monthly news letter. It is very much appreciated.

Graham Brown

### Classification Recipients 2018

**H**ere are the classification award recipients for 2018 received from Geoff Dyer our club recorder.

Classification Recipients 2018

Name	Clout	Indoor	Target	Field
James Bramich	xxxx	xxxx		xxxx
Damian Clark	MB			
John Dodos	xxxx			xxxx
Geoff Dyer	GMB	Elite Br	GMB	xxxx
Matt Everett	xxxx	GMB	Elite S	GMB
Jeff Garner		xxxx		
Nick Heywood	xxxx	GMB	GMB	xxxx
Michael Hinds	xxxx	GMB	Elite Br	xxxx
Emma Hutchinson	xxxx			xxxx
Sam MacFarlane	xxxx	xxxx	MB	xxxx
Paul Korosi	xxxx		xxxx	xxxx
Wai Morphet	xxxx		xxxx	xxxx
Rolfe de la Motte				xxxx
Peter MulHolland	xxxx	GMB	xxxx	xxxx
Barrie Peers	xxxx			xxxx

Elite Gold  
Elite Silver  
Elite Bronze  
Gold  
Red  
Blue  
Black  
White  
No Classification

Elite G
Elite S
Elite Br
xxxx

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### **Upcoming Events**

**P**lease keep your eye on the online club calendar for all events including QRE's. These are Paringa club specific events coming up in February.

2nd February Club Shoot 30/720  
1:00pm—3:00pm

9th February Club Shoot- WA/AA 50/720,  
60/720 1:00pm - 3:30pm

16th February Longbow Shoot (Club Fun Shoot)

Rounds of: 50-40-30; 40-30-20; 30-20-10

Practice from 12:30pm

Shoot from 1:00pm

**Note:** 3 x 6 arrows at each distance (54 arrows in total)

16th February WA 60/900, Junior Canberra Saturday 16th 1:00pm—4:00pm

23rd February—Club Shoot- 60/720,  
40/720 1:00pm—3:30pm

[Calendar 2019 link](#)

### **Paringa Northern Field Tournament**

**T**he weekend of the 19/20th Jan. saw 22 archers from around the state, including seven from Paringa, competed in our annual open field competition. Weather was as near perfect as you could wish with some good scores being set (the course is not as easy as some people seem to think).

Of the Paringa contingent, four achieved places: Nick Heywood, 3rd, Open Male

Compound; Michael Roberts, 1st, Master Male Recurve; Geoff Dyer, 1st, Veteran Male Compound and, last but not least, John Dodos, 1st, Veteran Male Longbow.

Two State records were set for double rounds: Sarah Haywood (Hobart, Open Female Recurve) and Anthony Jones (Burnie Bowmen, Veteran+ Male Longbow).

Performance of note was Clint Freeman who just missed a place in Open Male Compound even though this was his first competition since the change to shooting left-handed due to injuries. All in all, a great weekend. See archers Diary for more comprehensive results and scores.

For members interested in utilising the field course, the target faces from this competition are left out continuously. There are 24 targets, a little like a golf course in that you go from one to the next, shooting 3 arrows at each.

There are three sets of shooting pegs, red (longest), blue and yellow (shortest). Except in competition, you can shoot from whichever pegs you like so, when you first venture out, try the yellow pegs until you gain confidence to move up. If you are not sure, ask! I for one would be willing to explain how it works and even go around with you.

Hope to see you out there. BTW - there is a field QRE to be held in April, see Archers Diary for details.

Geoff Dyer

Club Recorder, Tournament Coordinator and QRE official





# **Mustering before heading out to the field**





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### *Around the club*



First Come N Try of 2019 up  
on numbers from 2018



Rolf de la Motte busy mowing the shooting range



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First club shoot (50/720) for the year saw seven members enjoy a sunny afternoon.

Barrie Peers cleaned out the back club house drain after some heavy rain over Christmas.



