



**ARROWHAWKS ARCHERY ACADEMY**

## Nutrition for Performance

Saturday September 28<sup>th</sup>

Venue: Arrowhawks West at Aire Valley indoor range,  
Keighley Business centre, South Street Keighley.

Morning session: Arrowhawks archers / parents  
Afternoon session: Coaches and Archers

This consists of a 1.5 hour workshop with Jackie Wilkinson, professional nutritionist working across sport and business to enhance performance through attention to nutrition. Jackie is also an archer and was for many years a member of the GB Field Squad and International team.

[www.learntoeatwell.co.uk](http://www.learntoeatwell.co.uk) @eatwellcoach

The interactive presentation will cover:

- How the body uses food
- Where our energy comes from
- What to eat for a shoot
- When to eat it

Following the workshop, Jackie will then offer 1-1 or small group advice on diet, nutrition, hydration to improve and sustain energy levels during competition (and daily life) and enhance sporting performance.

This is a much neglected but important element in sports performance so we are offering an opportunity to learn more from someone who not only knows the theory but also the application within our sport.

There will also be an opportunity for archers to access the shooting range in the morning, and for Arrowhawks archers to shoot in the afternoon in the 20 yard range next to the classroom area with our coaches. Cost: £10.00 for the day; please bring your own lunch – tea/coffee etc will be provided. CPD certificates will be provided for those AGB qualified coaches and coach candidates.

To book please contact:

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Cheques payable to: Kath Fitzpatrick Associates