

Reading Archers – Session Planner



The session for week one will cover the following areas:

- Registration
- Introductions
- Housekeeping
- Eye Dominance
- Anatomy of a Bow
- Safety Talk
- Equipment Allocation
- Warm Up
- Point of Aim – Demonstration
- Practice session
- Warm Down
- Feedback
- Clearance of Field / Equipment

Please Note - for week one we will begin promptly at 6.00pm, and at 6.30pm for all other sessions. Please therefore try to arrive a few minutes early.

For week one only, please bear with us as there will be a period of explanation re: safety rules, equipment etc, before you can begin your 'hands on' session. Also, your first three arrows will be monitored on a one-to-one basis with either the club coach or one of the club's experienced archers.

Week 2 - will also cover how to string your bow, Freestyle shooting, and Archery Etiquette.

Week 3 - will also cover how to score

Week 4 - will bring all the elements together in a competition.

If at any time you have any questions, please do not hesitate to ask!

Note: The above planner is subject to variation at the discretion of the club coach.

End