



Balbardie Archers Winter Workshop

Dates for 2010:- October 30 and November 27

Dates for 2011:- March 5 and 9 April .

Venue: - Grange Community Centre, Polmont – see page 2 for details

Each workshop will run from 9am to 5pm. Each workshop will cost £5. Workshops need to be booked and paid for in advance. Block booking is suggested to ensure a place at all workshops. The payment will go towards the cost of the venue and coaches expenses.

Cooking facilities i.e. cooker/microwave are available for use, as are tea and coffee facilities. Archers should bring their own lunch snacks etc. Tea, coffee and biscuits will be provided.

What's on offer: -

There will be several coaches at each workshop to offer help, advice and coaching to all level of archers.

Workshops will cover the following areas – depending on interest: -

Arrow fletching, straightening, etc.
String making – string and cable for compounds
Bow tuning and set up
Video workshop to look at improving your technique
Food and nutrition
Improving fitness levels

If archers identify other areas of work that would be of benefit, these can be included in the workshops.

Anyone interested in attending these workshops should contact: -

Josie – Jo@jherd.freereserve.co.uk

Places are limited to thirty. Those interested in attending should book by the end of September. **After this date those places not booked will be offered to other clubs.**



