

# ARCHERY BEGINNERS COURSE

## About the Course

Our Archery beginners courses run at your pace and time. We don't run set courses and our course can be started at any time.

The course consists of 6 one hour sessions with our Archery Qualified Coaches. These sessions can be taken at your pace, (one session per week maximum) however you will need to complete all six before completing the course.

Sessions are normally run on our club nights on a Wednesday and Thursday evenings. However, if you need an alternative day and time please speak to one of our coaches who may be able to arrange an alternative session date.



### Costs

**£60.00** for adults and **£40.00** for juniors (under 16). This includes a **50%** discount on your membership for the remainder of the year.

Alternative if you just want to try archery before starting a beginner's course you can come along to one of our club nights and have a go for a small fee.

### Session Times and Length

Our club nights start at 6:30pm and roughly finish around 9:00pm. Sessions with a coach are 1 hour long, however you can shoot for the remainder of the evening for free. This allows you to put into practice what you have just learnt. Some students elect to attend club nights in between sessions to have additional practice. These nights are charged at the have a go rate.

### Equipment hire

You do not need your own equipment. We will supply you with all the safety equipment along with bows to match each student. You are strongly advised not to purchase archery equipment before you have attended a course.

### Location

Our courses are held at our Archery field in the summer and Friskney Village Hall in Winter.

### Age

The beginner's archery courses are open to everyone. Courses are suitable for people of all ages from 6 years old. Note that children under the age of 16 must be accompanied to each session by a parent, guardian or other responsible adult. Please also note that we must be informed in advance of any medical condition or medication being taken.

### The Course

The course will teach you the basics of shooting safely, and include 6 sessions of tuition from one of our qualified archery GB coaches. You will learn the basic techniques of shooting and scoring and be able to shoot arrows into a target at 20 yards. Archers will learn: -

- Set up and take down a recurve bow
- Types of Bows and their components
- Archers equipment finger tab, guards etc.
- Adopt an appropriate stance for shooting
- Nock an arrow onto a string correctly
- Correct body posture
- Execute a basic draw and release
- Pull arrows from a target safely and correctly
- Rules of shooting safely and club Rules
- Adjust a bow sight to compensate for shooting distance and sideways drift
- Safely setup the clubs Target bosses

After completing the course coaches will be available most club nights to help further your archery development.

### Joining the Club

The first 6 months you will be classed as a novice archer. After this, you will have access to our field facilities, given a key code for the hut where bosses are stored; this is in line with our Club Insurance Policy.

### Is archery Safe?

Safety is paramount and a safety briefing will be given at the start of the course. Anyone with conditions, please ask before attending the course.



### Will I need to purchase my own equipment after I complete the course?

You do not need to purchase your own equipment after completing the course. You can continue to use the club's equipment for a small fee

### Who will be teaching me?

Our instructors are experienced archers and have completed Archery GB coaching course to at least Level 1.

### What should I wear?

The key to good shooting is being relaxed and comfortable. Archery is an informal sport and most definitely not a fashion show! Clothing should be suitable for you to shoot in and appropriate to the weather conditions when outside.

Close fitting tops such as a tee-shirt, polo shirt or similar is ideal. Avoid anything baggy as it can become tangled in the string, spoiling your score and the clothing! No ties chains or necklaces visible outside your clothing and no open toed shoes.

Long Hair should be tied back to prevent interfering with the bow string.

## 6 Reasons to Try Archery

1

### It's a lifetime sport

People compete in competitions from being a child to well into their 70s and 80s, and adults of all ages compete in national and international tournaments.

2

### You can enjoy Archery in every kind of weather

Archery is a year-round sport. It goes indoors for winter, with archers shooting targets at 20 yards. The outdoor season starts in April, with archers shooting targets at 10 to 100 yards depending on their age and equipment type.

3

### Recreational Archery

If you're not the competitive type, archery is still for you. Archery lets you go at your own pace, and you don't have to keep score. You can enjoy it for exercise, or just for fun at the range with friends.

4

### Multi Disciplines

If target archery isn't your thing, that's OK. Field Archery, you shoot at three-dimensional foam animals or paper targets in a wooded course.

5

### For Everyone

Regardless of your physical abilities, you can enjoy archery. Archery is a sport that nearly anyone can pursue, despite the disability they experience. Target archery itself has been a Paralympic sport for greater than thirty years.

6

### Relatively inexpensive

The perception that archery is an expensive sport is not entirely true. If you are keen to try the sport, our club has all the equipment available for hire. Once you're ready you first bow, kits can be purchase for £300-400 and include everything you need to get started. (Bow, Arrows, Bag etc)

### Where to find us

**Friskney Bowmen Archery Field**  
(Outdoors during the summer months)  
Church Road, Friskney, PE22 8RD

**Friskney Bowmen Village Hall**  
(Indoors During the winter months)  
Friskney Village Hall, Church Road, Friskney,  
PE22 8RD

### Contact Details

If you would like to take part in one of our beginner's courses, or would like further information on the course then please visit our website at [www.friskneybowmen.org.uk/beginners](http://www.friskneybowmen.org.uk/beginners)

Alternatively, why not visit us on one of our club nights and speak to one of our coaches. While you're there why not have a go.

