**Noak Hill Archers**

**Beginners Archery Courses and Continued Archery Training**

***Introduction***

It is the aim of NHA to provide as much training as possible to all levels and all disciplines within the experience of the club. To ensure that any coach/mentor can maintain their own level of archery and enjoyment there are certain provisos that must be adhered to. Date and time of tutoring must be agreed by both parties. Ad-hoc tutoring is at the discretion of the tutor and would normally be limited to a short period of watching and discussion on possible remedies to any given problem. The archer seeking advice should practice the recommended training regime for the agreed period before returning to the tutor. NHA will provide the appropriate archery equipment during the training courses and for a further period not exceeding eight weeks should the trainee become a member of NHA. Although two courses are included it is strongly recommended that new beginners to archery initially enrol on the target course to obtain a reasonable degree of competency and accuracy. Any beginner or indeed experienced archer wishing to join the field archery then they can proceed to the modules set out by the NFAS and NHA where the tutor may disregard any overlapping course work but the assessor will include all modules set out in the field curriculum.

***Beginners Course – Target***

The course will last for a period of three to four weeks depending upon the pupil and at a time and date stipulated by the coach. The course will normally take place on a Saturday morning between 10.30 am 12 noon and may also extend to one evening during the week subject to weather conditions. At the end of the course the trainee will be assessed as to their competency and safety by a different tutor. T he course content will be in accordance with GNAS recommendations and NHA curriculum .

***Beginners Course – Field***

An intensive and in depth NFAS/NHA syllabus which can extend over a period of six weeks. The course is run on Saturdays only for a duration of not less than two hours on each day. At the end of the course there is a written test and assessment. Applicants must hold a temporary NFAS membership to enrol in this course.

***Bows & Equipment***

Prior to the beginner purchasing his own equipment he should first decide what style of shooting they would enjoy most. A wealth of experience exists at NHA and the beginner should seek advice prior to making a purchase. This also applies to arrows, arm bracers etc. Bow tuning guidance should be sought from a member of the teaching council to ensure the best performance possible.

 Should any member require assistance with string making or arrow construction this can be undertaken on a one to one basis or by in-house lectures depending on the amount of people interested.

***Continued Archery Training (Beginners)***

The standard practice in most archery clubs is to leave members who have recently completed a beginners course to their own devices which can often lead to the new member somewhat ostracized, resulting in poor archery form and lack of enjoyment. It is strongly recommended that all experienced archers are alerted to this problem and suggest to the new member that he discusses his archery techniques with a member of the coaching committee or indeed offers his own advice . In this way the new member will not feel that he is not part of the club. This method of continued training does not require a great deal of time as the experienced archer can make his recommendations and the new member can practice his revised archery form over a set period of time.

***Continued Archery Development (Experienced Archer)***

Irrespective of the archers ability he may consider that the shot does not feel correct or that his performance has diminished. The use of computer software “Dartfish” is available to club members under the guidance of a NHA coach assistant. This programme will show slow frame by frame images of the archers form enabling corrections to be made to his technique. Alternatively the archer may seek and request that another archer observes his technique at times to be agreed.

***Bow styles***

NHA has experienced archers in the following disciplines: Sighted recurve, sighted compound, barebow string and face walking, unsighted compound, instinctive shooting and longbows. For other more unusual forms of archery it is suggested that advice is sought from the Essex Guild of Coaches.

***Associated Documents***

This guide should be read in conjunction with “Noak Hill Beginners Manual” for target archery and NFAS (National Field Archers Society) Beginners Work Book.

***Participating NHA Members***

 **Target (GNAS) Field (NFAS)**

Keith Willett Dennis Oates

Richard Green Richard Green

Dennis Oates Tony Wells