

SOPA NEWSLETTER EDITION 8

DEAR MEMBER,

2022 ANSW SHORT DISTANCE CHAMPIONSHIPS - RANGE CLOSURES

**RECURVE ON SATURDAY 28 MAY 2022- Part closure 8 lanes available at carpark end of range
COMPOUND, BAREBOW AND LONGBOW SUNDAY ON 29 MAY 2022 – FULL CLOSURE**

Volunteers needed – please contact Peter Bennett our Tournament Officer and National Judge: -
tournament@sopa-archery.org.au

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 12th June so that they can manufacture your orders which can take up to 4 weeks. The Portal will reopen again in July - date to be confirmed.

THE OCEANIA CHALLENGE

This is a great event to enter at any level. One of the very few times you can compete against other countries like Fiji, New Zealand, Niue, Norfolk Island, Palau, Papua New Guinea, Samoa, Solomon Island, Tahiti, Tonga and Vanuatu - So give it a go.

You will be able to shoot the next event is on Saturday 11th June. Your best score will be submitted.

Enter via Archers Diary at [Archer's Diary \(archersdiary.com\)](http://archersdiary.com)

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

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

SOPA MATCHPLAY SERIES

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

DATE: SUNDAY 19 June

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

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

11-12/6 - Golden Arrow at [Penrith City Archers](#) 👉 <https://bit.ly/3PpYwge>

19/6 - SOPA Matchplay #6 at [SOPA Archery Club -Sydney Olympic Park Archers](#) 👉 <https://bit.ly/39ulOBu>

25-26/6 - Short Course at [Liverpool City Archers](#) 👉 <https://bit.ly/3FRzW3S>

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.

available.