



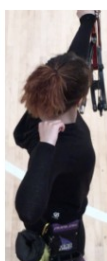
Arrowhawks Archery Academy



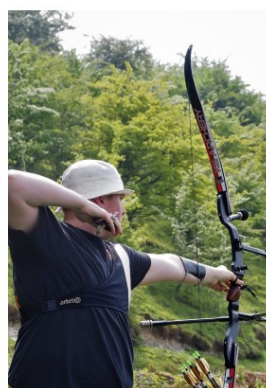
Established in October 2017 by Kath Fitzpatrick, National Academy Coach and Talent Development Coach for 7 years, with a team of coaches all passionate about bringing the best of current national practice into the region for archers of all levels of ability and ages to benefit from. This followed on from the successful Yorkshire Junior Squad which ran since 1992, established by Kath & Mick with several YAA based coaches.

Initially separate Junior and Senior groups now largely mixed due to the number of parent/child duos among the regular athletes attending.

Sessions are at least monthly throughout the year, with costs being kept as low as possible so that all can participate.



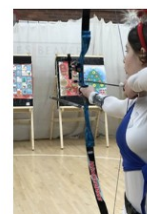
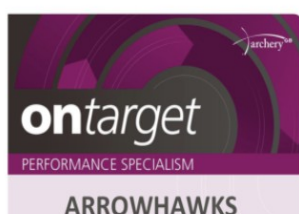
Arrowhawks offers a programme at a level of intensity to suit each person, all that is on offer is available and they can effectively build their own programme. Arrowhawks also delivers AGB's National Talent Development Programme, which is the first step on the National Talent Pathway. To date, we have seen two of our recurve juniors and three of our compound juniors move into national academies and development squads and one archer continued his performance with the GB Field team. Additionally, two seniors who trained with Arrowhawks progressed to the National Tour finals last year. This year three of our juniors progressed to National Academy profiling, one of whom won the Youth festival U18 Mens title.





Arrowhawks Archery Academy

Coaches and archers working in partnership to improve performance.



So – what does Arrowhawks training consist of?



How do we support athletes?

Coaches provide technical guidance and support on a 1-1 basis; in addition, we provide short, focused workshops on areas such as: advice on nutrition, hydration, training plans, competition planning, score analysis, strength and conditioning, bow set up and tuning. We also cover the psychological aspects of shooting competitively and how to train technically, physically and mentally to achieve your best performance.

We also support our athletes with a range of resources – for example, an illustrated guide to current technical model for recurve shooting, a mental skills handbook, training and development plans, equipment management. A few of these are illustrated below.

We also provide support in major competitions, working with parents / family support and personal / club coaches to ensure the best conditions for a focussed, yet relaxed and enjoyable competitive season.

We encourage archers to take part in all organised forms of archery according to their preferences. For those keen to progress nationally, we provide information about pathway routes and support through selection processes. Many of our coaches also work in the Archery GB Talent Pathway delivering the National Talent Development Programme in the Northern areas.



Arrowhawks Archery Academy

Interested yet?

Our winter training starts in October based at Haxby in York. Dependent on numbers, some sessions may be junior specific, senior specific or mixed. Mixed sessions have some separate programmes.

Our final outdoor session for the summer will be on September 24th at St. Georges AC in Harrogate – come along and meet us if you'd like to know more or have a one-off session.

To book in for the outdoor session send your request and details of name/j. or sr./club/AGB number by the 17th of September to:

Kath Fitzpatrick: email: kath@arrowhawks.co.uk or tel. 07590 466907

To register for the winter training programme, please send details to the same address including bow style. We will then send you the programme details and application form.

If you are interested in the National Talent Development Programme, please contact Kath on kath.fitzpatrick@me.com for details; booking will be via Sport 80. This programme is aimed at archers under 20 in both recurve and compound disciplines.

NTDP dates; Venue Haxby Scouts, York. Sessions run 9am-4.30 pm

Sunday October 23rd

Sunday December 11th

Sunday February 19th

Sunday April 23rd

Arrowhawks dates:

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

Dates:

2022

Sunday 9th October

Sunday 6th November

Sunday 27th November

Sunday 4th December

Sunday 18th December – Christmas fun shoot

2023

Sunday 8th January

Sunday 5th February

Sunday 5th March

Sunday 2nd April

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