

SAA Junior Assessment Day

In recent years there has been a shortage of juniors entering competitions resulting in insufficient archers being identified for the Scottish junior team. This year was a perfect example where, with one archer short of a full team, we were in 4th place at the Junior Home Nations tournament but only one average score from 2nd place and one good score behind England who won.

Speaking casually to coaches and club officials there does seem to be a number of juniors throughout Scotland with the potential to compete at this level given the right support. This assessment day is our first step in trying to identify and assist these archers.

During the assessment day every archer will be observed and each area of technique assessed. The comments of the assessors will be informally passed on during the day and a formal written report with recommendations sent as soon as possible after the event. Time constraints of one day would not allow us to prepare a comprehensive report on the day and this is also why a maximum of 15 archers will be assessed at this event. If there is an overrun of applications a further assessment day will be arranged.

A good support system is vital for archer progression so parents and personal coaches are encouraged to attend the day. The junior team manager will hold a lunchtime session specifically for parents to find out more about what is involved in reaching and competing for the Scottish team. The assessors will also be available, within the time constraints of the assessments, to answer any questions.

All the archer assessments will be reviewed by the performance team who will try to arrange appropriate ongoing training which could range from helping source appropriate local coaching to invitation to training sessions with the current team/squad archers.

Dependant on funding availability there may be a small charge (£5-£10) to cover the cost of the assessment.

Anyone wishing to put forward a junior archer for assessment now, or at a future event, should contact the junior team manager alan.w.wood@gmail.com .



Junior Assessment Day

**Lathallan School,
Johnshaven
Nr Montrose**

Sunday, 14 August 2011

9 30 – 10 00	Arrival, Set Up Equipment
10 00 – 10 30	Introduction
10 30 – 10 45	Warm Up (all juniors)
10 45 – 11 45	Half Portsmouth round (30 arrows - 3 arr./end 2 min) Coaches observing
11 45 – 12 45	Working Lunch with Lana Needham <ul style="list-style-type: none">• Training Regime• Archery Diary & Logs
1145 – 1245	Parent's Q&A with Team Manager (Alan Wood)
12 45 – 13 45	Hit miss targets – coaches observing and advising
13 45 – 14 15	Junior's time for Q &A (all staff available)
14 15 – 15 30	Team Game "Alpinist"
15 30 – 16 00	Debrief /Clear the shooting Field
16 00	Departure

Note:

The Programme can be changed with respect to the needs of the Assessment.

Parents may stay and observe or go off and come back by the end of the day

Please,

Bring all your paperwork, I have sent to you earlier and your diaries, if you have them.

Bring suitable clothes and footwear for indoor and outdoor shooting.

Bring your own Lunch.

Do not leave any rubbish in the archery range (use the bins).