



**ARCHERY SEMINAR & WORKSHOP
IN MONTROSE**

***For All Levels - from Beginner to Commonwealth & Olympic Level
For Coaches & Archers, Adults & Juniors***

October, 4th-5th 2008

Run by

Lana Needham (UK) – Scottish, Northern Ireland, Wales National Senior Squad Director & Coach-Consultant. Gold European Team Medallist 2006. British and Scottish National Indoor and Outdoor Champion.

Guests

Jay Barrs (USA) – Olympic Champion 1988 in Seoul, World Field Champion, US National Indoor, Target and Field Archery Champion

Janet Barrs (USA) – Eight time USA National Field Champion and World Field Bronze Medalist

Simon Needham (UK) – Scottish, Northern Ireland, Wales Development Squad Technical Consultant. Silver European Team Medallist 2004. Represented Great Britain in Sydney Olympic Games 2000. British and Scottish National Indoor and Outdoor Champion.

Quicks Archery Specialist – will be presented in the Seminar

Quicks

Programme for the Weekend Saturday, 4th October 2008

9 15 – 9 30	Introduction
9 30 – 11 00	Presentation by Jay & Janet Barrs - “Basic Form”
11 00 – 11 10	Break
11 10 – 12 30	Presentation by “ <i>Quicks Archery Specialist</i> ”
12 30 – 13 15	Lunch
13 15 – 14 30	Presentation by Lana Needham “The Roles of the Vitamins & Minerals in our Archery and Life”
14 30 -17 00	Workshop with Jay, Janet, Lana & Simon. <i>Video camera available.</i>
19 00	Dinner (please, see the list of restaurants and contact address below).

Sunday, 5th October 2008

9 15 -9 30	Introduction
9 30 – 11 00	Presentation by Jay & Janet Barrs - “Aiming”
11 00 – 11 10	Break
11 10 – 12 30	Presentation by Jay & Janet Barrs – “Field Shooting Techniques”
12 30 – 13 15	Lunch
13 15 -17 00	Workshop with Jay, Janet, Lana & Simon. <i>Video camera will be available.</i>
17 00	Departure

Fee: Adults - £50 for two days, £30 for one day.
Juniors -£20 for two days, £12 for one day.

Please, make check payable to “**Links Archers**” and send to:
Links Archers
21, Palmerston street
Montrose
DD10 8HR
Scotland

All Entrees to be received by 30th September 2008 please.
No refunds.

Please, book your place earlier, only limited spaces.

Please, enclose an envelope size 22 cm x 11 cm or 23 cm x 16 cm with correct stamp, name and address. We will send your tickets by return of post.

During the Seminar & Workshop Video Camera will be available for filming the Archers. If you want to be filmed, please, write your name on the spreadsheet on the notice board on your arrival.
DVD will cost £2-00

Photography

In view of the provisions of the GNAS Protection of Children and vulnerable Adults Policy, Those who wish to take photographs at this event are to register with the Seminar Organiser on arrival. No unauthorised photography will be permitted.

Event will take place in:

Montrose Sports Centre
Marine Avenue,
DD10 8TR
Montrose
DD10 8TR
Angus
Scotland
tel. 01674 676211

Map link: <http://www.multimap.com/map/browse.cgi?pc=DD108TR&scale=10000>

If you will have any questions, please, contact Lana Needham
e-mail: simonsneedham@hotmail.com

Sports Centre Canteen will be open during the weekend.
You will be able to order Lunch – Soup, Sandwiches on rolls or bread, snacks, sweets and chocolate, soft cold and hot drinks . Please, pre-order your lunch with your entree form.

RAFFLE

A Raffle will be held on the Saturday to help raise funds to support the event. Donations of Prizes are welcome.

Archery Seminar and Workshop in MONTROSE 4-5th of October 2007

	Name	Club	Rec./Comp.	Saturday	Sunday	Both	Lunch (if Yes tick the box)
1							
2							
3							
4							
5							
6							
7							
8							
9							

Name & Contact address or e-mail:

Please, make your cheques payable to Links Archers and send to:
Links Archers
21, Palmerston Street
Montrose
DD10 8HR
Scotland

If you would like to buy the book "Archery - the Art of Repetition" or DVD "Archery in Action" by Simon Needham, please, specified how many copies you would like to buy.

Book

DVD

You will be able to order Lunch in the Sports Centre. Please, see the "Lunch form".
Adults - £50 for two days, £30 for one day.
Juniors -£20 for two days, £12 for one day.

For any further information, please, contact Lana Needham direct: simonsneedham@hotmail.com

Lunch form

Name		Quantity
Tuna		
Tuna Mayonnaise	Sandwich	
Tuna Mayonnaise	White Roll	
Tuna Mayonnaise	Brown Roll	
Tuna Mayonnaise & Salad	Sandwich	
Tuna Mayonnaise & Salad	White Roll	
Tuna Mayonnaise & Salad	Brown Roll	
Cheese		
Cheese		
Cheese and Tomato		
Cheese and Pickle		
Cheese Slice		
Cheese Slice & Tomato		
Cheese Slice & Pickle		
Ham		
Ham	Sandwich	
Ham	White Roll	
Ham	Brown Roll	
Egg		
Egg	Sandwich	
Egg	White Roll	
Egg	Brown Roll	
Chicken		
Chicken & Salad	Sandwich	
Chicken & Salad	White Roll	
Chicken & Salad	Brown Roll	
Hot Dog		
Hot Dog		
Soup		
Cup Soup & Bread <i>Mushroom</i>		
Cup Soup & Bread <i>Chicken</i>		
Cup soup & Brad <i>Vegetable</i>		

Name(s):

Also, Tea, Coffee, Hot Chocolate, Chilled carton drinks, Chilled canned drinks, fresh fruits, Chocolate bars, Crisps, Confectionery

Rolls and Sandwiches - £1-25 - £1-50

Soup - £0-60 - £0-90