

NORTHERN COUNTIES COACHING CONFERENCE 2018
Saturday April 28th 2018



**Venue: The Whitby High School, Sycamore Drive
Ellesmere Port, Cheshire, CH66 2NU**

- 9.30- 10.00 am Arrival Tea/coffee and Bacon bap.
- 10.00- 10.05am Welcome and Introduction
- 10.00 – 11.15 The Anatomy of the hand
Coaching Juniors and the growth spurt
Warm ups and cool downs
- 11.15 – 11.30am Tea/coffee break
- 11.30 – 12.30pm Using the Hooter Shooter to check compound bows set up
EAF another route for aspiring archers
- 12.30 – 1.15pm Lunch provided- Baked potato with topping, tea, coffee and biscuits
- 1.15pm - 2.00pm Insight into Clout archery
- 2.15 – 3.00pm Insight into Field Archery
- 3.00pm - 3.30pm Observation skills related to the Level 1 stages of shooting, AGB videos and the ' High Set up'
- 3.30pm to 3.45pm CPD points and license renewal or moving on to becoming a Level 2 coach

To book a place on the conference please send a cheque for £25 made payable to 'Cheshire Archery Association Coaching' and send it along with this completed form to Fiona German-Lloyd, 14 Cedardale Drive, Ellesmere Port, Cheshire, CH66 2UW email pandfgl@ntlworld.com

Name _____

Address _____

_____ Tel.No _____

Email _____