

Mana Archery Club Inc.



Archer & Coach Training 2010

Date:	29 – 30 May 2010
Time:	9:00am – 4:00pm both days (approx)
Location:	Mana clubrooms
Attendance:	All Mana AC members are welcome to attend

Purpose

1. To improve the archery knowledge base within the Mana Archery Club;
2. To enable archers to gain improvement and enjoyment with their sport;
3. To promote idea's and to foster discussion;
4. To provide specific archers the skills necessary to instruct and assist coaches on the Mana AC beginners course;
5. To refresh the skills and knowledge of more senior archers and coaches

Topics to be covered

1. Equipment & basic set-up
2. Arrows – How they work and how you select them
3. Making and repairing arrows
4. Tuning a recurve bow & basic compound bow tuning
5. Biomechanics
6. Shooting Technique

Resources Required

Attendees will require paper, pens, shooting equipment (if they have it) and open minds.