

SPORT TEAM



Club Development & Training Programme

September - December 2018



WWW.ARCHERYGB.ORG

Introduction

Archers, coaches and club officials of all levels are hungry to receive information in helping them learn and advance the sport.

This Club Development & Training Programme builds on the success of our previous events and should allow delegates to share their knowledge and experience. It will explore ways in which those involved in the sport can help grow the sport at all levels.

Progression of archers through our sport is a key priority for Archery GB, all archers want to experience achievement, enjoyment and a sense of progress in their personal development.

Previous surveys have highlighted skills development and progression issues as important reasons for leaving, including a lack of progressing their ability in the sport and the availability of coaching.

These coaching workshops and seminars presented here will support the aim of retaining archers in our sport for longer.

Who should attend?

Most of the workshops are open to all members. Some are tailored to specific role holders such as coaches or club officials, or only open to **ontarget** clubs.

The next pages describe each event in further detail and how to book your place.

If your club wishes to host any workshops or events then please contact us, we are always willing to host sessions in other locations, or please let us know if there are additional subject areas you would be interested in learning more about?

Call us on 01952 602795 or email sport@archerygb.org and one of the team will be able to help.

How to book

Most of the workshops and seminars are bookable through Sport80 – the link and further details are at the back of the document. Please contact us if you have any issues or questions.



1. Summary of the Programme

September 2018

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2. Course Details – September 2018

| Tournament Performance and Strategies | | | |
|--|--|---------------------------------|------|
| Date | Time | Venue | Cost |
| Sunday 2 September | 10am-6pm | Bowbrook Archers, Shrewsbury | £65 |
| Description and Learning Outcomes | <p>This workshop is a live-action event where archers and coaches will learn how to prepare for competition and learn to maximize their performance with skills and strategies used by the top archers in the world.</p> <ul style="list-style-type: none"> • Learn how to shift from technical training to performance preparation • Getting ready for competition – from planning to packing • Learn the skills to shoot in a variety of conditions • Develop a competition mental program to create consistency in your shots • Understand equipment preparation, testing for maximum groups, and troubleshooting • Learn drills to strengthen your competitive edge, including the grip and rip drill, Timing drills and Team round drills • Develop strategies to turn your performance around when you're having trouble • Get tips on good competition day nutrition for best performance • Make your tournament shooting FUN! <p>This workshop is suitable for all archers and coaches.</p> | | |

| ontarget Specialisms - Introduction | | | |
|--|--|--------|------|
| Date | Time | Venue | Cost |
| Tuesday 4 September | 7pm-8pm | Online | FREE |
| Description and Learning Outcomes | <p>This online presentation will explore the 3 <i>ontarget</i> specialisms and provide information to club officials on how the specialisms recognise and reward clubs that are already working hard in, or want to develop, specific areas of the sport.</p> <p>All <i>ontarget</i> clubs are invited to consider gaining one or more specialism. They need to think about what activities they provide, compare them to the characteristics, think about how they meet the requirements, and how they can do even more.</p> <ul style="list-style-type: none"> • Want to get more people involved in our wonderfully inclusive, social, family-friendly sport? Then consider achieving the 'Community' club specialism. • If archery is to grow, we need to get young people of all abilities involved. Clubs already play a vital role in that, but if your club wants to develop that further, it's worth considering achieving the 'Young People' club specialism. • A 'Performance' club is not just about archers. It is about coaches, judges, volunteers and club officials too. A performance club understands the need to help them all develop by creating opportunities to train, build on skills, achieve their potential and satisfy goals. <p>To book click this link or copy into your browser: https://www.surveymonkey.co.uk/r/AGBwebinar</p> | | |

