



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

December 2019

Special General Meeting and Annual General Meeting

There will be a special general meeting on Saturday 14th December at 5pm before our Annual General Meeting. This will be to discuss upcoming items for 2020.

Following this will be our Annual General Meeting where the various reports from office bearers will be tabled, and the membership fees for 2020 will be voted on.

Following this, all positions will be declared vacant and the new candidates for 2020 will be voted on.

Graham Brown

Member Profile



Hello, my name is Darryl Tuppen, and this is my archery story. Since my first Saturday "Come & Try" some three months ago, my experience of the Paringa Archers fraternity, has been one of welcome, support, encouragement and laughter amongst the seriousness of the shooting Line. The style, I chose to

shoot in a bid to master is barebow recurve.

Why? You might be asking. As a youngster I was always up a tree, building bridges and dams, ever the intrepid adventurer and explorer building forts, knights and Vikings which they now tell me is something called Cosplay? Who knew we started a trend..

Growing up along a riverbank was awesome we always had ample materials to build with and especially the remnants of the majestic willows that strewn the banks of the Nepean River. Can you see where this is going? We used the driftwood to build our forts and the branches and vines to make our swords, bows and arrows. Yes, we made what we thought were masterpieces that in fact would last many a battle.



My fascination with archery began way back then, dabbling along the way at archery parks and holiday venues that offered the activity and clubs and groups when I was at University with a brief stint

with a field club in Western Australia. Never really immersing myself into the sport until recently when I was looking for a hobby that would be interesting and fun.

Hence, Saturday morning "Come & Try" sessions where my interest soon became what I think is now an addiction of wanting to know more. I can truthfully say that since joining Paringa Archers, I have learned so much in regards to the different styles. The camaraderie has been a very positive experience listening, watching and observing the personal and group challenges set by the



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members all dedicated to the cause. As a newbie to the club, the environment has provided me with a huge learning curve, where my skill level has slowly improved while twanging away on my recurve.

The goal now is focused on form, reach the distances through practice, hit the target and master the next level on OzBow ladder. A big shout out to "Shirley" who suggested this. Having started thinking a compound bow would be the way to go, the more I read and explored the different types, I chose the recurve as both a challenge to myself in a bid to enjoy the personal challenge of shooting. The shoot ahead will be to participate in Indoor, field, target and club events with my trusty recurve in hand, where I hope all arrows will fly straight and true.

Thanks, Paringa Archers for a great start!

Darryl Tuppen

Long Bow Shoot

Longbow Shoot – 16th November, 2019

The weather was really good (for a change) and we had 6 shooters. There were 3 of our regular longbowmen who were next to us, but they were practicing for the competition at Burnie next week.

There was still the regular comments following a shot that got away, but the 'sledging' was kept to a minimum. Our members are, I think, becoming more focussed.

Still, with no shoot in December, there will be plenty of time for practice before the

January shoot, which will be held on Saturday 25th January, 2020. God, where did 2019 go?

Results

Brian Swinton	412)
Roger Emery	412
Wal Morphett	407
Richard Barnes	403
Dean Emery	395
Paul Korosi	382

Brian Swinton

Exercises for Recurve and Longbow Archery

Most beginners just need to shoot on a regular weekly basis to help build their shooting muscles and form for the occasional club shoot.

Shooting two to three times a week, will give you more stamina, if you want to take part in tournaments at the club and state level.

You could also start doing bow tension exercises where you draw your bow back for 10 seconds and hold, relax for 20 seconds and repeat for 5 to 10 minutes.

If you want to get a little more serious, then the **Formaster** or the **Astra** shot trainer that are used to help with your archery form, can also be used to do Reversal exercises.



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Reversals are drawing the bow back with the elbow sling attached to the string, using only the sling, not your fingers. This exercise can be done with your stabilisers on or off (try it both ways). Also do not worry about aiming or looking towards your sight pin. Just get the bow in your most comfortable draw position.

