

**DO YOU WANT TO IMPROVE YOUR ARCHERY?**

**ARCHERS OF ALL AGES, DISCIPLINES AND STANDARDS WHO HAVE THEIR OWN EQUIPMENT ARE WELCOME TO ATTEND THE DEVELOPMENT SQUAD.**

**TO BE HELD AT UNDERWOOD LEISURE CENTRE, UNDERWOOD, LANGSTONE, NEAR NEWPORT, SOUTH WALES. (OFF THE A48)**

**DATES: JANUARY 16, FEBRUARY 20 AND MARCH 20 2011.**

**TIME: ASSEMBLE AT 1.45PM TO START AT 2.00PM TILL 5.00PM.**

**COURSE CONTENT: PERSONAL COACHING WITH THE USE OF COMPUTER ANALYSIS TECHNOLOGY.  
MAINTENANCE OF EQUIPMENT.  
BOW TUNING.  
DEVELOPING BODY AWARENESS / FITNESS.**

**ORGANISER & LEAD COACH: DENISE DAVIES, FORMER BRITISH INTERNATIONAL ARCHER & COUNTY COACH ASSISTED BY A TEAM OF EXPERIENCED GNAS COACHES/ARCHERS.**

**COST OF THE COURSE: £25.00 PAYABLE BY THE 12 DECEMBER.**

**APPLICATION TO: DENISE DAVIES, 16 GRISEDALE CLOSE, PENYLAN, CARDIFF. CF23 5NX. TEL: (029) 20484509.**

**PLEASE MAKE YOUR CHEQUE OR POSTAL ORDER PAYABLE TO: SOUTH WALES COACHING GROUP.**

**JUNIORS MUST BE ACCOMPANIED BY AN ADULT.**

**ENTRY FORM:**

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**DEVELOPMENT SQUAD**

**NAME: (MR,MRS,MISS,MS.).....**

**ADDRESS:.....**

**POSTAL CODE:..... E MAIL.....**

**TEL. NO:.....**

**PLEASE CIRCLE: COMPOUND/RECURVE/BAREBOW/LONGBOW**