

Paringa Archery Club Newsletter

Join in, achieve and have fun.



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

October 2019

Special General Meeting

Thanks to the great attendance at the Special General Meeting on Saturday the 14th, (28 members), we were able to pass the new Constitution and By-laws in to force.

For new members especially, the new constitution is available on the Paringa web page along with Executive meeting minutes and the latest newsletters at this address:

<http://www.paringa.archerytasmania.org.au/news.php>

Thanks to all for your attendance and support.

Paringa Executive Committee

Andrew Fluck

Many club members know Andrew Fluck, but for newer ones, Andrew is a member of the Archery Australia board, Director of Judges for Archery Tasmania, and also Archery Australia Instructor. He is one of our longest continuous members.

Andrew is currently on leave due to illness and has passed this message on to Jeff Garner for club members.

"This week I am actually in fine fettle, but booked for a third round of debilitating chemotherapy, next Tuesday. That'll take 3 weeks to recover. On the bright side, the doctors are expecting me back at work in November, so hope to raise my recurve than as well! Please let other members know of my trajectory and plans for return."

Andrew

Longbow Shoot 21/9/2019

'And the rain came down'
(and we went into the indoor range)

'New territory.'

I had to do some inspired thinking to compensate for the fact that we were shooting 3 ends, all within a distance of 18 metres, and provide a challenge!

-So-

80 centimetre face @ 18 metres

40 centimetre face @ 18 metres

20 centimetre face @ 10 metres

Never have so many people had so many misses and enjoyed themselves doing it. Damien had 5 misses out of 6 arrows (the first time in his life). I had 3 on the same end. You really should not get your aiming marks mixed up when there is no room for error.

We had 12 archers shooting and all having fun - or so they said. Have you ever met a happy archer? Well on Saturday, we went close.

The Results

Rolf de la Motte	480
John Dodos	396
Damien Clark	385
Richard Baker	378
Brian Swinton	347
Wal Morphett	344
Roger Emery	341
Richard Barnes	337
Paul Korosi	323
Barrie Peers	267
Lewis Snare	260
Jeff Garner	240

The next Longbow Shoot will be held on Saturday 26th October. Let us hope it will be dry or it will be back indoors. I hope you all took note of your aiming marks!

Brian Swinton

Corporate Challenge

We are postponing our corporate challenge until 2020, where we will launch the competition with a reviewed format.

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We would like to thank those groups who showed an interest and look forward to seeing you participate in the new year.

Cheers
Roger. President



Working Bee

A great working bee was held on the 15th September with Roger Emery, Dean Emery, Jeff Garner, Geoff Dyer, Matt Everett, Nick Heywood, Lewis Snare, Barrie Peers, Richard Barnes, Richard Baker, Asher Anderson and John

all putting in an effort on the day.

Outdoor come and try butts were repaired with new stramit material.

The indoor butts had new pine surrounds added to them and 28 new recurve bows paid for by a West Tamar Council grant were assembled ready for the school holidays.

Thanks to everyone who gave their time and effort.



New Stramit for outdoor butts



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New bows brought
from West Tamar
Council Grant



Pine surrounds on indoor target butts, as
some archers can't hit the target. Not bad for
a long bower though



Assembling the new bows

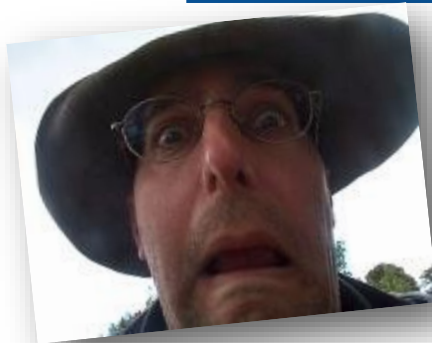


Cleaning up the bank



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Member Profile



I started archery in January of 2009 with a cheap recurve bow that I purchased from a local sports store. After approximately 1 week-end, I exchanged the recurve for a

compound bow, which started a two-year frenzy of purchasing new bows, using them until the shininess had worn off and then selling them at a significant loss. From memory, I went through a new bow outfit every two months. I even seem to recall a complete recurve outfit that I purchased because the colour scheme matched my Hoyt compound at the time. I have currently settled on an Elite compound bow, one very old Yamaha recurve, one American flatbow (longbow) and one Hungarian horse bow. That leaves just one other Elite compound bow and a Hoyt compound sitting on the floor of my archery office gathering dust.

