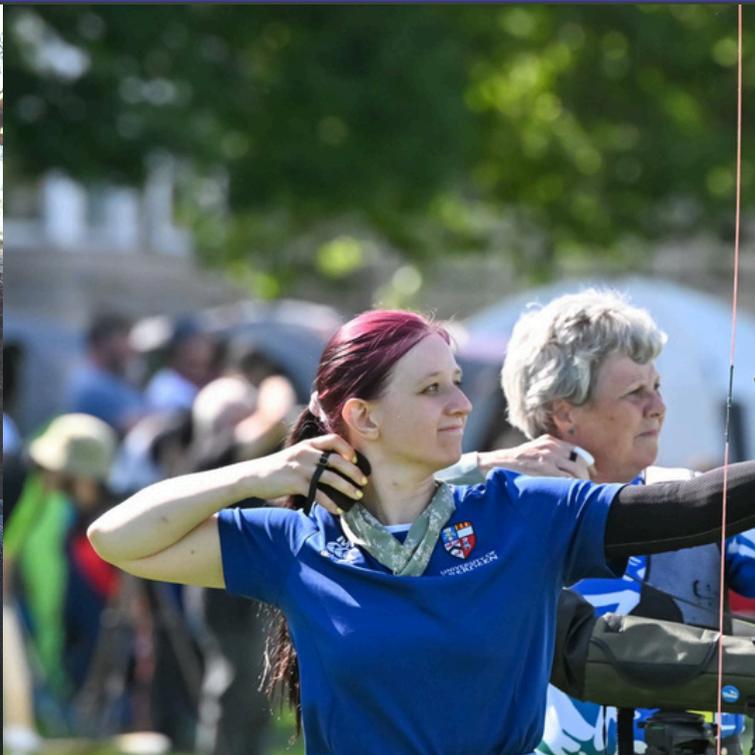




WOMEN & GIRLS

Coaching Academy

MEET THE MENTORS



#SupportingOurArcheryCommunity



WOMEN &
GIRLS

Coaching Academy

MEL JOHNSON

Area: East

Club: Lasswade Archery Club

Bow Style Specialisms:

- Recurve

Archery Disciplines:

- Target
-

MEET THE MENTORS

Why have you signed up as a Mentor?

Within my own club there is an obvious gender imbalance amongst members and coaches. I feel it is important to be a role model to show that people of all gender identities can be great coaches, in order to encourage wider participation in coaching and ensure a solid, sustainable foundation for coaches to continue to progress in the future. I also enjoy helping people and want to give something back to the sport.

What skills and experience can you bring to the role?

I've been shooting recurve since 2020 and have been a Session Coach since 2024 and am part of the coaching team at my club. I participate in teaching beginners and novices as well as ad hoc coaching of intermediate archers, and I develop and lead more structured workshops. I'm patient and able to communicate clearly, and adapt to the learning style of the archer. I aim to be everyone's biggest cheerleader, by being supportive and celebrating participation. I'm not afraid to ask for help and if I don't know the answer I will do my best to go and find out. My coaching practice is inclusive of trans women and girls, non-binary folk and archers of diverse gender identities - inclusivity is very important to me.

What are you looking forward to most about being a WGCA Mentor?

I love seeing archers improve following coaching, and I love helping people. I think it will be very satisfying to see new coaches successfully achieve their qualifications. I am always trying to learn new skills from my fellow coaches and archers so hope to learn a lot from the mentees as well as the other mentors.



SANDIE GRAHAM

Area: East

Club: Falkirk Company of Archers

Bow Style Specialisms:

- Recurve
- Barebow
- Longbow

Archery Disciplines:

- Target
-

MEET THE MENTORS

Why have you signed up as a Mentor?

I would like to help other coaches to grow and develop

What skills and experience can you bring to the role?

I have been coaching over 40 years. I keep up to date on the latest coaching developments and I am currently studying Programme Coach (level 3).

I have previously attended “Women Into High Performance” course at Lilleshall which I found very useful and have integrated into my own coaching practice.

Over the years I have mentored several people in archery and in other voluntary roles.

What are you looking forward to most about being a WGCA Mentor?

I look forward to empowering new woman coaches. Inspiring them to get others into archery by providing a tailored environment to suit.



