



Beginners Course No Application Form

Saturdays 8th, 15th, 22nd, 29th August

Start Times : 10am to 1pm

Venue: Works Lane, Barnstone, NG13 9JN. Opposite Lafarge ~ Tarmac works.

Total Course Fee: £40.00 per person. £35 for juniors aged **10** to 18 years old.

The course will be run in accordance with ArcheryGB guidance, and will be 5 x 2.5 hour sessions. To complete the course you must attend all 5 sessions set out in the above timetable.

Included in this fee is Insurance, Loan of equipment, and instruction from **ArcheryGB Qualified Coaches**.

At the end of the course, successful candidates will be presented with a Certificate of Achievement.

Dress code is what is appropriate for the day. Ensure that your shirts/blouses do not have any loose dangly straps or ties hanging loose on your front and that the sleeves are not too loose and baggy as we don't want to get in the way of the string when you release the arrow.

Make sure that you have fully enclosed shoes (no sandals, flip flops – ie your toes are completely covered)

If you have long hair bring a hat or hair band to keep it tied up.

Any facial piercings should be removed so that they don't catch the string (ear rings are ok as long as they are not too big and dangly)

Some items that we strongly advise that you bring along with you

- Plenty of Drinking Water
- Pen and Paper
- Gloves to protect you when you handle the targets – gardening gloves are ideal

Your coach **will** need to know of any medical conditions / medication that may effect your ability to shoot the bow.

Bookings will be confirmed when the attached form and payment are received by the course organiser. Places allocated on a first come first served basis.

Bryan Haynes, 10 Harebell Gardens, Bingham, Nottinghamshire. NG13 8TA

Cheques should be made payable to "Belvoir Archers"

Bank payment is accepted, details available on request.

WE STRONGLY ADVISE THAT YOU DO NOT BUY A BOW OR ARCHERY EQUIPMENT UNTIL AFTER YOU HAVE COMPLETED THE COURSE. WE ALSO DO NOT ADVISE BUYING OFF INTERNET AUCTION SITES WITHOUT DISCUSSING WITH THE COACHES FIRST TO ENSURE YOU GET THE CORRECT EQUIPMENT. YOU SHOULD ALSO DISCUSS BUYING EQUIPMENT FROM RETAIL STORES WITH THE CLUB COACHES FIRST.

If you have any questions, email us on coaching@belvoirarchers.co.uk
WWW.BELVOIRARCHERS.CO.UK



Beginners Course No Application Form

Name:	
Address	
Town / Village	
Post Code	
Contact Phone Number	
Email Address	
Male / Female	
Age if Under 18	
Height	
Left or Right Handed	
Wheel Chair User	Yes / No

Please complete **all boxes** on the above form, this ensures that we have the correct contact details for you and that we can ensure that the correct bow size and specification is available.

I wish to attend the next Beginners course starting on 23rd May 2015 and agree to shoot in accordance with all instructions and club rules.

During attendance of the course, video cameras may be used to record / demonstrate various archery shots for your coaching purposes only. **I do / do not give** consent for video to be used (you will be informed prior to the video being used)

Signed Date

If candidate is under 18, the agreement below **must** be signed by parent / Legal Guardian

Agreement between Parent or Legal Guardian and Belvoir Archers

Parents/Legal Guardians **must remain** with their child for the duration of the training sessions. In the event of insufficient parental supervision or the session will be cancelled.

It is the Parents/Legal Guardians responsibility to inform the club of any medical condition which might affect their child during archery sessions.

I/We acknowledge and understand that minor physical contact may be necessary as part of the coaching.

I / We do / do not give permission for video to be used as a coaching aid.

I Parent/Legal Guardian of agree to the above condition for my child to attend the Archery Beginners Course.

Name Email Address

Signed Date