

SOPA NEWSLETTER EDITION 6

DEAR MEMBER,

NEW COACHING PROGRAMS

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

1. SOPA pathways coaching - NEW for 2022 and starting in May

This program will run fortnightly (from May) on Sundays 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.

2. Seniors league + coaching - NEW for 2022 and starting in May

This program will run Tuesdays 10am-12pm (From 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.

Notes: Members will be able to register through Archers Diary

Full coaching program is on our website at [Coaching Programs - Sydney Olympic Park Archers \(sopa-archery.org.au\)](https://sopa-archery.org.au/Coaching-Programs-Sydney-Olympic-Park-Archers)

Please note that These programs are due to start in May, stay tuned for more information on the SOPA Facebook page!

STANDARD OPERATING PROCEDURE – SHOOTING FROM UNDERCOVER

Huge thank you to [Peter Boukouvalas](#) for creating our STANDARD OPERATING PROCEDURE – SHOOTING FROM UNDERCOVER. [Click here](#)

Please make sure you understand the requirements before you start shooting.

SOPAC has been very lenient to the club in allowing us to shoot from undercover during inclement weather provided we follow the simple safety guidelines outlined. Any club member caught not following this procedure when shooting from undercover will face **disciplinary action** from the club committee, as any actions taken outside the above guidelines puts the safety of the public, the club and its members at risk.

NATIONAL TEAM PREPARATION CAMP BEFORE THEY ATTEND WORLD CUP 1 IN TURKEY

We will be welcoming The National Team to our facility so that they can prepare for the World Cup 1 in Turkey next month. The days they will be present are:

- Wednesday 13 April – afternoon only
- Thursday 14 April – morning and afternoon
- Friday 15 April – morning and afternoon
- Saturday 16 April – morning only (tbc)

They will occupy 6 lanes at the SOPAC end of the range on the above mentioned date.

20M CHALLENGE – 30M CHALLENGE IS ON APRIL 2ND

The 20m Challenge was a huge success – photos on our website at [Gallery - Sydney Olympic Park Archers \(sopa-archery.org.au\)](https://sopa-archery.org.au/gallery-sydney-olympic-park-archers)

SATURDAY CLUB EVENTS - START TIME CHANGE

TIME CHANGE 9am Practice 9:30 scoring for Saturday Club shoots

[Click here](#) to sign up for the next club shoot

RANGE CLOSURES - PART AND FULL

26/27 March **part closure** for the NSW State 2022 Metropolitan Championships

Sunday 10th April **part closure** due to SOPA Matchplay series

The National Team – 6 lanes closed on following dates

Wednesday 13 April – afternoon only

Thursday 14 April – morning and afternoon

Friday 15 April – morning and afternoon

Saturday 16 April – morning only (tbc)

ALL-FEMALE TRAINING SESSION

Join us on Sunday 1 May for SOPA's first all-female training session! This 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

MATCHPLAY SERIES

This is a registered event with Archery Australia , Archery NSW and World Archery

DATE: SUNDAY 10th April

Entries:

Entry is limited to Compound, Barebow and Recurve archers in the Open age group. Rounds shot will be:

Compound: WA 50/720

Recurve: WA 70/720

Barebow Recurve WABB 50/720

Full details and to enter [Click here](#)

EVENTS

There are lots of events coming up, and SOPA always has a strong presence at many of them, details can be found on Archery Australia website

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

Upcoming events

3/4 Field QRE Liverpool City Archers [Click here](#)

9/4 Northern Funnel Web Field Championships (Northern Archers) [click here](#)

10/4 SOPA Matchplay Series [click here](#)

16 - 25/4 - Armidale Archers Festival of Field Archery 🏹 <https://bit.ly/3qSHnk5>

1/5 2022 Liverpool Black Snake Field Championships - Sunday 1st May 2022 [click here](#)

VOLUNTEERS

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.

RANGE BOOKINGS

- You still need to book for club shoots on Saturday - this helps us to set up the field and do allocations
- No need to book anymore for practice session - there will be exception when we have events on and there is only limited lanes available.

Some members like to use AD to keep a record of their scores, so I will continue to make this option available.