| Business Planning (Gloucestershire) | | | |
|--|---|---|---------------------|
| Date | Time | Venue | Cost |
| Saturday 29 September | 9am-5pm | Hucclecote Community Centre, Gloucester | Closed Event – FREE |
| Description and Learning Outcomes | <p>A closed event organised in conjunction with Gloucestershire Archery Society.</p> <p>The morning will be a workshop to help clubs put together a simple yet effective business plan for your club to help you plan a brighter future and take real steps to reach your goals. The afternoon will look at how clubs can make best use of the information provided and to share ideas and good practice.</p> <p>This workshop covers:</p> <ul style="list-style-type: none"> • What a business plan can do for your club • Key players in developing a business plan • A simple framework to support your planning • Top tips of what to include in your plan and common pitfalls to watch out for <p>Contact Roger Crang for further details.</p> | | |

3. Course Details – October 2018

| lanseo Training | | | |
|--|---|------------------|------|
| Date | Time | Venue | Cost |
| Saturday 6 October | 9am-5pm | Lilleshall NS&CC | £30 |
| Description and Learning Outcomes | <p>lanseo is software for managing the results of an Archery Tournament. Used by World Archery, clubs can use lanseo as a comprehensive management of an Archery Tournament: from accreditation of the athletes and officers to every kind of printout utilities, from network and online integration to FOP design.</p> <p>Archery GB uses lanseo for all of its national competitions and encourage clubs and Tournament Organisers to do the same. The training will cover:</p> <ul style="list-style-type: none"> • Setting up lanseo on a computer (delegates to bring own laptop) • Setting up WA18/1440 competitions • Running more complex events (e.g. Head to Heads) • Working with the Judging team at a competition • Post-Shoot activities – such as filing of results & web publishing | | |

| Youth & Candidate Judge Training | | | |
|--|---|------------------|------|
| Date | Time | Venue | Cost |
| Saturday 13 October | 9am-5pm | Lilleshall NS&CC | £40 |
| Description and Learning Outcomes | <p>Judging is a great way to be involved in archery. If you would like to learn how to officiate and are available to attend tournaments, why not train to become a Candidate Judge? Training is provided by experienced officials who are keen to welcome you into judging.</p> <p>The training is broken down into sections:</p> <ul style="list-style-type: none"> • Gain experience – put your skills into practice straight away! Assist at tournaments and be supported by a local mentor • Learn the basic skills for officiating during a friendly and interactive weekend workshop <p>The Youth Judge Programme welcomes 16-23 year olds to have the opportunity to give something back to the sport. The programme also provides a small bursary to Youth Judges to support the travelling costs of attending tournaments</p> | | |

| Open Day for Prospective Coach Trainers | | | |
|--|---|------------------|------|
| Date | Time | Venue | Cost |
| Saturday 13 October | 10am – 3pm | Lilleshall NS&CC | FREE |
| Description and Learning Outcomes | <p>Have you ever thought about being a Coach Developer?</p> <p>Archery GB is committed to creating a culture of equality in our sport, and as part of this we want to create a more diverse workforce.</p> <p>Are you passionate about learning and coaching, and want to help others succeed? If the answer is yes, come along to our free open day to:</p> <ul style="list-style-type: none"> • Meet the Archery GB staff team involved in creating and delivering coaching courses • Discuss the characteristics of a great Coach Trainer • Hear from current tutors who excel in this role • Think about how you would like to develop your career • Find out about opportunities for support, training and development • Ask questions and get to know if this role appeals to you <p>An accompanying guide to becoming a coach developer is available at www.archerygb.org/coach</p> | | |

| Regional Judge Seminar | | | |
|--|---|------------------|------|
| Date | Time | Venue | Cost |
| Sunday 14 October | 9am-5pm | Lilleshall NS&CC | £40 |
| Description and Learning Outcomes | <p>This seminar is aimed at County Judges looking to make the next step on the judging pathway.</p> <p>This is a classroom seminar with practical elements which culminates in an assessed theory test for the Regional Judge grade. There is also a practical exam which happens at a Record status tournament – this is organised by the regional JLO and conducted by a National Judge.</p> <p>For more information visit www.archerygb.org/judge</p> | | |

