



Lincolnshire Archery Coaching Group

Saturday 26th March 2011

Princess Royal Sports Arena, Great Fen Road, Boston, Lincs PE21 7PB

This is an ideal opportunity to set up your bow ready for the outdoor season, in the comfort of a 65 meter sports hall, and then test your set up by shooting up to 50m. The day will be split up into 2, the morning dedicated to bow tuning and mini workshops, and the afternoon for a competition (short metric).

- 09:30 – 12:45

Bow tuning for Senior and Junior Archers, with the assistance of coaches.

Fine Tuning - Walk back Test., starting at 15yds and shooting 1 fletched arrow every 5 yds, up to max 50yds. (Please bring some unfletched arrows with you as well)

Several mini workshops will be run during the course of the morning; these will include competition preparation, basic bow maintenance and advice on nutrition and hydration.

- 12:45 – 13:15 lunch, the Rugby club cafe will be open.
- 13:15 – 17:00 Short metric indoor shoot, the format will as described below.
3 dozen arrows at 50m on an 80cm face, 3 dozen arrows at 30m on an 80cm face.
Shorter distances will be set up according to junior ages.
Ends will consist of 3 arrows per end in 2 minutes.

Although the sports hall is very spacious, we will have to limit numbers, so it will be first bookings with monies that will be accepted, bookings by 17th March 2011

Cost:

Senior all day £14.00, Junior all day £10.00

Senior morning only, £8.00, Junior Morning only, £6.00

Senior afternoon only, £8.00, Junior afternoon only, £6.00

Make cheques payable to: **Lincolnshire Junior Archery Squad**

Please send booking form and payment to:

(Sorry no telephone bookings)

Mr Ian Talbot
5 Meadow bank
Leverton
Boston
PE22 0BL

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Great Fen Road

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Lincs

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NAME	CLUB	GNAS NO:	AGE IF JUNIOR	BOW TYPE	EMAIL ADDRESS and Contact no.

Please indicate (circle) which sessions that you wish to take part in

	MORNING ONLY	AFTERNOON ONLY	ALL DAY
SENIOR	£8.00	£8.00	£14.00
JUNIOR	£6.00	£6.00	£10.00

You will receive an email confirming if you have a place booked.