Then you hold the bow at full draw for a period and then relax back to rest. You have a defined rest period and then back to full draw. This process repeats for the length of exercise you wish to do. The length of time you hold at full draw for depends entirely on the level of bow fitness which you start from.

For most people I would recommend starting at about 10 seconds at full draw and at least 20 seconds rest for about 3 minutes, if you can. As you progress in strength you increase the length of time and period.

The following guide may help you get started. Take it easy and don't overdo it.

Club archer - 5 minutes with a 10 sec draw and 20 sec rest

Club Competition – 10 minutes with a 10 sec draw and 20 sec rest

State Competition – 20 minutes with a 20 sec draw and 30 sec rest

National and above – 30 minutes with 30 sec draw and 30 sec rest

Tight groups,

Jeff Garner – AA Club Coach

Competition News:

2019 National Championships – Twin City Archers, Morwell, Vic.

As reported last month, Jeff Garner and Geoff Dyer, along with seven other Tasmanians travelled “overseas” to the nationals for the first week of November. We actually had probably the best weather we've had for the nationals for a few years.

The entry is split into two groups (Male recurve, Female Compound and Longbow/Barebow in one and Male Compound and Female Recurve in the other) which shoot different comps on each day. Jeff maintains that his group had the worst of the weather.....Yeah, right!

Well it was 34-35 deg on the registration day but it got progressively cooler through the week until it was only 15-16 deg with strong winds on the last day for the clout comp. Fortunately, the rain held off until the next day when we were coming home – a very lumpy crossing on the ferry!

Both Jeff and Geoff didn't feel they shot particularly well, although Geoff did win gold in the clout and the “Best All Round” award for Male Veteran Compound. We did have some good performances from other Tasmanians.

As usual, Tony Jones from Burnie won four gold medals in the Veteran Plus Longbow, Ian Bessell, also from Burnie won medals in all four comps and Anna Walls from Van Diemen Archers won medals in all three events she competed in – winning the Open Female Compound Short Course by 12 points!

Overall a good time was had by all at a well-run event. Don't forget that next year's Nationals, both Youth (April) and Senior (October), are being held at Burnie. Easy to get to and a good opportunity to test yourself – remember you don't have to



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qualify, just enter.

Northern Champs – Burnie 23rd/24th November

Burnie Bowmen hosted this year's Northern Champs and seven Paringa members made the trip to compete, shooting a WA60/900 round (or equivalent) on both days.

Weather conditions on Saturday can only be described as "challenging", starting off with rain, which wasn't too bad, but, as the rain died down, the wind arrived becoming very gusty toward the end of the round.

Even Matt Everett had a miss when he had only 7secs to load and fire his last arrow of the end. He managed to get it away but not on the target. Lesson:-- keep an eye on the clock.

Sunday was a much easier day although the wind returned during the final distance.

Paringa results are:

James Bramich – 3rd Open Male Recurve

John Dodos – 1st Veteran Male Longbow

Debbie Draeger – 1st Master Female Recurve

Geoff Dyer – 1st Veteran Male Compound

Matt Everett – 1st Open Male Compound

Jeff Garner – 3rd Master Male Recurve

Michael Hinds – 1st Master Male Compound

Final Tournament of the year is the State Target Championships at Hobart on 7th/8th December. The Target Championships consists of double 720 rounds (144 arrows total) on the Saturday and there is a matchplay competition on the Sunday. Enter via the AA website at:

<https://eventdesq.sportstg.com/index.cfm?fuseac-tion=main&EventDesqID=32840&OrgID=8475>

See you at the Christmas do.

