

EASTERN AREA COACHING DAY

DO YOU WANT TO IMPROVE YOUR TECHNIQUE?
DO YOU WANT TO SHOOT BETTER SCORES THIS YEAR?

THEN THE EASTERN AREA COACHING DAY IS AIMED AT
YOU.....



The Eastern Area Committee invites ALL Archers with their own equipment who are Unclassified, 3rd, 2nd and/or 1st Class, with a special invitation to *Junior Archers*, to attend its Spring Coaching Day. The day promises to be packed full of knowledge, information and learning - you just can't afford to miss it!!!

Date: **Sunday 19 April 9.30am - 4.30pm.**

Venue: **Cluny Clays Archery Centre near Kirkcaldy.**

Cost: **Only £10 ph Seniors / £8 ph Juniors for the full day.**

Tea/coffee and lunch are available in the restaurant and Archers will require to book and cover the cost of these facilities themselves.

Cheques (payable to SAA Eastern Area) and entry forms must be received by 10 April at the latest to confirm your place.

What's On Offer?

- Expert coaching on both Recurves and Compounds.
- Videoing to show you where improvements can be made.
- Equipment maintenance ie string making, arrow straightening, fletching etc.
- Bow tuning.
- Competition preparation.
- A chance to get specific help from Coaches on the areas you want to work on.

What to do NOW?

This event is limited to the first 30 archers who return their form with cash. There are attached 2 entry Forms -1 for Seniors and 1 for Juniors - please complete the relevant Form and send it, with your cheque, payable to SAA Eastern Area, to: Mrs Maxine Dodds, 9 Wellheads, Limekilns, Fife KY11 3JG Tel: 01383 873132.

EASTERN AREA COACHING DAY

SENIOR ENTRY FORM

I wish to attend the EA Coaching Day on Sunday 19 April 2009 at Cluny Clays.

NAME:	
ADDRESS:	
TELEPHONE No:	
Email address <i>(please print clearly)</i>	
Please give us an emergency contact for the day.	Name of contact: Tel. Number:
What outdoor classification are you? <i>(if any)</i>	
What areas of your shooting technique would you like help to improve on?	
<i>(use reverse if necessary)</i>	
Is there any specific knowledge/ learning you would like to have at the Coaching day?	
<i>(use reverse if necessary)</i>	

Please note that it is our intention to use video filming/ photography to assist you in the improvement of your shooting technique - if you do not wish to be filmed or photographed please advise Maxine at the time of entry. Video footage will be destroyed after filming and photography may be used for publicity purposes.

I verify that the above information is correct.

Signed: _____

Please print name: _____ Date: _____

PLEASE RETURN THIS FORM BY 10 APRIL (WITH CHEQUE) TO:
MRS MAXINE DODDS,
9 WELLHEADS, LIMEKILNS, FIFE KY11 3JG
Tel: 01383 873132

EASTERN AREA COACHING DAY

JUNIOR ENTRY FORM

I wish to attend the EA Coaching Day on Sunday 19 April 2009 at Cluny Clays.

NAME:	
DATE OF BIRTH:	
ADDRESS:	
TELEPHONE No:	
Email address <i>(please print clearly)</i>	
Please give us an emergency contact for the day.	Name of contact: Tel. Number:
What outdoor classification are you? <i>(if any)</i>	
What areas of your shooting technique would you like help to improve on? <i>(use reverse if necessary)</i>	
Is there any specific knowledge/ learning you would like to have at the Coaching day? <i>(use reverse if necessary)</i>	

Parental Consent

To ensure that Scottish Archery Association is complying with good practice when working with Juniors it is imperative that your Parent/Guardian provides the following information:

Does your child have an illness or condition that we should be aware of? *Yes / No	Nature of illness/condition:
*If yes, are they on any medication? (Please ensure your child has sufficient medication with them. Coaches will <u>not</u> be permitted to administer medication to your child.)	Medication:

Does your child have any allergies? Yes / No	Nature of allergies: (2)
Is there anything further we should know about your child? Please use reverse if necessary - this information will remain confidential to the coaching staff.	

I understand that, if necessary, emergency medical treatment will be administered by authorised medical personnel and the parents will be advised of this. If appropriate I consent to my child being transported by a member of the coaching staff.

Please note that it is our intention to use video filming/ photography to assist your child in the improvement of their shooting technique - if you do not wish your child to be filmed or photographed please advise Maxine at the time of entry. Video footage will be destroyed after filming and photography may be used for publicity purposes..

I hereby consent to (name of child) attending the EA Coaching Day on 19 April 2009. I verify that the above information is correct.

Signed: _____ *Parent/ Guardian
*delete as appropriate

Please print name: _____ Date: _____

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