

Self-Defense Archery with Alicia Weber



Alicia Weber, BS, CFT, CWT,
CN, LMT # MA 64006
AliciaWeber.com

Archery, Fitness, Nutrition,
Rehab, Medical Massage,
Swimming, Multisport Coach,
Sport Camps, Paddle Fitness,
& Variety Act Entertainer

CALL/TEXT: 352-874-4363
EMAIL: AWINNINGWAY@GMAIL.COM

All Equipment Provided!

Fall and Spring Semester at Praise Temple Academy grounds (with Series Championship)

Class for Grades 4 and Up held on Wednesdays 3:15-4:15pm

(Fall Semester- Weds, Sept 25 thru Weds, Dec 4

Spring Semester- resumes Weds, Jan 15)

Based on the success of Alicia Weber's self-defense archery program and requests of students wanting to have it back, the Self-Defense Archery program is returning here for 2019-2020. Archer Athletes as Weber calls her students will learn non-verbal and verbal communication for self-defense as well as techniques, martial arts conditioning, and Qigong. Students will work on great, fun fitness with archery games.



Students will have the opportunity to work on top-notch mind and body training with variety and cutting edge concepts to make them improve mind processing speed, critical thinking ability, and barebow category archery (no sighting devices and hardest type of archery). Motivated archer-athletes will be able to compete as a team player and individual in several virtual Self-Defense Archery events to test their skills for awards.

Program outcomes include improved hand-eye coordination, accuracy, reaction-time, strength, flexibility, patience, focus, endurance, aerobics, attention to detail, confidence, concentration, and self-esteem. These skills achieved in this program can carry over into becoming a better student and overall athlete.

Alicia Weber is a Level 2 USA Archery Instructor and recognized as the World's Most Prolific Female Record Holder (where she holds over 500 world records in archery and fitness). She is a degreed fitness professional where she has been training people for 22 years all while competing on the elite level in 17 sports (not all at once though) with over 125 victories. Alicia is also certified in martial arts conditioning where she has trained Top Cops.

[Sign Up By September 25. Cash. Check made payable to Alicia Weber, or Paypal Accepted](#)

★ **\$20/class/student**

★ **Now, thru Sept 25 program costs \$180/student/semester OR \$360 for Full School Year.**

Contact Alicia Weber to register or for questions. Call or text Alicia at 352-874-4363 or email

AWinningway@gmail.com

Learn more @ www.AliciaWeber.com/archery

Notice:

Alicia Weber (USA Archery Licensed Level 2 Coach) abides by USA Archery rules, which require safety first and foremost. All participants must follow safety rules and show respect for one another. Any attempt to injure another person or show disrespect to anyone will not be tolerated. If poor behavior persists, a participant(s) will be removed from the program and there are no refunds. There are no refunds, if a student leaves the program for any reason.

Registration Form For 2019-2020 Self-Defense Archery

Name of Student (s): _____

Age and Grade: _____

Parent's Name: _____

Parent's Phone Number: _____

Parent's Signature: _____

Additional Info: All equipment is provided. Students can sign up per class \$20/student or pre-pay for a discount \$180/student/semester Or for the year \$360/student/year. Contact Alicia at 352-874-4363 or Awinningway@gmail.com for more info.