Geoff Dyer
Recorder/Tournament Coordinator

Birthday Corner



December Birthdays

Emma	Hutchinson
Jeff	Garner
Joshua	Warren
Kylie	Lane



Paringa Archers Member and Family Christmas BBQ



- Where:** Paringa Club House, 201 Reatta Rd Trevallyn
- When:** 5:30pm Sat 14th December 2019
- RSVP:** By Fri 6th Dec with Name and number attending.
Email: Grahamoz2@gmail.com
SMS: 0429 447 222
- Provided:** BBQ, Tea and Coffee
- What to bring:** Nibbles, salad/side dish or dessert (ie: Plate of food)
Drinks





National Championships Tasmanian Results

Archer	Category	Club	Target	Field	Short Course	Clout
Ian Bessell	Vet Rec	Burnie	1 st	3 rd	2 nd	2 nd
Joshua Cortes	Open Rec	Arrogone	10 th	10 th	9 th	DNS
Geoff Dyer	Vet Comp	Paringa	6 th	7 th	6 th	1 st
Jeff Garner	Master Rec	Paringa	12 th	12 th	12 th	6 th
Tony Jones	Vet+ Long-bow	Burnie	1 st	1 st	1 st	1 st
Trev Rawllings	Open Comp	Burnie	25 th	20 th	11 th	8 th
Michael Roberts	Master Rec	Hobart	6 th	6 th	4 th	DNS
Anna Walls	Open Comp	VDA	3 rd	3 rd	1 st	DNS
Justin Walls	Master Comp	VDA	DNS	8 th	DNS	DNS

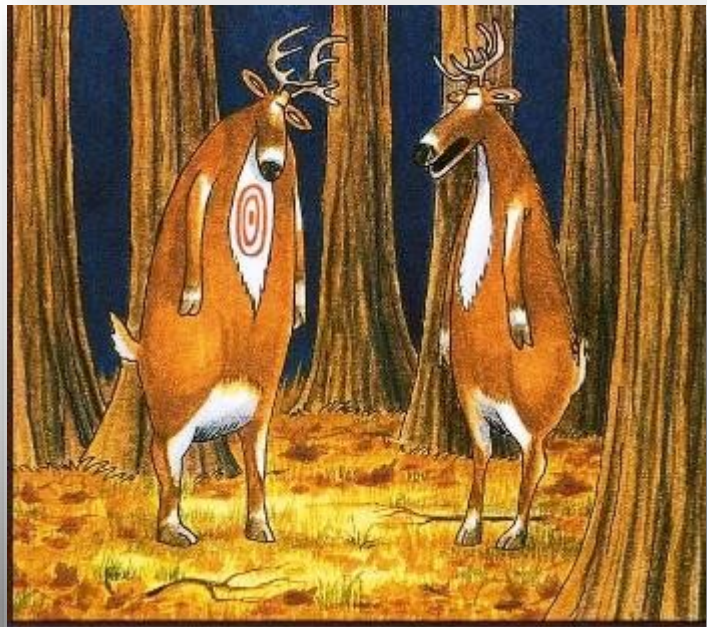
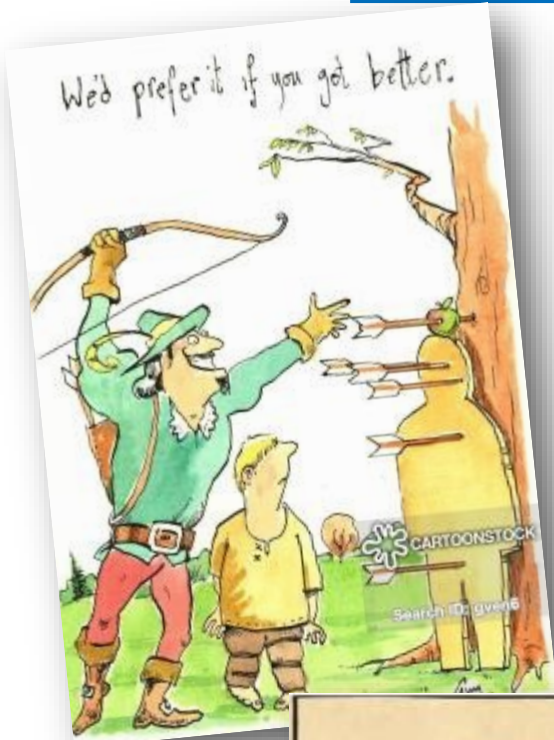
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Archery Cartoon Corner



That's an unfortunate birthmark!!



