

The background features decorative wavy lines in blue, red, and yellow. One wave starts at the top right and curves down towards the center. Another wave starts at the bottom left and curves up towards the center. A third wave is visible on the right side, curving upwards.

Sydney & Giselle's **ARCHERY** Journey

How it all started



How it all started



Setting Goals:

- Be serious but have fun
- Don't worry about what others are trying to tell you to do
- Don't compare yourself to others
- Trust yourself and your equipment
- Strive to learn and get better everyday
- Have one coach and listen to them
- Think in solutions

Staying on Target

- Enjoy yourself but still be focused on shooting
- Take practice seriously
- Figure out what you need to shoot well
- Develop a competition routine
- Always having good sportsmanship

Overcoming Challenges

- Don't worry about other people's scores & technique & equipment
- The weather will never be perfect - don't let that affect your mental game
- You will not win everything, losing is part of the game and fuel for doing better

Archery & Life

- You have to find a balance that works for you
- You may not always be able to do everything you want, but you have to make sacrifices that you are comfortable with
- Don't be afraid to take risks
- People actually do think archery is pretty cool

University Archery

