

## Fall Competition Class Second Session

The Fall competition class will be held every Monday (in 4 week increments) beginning October 15 - November 5. It will be a four hour class starting at noon and ending at 4pm. It is a long class and will involve intensive shooting, drills, equipment maintenance, games and journaling, to improve specific skills as well as overall form and shot sequence execution.

We will be working as a team helping each other to achieve our goals. We will be learning mental management to help us discipline our minds so that we do not fold under pressure of competition. We will learn discipline (control through training) to help us achieve our goals. This is a very serious and focused class and only for those who are serious about making big improvements in their archery skills. It takes commitment to training in class and practicing outside of class.

Due to the nature of the class and the time involved there will be some supplies that you will need to bring:

Equipment: you must have your own bow and arrows.

Snacks: I will provide bottled water for each class. You will need to provide your own snacks.

Notebooks: You will need a small notebook for notes, equipment diary and

Clothing: Make sure you are dressed comfortably and no baggy shirts, coats etc. Try to wear shoes with a little heel such as sturdy hiking boot, cowboy boots etc.

This will be four, 4 hour sessions with a total of 16 hours of class per session. This is an ongoing class but we will take a 1 week break between sessions with a longer break for Christmas/New Year holidays.

The cost of each session (4 weeks/16hours) is \$320.

Location: Screaming Eagle Archery of Alaska  
210 E. Park Ave, Wasilla 99654

For more information call or text me at (907) 354-0377 or feel free to email me at: [bearpawarchery@gmail.com](mailto:bearpawarchery@gmail.com)

Judy Vanderwilt  
BearPaw Archery Instructions