| Introduction to the Technical Framework | | | |
|--|--|----------------------------------|-------------|
| Date | Time | Venue | Cost |
| Saturday 20 October | 10am-6pm | Perivale Archery Club, London | £65 |
| Description and Learning Outcomes | <p>This workshop introduces Archery GB's Technical Framework, providing essential guidance for archers and coaches to evaluate and develop improved shooting technique. Topics covered include:</p> <ul style="list-style-type: none"> • a presentation of Archery GB's Technical Framework • shared interpretation of Archery GB's new resource to help archers and coaches evaluate technique called the Technical Achievement Summary • a practical introduction to drills and skills to improve the quality of practice <p>This workshop is suitable for all archers and coaches.</p> | | |

| Tournament Performance and Strategies | | | |
|--|--|-----------------------------------|-------------|
| Date | Time | Venue | Cost |
| Sunday 21 October | 10am-6pm | Thirsk Bowmen, North Yorkshire | £65 |
| Description and Learning Outcomes | <p>This workshop is a live-action event where archers and coaches will learn how to prepare for competition and learn to maximize their performance with skills and strategies used by the top archers in the world.</p> <ul style="list-style-type: none"> • Learn how to shift from technical training to performance preparation • Getting ready for competition – from planning to packing • Learn the skills to shoot in a variety of conditions • Develop a competition mental program to create consistency in your shots • Understand equipment preparation, testing for maximum groups, and troubleshooting • Learn drills to strengthen your competitive edge • The grip and rip drill • Timing drills • Team round drills • Develop strategies to turn your performance around when you're having trouble • Get tips on good competition day nutrition for best performance • Make your tournament shooting FUN <p>This workshop is suitable for all archers and coaches.</p> | | |

| Recurve Tuning and Set-up | | | |
|--|---|-----------------------------|------|
| Date | Time | Venue | Cost |
| Sat 27 October 2018 | 10am-6pm | West Essex Bowmen, Grays | £65 |
| Description and Learning Outcomes | <p>This workshop is for coaches and archers who want to learn how to get the best performance from their archery equipment.</p> <p>The workshop will be a hands-on experience starting with selecting the right equipment for the archer. We'll go through all of the steps of setting up a bow properly, getting the right arrows and tuning for the best arrow flight. We'll also discuss and practice the best methods to test equipment to ensure that you are getting the maximum scores from your shooting set-up.</p> <p>We will feature the use of High-Speed video, recording up to 5,000 frames per second so everyone will get to see exactly what their arrows are doing when they are shot. You'll get to see what tuning variables do to your arrow flight.</p> <p>At the end of this workshops, all participants should be masters at setting up, tuning and testing archery equipment for getting the best performance.</p> <p>This workshop is suitable for all archers and coaches.</p> | | |

4. Course Details – November 2018

| ontarget Community Clubs Seminar | | | |
|--|--|------------------|------|
| Date | Time | Venue | Cost |
| Saturday 17 November | 10am – 4pm | Lilleshall NS&CC | FREE |
| Description and Learning Outcomes | <p>This seminar is for ontarget Community specialism clubs only.</p> <p>Club officials and coaches are welcome to attend to share good practice and ideas on how a Community club can capitalise on opportunities for retaining archers, growing and developing the club.</p> <p>The workshop will be a hands-on experience featuring a session with Lloyd Brown as well looking at how clubs can build and maintain positive partnerships, promote your club and attract new members.</p> <p>This workshop is free to ontarget Community Clubs.</p> | | |

| Introduction to the Technical Framework | | | |
|--|--|--------------------------------|-------------|
| Date | Time | Venue | Cost |
| Sunday 18 November | 10am-6pm | Thirsk Bowmen, North Yorkshire | £65 |
| Description and Learning Outcomes | <p>This workshop introduces Archery GB's Technical Framework, providing essential guidance for archers and coaches to evaluate and develop improved shooting technique. Topics covered include:</p> <ul style="list-style-type: none"> • a presentation of Archery GB's Technical Framework • shared interpretation of Archery GB's new resource to help archers and coaches evaluate technique called the Technical Achievement Summary • a practical introduction to drills and skills to improve the quality of practice <p>This workshop is suitable for all archers and coaches.</p> | | |

