



What is the squad?

The Northern Area Squad is a group of competitive archers from the Northern Area region of Scotland who want to improve and compete together. Set up by the Northern Area committee, it also has its own committee to decide the schedule and activities. The group have events every month, alternating between in-person training sessions and competitions, and online talks from specialists in various aspects of competitive archery.

Who can be on the squad?

The squad is aimed at adult archers in the Northern Area who have been shooting for a while and want to improve their performance with a view to competing individually and as a team. The squad is also happy to allow Junior archers who have achieved a comparable standard of shooting to senior level and who want to join and benefit from the activities of the squad.

What are our goals?

The overall goal of the squad is to improve the performance and competence of competitive archers in the Northern Area and to continue the passing down of knowledge and skills so that the area can grow and perform for many years to come. On a more specific level, the goal of the squad this year is to send Barebow, Compound and Recurve teams to the AGB National County Championships 2022 in September. The area has never sent a team before so this would be a great opportunity to be the first to go and experience team competition away from home.

What will this year on the squad be like?

Our activities this year will try to balance our overall goal of improving performance of squad members and competition in the area in general and of preparing our teams for the County Championships. So, there will be a squad session every month, alternating between in-person training sessions and competitions, and online talks from specialists in various aspects of competitive archery. We will host events at a variety of venues around the Northern Area so that travel is shared as fairly as possible between members. Check out our schedule for this year on the next page to see what is in the works for the year ahead.

What else do we have to offer?

Past talks on subjects like periodisation for archery and goal setting.
Specialist visitors like sports massage therapists, chiropractors, coaches and technical support.
Opportunities to take part in the planning and organising of squad activities by joining the squad committee.
Support from various contacts in the archery community and wider sporting community.
Group chat where all members can talk to each other, ask questions, share tips and successes or problems.
Snazzy t-shirt!

