

# Finding Confidence Through Archery

Olivia lives with epilepsy and, as she doesn't drive, often relies on taxis to get around. One day she hopped into a taxi driven by Ardy Ayto, who runs the Deep South Archery Club in Invercargill. As they chatted during the journey, Olivia mentioned she was interested in giving archery a go.

**That conversation turned out to be life-changing.**

With plenty of practice and the support of excellent coaching, Olivia has gone on to achieve remarkable success. Last weekend she placed **second in her division at the NZFAA Indoor Nationals**, after previously taking **first place in her division at the Regional Championships**.

Olivia believes that maintaining a positive mindset plays an important role in managing her epilepsy, alongside getting enough sleep, taking her medication, eating well, and staying active. She says archery has been especially beneficial, helping improve her focus while supporting her overall wellbeing.

“Archery is a sport where people of all abilities can come together,” says Olivia. “There are no barriers to having a go.” She also describes the Deep South Archery Club as incredibly inclusive, supportive, and welcoming.

Over the years, Olivia has also won a new bow and has proudly collected a number of medals and certificates. Pictured here is Olivia in her club uniform with some of her awards—although they don't yet include her latest national success.

Congratulations, Olivia, on your fantastic achievements. You are an inspiration, and we can't wait to see what you accomplish next!



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