



Norfolk Archery Coaching Group

The Norfolk Archery Coaching Group is running a series of development days to help improve archers throughout the county.

Norfolk has a strong record of developing some of the best archers in the country and we want this to continue.

The new Development Days will contain structured and informative group sessions, along with individual coaching. All ages, abilities and bow types are welcome to attend.

Dates and venues:

7 th May 2017	Grey Goose Archers -	Blackborough End
11 th June 2017	Wherry Archers -	Filby
23 rd July 2017	Hingham Bowmen -	Scoulton

Times: 10.00am – 1.00pm

Cost: £10.00 per session or book three sessions for £25.00

To register please complete the booking form below and return with payment to:

NACG - 50 Landseer Drive, Downham Market, Norfolk, PE38 9NG

Booking form and guidance:

- All cheques should be made payable to 'Norfolk Archery Coaching Group'.
- No refunds are available for cancellation or non-attendance.
- Tea, coffee and water will be provided.
- A parent or guardian must accompany under 13's.
- Places are limited so please book early to avoid disappointment.
- For further information, email: norfolkcoaching@gmail.com

Please **tick** the session's you would like to attend:

Grey Goose Archers <input type="checkbox"/>	Wherry Archers <input type="checkbox"/>	Hingham Bowmen <input type="checkbox"/>
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Name:		
Address:		
Email:		
Phone:		
Please list any medical conditions:		
Age group:	Senior <input type="checkbox"/>	Junior <input type="checkbox"/>
Bow Type:		
Archery Club:		

Please tick any areas you need assistance with:

Stance <input type="checkbox"/>	Hydration <input type="checkbox"/>
Posture <input type="checkbox"/>	Aiming <input type="checkbox"/>
Bow Hand <input type="checkbox"/>	Fitness <input type="checkbox"/>
Release <input type="checkbox"/>	Equipment <input type="checkbox"/>
Shot sequence <input type="checkbox"/>	Goal setting <input type="checkbox"/>
Nutrition <input type="checkbox"/>	Other (please stat <input type="checkbox"/>