



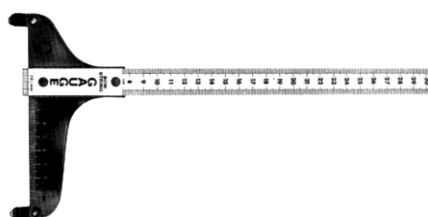
## *Bowmen of Pendle & Sarnesbury*

# BOOST ARCHERY COURSE

The coaches will be running a Boost Course on Mondays 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> November and the 3<sup>rd</sup> December 2018, from 7.00 pm to 8.30 pm. Although the whole course is 4 sessions, members are welcome to dip in and out, depending on their needs.

The course is designed to help newer archers move on, following their beginner course and will cover the following (numbers relate to the sessions):

1. How to set up your bow, carry out a basic tune and put on a nocking point.



2. Shooting technique and drills; flexibility exercises.
3. Shooting routine and aiming; strength & conditioning exercises.
4. Equipment maintenance; shooting rounds; an introduction to competitions, handicaps & classifications.



Members will need to bring a notebook & pen, their own shooting equipment and (preferably) a bracing height gauge. There is no charge for the course, but places are **strictly limited and need to be booked in advance**.

If you would like to reserve a place on this course please send email to Di Clarke: [di@bowmen.co.uk](mailto:di@bowmen.co.uk)

*If your bow is already tuned and your shooting is developing, but you would still like some help, why not drop in any way on any of these Mondays, as there will be coaches there to help you.*