

## **Senior Archers Development Squad Proposal**

The County is proposing to set up squad coaching for senior county archers commencing October 2019 in preparation for the 2020 outdoor season. We are planning to have the session led by a Senior Coach with the support of coaches within the county. The sessions will be open to recurve, barebow and compound archers.

We hope to open this up to all senior County Squad Archers and senior archers that have an ambition to shoot for the County. There will be a nominal cost towards the sessions, with monthly sessions planned to run from October to March, with dates yet to be determined.

For this to work we will need support from Clubs, Coaches and Archers.

### **Clubs**

We anticipate moving the session to participating clubs each month (although we could consider a single club if it is interested in hosting all the sessions). We would require clubs that are willing to support the squad to show an expression of interest along with possible dates they could hold the training sessions during the indoor season.

We would like clubs to support by way of allowing the county to make use of their venue and equipment, without which the squad training cannot take place.

### **Coaches**

Again, the squad training cannot take place without the support of coaches. The development sessions although guided by a senior coach will be run with coaches from within the County. It is vital to get as many coaches involved as possible. The sessions are will be structured for archer's development and in the process allow for coach development by working with higher level coaches.

### **Archers**

All current squad archers will be invited to participate. Any senior county archer that has ambitions to shoot for the county should contact us to show their interest.

The purpose of the training sessions would be to prepare archers for inter-county tournaments that run throughout the season. The sessions will be open to recurve, barebow and compound archers who are affiliated to the county.

If you are a club, coach or archer that would like to assist and participate with senior squad development then please contact me on [coaching@lrcaa.org](mailto:coaching@lrcaa.org)

Many Thanks

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