



The sport of Archery demands precision, focus and perseverance – values that have resonated throughout the ages. It gives us a moment of calm, a peace, the chance to pause and the opportunity to leave worries behind the shooting line.

Archery teaches patience, precision, and focus in a world of everything needs to be done right away. This sport helps you to manage the many distractions. Archery is not only important for the mind; it encourages physical fitness, strength, and coordination, which are all good for our wellbeing.

This sport allows you to quiet the mind while moving the body. It knows no boundaries of age, gender, ability or background. Everyone is welcomed on the range.

Archery creates shared experiences and life-long friendships between the generations. It's about fun, about dedication and determination. From that first arrow, it builds communities and gives people something to aim for. It's a sport driven by passion.

It only takes a single moment to become an archer. You may hold a bow for the first time at summer camp, experience it at a birthday party, team building session or watch archery on television and decide this is a sport you want to try. You may be five years old, or fifty, but the essential thing is that the first exposure to archery provides challenge and enjoyment because it's FUN.

**Fun is the basis for a lifetime in sport, a process of life-long development which is captured in the Long-Term Archer Development Model. (LTAD)**

The LTAD model groups the seven stages into a framework of Shoot for Fun, Shoot to Excel and Shoot for Life.

- Shoot for Fun represents the entry into the sport, up to and including the Learn to Shoot stage.
- Shoot to Excel represents the development towards a competition path as far as the archer wishes to go.
- Shoot for Life reminds us that the archer can remain active in the sport for a lifetime, through recreational competition, other forms of archery, and as a coach, official and sport leader.

Ready to experience a sport that develops your physical and mental abilities, come and try archery.

