

About the Lethbridge Bowbenders Archery Club

The Lethbridge Bowbenders Archery Club was established in the early 1970's and includes members who are experienced, beginner and novice archers.

Mission Statement

To provide a safe shooting environment

To promote archery to junior and senior archers

To provide a facility for the education and training of archery coaches

To grow the sport of Archery

Programs Offered

Junior archery programs

Archery leagues

Individual archery lessons

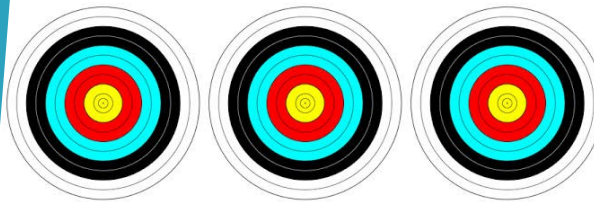
Coaching courses

Instruction for youth groups

For more information please contact:

Email: lethbridgebowbenders@gmail.com

All of our coaches are volunteering their time so we ask that all parents and participants treat the coaches with respect.



www.lethbridgebowbenders.com



Junior Archery Program



Lethbridge Bowbenders
Archery Range

#545-30th Street N.
Lethbridge

About the Junior Program

The Lethbridge Bowbenders Junior Program is run under the guidelines of the Archery Canada Canbow Program and the Long Term Archer Development Program. These programs were developed to provide archers with the necessary skills to progress in the sport.

The Canbow Program is designed to teach the archers techniques of shooting a bow as well as the rules of safety and etiquette in the sport. The archers are taught the ten shooting steps and technical information about the equipment used.

As the archers progress in skill, they earn badges that they can adhere to an Archery Canada Poster. Beginners shoot from 10 meters to ensure success. After they earn the first four badges by achieving specific scores and relating technical knowledge, they move back to shoot at 15 meters. The next four badges are earned at this distance. When these badges are achieved they move back to shoot at 18 meters which is the distance that indoor target events are shot from.

The coaches follow specific lesson plan formats. Technical information is incorporated while the archers do exercises to warm up the muscles they will be using. As the archers shoot, the coaches will give technique advice to the group as well as to individuals. The coaches will attempt to spend an equal amount of time with each archer.

About...

The archers will be encouraged to ask and answer questions during the program.

There will be three sessions per season from September to March. Registration will be limited in the number of archers per session. We will accept five archers per coach. Girls and boys will be accepted into each class.

Costs

Beginners & Intermediate

First Session Attended / season	\$200
Subsequent Sessions in the same season	\$150

What is Included:

- * Association Fees
- * Equipment Rental
- * Instruction, Coaching & Materials

Advanced

First Session Attended / season	\$150
Subsequent Sessions in the same season	\$100

What is Included:

- * Association Fees
- * Instruction, Coaching & Materials

Session Dates

Beginners– Tuesdays 6:00-7:00 p.m.

Session #1	September 6, 2022 to October 25, 2022
Session #2	November 1, 2022 to December 20, 2022
Session #3	January 3, 2023 to February 21, 2023

*New participants who have not completed prior junior archery sessions with the Lethbridge Bowbenders

Intermediate– Tuesdays 7:30-8:30

Session #1	September 6, 2022 to October 25, 2022
Session #2	November 1, 2022 to December 20, 2022
Session #3	January 3, 2023 to February 21, 2023

*Returning participants who have completed a prior junior archery session with the Lethbridge Bowbenders

Advanced– Thursday 6:30-8:00 p.m.

Session #1	September 8, 2022 to October 27, 2022
Session #2	November 3, 2022 to December 22, 2022
Session #3	January 5, 2023 to February 23, 2023

*Participants must shoot recurves or compound with sights and be able to shoot at 18meters.

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