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Train - Learn - Adapt - Improve : Sports
Performance from British Archery Champion**

Jackie Wilkinson

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A sports performance and training book from five times British Field Archery Champion Jackie Wilkinson. Jackie has held several British records, competed at international level many times and enjoyed success at home and abroad, including gold medals at the Circuit des 5 Nations. Whether you are at club, county or national level, the tool Jackie describes can help you succeed in sport. - Jackie's system can help anyone, from beginners to experts, improve their performance - Jay Barrs - USA Olympic Gold Medalist and World Champion - Field Archery. - It's the sort of book I would have benefited from at the beginning of my sports life - Graham Stamford - Footballer and Director of Sportsreach - I have always believed that the key to elite sporting performance is based in quality preparation. This book gives an insight into how to maximize every practice opportunity enabling optimum performance - Peter Such - former England and Essex Offspin Bowler.

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