

# Winter Coaching Workshops

**23 November 2019**  
**Saturday 8 February 2020**  
**Saturday 21 March 2020**

**Venue:** - Grange Community Centre,  
Redding Road, Brightons  
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. **All attendees must be able to show proof of affiliated to SAA/AGB or, a relevant receipt for affiliation payment.**

Juniors under 16 years of age must be accompanied by an adult. Juniors aged 16 to 18 years may attend on their own, but a parent/guardian consent form will be required. Please contact me for a form.

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 archers. Workshops will be based on the abilities and needs of archers and will, depending on demand, include string making, arrow straightening, fletching and bow tuning.

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

Places are limited to fifteen and allocated on a first come basis.

Payment can be made by cash, cheque or BACS. If you have any questions about the workshop please feel free to contact me. To book a place, please email me with the dates and your preferred method of payment - [joherd87@gmail.com](mailto:joherd87@gmail.com).