

Friars Gate Archers

Beginners Course Outline “C3” (three session Course)

Introduction

The course will consist of three sessions to be held at the Buxted Park Sports Association ground TN22 4AY and is intended to form a basic introduction to archery, to include:-

Safety in the sport, control of shooting, the shooting line, waiting area, safety when shooting, approaching the target, and at the target.

The principle elements of correct archery technique

Rules for scoring and competition.

Each participant will be provided with a suitable bow and a set of arrows, together with a tab, bracer and ground quiver.

Each session will last for approximately 120 minutes. In the advent of inclement weather we will use the sports pavilion to provide accommodation for an informative talk about shooting techniques and other aspects of the sport. If more than one session is lost because of the weather we will schedule a replacement session.

Please note that close fitting, warm upper body clothing should be worn. Long hair should be tied back and jewellery that might get in the way should be avoided. Appropriate footwear must be worn. Further advice will be given during the first session.

Session Content

Session 1

- Administration.
- Selection & issue of equipment
- Safety aspects
- Demonstration of shooting technique.
- Warm up.
- Delegates allocated to targets and shooting commences under supervision.

Session 2

- Reminder of safety matters.
- Bow stringing and target set up
- Warm up
- Revision of shooting technique as a group.
- Supervised shooting to refine style.
- Scoring.
- Joining the club - costs, shooting days, etc.

Session 3

- Reminder of safety matters.
- Warm up
- Field Archery
- Revision of shooting technique as a group.
- Supervised shooting to refine style
- Archery competition between delegates
- Use of club equipment post course
- Presentation of attendance certificates