



Griffin Archers Progressive Archery Training Programme



**A chance to work on all your
archery techniques.**

- **Back to basics**
- **Skills and drills**
- **Fitness advice for Archers**
- **Video playback**
- **Performance tweaks and tips**
- **Special needs and disability experience**
- **Equipment Advice**

2pm – 6pm

3rd Sunday of Month 2020

Book now as spaces are limited.

Progressive Archery Training

Example Timetable

2pm Intro and warm ups

2.30pm Allocate Targets

- Sighters
- Back to basics
- Observations

3.30pm Break 10/15 mins

3.45pm Skills and Drills

4.15pm Observation/Coaches feedback

- Stropmouth Round
- Individual Observation reviews

5.15pm Final review

- Archers personal technique breakdown
- Cool down

Course Close – feedback welcomed.

**All information will be available to archer via PDF and videos made available from a secure location – please ensure we have your correct email address. All personal information is maintained under Griffin Archers and AGB's confidentiality and storage policies and in accordance with GDPR*

Progressive Archery Training Programme



With Griffin Archers



Griffin Archers registered no: 2526

Taking place at



The Focus Centre, Chestnut Avenue, Peterborough, PE1 4PE

01733 552416 info@communitymosaic.co.uk

Price

£30 per Archer - Limited Numbers

Family discount offered 10% (2 or more from same family)

Bookings:

Via website – griffinarchers.co.uk

Via FB - Griffin Archers

Email - secretary@griffinarchers.co.uk

Phone - 01354 659063 / 07938554604

Bookings needs full name, AGB Number, Contact Number

Specific needs (either Archery or personal)

Payment direct to bank account, details will be provided and places will not be confirmed until payment in full is received.

Terms and Conditions

- Advanced payment for this course is essential. Places are limited and will be offered on a first come first served basis.
 - Acceptance onto the Progressive Archers Training Programme constitutes your obligation to attend.
 - You will already be made aware of course date and will be contacted with a reminder.
 - Non-attendance will result in an expectation of charges to be paid as venue and coaching costs MUST be met.
 - Under 18's must be accompanied by a parent/guardian or designated responsible adult. Similarly, those who require attendance of a carer should bring along an appropriate person.
 - Please advise of any specific needs or requirements of the applicant prior to course (this will enable the club to partner you correctly with appropriately experienced coach and ensure all equipment is readily available)
 - Griffin Archers coaches are all qualified and registered with Archery GB, all our experienced archers are affiliated with Archery GB.
 - Attendance of this programme means you agree to abide by Archery GB and Griffin Archers policies and procedures.
 - Griffin Archers Indoor and Outdoor Ranges are registered as suitable for purpose by Archery GB.
 - Griffin Archers reserve the right to refuse or rescind the offer of a place on the Progressive Archery Training Programme at any time if safety, club / Archery GB policy or constitution is compromised.
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As a way to follow up with the coaching team, and enjoy more Griffin Archers hospitality, everyone who attends our Progressive Archery Training Programme is invited along to 2 club nights as a free visitor over the next 3 months from the date of course attended.

We have enjoyed working with you and hope to see you as part of the Griffin Archers Club, family soon...



(Opps wrong family!!)

Griffin Archers



www.griffinarchers.co.uk secretary@griffinarchers.co.uk

01354 659063 / 07938 554604