Editor: Graham Brown

Comments/Submissions: Grahamoz2@gmail.com

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

Event Results: archersdiary.com

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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

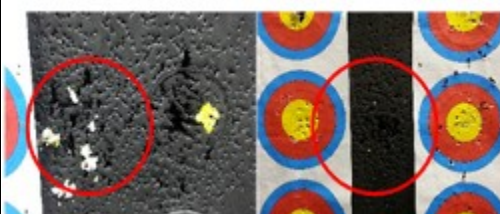
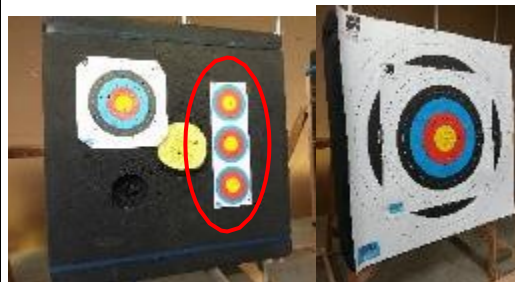


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Current Office Bearers

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
Coach Coordinator- Compound	- Vacant
Coaching Coordinator— 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 Morphett
Shirley Morphett
Richard Barnes
Paul Malinowski

Team 2

Andrew Fluck
Ben Millington
John Dodos
Barrie Peers

Team 3

Dean Emery
Brian Swinton
Graham Brown
Miichael Hinds

Team 4

Rolf de la Motte
Roger Emery
Nick Heywood
Darryl Tuppen

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

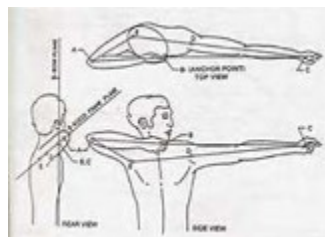
Organiser: Roger Emery and Teams



Member Club Coaching

The Formaster training aid is a much miss 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 to arrange a free member coaching session.

Organiser: Club Coacch

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Wish List

Some items that may be appropriate for **future consideration** by the committee.

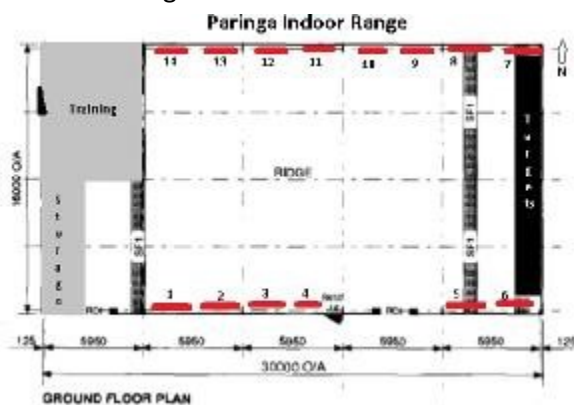
Description	Est \$k
Line marker for range lines http://www.trulineaustralia.com.au/item-details.asp?CategoryID=40&ItemID=83	1.2
Indoor – Carpet tile floor (480 sq m)	11
Tarmac - car park	20
Tarmac – Entry road	20
Permanent Clout range	
Workshop (in container)	2
High speed cameras (x3) for Coaching	6
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 "812")

COMPOUND - \$40 (made from "X" and "8190")

Mathews solo-cam compound string - \$80

COMPOUND STRING/CABLE SFT (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 "812": Blk

Colours currently available in "X": Blk, Flo Yellow and Flo Green

Colours currently available in "8190": Blk, Blue and Buck Skin

Please contact Clint Freeman by

email: 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

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