

Edward, shared his thoughts with me about the Romania trip. Firstly, he would like to say Thank you to the committee for awarding him with the donation towards the trip. Given he had his binoculars stolen while out there, this will go towards a new pair!

You asked him to share his experience with you, what he gained and how it will help him going forward, after some thinking about the question he answered as follows:

The experience for someone my age to represent Great Britain has been life changing, this was my first international shoot, and I wasn't too sure what to expect, I was going without family support and with people that I had only shot with a few times. Firstly, the heat was a real big issue, and although we had recently had a heat wave the temperatures out in Romania were in the high 40's so it was really important to remain hydrated, I soon realised that I needed this to concentrate on my shooting. It tested me mentally too, being the 3rd highest under 18 ranked in the country is a great achievement but some of the international archers are really very high class and it means that I had to be top of my game, and out perform my previous scores, this is something that I know since returning that I need to work on and during the winter months. International archers to are built very differently and I realise how important it is and will be going forward to do my strength and conditioning and bow drills on a regular basis. It was interesting to watch the different techniques other athletes had, along with kit being used, I found it very fascinating. I will be working closely with my coach to work on my technique as I know it needs to be much better to shoot on the international scene, and may have picked up a few tips during the week to which I need to incorporate into my shooting (well give it ago at least!)

Archery, tends to be a "lone" sport, how wrong I was, its very much a team sport, you shoot as an individual but also in a team, its hard to explain if your not in the sport what I mean by that. The full team became my family which was great, we all supported each other, those that had previous experience helped others like me to be part of the family, and that team spirit will help me be more supportive of other young archers both at the club and in the county. Its great to be asked to share my experience, I hope that you have enjoyed reading just a little bit.

Thanks to all the coaches and staff that took us, we were very well looked after and thank you to Archery GB for giving me the opportunity and I hope that I get the chance again.