



WOMEN IN IFAA
WBHC 2025 – SOUTH AFRICA

Women & Mentoring

The quiet force of women mentoring in archery

PRESENTED BY LOREN GREYLING

Good morning, Ladies

It is truly an honour to stand before this community — a community brought together not just by a shared love for archery, but by a shared belief in its power to shape lives.

Today, I want to talk about mentorship — specifically, the incredible and often quiet force of women mentoring in archery. I want to talk about the impact these women have, not only on our youth but on every newcomer who dares to pick up a bow for the first time. And most importantly, I want to talk about how this mentorship is not just preserving our sport — it's growing it. It's breathing life into its future.

Archery is a sport that teaches us more than accuracy. It teaches us patience, discipline, self-trust, and the ability to stand in stillness while everything around us is in motion. It's an ancient skill that somehow still speaks to something deeply modern — our need for focus, for inner strength, and for connection.

And when a woman steps into the role of a mentor — when she shares her experience, her wisdom, and her time — she does something remarkable. She becomes a bridge.

A bridge between generations. A bridge between newcomers and seasoned archers. A bridge between fear and confidence.

To every woman who has ever said, “Here, let me show you,” you are doing more than instructing. You are building the future of our sport.

Because when youth and experience come together, magic happens.

There is a spark in the eyes of a young archer who learns how to anchor their shot for the first time — and that spark is reflected in the eyes of the mentor guiding them. In that moment, there’s a powerful exchange: the young learn from the experienced, and the experienced are reminded of why they started in the first place.

That connection is where growth begins — not just in skill, but in spirit.

Mentorship is what turns curiosity into commitment. It turns nervous beginners into confident competitors. And for many, it turns a sport into a lifelong passion.

We need that now more than ever.

If we want archery to thrive — not just survive — we need to make sure that knowledge, encouragement, and community are always passed forward. We need to create spaces where women are empowered to lead, to teach, and to be seen as the champions they are — not only in competition, but in character.

And we need to show every new archer — regardless of their age, background, or ability — that there's a place for them here, because someone took the time to believe in them.

So let's continue to lift as we climb. Let's celebrate the women who mentor with patience and purpose, who give generously of their time, and who are quietly building something extraordinary — one arrow, one lesson, one conversation at a time.

And to all the young people just starting out — never underestimate what you bring to this sport. Your energy, your questions, your fresh eyes — they keep us sharp. You are not the future of archery. You are its present, and we're better because you're here.

Together — youth and experience,
beginners and veterans, students and
mentors — we can keep this sport not
only alive but thriving.

Thank you to every woman who has
stood beside a new archer, offered a
hand, and said, “You’ve got this.” You
are the heartbeat of our sport. You are
its future, and its fiercest protectors.

Thank you.

Mentoring in Archery

by Lorén Greyling



Cue Card 1: Opening & Purpose

Drawing the Future: Women Mentors in Archery

Good morning, Ladies

It's a privilege to be among people who share a deep love for archery — a sport steeped in history, rich in discipline, and full of heart.

Today, I want to talk about **mentorship**.

About the powerful role women play in this sport — not just for our youth, but for every newcomer who dares to draw a bow.

And more than that, I want to talk about growth — how we build the future of archery by connecting **experience** with **fresh energy**.

Cue Card 2: The Deeper Meaning of Archery

Archery teaches us more than how to aim.

It teaches **focus, resilience, patience**, and the courage to take the shot — even when we're not sure we'll hit the target.

These are life lessons passed down through **connection**, not just technique.

When a woman steps up as a mentor, she's not just teaching how to shoot —
She's saying: *"You belong here."*

And that message can change everything.

Cue Card 3: Women as Mentors & Bridges

Women mentors are **bridges** in archery.

Bridges between **generations**.

Between **beginners and veterans**.

Between **self-doubt and self-trust**.

Every time a woman says, “Let me help,”
She’s creating more than just a better archer —
She’s building a **stronger, more inclusive community**.

She's preserving the soul of the sport and paving
the way for its future.

Cue Card 4: Youth + Experience = Magic

When **youth and experience** come together —
magic happens.

The spark in a young archer’s eyes,
The steady guidance of an experienced hand —
That’s not just teaching. That’s **transformation**.

Newcomers bring **energy, curiosity, fresh eyes**.
Mentors bring **wisdom, patience, and heart**.

Together, they create momentum.
And that’s how this sport grows.

Cue Card 5: Growing the Sport

If we want archery to thrive — not just survive — we must invest in **people**.

We need to **welcome beginners**.

Elevate women mentors.

Nurture relationships that last beyond the range.

Growth happens when people feel **seen, valued,** and **encouraged**.

Let's be intentional about passing the torch — and holding the door open for others.

Cue Card 6: Gratitude & Call to Action

To every woman who has said, “You’ve got this” — **thank you**.

You are the **heartbeat** of our sport.

And to every young archer, every newcomer:
You are not the future — you are the **present**.
And we're stronger because you're here.

Let's keep mentoring. Let's keep growing.
Let's keep **drawing the future** — together.

Thank you!