

Hello ?

On Sunday morning, 27<sup>st</sup> January 2019 there will be a free "Come and Try Archery" session in the Tudor barn at Bretons (RM13 7LP). This will start at 9.30am and continue until around 12.00 noon. People can therefore arrive at any time between 10 o'clock and 11.30am and still get some shooting in. All the equipment necessary will be available and there will be one-to-one coaching.

Following that free session, we'll be running our next course of instruction over the next three Sunday mornings, 3<sup>rd</sup> February , 10th February and 17th February 2019. The sessions in the Tudor Barn at Bretons (RM13 7LP) will commence at 9.30 and finish around 12 o'clock.

At the end of the course you will have been introduced to Archery and know how to prepare and shoot an Olympic style recurve bow, be aware of the rules of safe and considerate shooting (Archery is a very safe sport because of them). All the equipment necessary is supplied and when the course has been completed satisfactorily, you will receive a certificate of proficiency which should enable you to become a member of any open Archery GB Club (although we'd probably prefer it if you joined us!).

The course costs £50 for those over 18 years of age and £25 for those younger. Cheques should be made payable to the "Bowmen of Ardleigh" and either in advance, sent to Mrs. J. Watchman, 9, Bowden Drive, Hornchurch, RM11 3UP, or at the free "Come and Try" session. If (or when) people join us the course fee is credited against our membership and affiliation fees. We have limited spaces on the course so do let me know as soon as possible if you'd like to attend. We don't usually instruct young people much under the age of 10 years but that does not prevent those who are younger attending the "Come and Try".

We have an extensive range of equipment for new members to use so there's no pressure to buy any equipment. We do actively try to delay people spending anything much at first as what's right for someone when they begin Archery can be wrong within just 2 or 3 months. We have equipment that's very light to shoot at first so a good technique can be developed and enable progression to heavier draw weights to reach longer distances safely.

Do let me know if you'd like to attend the free "Come and Try" session or book in advance for the course and places on either will be reserved for you. If you do have any questions in the meantime I'll try to answer them.

Best wishes

Michael Bell  
Hon. Secretary, The Bowmen of Ardleigh