

How do I get coaching?

The way a coach coaches archers in a club breaks down into four broad categories. In reality the distinctions between these categories can get blurred, but they serve to illustrate the point.

| Type of coaching: | Description: | What to do: |
|------------------------------|---|--|
| "Lecture style" instruction. | Normally on a specific subject, and often theoretical. For example theory & practice of arrow selection. Mostly delivered to a group of archers. | Communicate your ideas to the coaching staff. |
| Problem solving | You have an immediate problem (e.g. equipment failure) that you require assistance with. | Approach the Duty Coach |
| Short term assistance* | Normally something specific that will be achieved in 1 - 2 sessions. A good example is setting up a new piece of equipment, or getting advice on a specific problem. | Approach the Duty Coach or the Club Coach Liaison Officer. |
| Development coaching* | For archers who want to work with a coach long term to improve their performance. This type of coaching requires a considerable investment of time and effort from both coach and archer, and both must have a good working relationship. | Approach the Club Coach Liaison Officer. |

When & how much?

How much coaching you have is different for everybody. It depends on your current level, goals, expectations and the amount of time & effort you can put in. Working with a coach involves changing stuff. Changing stuff will make you shoot less well as the changes bed in. Therefore coaching too frequently will result in too many changes too quickly: you should probably not exceed 1 session per 10 - 15 hours of practice. Similarly sessions should be no longer than 2 hours, of which up to 1 hour may be discussion/non-shooting exercises. So here is a guide. It's just a guide to give you some idea, so please feel free to disagree - but keep not too loudly!

| Now: | Goal: | Max. Group size | Practice hours | Coaching |
|---|-----------------------|-----------------|----------------|-----------------|
| Novice | 2 nd class | 4 - 6 | 3 per week | Monthly |
| 2 nd / 3 rd class | 1 st class | 2 - 4 | 4 per week | 1 - 2 per month |
| 1 st class | Bowman | 1 - 2 | 8 per week | 2 - 3 per month |
| Bowman | M.B. / G.M.B. | 1 | 2+ per day | As required |

Please read this bit.

All coaches are volunteers. They do not get rewarded in any material way for offering their services to the members of the club. Obtaining their qualifications takes 100+ hours study for each level, and each year many more hours spent keeping current. The coaches are competitive archers, and time spent coaching (or qualifying) is time taken out of their personal archery time. For these reasons it is important not to overstretch individual coaches.

Your coach. Development coaching is a very intensive exercise, and both parties have to trust each other. If you find you don't get along with your coach you must request a change - but do this in a way that does not cause friction. Bad-mouthing coaches (or any other member of staff for that matter) will not be tolerated by The Club. If you have a problem, approach the Coach Liaison Officer or The Club Chairman.

Finance. Members of Droitwich Archery are lucky - the club has a policy of fully funding coach training. For this reason DAS has nearly as many coaches as existed in the whole of Worcestershire 5 years ago. Because of this outlay, and to ensure the commitment of the archer requesting coaching support, DAS expects a small payment for some* of the above activities. The charge is set by the committee, and is payable to The Club.

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