



Arrowhawks  
Archery Academy



## Arrowhawks Winter Training Programme 2022-23

Dates are now available for booking for the winter training programme with Arrowhawks Archery Academy.

Sessions are available for senior and junior archers, all bow styles welcome. All coaches are highly experienced and skilled in current coaching methods and techniques developed through involvement as coaches within the National Academy and National Talent development programme.

Programmes are individualised and include, as appropriate for each archer's experience and stage of development:

Technique and form development – including video analysis

Strength & Conditioning for archery

Training programmes and planning

Competition planning and preparation

Sport Psychology – managing emotions, coping strategies, focus and control.

Nutrition, hydration for competing archers

And fun! A friendly and supportive atmosphere.

Venue: Haxby Scout Centre, York Road, Haxby, York

Dates:

2022

Sunday 9<sup>th</sup> October

Sunday 6<sup>th</sup> November

Sunday 27<sup>th</sup> November

Sunday 4<sup>th</sup> December

Sunday 18<sup>th</sup> December – Christmas fun shoot

2023

Sunday 8<sup>th</sup> January

Sunday 5<sup>th</sup> February

Sunday 5<sup>th</sup> March

Sunday 2<sup>nd</sup> April



Bringing the best practice of the National Academy programmes to a local level

Contact: Kath Fitzpatrick, Senior Coach & AGB Talent team: [kath@arrowhawks.co.uk](mailto:kath@arrowhawks.co.uk)