

Archery

Sat Sept 16 & Sun Sept 17

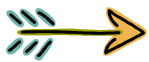
Sat Sept 23 & Sun Sept 24

Mad River Hospital Field

(3800 Janes Road, Arcata)

Fifth Grade and Up

\$5.00 per session.



Beginner Session

Designed for girls who have either never participated in archery or who have had very minimal instruction. Girls will learn the fundamentals of range safety, proper stance and basic shooting skills. (If you attend the first clinic as a beginner, you can then attend Open Sessions)



Open Sessions

Designed for both the girls who have a grasp of the fundamentals and those who have more developed skills. The focus will be on coaching and practice. For intermediate archers, we will concentrate on achieving good groupings with a focus on improving body stance, consistency in anchoring, proper release technique and safety.

For more advanced girls, the focus will be on achieving more consistent arrow placement. They will learn to observe and understanding arrow patterns. Learn about the body mechanics of archery, the role of different muscles and how to mindfully set up the perfect shot. Both compound and recurve bows will be available and for those that are ready, we will begin to introduce sights, stabilizers and finger slings.



Archery Badge

By attending two or more sessions you can earn the Cadette level Archery Badge. You must sign up in advance for the badge and there is an additional cost of \$5.00 which covers the cost of the badge and the materials.

WHAT TO WEAR & BRING – Event is outdoors so dress for weather

- Sturdy closed toe shoes
- Long pants, Sweat Shirt or Jacket
- Sun Screen (Just in case)
- Water bottle
- Hair tied back
- Positive Girl Scout Attitude

Questions call Cheryl 839-3714 or email info@redwoodgirlscouts.org

ARCHERY REGISTRATION

- Please indicate which sessions you plan to attend. (select only one session per day)
- Your daughter must bring with her a copy of her GS Health History Form.
- Sign up for only ONE session on the same day.

Sat 9/16		Sun 9/17	
<i>Select one only</i>		<i>Select one only</i>	
Beginner 10:00 – 12:00		Open Session 10:00 – 12:00	
Open Session 12:30 – 2:30		Open Session 12:30 – 2:30	
Open Session 3:00 – 5:00			
Sat 9/23		Sun 9/24	
<i>Select one only</i>		<i>Select one only</i>	
Beginner 10:00 – 12:00		Open Session 10:00 – 12:00	
Open Session 12:30 – 2:30		Open Session 12:30 – 2:30	
Open Session 3:00 – 5:00			

PAYMENT:

Please make checks payable to **GIRL SCOUTS**

Sessions ____ x \$5.00 = _____

Badge(optional) \$5.00 _____

Mail with completed form to:

1635 Prairie Hawke Ave
McKinleyville, CA 95519

TOTAL _____

Girl Name _____ Troop # _____ Grade _____

Email Address _____ Phone # _____

Name of Parent/Guardian _____

Number where Parent/Guardian can be reached during event. _____

PARENT/GUARDIAN PERMISSION: The girl named above has my permission to attend the Archery session(s) at Mad River Hospital on one or more of the following days 9/16/17, 9/17/17, 9/24/17, 9/25/17 and to participate in all phases of the activities. She is in good physical condition. I give my permission for her to receive emergency first aid, medical or surgical treatment and to be hospitalized if necessary. I also give permission for photographs of our daughter to be used by Girl Scouts of Northern California for promotional purposes.

Signature of Parent/Guardian _____ Date _____