



Lincolnshire Junior Archery Development Coaching 2018-2019

Again, this year we intend running a **single Squad where ALL Juniors/cadets** are welcome to come along, if you have just finished your beginner's course, that's ok, if you are a Junior MB that's also ok, there will be something for everyone, all I ask is that you come with your own bow or a borrowed one from your club. The activities will be varied and will be tailored to suit the archer. We will be giving each junior a Thera Band to help with your training; you will all be shown the Drills and Skills as used by Archery GB and their warm up exercises.

All Junior's, Cadets are welcome

The dates are as follows:

20th October - 10th November - 15th December - 19th January - 16th February - 16th March

All the above squads will take place at Spalding Grammar School, Priory Road, Spalding, Lincs, PE11 2XH commencing at 9.30 until 4.00pm. Please arrive between 09-00 and 09-15 when the gates will be open, after this time you will need to use the mobile numbers below to arrange for access.

We will also look for a date in April to hold a 720 Shoot for 70mt 60mt and 50mt for Compounds. **50mt, 40mt, 30mt, 20mt**, distances will be arranged to suit the bow weights and performance levels of the archers. The venue will be arranged during the winter and may be held at a 720 WR Status shoot in the county if there is one arranged, last year we arranged our own event at Lincoln.

The cost is £18 per session making a total cost of £108. Unfortunately, our venue cost has risen this year. Hence the increase in costs. There will be a separate fee for the 720 shoot which we will collect nearer the event. Please indicate on the table below if you want to attend the 720 shoot in April.

Please register with me on email andrewharrison2008@btinternet.com and send your cheques made out to LCAS to A. Harrison, 18 Philip Avenue, Cleethorpes, North East Lincolnshire, DN35 9DJ. (receipt of cheque will confirm entry) **Please have your entries in by the 1st October to allow me to complete the planning process.**

If you have any concern's as to whether this training is suitable for you please ring me on 01472 696233, Mobile 07714404406 or Barry 01205 290343, Mobile 07789976982

PS; to those established archers you will require a light weight clini/stretch band and a lighter weight bow than your tournament bow, please don't go out and buy another bow to achieve this, ask your club if you could borrow a light weight beginners bow or alternatively you may have lighter limbs from which you have moved on from.

Entry Form to above address. Please book early to enable me to arrange sufficient coaches					
Name	Club	Bow Type	Archery GB Number	Age	Attending
					20 th Oct
					10 th Nov
					15 th Dec
					19 th Jan
					16 th Feb
					16 th Mar
					April 720



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Please ensure you have a note book and pen, you will also require lunch and plenty of drink, the range will be warm. There are plenty of places to go for the parents i.e. Spalding Retail Park, Baytree Garden Centre where they can get lunch.

Andrew Harrison Archery GB County Coach