



## **SHROPSHIRE SENIOR PERFORMANCE GROUP**

If your new year's resolution is to make the Shropshire County squad in 2018, then this is for you! We are starting up monthly sessions where past and current County squad members can get together with new archers looking to progress, shoot and improve both individually and as a team on a regular basis. The idea is to build a stronger senior team with the aim to match (or better) the achievements of our Junior County squad. Competing at both the National County teams' tournament in June and the West Midlands inter county shoot in September, with the potential to raise archers to a standard where they can shoot for the West Midlands at regional level competitions.

- Sessions to be held on the second Saturday of each month – starting on 13<sup>th</sup> Jan 2018, at Bowbrook field from 12 – 2pm.
- Sessions will start indoors during winter months, at Bowbrook's new facility, but if the weather permits can be held outside.
- The sessions are free and open to all senior archers who are eligible to shoot for the County – all bow styles welcome. However, the West Midlands inter county shoot in September currently only has entries for recurve, compound and longbow, but as Shropshire are hosting this year we are hoping to get teams for barebow archers to shoot too.
- If selected to shoot for the County, the rounds involved will be WA 720 – 50 meters for compound archers, 70 meters for all other bow types and WA 1440 – gents or ladies.
- Based on this, County archers need to be comfortable shooting at 70 meters/80 yards and gents will need to be able to shoot 90 meters/100 yards. Don't let this scare anyone off though as these sessions will be put together to help archers shoot further distances.
- Other aims for these sessions will be:
  - Suggest other shoots that may be of interest, shooting different rounds and against different people.
  - Building scores towards a National ranking, better classifications and badges that are available from AGB or WA for high scores.
  - Setup a County leader board, so that archers can see who is set for selection and what scores are needed to make the cut for the squad.
  - Advice on bow tuning and equipment setup.
- This will also be an opportunity to introduce newer archers and provide practice for experienced archers of different types of competition:
  - Shooting timed rounds.
  - Shooting head to head competitions.
  - Shooting different face sizes.
  - Shooting rounds with Archery GB and World Archery rules.
- Coaches will be invited along to some sessions to help with any form, training or techniques.

Attendance of these monthly sessions will not guarantee a place on the squad as the County will put forward the best archers in all categories to represent Shropshire at any competitions. If junior archers can compete with and beat the seniors at adult distances, they will also be asked to represent the County. We would also like any archers asked to represent Shropshire, to support both the County indoor and outdoor championships.

If you are interested, please contact Simon Nelms at [sjnelms83@yahoo.co.uk](mailto:sjnelms83@yahoo.co.uk)