



Scottish Archery Junior Coaching Day

Scottish archery welcome all Scottish Archery affiliated juniors to attend a coaching day at Armadale Academy.

- Date:** Saturday 23rd September 9.30am to 4pm
- Venue:** Armadale Academy, West Main Street, Armadale, EH48 3LY
- Who:** All juniors (U21) affiliated to Scottish archery who own their own equipment, practice regularly and wish to improve their shooting are invited to attend. (This includes archers who have previously shot at the Junior Academy)
- Recurve and compound archers welcome.
- Purpose:** To provide a day of coaching from an experienced performance coaching staff, including work on technique, bow set-up for indoors and training plans.
- To provide information about upcoming opportunities for junior archers in Scotland.
- Timetable:**
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| 9.30am | Arrival and set up |
| 10.00am | Introduction and warm up |
| 10.15am | Shooting – observation by coaches and equipment set up |
| 12.00pm | Lunch |
| 12.45pm | Shooting – drills and developing technique |
| 14.00pm | Competition – introduction, discussion, preparation |
| 15.00pm | Scoring and team round |
| 16.00pm | Close |
- Cost:** £7 per archer – payable on the day in cash or cheque (made out to Scottish Archery)
- What to Bring:** All your archery equipment, lunch and snacks, notebook, training band/theraband

If you are planning to attend, please email - performance@scottisharchery.org.uk