

# Beginners' Courses

## Beginners' Course Introduction Sheet



PDF Version



Microsoft Word Version

**(Why?)** Before you join any archery club you will need to complete a beginners' course, which will introduce you to the sport and teach you how to shoot safely. **(What?)** Our Beginners' Course Introduction Sheet (see right) tells you exactly what you will learn and also has some useful additional information such as what to wear when coming along for the first time. **(When?)** Our courses currently run three times a year (spring, summer and autumn) on Sunday afternoons. **(Where?)** All beginners' sessions take place in the Avery Cricket Centre at [Norton Sports Charity](#); directions to the sports complex can be found on the [Contact Us](#) page. **(Who?)** We take any participants from the age of 8 upwards, but please note that under 16s must be accompanied by an adult to all sessions. (We often find that accompanying adults are desperate to join in once they see what it's all about, so please consider signing up for a course from the beginning as it will be difficult to squeeze you in later!) Archery is also very inclusive and the standard shooting style can be easily adapted so if you would like to take a beginners' course and feel that you may have to adjust the way you shoot due to a disability or health concern, please feel free to discuss this with our coaches at any time. **(How much?)** The courses are £40.00 per person for the full five sessions, with all equipment included for the duration of the course.

We are currently running three courses per year and they are incredibly popular so please contact us as soon as possible to avoid disappointment – our Archery GB qualified coaches and their invaluable helpers are all volunteers but we try our best to cope with the demand!

*Please note that we generally have a full waiting list for two to three courses at a time, but you are welcome to add your name to the waiting list for the next free course, which we would strongly advise doing sooner rather than later as you can see how popular the sport is! The waiting list also acts as a reserve list for earlier courses in the event of people being unable to attend, and we often find that people make it onto a course up to a year earlier than anticipated through the reserve list process. You can add your name to the waiting list by following the bullet points below.*



The process for signing up for a beginners' course is as follows:

- Send an email to [secretary@nortonarchers.co.uk](mailto:secretary@nortonarchers.co.uk) to register your interest and ask any questions you may have about the course which aren't covered either above or on our super-handly Frequently Asked Questions list.
- You will receive a response answering your questions and asking for certain details from you; **please respond to this email as it is only when you do so that your name will be added to the waiting list.**

- When the dates of the course are set, we will email the first batch of individuals from the waiting list and there will be a deadline of up to 2 weeks to respond to confirm attendance at the sessions. **Please only confirm if you can make at least 4 of the 5 sessions. If you cannot make the course and let us know this, you will remain on the waiting list for the next course, but if you fail to respond by the deadline you will be removed from the waiting list, so please ensure that you check your email regularly.**
- Any places not filled will then be offered to those who are next on the waiting list, again with a (generally shorter) deadline to respond, as above.
- Any remaining places after this will be offered to the whole waiting list on a first-come-first-served basis.

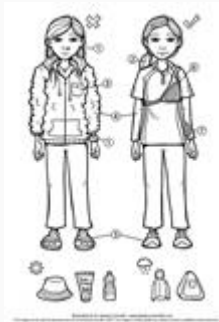
A list of clubs in the Durham and Northumberland area is available [here](#) to allow you to check the availability of other local beginners' courses too. If you start a course at another club whilst on our waiting list, please let us know as soon as possible so we can move people up the list and get them onto earlier courses – thank you!



## Useful Diagrams for Beginners

To help remind you of some of the key pointers you'll learn on the beginners' course, please see the awesome diagrams below, produced by Jessica Emmett of [www.jessica-emmett.com](http://www.jessica-emmett.com)! Click on each image for a large version.

### Clothing



### Warm-Up



### Recurve Equipment



### Stance

