



Find out more by **CONNECTING** with us on social media

If you would like to find out more about archery or Lough Cuan Bowmen, you can look us up on our social media platforms.



www.loughcuanbowmen.org



Instagram - Lough Cuan Bowmen

Twitter - Lough Cuan Bowmen



Secretary@loughcuanbowmen.org

FaceBook - Lough Cuan Bowmen



Connecting with the Community



As a club we host archery 'have-a-go' events for youth, church groups, schools, Duke of Edinburgh Award Scheme, local fairs and corporate events. Contact us if you'd like to know more about this type of activity, or if you are interested in us running an event for your community group/organisation.



Lough Cuan Bowmen run beginners courses for aspiring archers. Our courses are friendly and enjoyable and are designed to teach the basic skills of archery. If you are interested in joining one of our beginners courses please use one of the the links above to find out more information or go direct to the Aspiring Archers page on our web site.



At Lough Cuan we want you to have fun and enjoy your archery and we work hard to create an environment, where young people, from all different backgrounds, will feel safe, valued, and be themselves and can develop their skills and abilities in archery.

VECTOR

BELIEVE
Believe Excel Lead Integrity Empower Value Enjoy



ARCHERY 4 YOU



Lough Cuan

B o w m e n

IMAGINE with all YOUR MIND

BELIEVE with all YOUR HEART

ACHIEVE with all YOUR MIGHT

SHOOT with all YOUR SKILL



Lough Cuan Bowmen ARCHERY

Thinking about taking up archery? You may have seen it in a film, at the Olympic games or you may have 'had-a-go' in school, youth club or a youth organisation. This leaflet will give you some information on what it's like to be a member of an Archery club and how to join.



What do we do?

Our archers practice Field as well as Target archery using different types of bows- Long-Bow, Traditional, Recurve, Compound, Barebow and Instinctive. We have many members who shoot for fun and recreation as well as members who take part in field, target, clout and 3D competitions. Some of our members have represented the club at regional, national and international level, achieving success at Gold, Silver and Bronze level.



A Little Bit About Us

Lough Cuan Bowmen is an archery club in Newtownards, Co. Down. The Club was founded in 1986 and promotes Field and Target archery, alongside other archery disciplines, as a competitive and recreational sport. Archery is an exciting, enjoyable, creative sport, open to all backgrounds, ages, and abilities, and brings them together with the goal of enjoying and developing a passion for archery. Our sport has much to offer, that sense of achievement in hitting the target, the excitement of a competition, the friendship that comes with engaging with others and the sense of belonging from being a member of Lough Cuan Bowmen.



COMPETING

or just for FUN,
whatever,
simply ENJOY
and try YOUR BEST 🎯🎯



What happens at an archery club?

As a club we meet once a week. From May to early September we hold our club night at Ards Rugby Club from 7.00pm to 9.00pm and from September to April we meet indoors in the Blair Mayne Wellbeing & Leisure Complex in Newtownards from 7.30pm to 9.30pm. Club nights are a great opportunity for members to come together in an informal environment and enjoy practice, competitions, catch up with friends and enjoy the craic. When members are not at a club night they will often take part in archery competitions with other archery clubs.



What can archery do for you?

Participation in archery also provides many additional benefits to individuals, supporting physical, social, and mental wellbeing, providing educational benefits and the opportunity to learn and develop new skills as well as important attributes such as teamwork and fair play.

