



## ARROWHAWKS ARCHERY ACADEMY



I am pleased to announce that Arrowhawks Archery Academy has been granted AGB Ontarget Performance Club Status.

Our popular and successful Winter coaching and training sessions will start in October through to May with monthly sessions for junior and senior archers of all bowstyles and disciplines.

Winter programmes include:

- Foundation skills and drills to help develop good form
- Strength and conditioning to ensure fitness for Archery
- Equipment and technique analysis
- Technique development to an individual plan
- Support for developing a training and competition plan
- Workshops on sport psychology, nutrition, fitness training

An open session is available on Saturday 31<sup>st</sup> August at York Bird of Prey Centre, Tollerton Road, York 10-4.

All our coaches are AGB qualified and trained in current performance coaching methods and techniques as used at the AGB Youth Academy.

Please contact the Lead Coach – Kath Fitzpatrick at [kath@arrowhawks.co.uk](mailto:kath@arrowhawks.co.uk) or tel 07590 466907