

LSAC Coaches Minutes

This Year's Beginners Course

- First session was only 2 ends, length of time spent bow building.
 - Next year build bows in cupboard – less time in session
 - Missing kit was also an issue, i.e., sights.
- Have a go with different bow styles, after beginners' course?
 - Better than before competition, less stress? Optional after the course?
 - Organise more regular bow style chances
 - Themed Saturday?
 - Lots of good styles come out of the course, starting with recurve helps.
- Abandoned feeling after course, no communication, took a few weeks to go away
 - Change coaching method, promote other coaches for full coaching not just group leader.
 - Get coach evening once a month?
 - Rota for student coaches?
 - Coach talking to many people in one session becomes erratic
 - Dedicated coaching, pre-booked spots? Allocated coaching sessions for certain members.
 - Introducing a coaching target? Specific target for coaching, not just having to find the coach.
 - Introducing a coaching board? Writing down who needs help
 - blank boss sessions? Blank boss replacement, more tennis centre sessions, or dedicated sessions for blank boss style.
 - Blank boss important for form practice
- Drills and skills sessions
 - Inside seminar rooms? Dance hall in union?
 - Having it as its own session not just in first session? Split between setting up the range and clingy band practice, Bow training etc.
 - First week is safety, but emphasis on bow style front shoulder.
- After beginners' course
 - Making sure that people know who the coaches are, their level etc.
 - Publicizing the website is very important
 - Making a post to show coaches on Facebook, linking to website etc.
- Limiting the number of beginners?
 - 32 members, 4 to a coach. Awkward number this year, so limit is important
 - Having lead coach and secondary coaches?
 - 8 bosses and coaching each boss
 - One person specifically for clingy band practice
 - Coach on every target
 - 7 people training to be coaches, and Chris and Laura
- Session coaches will have a file provided for style, amount of coaching, mentor etc.
 - Looking into experienced coaches who can mentor
- Ground quivers
 - Needs to be organised before October
 - Made from tubes and stuff

Next Year's Beginners Course

- Next coaches meeting?
 - Possibly beginning of September
- Bring targets to longer distance first, then making the face smaller
 - Emphasis on making a group, not on hitting a small face
 - Keeping 122 face for a while before Portsmouth
 - First session needs to be exciting to promote member interest
- Facebook groups and chat
 - Novice group chat
 - Was just questions and answers with experienced members
 - Hard to get people to sign up onto different apps
- Coaching booklet for beginners
 - Good to have it printed, not just in the OneDrive

Performance Programme

- Used to be one a month, working on various things
 - Alignment, S&C, nutrition etc.
 - Try to book SDC support?
- Ffion has DMU and Warwick S&C programmes.
 - Better than generic ones.
- Main feedback was positive, few selection issues based on allowing novices.
 - For next committee to decide whether you allow novices again
 - Believed it was beneficial to have novices on
 - Selection was a bit confusing to some? Different importance levels based on willingness, attendance, scores, etc.
 - Run PP during time of normal sessions, educating more based on videos.
- Regular coaching follows PP format or PP scheme still split?
 - Get PP format coaching once a month?
 - Booking PP in the budget, coaching hours etc.
 - Back up plan for blank boss.
 - AU clubs don't need to pay for facilities
 - Extra sessions for blank boss, one could be PP
- Video feedback is very important
 - Investing in a specific coach camera, etc.
 - Something with larger screen, slow video, useful for seeing specific parts.
 - Bow hand position is important and good to have pictures of
 - Could need budgeting, but membership fees may be high
 - Pay scale for non-student coaches
 - Cause and effect
 - Sections of people doing things correctly and of specific issues or other ways
 - Coach Kim's videos
 - Worries about issues of filming other people, would need to be members' phone
 - GDPR
 - Is useful to have old video to use as reference.

Coaching Course

- Ffion has sent out a message
 - Includes all the coaches
 - New version of online courses, paid upfront
- Information on how to put a course together, requires safeguarding, DBS, etc.
 - Volunteers get it for free from archery GB
- Online course list from UK archery
 - Link on Ffion's message
 - Hold off on payment until we know what AU is doing
- Set dates for coaching courses and assessment?
 - No, but Maggie wanted to.
 - Getting permission from AU, would AU give lump sum for CVA.
 - AU can give individuals money up front
- Pricing of the courses
 - £100 for all the courses plus £150-200 for assessment days
- Important to do the coaching courses in order
 - Afterwards looking into mentoring
 - 12 hours before assessment, but mentor and practice are needed and important.
- If club can book seminar room for safeguarding course
 - Can be used for our coach's course
 - CVA is also running a course, but none over the summer.