| Performance Archery with Richard Priestman , National Coach | | | |
|--|--|------------------|-------------|
| Date | Time | Venue | Cost |
| Saturday 24 November | TBC | Lilleshall NS&CC | TBC |
| Description and Learning Outcomes | <p>An exciting opportunity for archers and coaches to meet and learn from Archery GB's National Coach, Richard Priestman.</p> <p>More details to be released soon.</p> | | |

| Performance Coaching with Richard Priestman, National Coach | | | |
|--|--|------------------|-------------|
| Date | Time | Venue | Cost |
| Sunday 25 November | TBC | Lilleshall NS&CC | TBC |
| Description and Learning Outcomes | <p>An exciting opportunity for coaches to meet and learn from Archery GB's National Coach, Richard Priestman.</p> <p>More details to be released soon.</p> | | |

5. Course Details – December 2018

| Funding Webinar | | | |
|--|--|--------|------|
| Date | Time | Venue | Cost |
| Tuesday 4 December | 7.00pm – 8.00pm | Online | FREE |
| Description and Learning Outcomes | <p>The webinar will provide you with information on gaining funding, hints and tips to make applications read better and the most common funding opportunities. Presented by Arran Coggan, Clubs & Facilities Manager, it will provide the opportunity to ask questions during an interactive chat panel.</p> <p>After the webinar you will be in a better position to apply for funding and to clearly describe your project to potential funders.</p> <p>The webinar will last approximately 30-45 minutes with additional time for questions and answers.</p> <p>To register your interest please click on the link below by Friday 18 May. Further details will then be sent to you on how to join the webinar.</p> <p>https://www.surveymonkey.co.uk/r/AGBwebinar</p> | | |

| Young People & Performance Specialisms Seminar | | | |
|--|---|------------------|------|
| Date | Time | Venue | Cost |
| Sun 25 November | | Lilleshall NS&CC | FREE |
| Description and Learning Outcomes | <p>This seminar is for ontarget Young People and Performance specialism clubs only.</p> <p>Club officials and coaches are welcome to attend to share good practice and ideas on how a Young Peoples club can capitalise on opportunities for growing and retaining young archers and developing the club. Members of Performance clubs will be able to learn more about how to align to the national pathway.</p> <p>The seminar will be a hands-on experience featuring a session with Richard Priestman as well as looking at how clubs can build and maintain positive partnerships, promote your club and attract new members.</p> <p>This workshop is free to ontarget Young People and Performance Clubs.</p> | | |

How to Book

Booking Online

- Most workshops and seminars are bookable through online Archery GB's membership system
- The login page is <https://agb.sport80.com/login>
- If you struggle to login, but know you have used the previous members online portal, please select the option 'Recover Account From Previous System'
- If you have forgotten or wish to set a new password, please select the option 'Forgotten Password?'
- Once logged in click 'Events' on the left hand-side and then the actual event you wish to attend
- Then at 'checkout' there are three payment options available to you:
 - Pay online by using stripe the card payment option.
 - Prefer to pay by bank transfer or cheque then click the payment advice option. Please make a note of the reference number.
- To pay by bank transfer (quote the reference number as your bank transfer reference number) Archery GB Bank Account Number: 19823045 and Sort Code: 54-10-36)
- To pay by cheque (write the reference number of the back of your cheque)
- When payment is received by Archery GB and confirmed, you will receive further information.

Specific Bookings

- One or two of the courses have specific booking details – this will be highlighted in the description for the course. Please follow the instructions provided.

Call Us

- Call us on 01952 602795 and one of the team will be able to help.





Archery GB

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