



# NORTHAMPTONSHIRE COUNTY ARCHERY SOCIETY



## **Senior Coaching Programme – Winter 2022/23**

We are pleased to re-introduce the county coaching programme and invite all archers registered with NCAS to apply.

We are mindful that Covid-19 has not been eradicated and as such numbers of participants and coaches in the indoor environment are likely to be more restricted than in previous years.

Applications will therefore be treated on a first come first served basis.

### **What is the county coaching programme?**

An opportunity to work with experienced coaches to improve performance, knowledge and skills. Over five sessions (one per month November to March) archers can focus on their individual goals whilst being introduced to a range of related topics:

**Technique – Equipment –  
Mental Preparation - Physical  
Preparation – Organisation**



### **Who is the county coaching programme for?**

The programme is for all senior archers (a coaching programme aimed at our junior athletes will be announced separately) who affiliate through NCAS. It would suit best those archers who may be interested in competing at club, county, regional or national level or those who have already taken their first steps on the competition ladder or those who are looking to improve their knowledge.



The programme is also for those coaches who may have recently qualified as a session coach (Level 1) and are interested to progress in the future to a development coach. Working in conjunction with experienced coaches you will benefit from working with archers who have passed the beginner stage of their archery journey.

### **Is there a cost?**

The county heavily subsidises these coaching events and charges a course fee of £25.00 to cover all sessions.

This year there will also be a “reward” for participation in the county coaching events!

### **Which bow styles are catered for?**

All bow styles are most welcome to attend. The course content is however more suited to Recurve, Compound or Barebow archers.

### **What will be covered?**

There will be an opportunity for individual and group discussions, individual analysis, benchmarking and the setting of individual goals.

We will be introducing warm up's, skills & drills, bow drills, tuning and maintenance.

Guests will be focussing on shooting technique, mental and physical preparation.

### **Where will the course be held?**

Montsaye Community Sports Centre. Greening Road, Rothwell, Nr Kettering. NN14 6BB

Dates – 30/10/22 – 27/11/22 –  
22/01/23 – 26/02/23 –  
26/03/23

### **How to apply?**

Please e-mail the County Coaching Officer John Marshall.

[Johnmarshall640@gmail.com](mailto:Johnmarshall640@gmail.com)

and complete the on-line application form