During my decade of archery, I taught myself some basic skills such as arrow building, arrow weight matching and string building. I do not do much of this anymore as I have since realised how annoying these tasks can be.

I was never really a competitive person and in fact hated competitiveness as I thought it was a leading cause of the dog-eat-dog world I found myself in, until I signed up for the National Indoor competition in 2009. After that, I was hooked, and signed up for every competition in the state. My scores climbed steadily to a mediocre level and I tended to win most challenges by using the system that I developed called "Steady Eddy Technique" - there was even an open state championship along

the way in 2010. At the time, I worked next to a large parking garage that I was able to use every night to shoot. After several years of this however, my company moved to another location with no shooting range, so I went up to the club after work several times a week to practice until one winter I realised I was only shooting once a week and decided to take several months off. This proved to be a big mistake as I lost so much muscle mass and I have never competed since, as it appears as though I am too lazy to exercise and practice.

Around 2010 I took on the position of assistant state recorder and stupidly told Jeff Garner (the state recorder at the time) that I could write a computer system to automatically process all the tasks required of that position. Thus, the Archer's Diary system was born. I spent another 8 hours a day working on the system after my day job for about a year and a bit, and in late 2011 the system went live. Along the way I entered into a conversation with Archery Australia and they took on an exclusive licence. I am now on the AA IT Committee along with another programmer and our fearless leader John, and we try to maintain and improve the system which is now used nationally for event management, results and electronic scoring. Currently, there are just over fifteen million arrow scores stored in the system. Since we are all volunteers, I was rewarded with life membership to Archery Australia as way of acknowledgement and the club followed suit and I am now a life member of the club as well. Some other tasks I have taken on over the years have been; Come and Try volunteer, club recorder, and state ranking list submitter. If you feel you can spare some time for the club, why not help out and take on a role for a year, as the club needs your help as we are all just volunteers.

Hugs



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Paul's Trophies



Birthday Corner



October Birthdays

Les	Freeman
Timothy	Schwabe
Rolfe	de la Motte
Dean	Emery
Joseph	Quittenden
Deborah	Murray

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examines.com.au Wednesday September 18, 2019 THE EXAMINER 27

JUNIOR SPORT

To nominate visit www.examiner.com.au

coles Junior Sports Awards 2019
EXAMINER



ON TARGETT: Bella Targett, 10, with Paringa Archery Club's Brian Swinton. Pictures: Paul Scamllar



PREPARATION: Saxon Collier, 8, draws back his arrow prior to shooting.



Wellness program encourages school

Move Well, Eat Well gets Australian Christian College students moving

WITH national health and physical education day coinciding with Australian Christian College's Move Well, Eat Well program, the school put together a gala featuring three community-based sports.

Travelling around Launceston participating in archery at Trevallyn's Paringa club, bowls at Launceston Bowls Club and tennis at the Seaport, principal Marty Howell said the day went off without a hitch.

"The day was very successful. The community with Paringa, Launceston and Tennis Tasmania were really helpful and made the kids feel welcome.

"Launceston Bowls Club would've had about six volunteers who stayed back after their session and helped out so we are really

“It showed there's heaps out there and it was good to show them sports that often go under the radar.

Australian Christian College principal Marty Howell

thankful for them.”

Encouraging the school's students to focus on their health and wellbeing and how their actions affect their everyday lifestyle, the day was able to show that there's several different sports out there for anyone to try their hand at.

“They really loved lawn bowls, even some of our more athletic kids, which was a surprise but it was good to see them use some different skills.” Howell added.

IN FRONT: James Dacawy, 17, heads up the line-up of keen and eager students.

