

IS 2020 LOOKING LIKE A TOTAL DISASTER FOR YOUR ARCHERY?

Andrew Knight and Jane Rees have written a series of articles which might just change your mind.



Andrew Knight D.O. has been offering Osteopathic care in Somerset since 1987, having graduated from The British School of Osteopathy in 1986. Fully Registered with the General Osteopathic Council, Andrew has practices in Keinton Mandeville near Somerton. Andrew is also a keen archer and member of Ballands Bowmen AC in Somerset. Andrew has previously presented interactive workshops as part of conference days for GWAS, DCAS and Kent's Invicta coaching group, primarily looking at how to stand and move most efficiently as an archer and how to prevent shooting related injuries.

Being members of the same archery club, Andrew and Jane have frequently discussed coaching ideas relating to the interaction between shooting form and anatomical/biomechanical performance.

Jane Rees is a County Coach and former GB international field archer who has worked as a volunteer at the Salisbury Spinal Unit as well as working with archers at school clubs through to international level. Jane has shot numerous National records in both target and field disciplines and proudly represented Somerset as part of the Intercounty team. She has shot for England at the All British Field Championships and represented Great Britain & Northern Ireland at both European and World Field Championships as well as taking part in two World Games. Jane works as a teaching assistant helping to design and deliver specialist learning programmes for individual students at a large comprehensive school in Dorset.

