

Winter Coaching Workshops

Saturday 17 November 2018

Saturday 12 January 2019

Saturday 9 March 2019

Venue: - Grange Community Centre,
Redding Road, Brighton
Falkirk, FK2 0AA

Arrival time 9am departure time 5pm. Each workshop will cost £12. Workshops need to be booked and paid for in advance to ensure a place. Places are limited, and allocated on a first come basis. **Affiliation card, or relevant receipt, must be shown on the day.**

Juniors under 16 years of age must be accompanied by an adult. For those aged 16 to 18 years of age, a parent/guardian consent form will be required.

Tea, coffee and biscuits are supplied. Archers should bring their own lunch snacks etc.

What's on offer: -

Coaches will offer help, advice and coaching. Workshops will be based on the abilities of archers and include bow tuning and maintenance. String making, arrow fletching, etc. will be available depending on demand

Please note – A coach will be happy to help you make a new string for your bow. There will be a £5 charge to cover the cost of the material.

Maggie Squires Workshops

3 and 4 November 2018

26 and 27 January 2019

The coach will be Maggie Squires. Maggie has been involved in archery since 1978 and has coached at GB level, including Paralympians. Having worked at Quicks Archery for a number of years, Maggie is experienced with bow tuning and set-up. Maggie will look at any stance/style issues before altering and tuning kit to fit you. She also uses dartfish video analysis software to help with technique.

The cost is £25 per person per day. Workshops need to be booked and paid for in advance to ensure a place. Places are limited to six per day and allocated on a first come basis. **Affiliation card, or relevant receipt, must be shown on the day.**

Arrival time 9am departure time 5pm. Archers should bring their own lunch snacks etc.

For booking/payment detail or if you have any questions, please contact - joherd87@gmail.com.