Calling all Essex & Suffolk Archers and

 Coaches

The Coaching Guild has organised four indoor performance coaching sessions over the winter season.

Sessions will be held at Ockenden Academy (home of West Essex Bowmen) 10am – 2pm on Saturday 9th Nov, 14th Dec, 8th Feb and 14th March

If you would like to be involved, as an archer or as a coach, or you would like more details, please email County Secretary Deb Horn

secretary@ecaa.org.uk