



Annual General Meeting 31st August 2019

Lead Coach's Report

Key Points

- Katie becoming a coach
- Beginners Courses
- People needing coaching
- People coaching others

1. We have been very fortunate to increase our coaching staff this year with the addition of Katie as a coach. She has been invaluable during her training in helping with the Beginners Courses, equipment allocation and maintenance as well as helping the Have-a-Goes. She has also integrated seamlessly with Pete and myself during the Beginners Courses, taking on more and more responsibilities and a greater role in presenting the courses as well as helping the novice archers once they have passed.

I would also like to mention the invaluable contribution Pete continues to make with all aspects of coaching in the Club. His sense of humour and way with people, coupled with his knowledge and professionalism make him a great asset to the Club. I look forward to continuing to work with the coaching team going forward.

2. On the subject of Beginners Courses, we have been very lucky with the number of people who have attended the them over the last year. We have had to put people in reserve, set limits on the number who can attend due to the volume of interest, and even cancel the Autumn Course due to the club numbers rising so much.

While I hate to turn people away and miss the chance to teach more people how to shoot in the Autumn, it is a great position to be in, showing how popular the club is and how it is thriving.

Again without the help of the other two coaches and the unsung heroes of the club who have helped with the support and administration of these courses, both on the day and prior to them beginning, we would not have been able to run them or run them with as good a feedback as we have been getting.

So I would like to thank all of you.

3. With the courses now ending for the year, the coaches will have more time to concentrate on their own shooting. However I would like to add that we all want to encourage everyone in the club, whether you have just passed or have been shooting for many years to never hesitate to talk to one of us if you feel that there is something that you would like help with.

We will schedule a time to help you that works for you and us and we are always happy to help you.

4. There is one other point about coaching that I need to make. Only the qualified coaches are trained to provide coaching to other members of the club.

We are however happy for other club members to provide advice on certain aspects of Archery. So, a good question would be what counts as coaching and what counts as advice?

This is actually quite easy to define.

Advice is something that is based on facts, for example the bracing height of a bow or the spine of an arrow for a certain draw length and poundage.

Coaching is where you watch and provide feedback to someone based on your opinion of their technique or how they are shooting.

Please bear this in mind going forward and refer other members to a coach if you are asked a question that falls under coaching or you feel that someone needs help with their shooting,

5. Just a final word of advice about lifting bosses onto and off their stands. I don't have to remind you that are heavy-about 44kg-and are awkward to handle, so to preserve your backs, and to avoid damage to the stand and to the boss when if it is dropped, it should always be a two-person job.

Thankyou.

James Ridge – Lead Coach