**Why J’z Archery Academy?**

J’z Archery Academy is Manawatu based, run by Justin Dittert, an Archery NZ recognised Coach, and Coach of the NZ Archery Youth Squad. Justin also runs the Junior Archery programme at Manawatu Archery Club as a volunteer.

With lots of experience, all archery in schools programmes run by J’z will be appropriate to the age groups in mind.

**How sporty do I need to be?**

One of the best things about archery is that it is suitable for any level of fitness! You will develop upper body strength of course and there is quite a bit of walking to and from the target collecting your arrows, but you do not have to be a sporty person! At J’z Archery Academy we also encourage any students with disabilities to give it a try – Archery is one of the most popular sports at the Paralympics!

**What types of bows can I use with J’z Archery Academy?**

J’z Archery Academy can teach you how to use a recurve bow (the traditional bow used in the Olympic Games) and a compound bow (a faster and more modern type of bow). All beginners start on Recurve bows for the first term.

**How do I book my lessons?**

There is a clear process for booking into J’z Archery Academy lessons:

1. J’z deals directly with your school. You may have received a flyer from your school or attended an Archery Demonstration at your school. Your school will have all the details on how to enrol.
2. Register your interest with your School. You will be sent a link to our online registration page, or given a paper copy.
3. Click the link and complete the registration page. J’z Archery Academy will then confirm with your school the lesson time and you will receive a confirmation email identifying the times for your lessons.

**Do students need any equipment?**

No. J’z will provide all equipment for your term lessons. This will include bow, arrows, arm guards, targets etc.

**Will I be ready for the Olympics after 10 weeks?**

Unfortunately, no.

Archery, like any other sport takes time, practice and commitment to become successful. One term of 10 weeks will be a beginners course. For those wishing to continue, intermediate and advanced lessons will be available in further terms. These lessons will build skills to enable you to compete at local and regional tournaments and in time, national events.

**Can J’z Archery Academy provide the equipment I need if I want to continue archery?**

Yes. J’z Archery Supplies is a local Manawatu business and can help you find the correct equipment suited to you. You can also have a look at our online shop <https://www.jzarcherysupplies.co.nz/>

**How often are the lessons?**

Lessons are held once a week during the school terms. These will depend on the length of the school term, but will ideally be 10 weeks.

**How long are the lessons?**

Lesson length will be 50 minutes. This gives enough time for a compulsory safety briefing, a warm up and then plenty of time to shoot!

**How much do the lessons cost?**

The price for a Term of 10 lessons is $175.00. Lessons are payable on a term-by-term basis and are due by the date identified on the invoice, at least 2 weeks before the term begins.

**What are the ways I can pay for lessons?**

Payment is to be made directly to J’z Archery Academy, or if the school prefers, you will pay the school, who will forward payment to us.

You will be able to pay by Internet Banking or directly to the school.

**How much practise does each student need to do?**

At J’z Archery Academy we suggest beginning students do a high number of short practises. If you do not have your own equipment we still recommend 5-10 mins a day of using a stretchy gym band to ensure your muscles are warm and getting used to the actions used to draw a bow.

Once students have progressed, and want to get their own equipment, then the Coach will give more guidelines on practice times.

**What is the best age to start archery?**

Any age! It's never too late to start and all that is required is a desire to learn. However at J’z we want to encourage young people from the age of 10 upwards to start enjoying this wonderful sport!

**What if I want to continue archery after the first term?**

After the first term is completed, if you wish to continue on from beginner archery lessons, we are offering intermediate and advanced lessons in further terms. It will depend on numbers however, with minimum numbers to be advised.