Sydney & Giselle's ARCHERY Journey

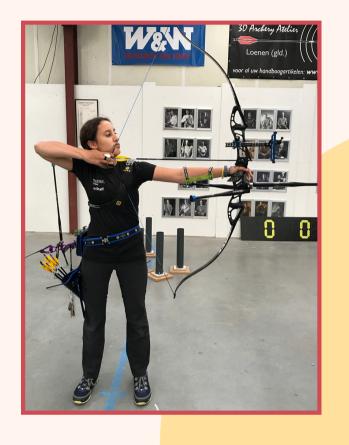
How it all started



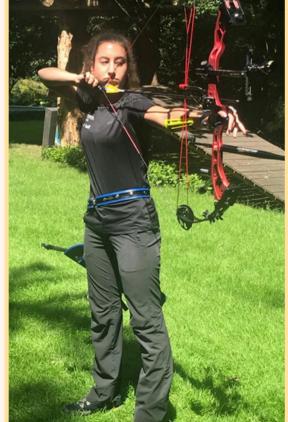










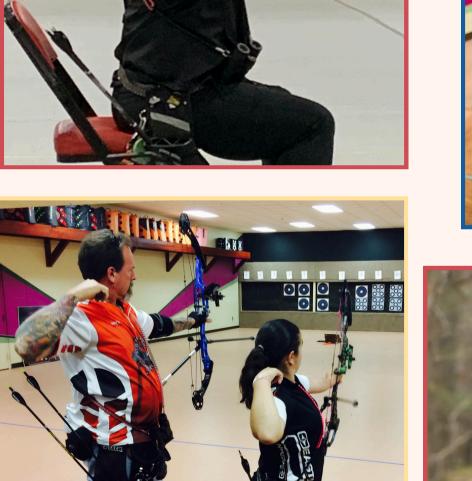






How it all started















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

















