Maximising Your Off-Season – Part 2

BAA Coaching programme

Autumn 2026 – Spring 2027

Buckinghamshire Archery Association have developed an exciting new coaching programme.

Called 'Maximising Your Off-Season' the programme will take archers of all levels on a structured journey where they will learn how to plan and optimise their archery sessions to improve archery performance.

The second part of the programme runs from January to April, and archers complete one indoor and one outdoor session. We have planned to run up to 8 sessions to choose from, but if demand is low, we may run just one session each day instead of two.

In-Person Sessions

Saturday 23rd January	Sunday 21st February	Saturday 20th March	Sunday 11th April
Assessing Your Baseline Physical & Technical INDOOR AM & PM @ Whiteleaf Bowmen	Assessing Your Baseline Physical & Technical INDOOR AM & PM @ Whiteleaf Bowmen	Technical Coaching OUTDOOR AM & PM @ Silver Arrow Archers	Technical Coaching OUTDOOR AM & PM @ South Bucks Archers

Morning sessions are 9:30-12:30 and afternoon sessions are 13:30 -16:30.

Cost £20 per session. (£25 for non-BAA members. AGB membership required.)

To book your place for Part 2 click here- Maximising Your Off-Season
Details for payment-
Account name: Buckinghamshire Archery Association
Sort code: 23-05-80
Account number: 48375006
Ref: WCP + surname
You can also sign up for the remaining Part 1 online sessions.

Any queries please contact County Coaching Organiser Julie Morling – cco@bucksarcheryassociation.org.uk