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# ARCHERY DEVELOPMENT COURSE

### **SPORT SPECIFIC COURSE for Archers**

### **ARCHERY AUSTRALIA Inc. NATIONAL COACHING PROGRAM**

**Saturday the 7th and**

**Sunday the 8th of November2015**

# AT THE

# **Archery Centre**

# **Whiteman Park**

# **Please contact Krissy on the email below for any questions on the clinic or coach experience.**

9am – 7pm Saturday

9am – 4pm Sunday approx. this may run over time.

## **Archers Coaching Clinic is for any archer who wants to improve their skills from club, state to elite level**

**Presented by Archery Australia coach Jim Park and Western Australia’s experienced coaches.**

**Archery Australia Members: Course Fee $50.00**

# **Payment via IMG** [**Archers Clinic Entry**](https://eventdesq.imgstg.com/index.cfm?fuseaction=main&EventDesqID=14549&OrgID=8391)

# **Athlete Information to be sent to AWA**

**Email: development.archerywa@gmail.com**

SEE ATTACHED FOR IMPORTANT INFORMATION and Athlete Information

**Information**

* **Any archer who wants to improve their shooting ability is welcome. Club, state or national level archers will benefit from the clinic**
* **Please bring your equipment**
* **Lunches are supplied along with a short break for sausage sizzle on the Saturday evening for a working dinner.**

**Program Outline – Program and times may vary**

**You will be shooting and listening to lectures from qualified coaches and industry experts.**

* **8.30 – 12.30 Principles of Shooting Technique**
* **12.30 – 1.30 Lunch Supplied**
* **1.30 – 2.30 Psychology**
* **2.30 – 3.00 Strength & Conditioning / Fitness planning**
* **3.00 – 4.00 Physio (prevention and recovery)**
* **4.00  Afternoon Tea**
* **4.00 – 5.30 Optional Shooting**
* **5.30 – 7/7.30 Working Dinner  - Jim Park Continue**

**Sunday 8th November**

* **8.30 – 12.30 Principles of Shooting continued**
* **12.30 – 1.30 Lunch Supplied**
* **1.30 – 4.30  Compound bow setups hands on  - Recurve and Compound shooting**
* **2.00 – 4.00  Hands on Coaching with local coaches;  Deonne Bridger, Rob Timms, Ken Birch, Dale Nicholson**

Archer Information

NAME

ADDRESS

**Email Occupation**

**Phone No. Date of Birth**

**AWA Club  AA Member No.**

**Bow Type \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Division \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Level of Competition eg: club, state, national**

**Dietary Requirement \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Signature of Applicant\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Please email to: development.archerywa@gmail.com**