

National Training Seminar at Ace Archers, Inc.

National Training Seminar is about the USA Archery standard archery form, currently this is the KiSik Lee Shot Cycle taught by Coach Tom Herrington. The seminar are held on 10/2/2011, 1/29/2012, and 4/29/2012 from 9:00 AM to 5:00 PM. This is the archery form we teach in our shop. Everyone is welcome. We will be discussing every step of the shot cycle:

Posture and Stance	Anchor
Nocking the Arrow	Transfer
Grip & Hook	Holding
Set & Mindset	Expansion and Aiming
Set-up	Release
Draw	Follow Through
Loading	Breathing, Timing and Rhythm

Please bring your archery equipment, but you may use our range Recurve equipment if you do not have any, your stretch band (available for purchase), finger sling and finger tab. If you are a compound release archer, please bring a string bow instead of a stretch band and your release

You must register for the seminar one week before the seminar. The seminar will be held if there are at least 3 attendees. This course is free. Registration forms are available here.

DIRECTIONS:

Rt. 495 North exit 12 onto Rt. 140 North

Rt. 140 North until you reach the fourth light and take a right onto 106 East.

Continue on 106 East until you pass under a railroad bridge, then at the next light take a left onto North Main St.

When North Main Street forks, take the left fork and go under the railroad bridge.

After the railroad bridge, the road forks again, take the right fork to continue on North Main St.

North Main Street turns into Morse St.

Our building is the large brick factory building on the left. Our door is on the extreme right.

Rte. 495 South exit 12, go right onto 140 North

Rt. 140 North until you reach the fourth light and take a right onto 106 East.

Continue on 106 East until you pass under a railroad bridge, then at the next light take a left onto North Main St.

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Rte. 95 South take exit 7, go onto 140 South

Rt. 140 South until you reach the third light and take a left onto 106 East.

Continue on 106 East until you pass under a railroad bridge, then at the next light take a left onto North Main St.

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Mail registration to:

Ace Archers, Inc.

Phone: 508-697-5647

P.O. Box 174

Fax: 508-718-2015

Foxboro, MA 02035

For questions contact: Tom Herrington – therrington@acearchers.com or 508-697-5647

Sunday, 10/2/2011, 1/29/2012, 4/29/2012 9:00AM - 5:00 PM
Ace Archers, Inc. 131 Morse St., Foxboro, MA 02035

National Training Seminar at Ace Archers, Inc.

National Training Seminar on (circle one) 10/2/2011 1/29/2012 4/29/2012

Name: _____

Address: _____

City: _____ State: _____ ZIP: _____

Email: _____

Consent and Waiver Form for participation in the National Training Seminar

Please Read Carefully Before Signing:

In consideration of my involvement in the National Training Seminar, I acknowledge and agree to the following:

- 1) I risk bodily injury, including paralysis, dismemberment and death, as well as loss or damage to personal property.
- 2) I knowingly and freely assume all risk, and I, for myself, and on behalf of my heirs, assign, and next of kin, hereby release, agree to hold harmless and promise not to sue Ace Archers Inc., their officers, directors, facilitators, coaches, agents, and/or employees, and other participants, with respect to any and all injury, paralysis, dismemberment, and/or loss or damage to personal property from this date forward to the end of time, except that which is resultant from gross negligence and/or willful or wanton misconduct.

HEREBY AGREED:

PARTICIPANTS' SIGNATURE: _____ DATE: __ / __ / ____

PARTICIPANTS' NAME (PRINT) _____

FOR ATHLETES OF MINORITY AGE

(Under 18 years of age at time of participation)

PARENT/GUARDIAN SIGNATURE: _____ DATE: __ / __ / ____

PARENT/GUARDIAN NAME (PRINT) _____

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