

## **Beginners Courses**

Beginners' Courses are held several times a year and once full details are formalized, dates are posted on our beginner's course web page.

Costs - Adults £45 Juniors £30

The beginners course is open to couples, individuals, organisations and family groups wanting to try a challenging but fun sport. No previous experience is necessary.

To complete the course each new archer will undergo 9 hours of instruction and training. This will normally be in 3 hour sessions run over three consecutive weeks, usually on a Saturday from around 11am.

**Please arrive wearing sensible closed front shoes and clothing that's not too loose so that it doesn't catch on the bow or string but not so tight it will restrict your movement. Courses in the summer are outside and you should be prepared for the weather given to us on the day.** All other equipment you need will be provided.

Following a basic safety talk you will be given one-to-one instruction as you learn to shoot a recurve bow.

There's plenty of time for you to practice shooting real arrows with real bows at competition targets with experienced archers on hand to help you improve your technique and teach you more about the sport as you become more confident.

At the end of the course you'll have the chance to try out some different bows including a compound, long bow and cross bow.

A certificate will be issued to those who reach a competent level of safe shooting.

You can also gift an archery beginners course at NAC. Please contact the club Secretary for more details.

What does the course cover?

### **Safety**

- \* Rules of shooting
- \* Safety of yourself and others
- \* Use of equipment
- \* Shooting and waiting line

### **Equipment**

- \* The bow and how it works
- \* The arrow and its parts
- \* Bow stands and quivers
- \* Bracer and tab
- \* Sights

- \* Stringing a bow
- \* Putting up / taking down a target

### **Technique**

- \* How to stand and hold the bow
- \* How to knock an arrow
- \* Drawing the arrow back
- \* The importance of the reference (anchor) point
- \* Sighting the arrow on the target
- \* Releasing the arrow
- \* Bow safety between shots & ends

### **Scoring**

- \* Approaching the target safely
- \* Collecting missed arrows
- \* FITA scoring
- \* GNAS scoring
- \* Pulling arrows from the target

### **Etiquette**

- \* Other archers equipment
- \* Talking whilst shooting
- \* Field calls & safety signals

### **Maintenance**

- \* String maintenance
- \* Checking arrows for damage
- \* How a bow is made

Our aim is....

To promote archery as a sport for all through exhibition, education, coaching, practice and competition.