

# SAA YOUTH HIGH PERFORMANCE PROGRAM

---

2025



SUCCESS OCCURS  
WHEN OPORTUNITY  
MEETS  
PREPERATION

Zig Ziglar

# HOW WE HOPE TO HELP YOU TO BE PREPARED

- Developing an effective warm up routine, and “pregame” routine
- Setting SMART goals
- Creating a multi month training plan
- Building and executing a practice session
- Nutritional tips and tricks and creating a good mid game snack
- Host practices with mini competitions and skills drills and challenges

Cost to be a part of the HP Program \$200 per year

What you get for your \$200

- HP T-shirt
- A Training aid or reduced price on a training aid
- Various sessions provided by Health professionals and certified coaches
- entrance covered for SAA 2027 CWG Qualifying Match Play events

# 1<sup>ST</sup> IN PERSON HP SESSION

15 Feb 2025

10-4 pm

Viscount

- **Bring a lunch**
- **Bring appropriate indoor shoots to do proper warm-ups and core exercises**
- **Bring your shooting gear**

# CWG 2027 ARCHERY CONTINGENT

2 each Male & Female Compound Archers

1 each Male & Female Recurve Archers

1 each Male & Female Barebow Archers