

## **Archery Weekends**

Sat Sept 11 & Sun Sept 12 Sat Oct 9 & Sun Oct 10 Derek's House (1635 Prairie Hawke Court, McKinleyville)

Fifth Grade and Up \$5.00 per session.



**Open Sessions** (open to all girls including beginners)

Designed for all girls from the first time Archer to girls who have developed skills. Beginners will learn the fundamentals of range safety, proper stance and basic shooting skills.

Intermediate archers will concentrate on achieving good groupings while focusing 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 understand 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 used and for those that are ready, we will begin to introduce sights, stabilizers and finger slings.



## \*\*\* Cadette Archery Badge

Girls who wish to earn their archery badge may do so by attending two sessions over these weekends. They will receive additional instruction on equipment care, terminology, archery history and gear maintenance. They will also complete an archery workbook. To receive the badge, you MUST sign up in advance (additional cost \$5).

## 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



## **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.

Sat 9/11/2021	Sun 9/12/2021	
Select one only	Select one only	
Beginner 11:00 – 1:00	Open Session 11:00 – 1:00	
Open Session 2:00 – 4:00	Open Session 2:00 – 4:00	

Sat 10/9/2021		Sun 10/10/2021	
Select one only		Select one on	
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:	Sessions	x \$5.00 =
Mail with completed form to:		
1635 Prairie Hawke Ave	Optional Badge (\$5.00)	
McKinleyville, CA 95519		
Please make checks payable to <b>GIRL SCOUTS</b>	<b>TOTAL DUE</b>	
Financial aid is available		
Girl Name	Troop #	Grade
Email Address	Phone #	
Name of Parent/Guardian		
Number where Parent/Guardian can be reached durir	ng event.	

**PARENT/GUARDIAN PERMISSION:** The girl named above has my permission to attend the Archery session(s) at 1635 Prairie Hawke Ct on 10/11,10/12, 10/9 and/or 10/10 2021 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
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