



How do I get into Archery?

Beginners' Courses

You will need to complete a beginners' course before you can apply to join a club. Courses are run by clubs and archery shops.

Abbey Bowmen's Course

We run two or three courses a year (next one is 22nd June to 13th July). They are the Archery GB recommended length i.e. 12 hours (4 sessions x 3 hours). The course costs £75 with all the equipment supplied. If you then join the club, equipment can be borrowed at no extra cost. When you are ready to buy a bow, coaches will give you advice on what equipment to choose. (Please don't buy before you do a course!)

We teach juniors and adults together, so it is perfect for a family activity. We usually take juniors from age 8 if they are mature enough to take instruction, can draw a bow and can behave safely.

Please visit www.abbeybowmen.org/Beginners for details on our courses and to sign up for our interest list.

Alternatively below are a couple of QR codes which take you directly to our interest list and details of our next beginners' course.

Interest List



Beginners' Course





Abbey Bowmen **Archery Club**

Archery for Everyone

We have members from all backgrounds, ages, and capabilities. There are those who just want to shoot a few arrows for fun, enjoy the odd picnic and after shooting social events, and those who shoot competitively (we have county and national champions in our ranks). We support those who need a little extra help to ensure everyone has the opportunity to participate in the sport we all enjoy.

Different Types of Archery

The club supports many archery styles and disciplines. We have archers who shoot the main bow types namely recurve, compound, longbow, barebow and flatbow. You have the opportunity to shoot the archery disciplines of target, field, clout, and wand. We are one of the few clubs in the area who have a ground big enough to shoot clout archery (shooting at a flag between 80m and 185m away).

Challenging Yourself

There are numerous ways members can challenge themselves with their archery. There are various individual awards members can obtain designed for both adults and juniors. You can compete at different levels of competitions from very informal club competitions, friendly inter-club shoots, postal leagues (individual and teams) to more formal tournaments at county, regional and national level. The club will support you in whatever level of archery you wish to participant. This is helped by us having a number of coaches include one who is actively involved in Archery GB's development programme for the next generation of international archers

Where do we shoot?

The club shoots three times a week throughout the year. We have two indoor venues and one outdoor venue located close to the centre of St Albans. During the winter months we shoot at Sandringham School and Loreto College, during the summer we shoot at Verulam School Sports Field.

If you are considering taking up archery then please come and talk to one of our existing members. They will be more than happy to answer any questions you may have.

Website: www.abbeybowmen.org

Facebook: www.facebook.com/Abbey-Bowmen-St-Albans-UK-510250426121075
(Search for Facebook Abbey Bowmen St Albans)

Email: chair@abbeybowmen.org

Phone: 0333 332 0378 (charged at the same rate as 01 and 02 numbers)