



AGM Coaching Report 2025

First a big thank you to all coaches, committee and general members for all there help through the year with beginners' courses including all other workshops and coaching programs in 2024.

We now have 5 coaches undertaking or completed Session or Development Coaching Course. This will bring the number of coaches to 12, 10 Session Coaches & 2 Development Coaches.

The Coaching team will still be looking for potential members to undertake the first step into a coaching programme if the archer wishes to do so.

We have a good program of coaching events for the coming year so please keep looking at Mayflower website and notice board in club house. As we will possibly add some additional events in the year.

We now have some ILF Recurve Limbs of S, M, L and various lb, for short term loan £5.00 per Month or free for 1 or 2 hrs. We will be hoping to increase the number of limbs over the next year or two. So, if any archer wishes to donate their old limbs if in reasonable condition or if for sale, please let us know.

If there is anything archers wish to be added to the coaching program, please let the coaching team please let us know.

*David Scolah
Mayflower Head Coach*



Mayflower Archers Coaching

How does it work

Not all archery clubs have trained / qualified coaches – instruction may be given by club members who are happy to lend a hand. At Mayflower we are presently fortunate to have many coaches and generally they manage all instruction of beginners and new archers.

After you complete your beginner's course, the onus is on the archer to ask for help. And you *will* need to ask! Coaching etiquette requires the archer to approach the coach. This is mainly good manners - many people feel they are doing just fine and may be offended by an assertion they appear in need of help! It's also a courtesy to other coaches who may already be working with an archer on a regular basis. So, when considering the options below, remember that you, the archer, will need to take the initiative. There are several opportunities for coaching - not all will suit every archer, and your needs may change over time. We'll look at the options available at Mayflower.

Coaching clinics & Boost Archery Sessions

After your beginners course you may find that you need a bit of help to progress, you're shooting, or you might be considering buying your own kit and need advice on choices. Established archers may feel they have developed some bad habits which may be holding them back or they may be wanting to upgrade their equipment.

At Mayflower we run monthly, or by monthly coaching clinics or Boost Archery Sessions. Dates for these are on the website and they are run by a small team of coaches and maybe on a rota basis, so don't bank on the same coach being there from month to month. The aim of these is to provide you with a one-off session or sessions which helps you work on a particular area of your shooting or to get advice on equipment setup or selection. That said, you have the option to attend as many of these as you wish.

Practical workshops

New archers quickly realise that their equipment needs to properly set up and, over time, adjusted and maintained. This maintenance can be costly if you keep going back to dealers for this but once again, help is at hand. All the coaches in the club are trained in basic equipment setup and maintenance and if asked will generally be happy to assist and advise you. In addition, the club periodically runs short, hands-on, workshops designed to teach things like arrow and string maintenance and tuning your bow / arrows. The dates for these will generally be published on the website and a small donation may be

requested from those attending to cover consumables like fletching's, serving thread, string materials etc.

Ad hoc advice from club coaches

Don't feel that the monthly coaching clinics are the only time when you can get help. If you are at the hall or the field and coaches are around, they will often be able to take questions or even take a quick look at you. HOWEVER, you must remember they are archers just like you and if they are shooting themselves (particularly if they are shooting a round) you should respect their own shooting time and not disturb them.

Ad hoc advice and coaching clinics will for many people be sufficient to meet their needs. If on the other hand you feel you want to develop your archery in a more serious, perhaps more organised way, you might want to think about identifying and working with a personal coach.

Personal & or Boost Archery coaching

For archers aspiring to shoot to a high standard and who are prepared to make a significant commitment to this end, much more than a few ad hoc sessions may be required. A **programme** of work designed to develop the archer in all areas is necessary. This will include not only input on equipment setup and technique but also on physical training, mental skills and a training programme designed to set and monitor specific goals, perhaps over several years.

Choosing a coach is difficult, partly because not all coaches are able to make the commitment of time. Talk to coaches, find out about them, their experience of archery in general, as well as their coaching background and think about whether you would feel comfortable sharing your archery aspirations, hopes and fears with them. If you can, then it's worth asking if they would be prepared to help you on a regular basis and you can then discuss what "regular" means - everybody's needs are different.

David Scolah
Mayflower Head Coach
Development (L2) Coach

12th March 2025