MOIRA TAYLOR

Area: East

Club: Falkirk Company of Archers

Bow Style Specialisms:

- Recurve

Archery Disciplines:

- Target
-



**W@MEN &
GIRLS**
Coaching Academy

VICTORIA BARBY

Area: East

Club: Pentland Archers

Bow Style Specialisms:

- Compound
- Recurve
- Barebow

Archery Disciplines:

- Target
 - Field/3D
-

MEET THE MENTORS

Why have you signed up as a Mentor?

I have put myself forward as a mentor for female archery coaches because I am passionate about empowering women to reach their full potential and excel in their chosen field. By supporting and guiding more women into coaching, I hope to help create a stronger, more diverse archery community where female voices and leadership are celebrated and valued.

What skills and experience can you bring to the role?

I can bring a wealth of skills and experience to the role, drawing on over a decade of archery in compound and recurve disciplines across target, field, and 3D archery. I have also competed for both GB and Scotland. My background has given me deep technical knowledge, a strategic mindset, and first-hand insight into the demands and rewards of high-level sport. Beyond archery, I have coaching and mentoring experience as a swimming coach and in my professional career, honing my ability to nurture talent, build confidence, and adapt my approach to individual needs. As a breastfeeding counsellor, I have supported elite athletes and women in continuing the sports they love while caring for young babies, demonstrating empathy, problem-solving, and a commitment to removing barriers for women in sport. Together, these experiences equip me to guide, inspire, and advocate for the next generation of female archery coaches.

What are you looking forward to most about being a WGCA Mentor?

What I am looking forward to most about being a mentor is supporting others to achieve their goals and seeing the positive impact that guidance and encouragement can have on their journey. I'm excited to contribute to the growth of women's archery, helping it develop into the thriving, inclusive, and inspiring sport I know it can be.



ADELLE FLEMING

Area: East

Club: Lasswade Archery Club

Bow Style Specialisms:

- Recurve
- Barebow
- Longbow

Archery Disciplines:

- Target
-

Why have you signed up as a Mentor?

I've been a mentor for a long time with young people and want to share the skills that I've learned there and transfer them to archery. I also was fortunate enough to learn from an amazing mentor, who shared freely and helped me develop and learn technical skills.

What skills and experience can you bring to the role?

Experience of mentoring, people skills, and the ability to share issues and skills.

What are you looking forward to most about being a WGCA Mentor?

Working with mentees and developing a relationship that helps encourage and motivate the people that I am working with. Being an enabler and helping people find their innate abilities and skill sets and put these into action.



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Coaching Academy

MEET THE MENTORS

MIA WOLFF

Area: North

Club: Aberdeen University Archery Club

Bow Style Specialisms:

- Recurve

Archery Disciplines:

- Target
-

Why have you signed up as a Mentor?

I am eager to give back to the community by sharing my experiences and contributing to the development of a stronger, more connected coaching network in Scotland. Throughout my journey, I have benefited greatly from the guidance of my mentors, whose support helped me navigate challenges and whose advice continues to guide me daily. I believe there is a place for everyone in archery, and I am committed to fostering an environment where people feel welcomed, supported, and at ease. Mentorship is a two-way exchange, as every mentee offers valuable lessons in return. I would like to build meaningful connections, learning from others just as much as they may learn from me.

What are you looking forward to most about being a WGCA Mentor?

What inspires me most about mentoring is witnessing the growth in mentees—their journey toward becoming confident and comfortable in their roles brings me immense joy. I deeply value seeing the progress individuals make and celebrating their achievements along the way. Archery can be quite a scary sport - and so is coaching without any support, but it doesn't have to be.

I believe WGCA is an excellent initiative with the potential to shape the future of Scottish Archery. It provides much-needed support for female coaches, ensuring that our voices are heard and that we can establish ourselves within the traditional coaching landscape. It is an important step toward creating a more inclusive, representative, and forward-looking coaching community that is open to changes and welcomes new ideas.

What skills and experience can you bring to the role?

