



High Performance Compound Archery Workshop

October 17th & 18th

BowDoc Archery
18815 Wolf Road, Unit 4
Mokena, IL 60448



Coach Jeff Sanchez

2015 USA Archery Coach of the Year
Level 3 NTS & Para Archer Coach
Head Coach - NFAA High Performance
Head Coach - Team BowDoc Archery

Full BIO: HighPerformanceArchery.com

- Advanced Video Analysis
- Mental Training
- Goal Setting
- Shot Process
- Biomechanics
- Release execution
- Tournament Prep
- Drills and Training

If you have questions, Email Coach Jeff: jeff@bowdoc.com
To Register, Go to: HighPerformanceArchery.com