

EASTERN AREA COACHING DAY



DO YOU WANT TO IMPROVE YOUR SHOOTING 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 Archers from across Scotland, with their own equipment, who are Unclassified, 3rd, 2nd 1st Class, Bowman and MB 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!!!

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| DATE: | Saturday 20 February 2010 - 10am-4.30pm. |
| VENUE: | Beeslack High School, Penicuik. View map by clicking here |
| COST: | <p>Only £15pp for Seniors and £12pp for Juniors (18yrs & under) - for the full day.</p> <p>Tea/coffee will be available however you will require to bring your own lunch as we regret that <u>catering facilities will not be available.</u></p> <p><u>Cheques (payable to SAA Eastern Area) and entry forms must be received asap and by 10 FEBRUARY at the latest to confirm your place.</u></p> <p><u>NB: A valid GNAS card must be produced in the day</u></p> |
| WHAT'S ON OFFER? | <ul style="list-style-type: none"> ▪ Expert coaching on both Recurves , Compounds, Barebow and Longbow. ▪ 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? | <p>The entries for this event are limited and will be taken on a strictly first come first served basis (ie entry form with fee). There are attached 2 entry Forms - 1 for Seniors and 1 for Juniors - please complete the relevant Form and send it, <i>with your cheque</i>, payable to SAA Eastern Area, to:</p> <p>Ms Moira C Taylor, 4 Howard Street, Falkirk, FK1 5JG. Tel: 01324 624363. email: moi.taylor@blueyonder.co.uk</p> |

EASTERN AREA COACHING DAY
SENIOR ENTRY FORM

I wish to attend the EA Coaching Day on Saturday 20 February 2010 at Beeslack High School, Penicuik.

| | |
|---|-------------------------------|
| Name: | |
| Address: | |
| Telephone No: | |
| Archery Club & GNAS No: | Club: _____ GNAS No: _____ |
| Email address (please print clearly) | |
| Classification (if any) | Outdoor: _____ Indoor: _____ |
| What areas of your shooting technique would you like help with? (use reverse if necessary) | |
| Is there any specific knowledge/learning you would like to have at the Coaching day? (use reverse if necessary) | |

Please note that it is our intention to use video filming/ photography to assist you in the improvement of your shooting technique and the publicity of the event. Video footage will be destroyed after filming and photography may be used for publicity purposes.
I verify that the above information is correct and I agree to being filmed/photographed.

Signed: _____

Please print name: _____ Date: _____

PLEASE RETURN THIS FORM BY 10 FEBRUARY (WITH CHEQUE) TO:

MS MOIRA C TAYLOR,
4 HOWARD STREET, FALKIRK FK1 5JG
TEL: 01324 624363
email: moi.taylor@blueyonder.co.uk

EASTERN AREA COACHING DAY JUNIOR ENTRY FORM

I wish to attend the EA Coaching Day on Saturday 20 February 2010 at Beeslack High School, Penicuik.

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|--|-------------------------------|
| Name: | |
| Date of Birth: | |
| Address: | |
| Telephone No: | |
| Archery Club & GNAS No: | Club: _____ GNAS No: _____ |
| Email address (please print clearly) | |
| Please give us an emergency contact for the day: | Name: _____ Tel No: _____ |
| Classification (if any) | Outdoor: _____ Indoor: _____ |
| What areas of your shooting technique would you like help with? (use reverse if necessary) | |
| Is there any specific knowledge/ learning you would like to have at the Coaching day? (use reverse if necessary) | |

Parental Consent

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

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|---|--|
| <p>Does your child have an illness or condition we should be aware of?</p> <p>* If Yes, are they on any medication? (please ensure your child has sufficient medication with them. NB Coaches will not be permitted to administer any medication to your child)</p> | <p>* YES / NO (please circle as appropriate)</p> <p>*Nature of Illness/ condition</p> <p>Medication:</p> |
| <p>Does your child have any allergies? *YES / No (please circle as appropriate)</p> | <p>*Nature of allergies</p> |

Is there anything further we should know about your child? Please use reverse if necessary - this information will remain strictly confidential to 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 and for publicity purposes - if you do not wish your child to be filmed or photographed please advise Moira at the time of entry. Video footage will be destroyed after filming and photography may be used for publicity purposes (the name of the child will be withheld).

Parental/Guardian Declaration:

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

I hereby consent to (name of child) attending the EA Coaching Day on 20 February 2010. I verify that the above information is correct and I will undertake to update M C Taylor with any changes prior to the event. I agree to my child being filmed/photographed.

Signed: _____ *Parent / Guardian
*delete as appropriate

Please print your name: _____ Date: _____

PLEASE RETURN THIS FORM BY 10 FEBRUARY (WITH CHEQUE) TO:

**Ms MOIRA C TAYLOR
4 HOWARD STREET, FALKIRK
FK1 5JG
TELEPHONE: 01324 624363
email: moi.taylor@blueyonder.co.uk**