

County Winter Junior Training

Cost £25 for the 5 sessions

Payable in advance to
Shropshire Archery Coaching
Group

Sort Code 20-53-22

Account Number 10790109

Enquiries to:

tmswane826@btinternet.com

9th October 2022 — 3pm to 5 pm
Bowbrook Archers

Training for Improvement—Getting Stronger

Baseline personal fitness

Produce an individual programme to improve

Be prepared to work hard and get

sweaty

5th November 2022 — 9 am to 11 am
Bowbrook Archers

Planning Technical Changes

Analysis and profiling of technique

Prioritising improvements

Learning to own your technique

7th January 2023 — 9 am to 11 am
Bowbrook Archers

Training for Pressure

Coping with Pressured Situations

H2H Practice

11th February 2023 — 9 am to 11 am
Bowbrook Archers

Equipment Set Up

Chance to tune and check equipment

11th March 2023 — 9 am to 11 am
Bowbrook Archers

Planning for Competition

Refining Sight Marks

Developing a Competition Strategy

All bow types welcome

Current Standard not important

Commitment to try hard is essential

Must have own equipment