



ARROWHAWKS ARCHERY ACADEMY

Arrowhawks Junior Training Programme Dates – winter 2018-19

The Arrowhawks Archery Academy brings the best elements from the national Academy training programmes for talent development, and is about development, improvement, performance – however it also about providing a fun, safe and stimulating environment in which the archers learn from the coaches and from each other. It is open to any junior archer under 21, any bow style or discipline.

The programme

This is a phased talent development programme with academy style provision at the upper end.

This means:

- Technical coaching
- Strength and conditioning – appropriate to age and stage – individual programmes
- Equipment advice, set up and tuning
- Competition preparation and simulation
- Psychology support for performing well in different situations and under pressure
- A learning programme – essentials (e.g. equipment care) and progression (e.g. coping with stress, nutrition, bow exercises for strength)

For those ready for performance development:

- Actual competitions
- Each archer having a development programme and a competition schedule
- Training diaries (hard copy or online) to support home and club based training

Arrowhawks Junior sessions			
Oct-18			
Sunday	7th	Haxby	coaching / initial assessments
Nov-18			
Saturday	3rd	Haxby	AM-Sport Psychology workshop PM - coaching/shooting
Saturday	24th	Haxby	Coaching/shooting development plans
Dec-18			
Saturday	8th		Coaching/shooting
Saturday	15th	Haxby	Christmas fun shoot
Jan-19			
Saturday	12th	Haxby	Coaching/Archery Fit/shooting
Feb-19			
Saturday	9th		
Mar-19			
Saturday	2nd	Haxby	