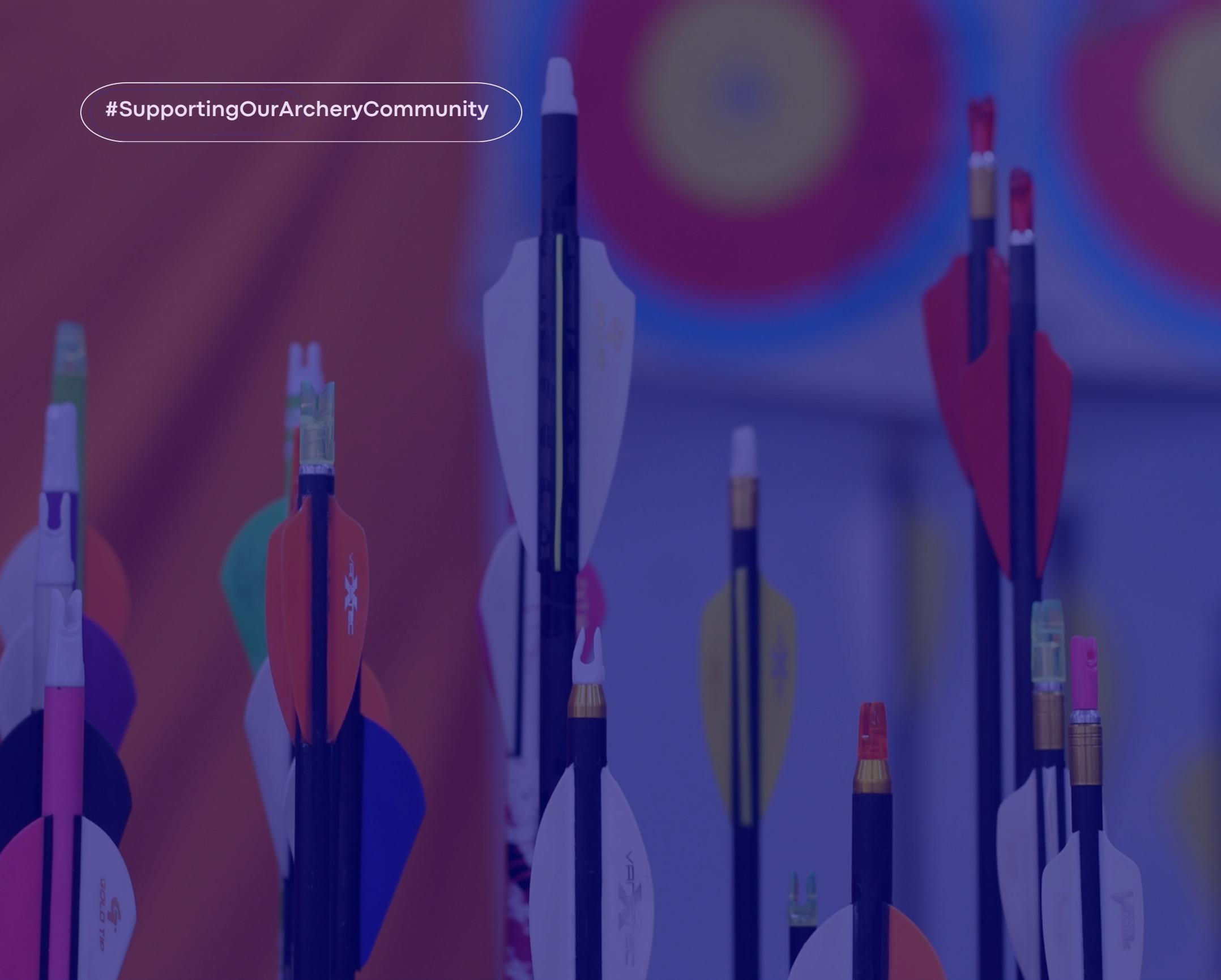
I have been actively involved in archery for nearly three years now, contributing in a variety of roles including archer, competitor, coach, publicity officer, first aider, competition volunteer, and supportive presence within the community. I particularly enjoy attending competitions, where I can connect with and learn from other archers and clubs coming from all over the country.

My coaching philosophy emphasizes focusing on what athletes can achieve, rather than what they cannot. I believe that every challenge has a solution—it simply needs to be tailored to the individual. With a degree in multiple languages, I bring strong communication skills and cultural awareness, which allow me to engage empathetically with people from diverse backgrounds and better understand their needs and emotions.

Beyond archery, I have extensive mentoring experience, having supported primary and secondary pupils, university students, and colleagues through various programs and my daytime job. Within archery, my main experience lies in coaching university beginners, club members, LGBTQ+ archers, and disabled athletes, with a strong focus on empowerment and fostering a sense of belonging.

In addition, I participated in the Coach Like a Girl Project, organized by Scottish Student Sport during the last academic year. This program deepened my understanding of how to support female athletes, highlighted the importance of body awareness, and reinforced that confidence and success come from authenticity rather than trying to be someone else. Through both online and in-person sessions, I greatly valued the meaningful connections built with participants across a wide range of sports.

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