

Lough Cuan Bowmen **BELIEVE**

As a club we strive to embed a culture of inclusion, diversity, respect, and individual value, centred on 7 core values which we BELIEVE will help to foster an inclusive environment where all members feel valued, respected, and can achieve.

- ➔ Belief
- ➔ Excellence
- ➔ Leadership
- ➔ Integrity
- ➔ Empowerment
- ➔ Value
- ➔ Enjoyment



Our values reflect what is important to us as a club and they help to guide our behaviour and actions in all aspects of our club development.



www.loughcuanbowmen.org



Secretary@loughcuanbowmen.org



FaceBook - Lough Cuan Bowmen



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Instagram - Lough Cuan Bowmen



As a club, we are committed to fostering an inclusive environment, where archers from all backgrounds, and abilities feel safe, valued, and enjoy participating in the sport of archery and can develop their skills, along pathways appropriate to their aspirations and potential.

Find out more by
CONNECTING
with us online



Lough Cuan Bowmen



Lough Cuan Bowmen **ARCHERY**

01 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.

02 Links to the past, but focused on the future

We take our name from the Irish for Strangford Lough which is an area of outstanding natural beauty and scientific interest in County Down. Lough Cuan can be translated as the 'Inlet of the Harbours,' or 'Safe Waters.' The badge with two swans with a crown above set on a field of Royal Blue comes from the legend of Lugaid and Dergbforгал contained within the Courting of Emer.

03 What do we do?

Our archers practice Field as well as Target archery in all bow styles - 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.



“**IMAGINE** with all YOUR MIND

BELIEVE with all YOUR HEART

ACHIEVE with all YOUR MIGHT

SHOOT with all YOUR SKILL”

04 Where do we shoot?

As a club we might 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.

05 Connecting to 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.

06 Thinking of becoming an archer?

Lough Cuan Bowmen run archery beginners courses. Our Beginners 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 click the link below or get in touch via the Contact Us link at the bottom of this page to find out when the next course is taking place.

07 What can archery do for you?

Participation in archery 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.

