



ARROWHAWKS ARCHERY ACADEMY

Arrowhawks Senior Training Programme Dates – winter 2018-19

Arrowhawks Archery Academy 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.

Senior sessions will follow a six session programme over the winter with specialist input from a range of coaches with specific expertise. It is open to archers over 20 of any bow-style and discipline. Additional one-off open sessions may also be arranged.

Sessions cover:

- Technique development - recurve and compound also barebow/longbow using the Archery GB technical framework and assessment processes;
- Equipment set up and tuning;
- Developing performance through elements of sports psychology - competition preparation;
- Strength and conditions and pre-hab routines - understanding and applying principles of how the shot is developed and developing physical training appropriate to enhance performance;
- Training and competition effective planning and building your own training programme.

Sessions are led by Kath Fitzpatrick, Ian Foster. with additional coaches and S&C support.

Arrowhawks Senior sessions			
Oct-18			
Nov-18			
Sunday	4th	Haxby	AM-Sport Psychology workshop PM - technical /coaching session
Sunday	25th	Haxby	coaching/equipment check overs initial assessments for plans
Dec-18			
Saturday	15 th	Haxby	Christmas fun shoot
Jan-19			
Sunday	27th	Haxby	
Feb-19			
Sunday	24th	Haxby	
Mar-19			
Sunday	24th	Haxby	
Apr-19			
Sunday	7th	York Bird of Prey centre	