

## Saturday 11<sup>th</sup> Feb – Colts Coaching Session

Today's Colts session in numbers...the calculation:

11 Colts + 11 coaches/adults + 1 flat bow + 4 compound bows + 9 recurve bows + 54 arrows + 5 bosses + 24 pizza slices + 54 sausages + 40 chicken nuggets + 12 mini rolls + 12 packets of crisps + 2 packs jaffa cakes = fab afternoon shooting, team bonding and learning new techniques.

Today some of the Colts escaped the cold weather to come together to hone their skills and, thanks to the recent Boost funding from Archery GB, try some new bow styles. It was fantastic to see so many of the Colts brave the cold weather to meet up for one of our regular team bonding sessions. The juniors shot throughout the afternoon with the majority of the squad shooting recurve. Throughout the session however, they got the chance to try out the new American flat bow as well as compound shooting. The session culminated with a shoot-out using the flat bow for prizes kindly donated by one of the members.



Refreshments were also aplenty...as mentioned above...although I'm sure I've missed out some of the items available as the swarm of locusts had devoured the lot before I even got a look in!

We look forward to next session. Many thanks to all of the coaches who kindly gave their time and to the parents who came along to support their children.

Russ  
Junior Rep