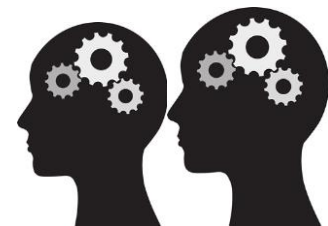




Archery - 'The Mental Skills'
Sunday 24th March - 10am to 1pm
Venue: Range at BSC

Presented by our own John Richardson (JR), County Coach

Come along to discover how improving your mental skills go hand-in-hand with improving your archery performance! This session will cover the following key topics:



- Concentration
- Anxiety control
- Mental rehearsal
- Breathing control
- Goal setting & planning
- Mind training

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So if you want to explore how you can improve your mental skills come along and get together with your fellow archers to discover how these go hand-in-hand with improving your archery! The cost is £3 per head to include tea & coffee AND also have a laugh - audience participation will be encouraged - so make a note in your diary for what promises to be an interesting and informative session! Remember to bring a pen!

