

SOPA NEWSLETTER EDITION 10

DEAR MEMBER,

MEMBERSHIP DRIVE

Help us bring more people into the archery community and show them what a great sport it is. If you refer any **new full member** to sign up to the club, you'll receive one month added to your membership. **Yes, that's right, if you refer 12 new members your membership will be free for 1 year!** Of course, conditions apply*

All new members will receive a Bensons \$25 voucher and 1 month free membership too - with the full support of Archery Australia.

So, get your thinking caps on & start inviting people to try archery today! For more information on joining SOPA and starting archery visit our website [here](#).

Contact Gloria Tse our Secretary and Membership Officer email - secretary@sopa-archery.org.au

*Our Standard membership conditions apply and in addition the following will apply.

- 1 Benson voucher per new member
- Cannot have been a member of SOPA from 1 January 2020 to now
- Void if membership is cancelled or transferred

SUPPORTING OUR PARAS

We are delighted to be working with Archery Australia (AA) and NSW Institute of Sport (NSWIS) to support our paras on the road to the Paris 2024 Paralympic Games.

I am sure you will all agree this is a wonderful collaboration to help our Para's dreams come true.

How we are helping and how it will work:

- On weekdays 4 lanes will be dedicated to our paras training program
- These lanes are next to the come and try on the right side of the range.
- This does not affect our club shoots or competition shoots at the weekend. The paras will only have the lanes when we are not using them for competitions.

AA will financially compensate us and further support us and our paras, which is fantastic news for the club.

THE CLUB ROOM AND OUR VOLUNTEERS

Please remember, our club runs so smoothly because of our volunteers, without them we don't have a club. It is important that you respect our club, volunteers, and property.

It is disappointing to see our club room and property being treated with little or no respect.

As mentioned on Facebook whether you are young or old is irrelevant. Please respect your fellow members and clean up after yourself, if you see the bin needs emptying then please empty it and don't leave it for someone else to do. Put away your tools/equipment etc. after use. Please do not leave your personal items in the club room.

In addition, please remember to put the targets back to the 50m line after use, with the exception of the 4 nearest the car park (30m line) and the 3 nearest the come and try 70m line

NEW CLUB POLO SHIRT AND MERCHANDISE

Our Club merchandise portal is now open for direct ordering visit [Sydney Olympic Park Archers - Sportscentre](#) and view the array of merchandise on offer.

When you order your Club Polo shirt you have your name on the front and back.


PLEASE NOTE - This is a custom-made item and cannot be exchanged if ordered incorrectly. Carefully review the sizing chart on the website portal.

The portal will close on 30 July so that they can manufacture your orders which can take up to 4 weeks.

2022 NATIONAL TARGET CHAMPIONSHIP

Registrations are now open for the 2022 National Target Championships!

 Samford Valley Target Archers

 Thursday 29 September - Monday 3 October

Find out more  <https://archery.org.au/2022-national-target-championships/>

EVENTS

All our club championships are in Archers Diary so come and join us on each Saturday and have some fun!

[Click here](#)

Other club and state events can be Archery Australia website

at https://sitedesq.sportstg.com/calendar/index.cfm?fuseaction=Display_Archery_Aus_Calendar&OrgID=8150 and in Archers Diary

SOPA MATCHPLAY SERIES

Points table after 7 rounds [click here](#)

All rounds are open for registration

Round 7 - August 14 - Register [here](#)

Round 8 - September 18 - Register [here](#)

Round 9 - October 16 - Register [here](#)

Round 10 - November 20 - Register [here](#)

2022 NATIONAL & STATE INDOOR CHAMPIONSHIP RESULTS

Huge congratulation to all our members that participated in the National and State Indoor Championships. It was great to see so many fantastic performances and not just from medal winners. We are so grateful that Coast Archers were able to put on the event for us in NSW. It was a difficult venue to shoot in at times but everyone just got on with the job at hand. It was also great to see and shoot with so many of our new members, with some spectacular results!

Full results [click here](#)

COACHING PROGRAMS

Visit our website for full details at [Coaching Programs - Sydney Olympic Park Archers \(sopa-archery.org.au\)](https://www.sopa-archery.org.au)

Alex King our Head Coach and Assistant Coach Laura Trezise are launching the following programs:

1. SOPA pathways coaching

This program will run fortnightly starting on Sunday 22nd May from 12-2pm and is open to all club members who are interested in coaching, including para-archers, no matter the goal. Coaches will run through a structured session (Example: shot cycle/ mental focus in the shot cycle, prevention of common injuries, group size and centering) and also provide one on one guidance. The cost for each session will be \$20. Archers who are interested in competition at the state level and above can progress to the SOPA Development team, or SOPA compound team once they meet the requirements. [Click here](#) to register

2. Seniors league + coaching

This program will run Tuesdays 10am-12pm from 3rd May and will involve varying competition rounds followed by an hour of coaching. This league is for members over 50 years of age of all bow types and will cost \$10 to enter each week. With four leagues a year the competition will be handicap based and will involve a prize at the end of each league. [Click here](#) to register

3. All-female training session

The one-hour session will help build a supportive network of woman and girls within SOPA. Whether you're new to the club or have been shooting for years we encourage you to come to share your experiences and stories, plus make some new friends.

Depending on interest, we will also plan some female only coaching sessions or information sessions on female health in sport.

These sessions are free and are open to all bow type and ages. They'll be run weekly on a Sunday at 10am, when competitions aren't on. We'll see you there!

Please contact Laura at coaching@sopa-archery.org.au

VOLUNTEERING – THE CLUB NEEDS YOU

Our wonderful club would not operate without a team of dedicated volunteers.

We need more volunteers to help with club shoots, events, and maintenance. Please email me if you would like to help your club continue to be the best and biggest in NSW. In addition if you have any skills, you think would be useful for the team to know about whether its computer, woodwork, event management or anything else please let us know.

CLUB RECORDS

Visit our website to view the records at

[Club Records - Sydney Olympic Park Archers \(sopa-archery.org.au\)](https://sopa-archery.org.au)

GOVERNANCE, CONSTITUTION AND POLICIES

Reminder were to find our clubs Rules, Governance, Constitution and Policies

Click here [Governance, Constitution and Policies - Sydney Olympic Park Archers \(sopa-archery.org.au\)](https://sopa-archery.org.au)

WANT TO CONTACT THE COMMITTEE?

Click here [Contact Us - Sydney Olympic Park Archers \(sopa-archery.org.au\)](https://sopa-archery.org.au)

For further information visit our website at [Home Page - Sydney Olympic Park Archers \(sopa-archery.org.au\)](https://sopa-archery.org.au)
and our Facebook page at [SOPA \(Sydney Olympic Park Archers\) | Facebook](https://www.facebook.com/SOPA(SydneyOlympicParkArchers))

See you at the range