



# Wymondham Archers

Welcome to the outline of your Beginners Course. The course falls into two distinct phases - acquisition followed by application of skills. Like much in Archery there is quite a bit of acquisition, prior to application.

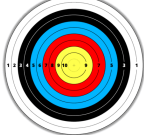
The course has a PASS/FAIL element. Archers unable to grasp the Phase I element will not be put forward towards Phase II. Coaches have autonomy and authority to refer the Beginner back to the start of Phase I at the end of this phase. Most people move on to Phase II at the end of Phase I.

We consider a simple ABC approach to our efforts in enabling you to enjoy your Archery, your Club and the space we have created.

<b>A</b>	<b>Autonomy:</b> We work to ensure that you are able to work out your own Archery difficulties. But we don't leave you stranded. We have support for you following your course with further coaching as you need it.
<b>B</b>	<b>Belonging:</b> Knowing who to turn to, how to find your way around is very important to us. We have Club sessions as well as free sessions all the time and encourage you to join in.
<b>C</b>	<b>Competence:</b> By providing coaching as you go along we can ensure that you will continue to grow into your Archery. You can gain insight into how your kit works, indeed how you work as well as learning about other Archery issues.



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<b>Phase I - Minimum of 3 Sessions.</b>	<b>The Archer Understands and is able to describe and demonstrate</b>
Acquisition of Skills - Range Safety	<ul style="list-style-type: none"><li><input type="checkbox"/> Shooting line - Where you shoot from</li><li><input type="checkbox"/> Waiting line - Where you leave your kit</li><li><input type="checkbox"/> Spectator line - Where everyone else is</li><li><input type="checkbox"/> Target line - Where you shoot to/ where the targets are</li><li><input type="checkbox"/> Role of Field Captain - Managing H&amp;S</li></ul>
Acquisition of Skills - Shooting Safety	<ul style="list-style-type: none"><li><input type="checkbox"/> Fast/ Stop - In an Emergency to stop.</li><li><input type="checkbox"/> Come Down - For Tuition Purposes.</li><li><input type="checkbox"/> Verbal commands - Used at Wymondham Archers</li><li><input type="checkbox"/> Whistle and Hooter commands - Used at many Clubs</li><li><input type="checkbox"/> Arrow collection - Safe method - Always be Cautious</li><li><input type="checkbox"/> Spatial awareness - Being aware of others</li></ul>
Acquisition of Skills - Personal Safety	<ul style="list-style-type: none"><li><input type="checkbox"/> Appropriate clothing including footwear - Closed toed shoes or trainers</li><li><input type="checkbox"/> Finger sling - You can use a lace</li><li><input type="checkbox"/> Arm Bracer - Essential protection</li><li><input type="checkbox"/> Tab - Essential protection</li><li><input type="checkbox"/> Warm Ups/ Cool Downs - Essential practice</li></ul>
Acquisition and Application of Skills - Equipment	<ul style="list-style-type: none"><li><input type="checkbox"/> Assemble/ dismantle Bow - Taking your time - understanding what goes where</li><li><input type="checkbox"/> String / de-string Bow - Always use the Stringer</li><li><input type="checkbox"/> Check equipment for damage - Limbs, String, Bolts, Arrows, Tab, Finger Sling</li></ul>
Acquisition and Application of Skills - Shooting your Bow 	<ul style="list-style-type: none"><li><input type="checkbox"/> Barebow finger position and reference</li><li><input type="checkbox"/> Point of Aim (POA)</li><li><input type="checkbox"/> Freestyle finger position and reference</li><li><input type="checkbox"/> Reference Points (Anchor)</li><li><input type="checkbox"/> Setting up a sight</li><li><input type="checkbox"/> Shooting Etiquette</li><li><input type="checkbox"/> Scoring</li></ul>



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Phase II - Minimum of 1 Session.	<b>This phase is designed to enhance the skills learned in phase I</b>
Application of Skills - Embedding Skills and being part of Wymondham Archers.	<ul style="list-style-type: none"><li>● Setting up your equipment solo.</li><li>● Shooting with other Archers (this may be the coach)</li><li>● Introduction to other bow types</li><li>● Resolving own difficulties</li></ul>
Nurturing Archery and being part of Wymondham Archers.	<ul style="list-style-type: none"><li>● Discussed with Archer, Club Sessions.</li><li>● Discussed with Archer, how to access more coaching.</li></ul>
Empowering the Archer and being part of Wymondham Archers.	<ul style="list-style-type: none"><li>● Archer is introduced to other activities found at Wymondham Archers.</li><li>● Archer is encouraged to take part in other activities found at Wymondham Archers.</li></ul>
The Autonomous Archer	<ul style="list-style-type: none"><li>● Taking the time to find out about Clubs around the UK.</li><li>● Discussing what our Affiliating Body does.</li><li>● Know where to go for more help on Archery matters, including enhanced coaching, tournaments and equipment.</li><li>● Confirming where all the facilities are at Wymondham Archers Archery Ranges.</li></ul>

After your beginners course you will be encouraged to become part of Wymondham Archers Club.

We will be asking for a little feedback at the end of your course. Or you can provide it [here](#).

We have more resources on our website that you can review at any time. Your coaching coordinator is contactable via an email link [here](#).

Good luck with your Archery

Lead Coach: Wymondham Archers