



Gordano Valley Archers Beginners Courses 2012



www.gordano-valley-archers.co.uk

Thank you for your enquiry about beginners' lessons with Gordano Valley Archers. Gordano Valley Archers was registered with the Grand National Archery Society (GNAS) in October 2004. The objective of the club is to practice and promote the sport of Archery in accordance with the rules of the governing body for the sport, **The Grand National Archery Society (Archery GB)**.

As a club we are keen to provide as many opportunities for beginners to be introduced to the sport as we can. We run beginners' courses on Sunday mornings. During the Summer time the courses run from 9.30am to 12.30pm. During the winter time the courses run from 9.30am to 12.00 mid day. Our club shoot is on at the same time and on Sunday afternoons. Each course will last six sessions but these can be timed to suit you. If you are not available for a couple of weeks your course will be resumed when you are available. The courses are run by GNAS qualified coaches and will cover a variety of aspects of the sport. We will supply all archery equipment necessary for the course. The lessons are held on a sports field at The Downs School, Wraxall. Please check our website for a map of the location.

A 6 session course costs £45 per person.

However if more than one member of a family wishes to take part then the fees are reduced to:

£80 for two members of the same family

£95 for three members of the family

If you have more members of the family then please contact Paul Maines (TC) directly.

OAPs please contact TC directly for concessions.

For your safety you must wear shoes that fully enclose the foot i.e. no open toed sandals or similar. Clothing should be relatively close fitting with no tassels Long hair should be tied back away from the face.

On completion of the beginners course should you wish to continue with the sport and then wish to purchase your own equipment (although this is not necessary as you can continue to use the club equipment) our coaches will be able to advise you on the most appropriate equipment to buy.

If at the end of the course you choose to join the Club as a full member, you will be required to pay the full member subscription and affiliation fees. Please see our website for details.

Please return this form together with a cheque made payable to '**Gordano Valley Archers**' and send to the address below. Please note to keep our costs as low as possible no further correspondence will be made unless a receipt is requested. We look forward to seeing you.

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Nailsea,
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BS48 4RE

07933 481287

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NAME _____

ADDRESS _____

PHONE NUMBER _____

EMAIL ADDRESS _____

DATE OF BIRTH (if under 18) _____

I would like to attend the GVA beginner's course and enclose a cheque for £ _____

Signed _____ Date _____

To assist our coaches we would appreciate it if you could inform us of any medical condition or disability which you may think could affect you while undertaking archery. Please note that this information is treated with the strictest confidence and is only used to assist us in ensuring we make your participation an enjoyable experience. We would adapt our coaching techniques to suit. Things that could be applicable are any shoulder or neck injuries or any muscular complaints in the upper body region.