

SOPA NEWSLETTER EDITION 7

DEAR MEMBER,

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.

2022 ASNSW SHORT DISTANCE CHAMPIONSHIPS

We are pleased to announce that SOPA will be hosting the NSW State Short Distance Championships. It is a great event for our members as it is Canberra's! So, it will be like a club shoot with home advantage! Must be worth 10 points at least 😊

RECURVE ON SATURDAY 28 MAY 2022

COMPOUND, BAREBOW AND LONGBOW SUNDAY ON 29 MAY 2022

The deadline for online registration is 11.59pm on Friday 13 MAY 2022 (Limited numbers so don't delay)

Full details at [2022 ASNSW Short Distance Championships \(sportstg.com\)](https://sportstg.com)

What round do I shoot [click here](#)

PROGRAM:

Saturday - AM

Open Female and Male Recurve

Saturday - PM

All other **Recurve** Divisions

Sunday – AM

Open Female and Male Compound

Open Female and Male Barebow

Open Female and Male Longbow

Sunday – PM

All other **Compound, Barebow and Longbow** Divisions

Peter Bennett our Tournament Officer and National Judge: - tournament@sopa-archery.org.au will be looking after the event and if you are able to volunteer, please let him know.

NEW COACHING PROGRAMS

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

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

ARCHERY AUSTRALIA IS PLEASED TO ANNOUNCE THE BEST ALL ROUND ARCHER AWARD GUIDELINES FOR 2022

After consultation and agreement with the Regional Governing Bodies, Archery Australia wishes for the Best All Round Archer award (BARA) to be the most prestigious award available for archery in Australia.

One award per bow type and gender will be awarded based on results from the National Field, Indoor and Target Competitions in 2022.

Guidelines

The award will follow the following guidelines:

- A total of six awards across the three World Archery recognised bow types: Recurve, Compound and Barebow (recurve)
- There will be one male and one female BARA for each bow type.
- Rounds to be included to select the BARA will be:

- Australia Field Open or National Field Championships (whichever is held that year)
- National Indoor Championships (two scores shooting the same bow)
- National Target Championships 900 Round
- National Target Championships 1440 Round
- National Matchplay Championships 720 Ranking Round
- If Barebow is not included in the National Matchplay Championships, then all the above events excluding the Matchplay Ranking round will comprise the BB winning score.
- The winner will be declared by combining the total score from all the above events for the same bow type.
- The BARA will be presented at the medal presentation following the conclusion of the National Matchplay Championships.

Notes:

- if an event is cancelled for all archers AA in consultation with the RGB's will decide if the BARA will be awarded that year.
- If only one RGB is affected due to the cancellation of an indoor event AA in consultation with the RGB's will decide how the BARA will be calculated and awarded that year.
- No online events other than the National Indoor Championships will be included in the BARA given the variation in conditions between outdoor venues.

SOPA MATCHPLAY SERIES

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

DATE: SUNDAY 15th May

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](#)

MEMBERSHIP - DIRECT DEBIT REQUEST FORM

We have created a Direct Debit Membership Renewal form to assist members [click here](#)

COMMITTEE MEMBERS

As some of you will know our President will be away shooting for a couple of weeks until end of April. Here is the list of our committee members you can contact if you have any questions.

Vice President and Safety/well-being Officer: Fran Boyle - safety@sopa-archery.org.au

Secretary and Membership Officer: Gloria Tse - secretary@sopa-archery.org.au

Treasurer: Eric Tagudin - treasurer@sopa-archery.org.au

Tournament Officer and National Judge: Peter Bennett - tournament@sopa-archery.org.au

Recorder: Angela Newman recorder@sopa-archery.org.au

Coaching: Alex King - coaching@sopa-archery.org.au

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

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)

FULL CLOSURE – 28 and 29 May NSW State Short Distance Championships

EVENTS

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

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

VOLUNTEERING

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.

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.

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.