

Y- NASP Archery Values

Sport/physical recreation is a great medium in which we can all learn skills that can be used in everyday life. In all sessions throughout the Y-NASP Archery programme we aim to encourage cooperation, teamwork and sportsmanship amongst the students. The YMCA strives to guide students to follow the YMCA's values of Caring, Respect, Honesty and Responsibility, not only towards others but also in themselves. Above all we encourage all students to develop in BODY, MIND & SPIRIT.



Registration essential
Programme starts in April
Tuesday 4 - 5pm



YMCA Community Development

77 Tay Street, Invercargill
Phone: (03) 218 2989 ext 5
Email: lophuis@ymca.co.nz



YMCA
ARCHERY
CLUB



Taken by one of
our six qualified
NASP instructors

Laura, Riki, Mark, Simon or
Bill



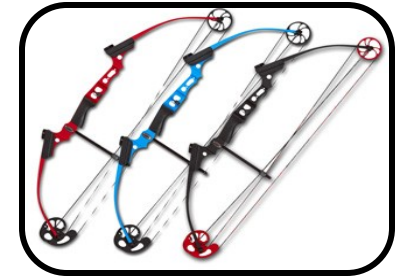
YMCA-NASP ARCHERY CLUB

The Y- NASP Archery is a new initiative to Invercargill based on a hugely successful American programme the National Archery in the Schools Programme (NASP). This programme was designed to teach International style target archery in physical education classes. Its core content covers archery history, safety, technique, equipment, mental concentration, core strengthening physical fitness and self-improvement.

Students shoot at 80 cm bulls-eye targets placed before an arrow curtain in our gymnasium. Equipment used is state-of-the art and designed to fit every student.

The Concept

Participants learn the basics to archery shooting through the 11 steps to archery success. This is first taught with a string line to help you practice and to get a feel for the archery stance and draw. Once the 11 steps have been taught the students are taught the four whistle commands and the range lines and setup. Students practice following the commands using the String Bow. This is an opportunity to prove to the instructor they have learnt these commands before using the real bows and enjoying the challenge of target shooting.



Genesis Bow

Kids can't outgrow it - because there is no specific draw length requirement.

It's easy to shoot - because the draw length is always right, the beginning archer won't develop bad habits caused by an ill-fitting bow.

Perfect for schools, clubs, organizations - no need to worry about draw length and lengthy tuition.

Built to last - durable and tough, these bows can take the punishment that multiple shooters can dish out.

Prices:

Ages 7-18

Casual \$5

Enroll Now for Term 2

\$50 per term

