

Dear members

## **Development Coaching Sessions 2020**

We have recently been made aware that a number of club members are keen to receive further coaching with their archery.

Although Coaches are available to offer you support as and when needed after completing your Beginners' Course, we understand that the onus is on the archer to ask for help and that you may feel hesitant in doing so.

With this in mind, the coaching team are pleased to be able to offer Development Coaching Sessions, starting in April. If you feel you want to develop your archery in a more organised way, you might want to think about attending one or more of these sessions.

The aim will be to provide you with a self-contained session which helps you work on a particular area of your shooting, for example correct stance, shot execution, sighting your arrows etc, that your coach identifies as needing improvement. You will have the option to attend multiple times, depending upon the number of members interested and the availability of coaches.

You would need a short initial meeting with your assigned Coach prior to your first session, to draw up a Personal Development Plan so that you and your Coach can agree on the goals you are trying to achieve during the sessions and what success will look like. The purpose of this is to ensure that the coaching sessions have clear, identifiable goals and remain focussed.

The sessions are planned to last for an hour, and will take place on a Wednesday evening in the small hall between 7.00 and 9.00 pm. There will be a £5.00 per session charge, to help pay for the hire of the hall.

Our club Treasurer Dave has already booked and paid for the following dates, which avoid our existing Beginners' Course commitments:

22 April

20 May

10 June

19 August

16 September

18 November

9 December

If you are interested in attending on any of these dates, please email Simon at [simonmeaton@me.com](mailto:simonmeaton@me.com) , being sure to include your preferred contact details for your coach to arrange your Pre-Session Discussion.

Kind regards

Tenzone Bowmen Coaching Team