

East Midlands Archery Society

Coach Conference 2nd October 2016

Venue: Barnestone Village Hall, Barnestone, Nr Bingham, NG13 9JG

Date: 2nd October 2016

Cost: As this conference is being subsidised by EMAS, there is no cost for EMAS coaches to attend.

Parking: There are two disabled parking spaces at the Village Hall. There is also on-street parking.

Provisional programme (may change):

10.00 – 11.15 Lloyd Brown – Skills and drills

11.15 – 11.30 Break

11.30 – 13.00 Lloyd Brown – Execution, Alignment and Posture

13.00 – 13.30 Break

13.30 – 15.00 Mental stuff

15.00 – 15.15 Break

15.15 – 16.15 Tony Gray – Coaching relationships

16.15 – 16.45 Barry Molsom – Amendments to the County Coach course

16.45 – 17.15 Open discussion

Refreshments: Hot water, tea and coffee will be available. Coaches will need to bring food.

Register: Although there is no cost for this event coaches will need to register in order that numbers can be managed. Confirmation of attendance to be sent to Steve Attwood at tensing.attwood@gmail.com , please include your mobile number.

Certificates: Certificates of attendance will be provided.

Organiser: Steve Attwood, tensing.attwood@gmail.com, 07871 096707