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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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### Membership fees set at AGM

		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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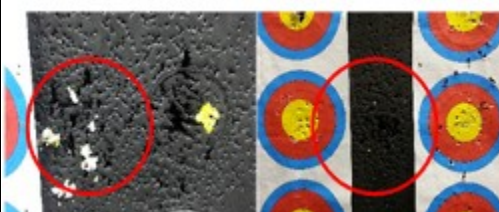
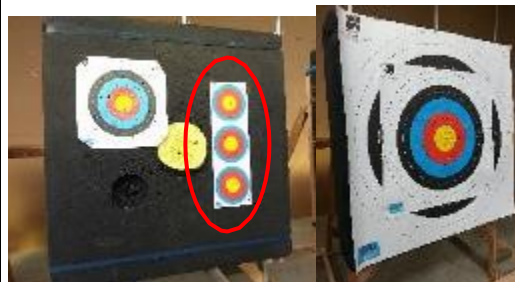


Target and Field: 201 Reatta Rd, Trevallyn Reserve, Launceston, Tasmania

### Office Bearers from AGM 2018

<b>President</b>	- Roger Emery
<b>Vice President</b>	- Tim Smallbon
<b>Treasurer</b>	- Jeff Garner
<b>Secretary</b>	- Emma Hutchinson
<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	- Jeff Garner
<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

gets



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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 (Sat and Wed) Come N Try Teams

### Team 1

Wally Morphett  
Shirley Morphett  
Richard Barnes  
Tim Smallbon

### Team 3

Brian Swinton  
James Barker  
Dean Emery

### Team 2

Andrew Fluck  
John Dodos  
Emma Hutchinson

### Team 4

Rolf de la Motte  
Roger Emery  
Nick Emery

### Backups:

Jeff Garner, Caitlin Street, Geoff Dyer, Karen Neil, Graham Brown

**T**hanks 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)

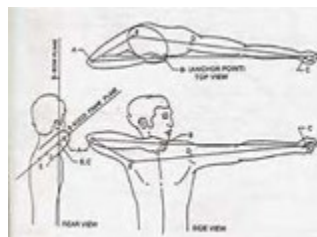
**Organiser:** Roger Emery and Teams



## Member Club Coaching

**T**he **Formaster** training aid is a much miss 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](mailto: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 <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

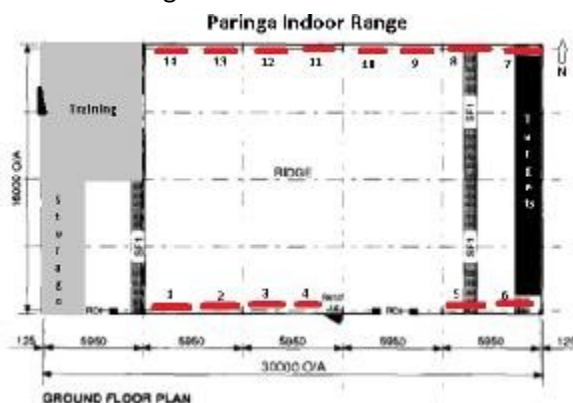
Indoor – Carpet tile floor (480 sq m)	11
Tarmac - car park	20
Tarmac – Entry road	20
Permanent Clout range	
Workshop (in container)	2
High speed cameras (x3) for Coaching	6
Safety fence for west side of range	
Ride on 4wd mower with trailer	15
Wheeled leaf vacuum (range/indoor)	1.2
Weather Station (Digital) 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](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 (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](mailto:freemanclint@hotmail.com) or mobile: 0467299051 to discuss your string needs.

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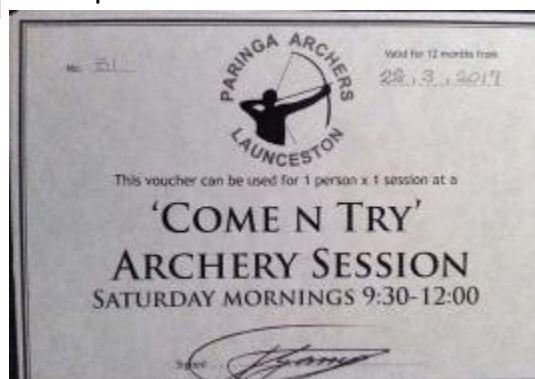
**Paringa Archers recommends you do not** buy equipment off eBay, similar sites or Sports Stores, as bows need to be matched to the archer and arrows need to be matched to the bow.

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.



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)