Australian Christian College group shoot

Editor: Graham Brown

Comments/Submissions: Grahamoz2@gmail.com

Club Website: www.paringa.archerytasmania.org.au

Event Results: archersdiary.com



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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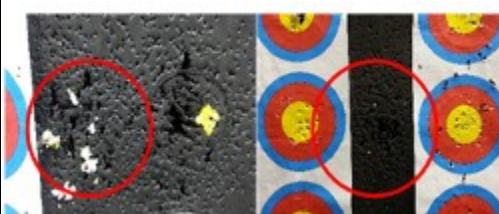
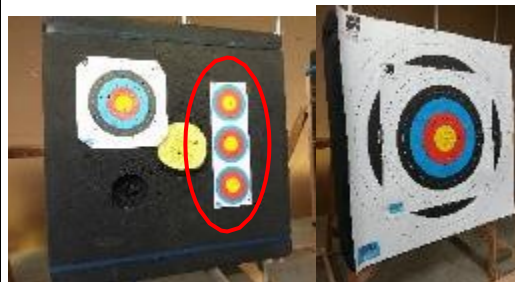


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Current Office Bearers

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	- Roger Emery
Club Coach- Compound	- Vacant
Club Coach—Recurve	- Jeff Garner
Public Relations	- Dean Emery
Public Officer	- Jeff Garner
Member Protection Officer	- Michael Hinds
Website Administrator	- Dean Emery
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 at Paringa at all. Either for the indoor, or outdoor ranges.



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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, 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

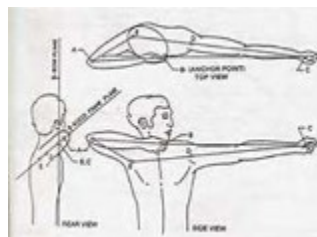
Member Club Coaching



The **Formaster** training aid is a much miss 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 http://www.trulineaustralia.com.au/item-details.asp?CategoryID=40&ItemID=83	1.2

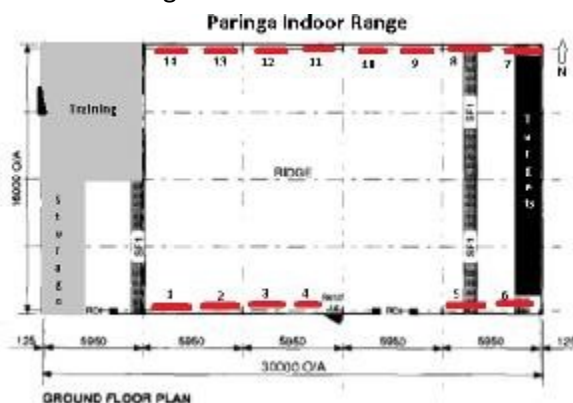
fo	Indoor – Carpet tile floor (480 sq m)	11
	Tarmac - car park	20
	Tarmac – Entry road	20
	Permanent Clout range	
	Workshop (in container)	2
	High speed cameras (x3) for Coaching	6
	Safety fence for west side of range	
	Wheeled leaf vacuum (range/indoor)	1.2
	Weather Station (Digital) for tournaments...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

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 or mobile: 0467299051 to discuss your string needs.

Editor: Graham Brown

Comments/Submissions: Grahamoz2@gmail.com

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

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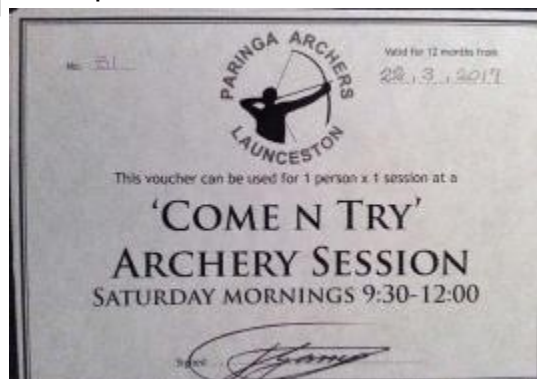
Paringa Archers recommends you do not buy equipment off eBay, similar sites or Sports Stores, as bows need to be matched to the archer and arrows need to be matched to the bow.

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.



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