



LIAM GRIMWOOD

COMPOUND COACH AND TECHNICIAN

Experienced in working with both teams and individuals, Liam has coached compound archers of all levels – from beginners to international team members, including:
GB Paralympic Team | UK County Teams | GB Team Members – Junior and Senior

Liam is the UK's **ONLY** trained Mathews technician and is experienced with all other manufacturers' kit

SESSION CONTENT

For individuals or groups of up to 20 people, Liam can cover the entire shooting curriculum:

SHOOTING FORM: stance, body positioning, grip, release and execution, aiming

EQUIPMENT SELECTION AND SET-UP: rest and sight installation, stabilisation, cam timing, tuning

TOURNAMENT PREPARATION: training methods, diet, exercise

MENTAL TOOLS: how to control conscious thought, building subconscious skill, improving confidence

PRICES

Charging a single flat rate for individuals up to groups, it's up to you to decide what to cover in the coaching time...

DAY RATE: USD\$600 + reasonable travel and accommodation expenses

WEEK (MONDAY TO FRIDAY) RATE: USD\$2,500 + plus reasonable travel and accommodation expenses

For a tailored quote, enquire at the email address below.

ABOUT LIAM

Drawing on many years of personal experience at the highest level, Liam offers the wealth of knowledge collected by world-champion athlete. His achievements to date include:

IFAA World Champion Commonwealth Games Team Gold Medalist FITA Outdoor World Silver Medalist

Las Vegas Archery Festival Finalist Two-time IFAA European Champion GB Team Member 2002-present

Four-time FITA World Record Holder Sport-specific article author Star of two instructional DVDs

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