



## ARROWHAWKS ARCHERY ACADEMY

### Key principles

Arrowhawks 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, and the coaches also learn from each other, developing their own “community of good practice”.

Coaches should be prepared to work with archers not just on technical, equipment or fitness elements but as young people that, in order to achieve their potential, we need to nurture and allow space to be themselves, to grow and develop as young people and competitive athletes.

All juniors who sign up for the Academy will be classed as associate members and entitled to wear the Arrowhawks shirts. All coaches can wear them - parents too!

### The programme

This is a phased talent development programme with academy style provision at the upper end. This means:

- Technical coaching
- Strength and conditioning – appropriate to age and stage – individual programmes
- Equipment advice, set up and tuning
- Competition preparation and simulation
- Psychology support for performing well in different situations and under pressure
- A learning programme – essentials (e.g. equipment care) and progression (e.g. coping with stress, nutrition, bow exercises for strength)

For those ready for performance development:

- Actual competitions
- Each archer having a development programme and a competition schedule
- Training diaries (hard copy or online)

For everybody:

- **Fun!**

### Who can attend? All bowstyles

Juniors Development Group – this is the younger and/or less experienced group; emphasis will be on building the basis of good technique through band and bow drills and shooting at shorter distances and blank boss, then preparing for competition at club level. If numbers are sufficient there may be separate sessions for this group to ensure they receive the support needed to progress. This group is



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led by Lesley Wallace supported by Kath Fitzpatrick and additional coaches as required.

Juniors Academy group is an Intermediate group, possibly small and fluid, who will form their own training group and work towards improving technique and form, readiness for competition possibly at higher level events. They will have programmes set at individual level.

Juniors Performance group is the advanced group, which may also have current or past members of the National Academy or GB teams attending. They will have individual programmes which will be monitored and agreed with them on a monthly basis. This group will be led by Kath Fitzpatrick and assisted by Mick Fitzpatrick and work alongside the Academy group.

Coaches will provide S&C support across the groups as required or requested using the AGB Talent development programme or Academy programme to guide and advise each archer appropriately

Erin Prior, a qualified sport psychologist and long-time member of the AGB Junior Compound team, will provide specialist sessions on enhancing confidence and coping with pressure.

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.

**Venues** We will have two main venues with a potential third in development.

### Outdoor

York Bird of Prey Centre, Burn Hall, Huby, York (off the A19 north of York)

Field is 150m to the far side of the tree line and has been inspected and approved.



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## Indoor

Haxby Scout Hut, York Road, Haxby, York

This is short distance shooting only but has a balcony good for technical assessment overhead views and a meeting room for off-line learning sessions.

There will be five 95cm 10 zone foam bosses as this is mostly blank boss shooting for technical development.

## Snowball Plantation, Stockton on the Forest, York

This is a full length indoor shooting area – 20-25m shooting. We are hoping to use towards spring and have bosses there but the building is unheated so has to be weather appropriate

## Arrowhawks Juniors - Successes 2017-18

Two athletes in GB Field team attended the World Field Championships – Joe Fairburn (16) finishing 8<sup>th</sup> and Megan Tinker (18) finishing 7<sup>th</sup>.

Joe Fairburn qualified for World 3D Bowhunter championships in Sweden.

Seven of the 15 strong YAA team for the Junior Intercounties train with Arrowhawks:



Just a few of this year's successes...

2 national champions

2 county champions

2 GB Field team members

Youth Festival medallists individual and team

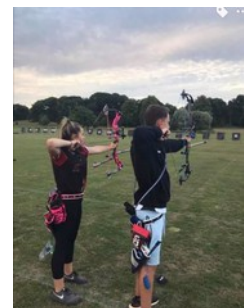
8 county records broken

4 national records set

PBs galore

Most importantly...

Happy, confident, successful young archers developing as sporting athletes with great work ethics and attitudes!



Some of our athletes in action this summer.

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