



Lincolnshire County Archery Society

Combined Junior and Adult Development Squads

The County have agreed to run a Combined Junior and Adult Development Squad winter training programme for 2023 the 5 training days are open to ALL **Adult and Juniors** both established archers and archers who have just completed their Beginners course, so come and join us.

Two events will be held at Grantham Archers - Walton Academy, Kitty Briggs Lane, Grantham, NG31 7JR on the following dates:

11th February 2023 and 18th March 2023

The next session will be held in Grimsby *TBC on the 15th April 2023, and the last 2 sessions will be held at **Washingborough playing fields**, one session on the 13th May and the other later in May on a date yet to be confirmed.

All sessions are 11:00 to 15:00

ALL JUNIORS and ADULTS are welcome to come along, if you have just finished your beginner's course, that's ok, if you are MB classification that's also ok, there will be something for everyone, all I ask is that you come with your own bow or a borrowed one from your club. The activities will be varied and will be tailored to suit the archer. We would ask that each Archer bring a Thera Band to help with your training.

We would like to enhance and reinforce what has been done previously by utilising the AGB's Technical Framework designed to bring best practice to coaching archers. The Technical Framework has at its heart a shared common ideal of what is required to shoot to a high standard, but crucially allows time for adaptation for individuals.

It is our intention to help improve your knowledge in the following skills:

Technique, Strength and Conditioning, Bow training, Goal Setting,

Performance Profiling, Equipment Knowledge, Workshops on various Subjects, Breakout Groups.

You will gain the maximum benefit by attending all events if possible, but not essential.

But be assured there will be something for everyone and pitched at a level to ensure all archers have a full understanding of how to shoot the bow efficiently.

We will endeavour to provide continuity with the same coach/archer pairing throughout the sessions, unless unforeseen circumstances occur.

The cost is £18 per session, however if you book all 5 sessions at the onset it will be £80

BACS Details:

Sort Code: 30-98-97

Account Number: 41378963

Reference: Coaching (Surname)

Booking only accepted via the following link:

<https://www.signupgenius.com/go/10C0E4DA9AC2AAAF9C52-county>

Please click fill out this questionnaire: <https://forms.office.com/r/KUJFbwC4ve>

Please bring a notebook and pen with you to the sessions and a clini band if you have one.

Please wear tight clothing to allow the coaches to assess your technique and bring Lunch and plenty of drink.

Please Note any further information which you think would be useful for the coaches

Sam Newton, AGB County Coach

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Phone: 07813545965