

Coaching & development: what, when, where & how?

The intention of this document is to give an archer an idea of what to expect from coaching, what commitment is involved and how to progress.

Beginners' courses

In the vast majority of cases, people come into the sport via a 'club beginners' course'. Most clubs provide such courses to train beginners to a safe & competent standard, whereby the participants are fully prepared & eligible to join an AGB (ArcheryGB) Target Club.

Novice development

New members joining a club will normally be offered help & encouragement for their first few months in the club. This will include, for example: (a) club organisation, rules & obligations (b) safe & effective operation of the venues and equipment (c) instruction on basic technique (d) assistance on the selection, purchase & setup of their first kit.

Ongoing development

Proceeding from here depends upon your goals & resources. For brevity we have classified participation into four bands or 'streams' – this is useful shorthand, but it is not intended to be a straightjacket or immutable. These streams are as follows:

Social archers:	Keen club archers:	Performance archers:	Elite archers:
Enjoy the social aspect of the sport, and the opportunity to exercise – but have little interest in competitions.	Enjoy competition and want to improve – but not to the extent that archery takes over their lives.	Have a real drive to be good, to shoot at higher level tournaments & get noticed at National level.	Are entirely focussed on Olympic Gold!
Entry: Archers can go into these streams at any time.		Entry: Archers are unlikely to move to the 'performance' stream without some time in the 'keen' stream.	Entry: Archers are unlikely to move to the 'elite' stream without some time in the 'performance' stream.
What it looks like: <ul style="list-style-type: none"> Shooting at club sessions. Interaction with Duty Coach as required Attendance at instruction sessions if interested. 	What it looks like: <ul style="list-style-type: none"> Shooting regularly. Occasional coaching sessions Interaction with Duty Coach as required Attendance at instruction sessions. Homework Record keeping 	What it looks like: <ul style="list-style-type: none"> 1:1 arrangement with a coach Regular & frequent coaching Regular & frequent shooting Attendance at coaching workshops Homework Record keeping Specialist sessions (e.g. mental) 	What it looks like: <ul style="list-style-type: none"> Archery at this level is extremely taxing and time consuming. Working at AGB Academy International tournaments
Eligibility: <ul style="list-style-type: none"> Club membership 	Eligibility: <ul style="list-style-type: none"> Minimum equipment¹ Minimum standard² 	Eligibility: <ul style="list-style-type: none"> Agreement with a coach Willingness to work Willingness to learn Commitment to complete³ 	Eligibility: <ul style="list-style-type: none"> Engagement with the Talent Pathway Invitation from AGB
Club provision: <ul style="list-style-type: none"> Safe & welcoming environment 	Club provision: <ul style="list-style-type: none"> Safe & welcoming environment Regular coaching sessions Opportunity for structured practice 	Club provision: <ul style="list-style-type: none"> Safe & welcoming environment Opportunity for structured practice Acceptance of coaching 	Club provision: <ul style="list-style-type: none"> Safe & welcoming environment Support & access when requested.
Planned outcomes: <ul style="list-style-type: none"> Enjoyable participation in the sport of archery. 	Planned outcomes: <ul style="list-style-type: none"> Improved performance Satisfactory participation in tournaments 1st class or better. 	Planned outcomes: <ul style="list-style-type: none"> Improved performance Notable participation in tournaments Eligibility for County Squad BM class or better. 	Planned outcomes: <ul style="list-style-type: none"> National ranking International participation Olympic competition.

Now what? If you want some coaching who do you talk to?

- Your first port of call will probably be your club's coaching officer. (If you don't know who that is, ask any of the coaches or contact your Club Secretary.) You can then discuss with them what you want, and where you can get it from.
- If they can't help then it's part of the job of the County Coaching Officer to assist where clubs cannot. This can be because the club doesn't have the resources, facilities or time to fulfil your needs.
- If you are considering 1:1 coaching you'll probably already have a coach in mind. At this level you and your coach have to get on together, and this might not be possible within your club. All professional coaches understand this, and nobody will be embarrassed.

- Equipment: Archers should have (a) their own shooting kit (b) spares (c) exercise band (d) formaster (e) notebook
- Archers must be safe & capable of shooting unsupervised
- The program will have been discussed & agreed, and will cover a considerable period of time: it is not designed to 'dip in and out' of.

Coaching at Malvern Archers (and elsewhere)

The coaching staff at Malvern Archers are:

Richard Cambridge	– County Coach (and club coaching officer)
Mark Pattison	– County Coach
Fiona Ellis	– Level 2 Coach
Dave Martel	– Level 1 Coach
Dave Quinn	– Session Coach
Pete Webb	– Session Coach

You can approach any of the above for help & advice.

Regular sessions:

The club runs regular coaching sessions as follows:

Outdoor season	Wednesday evenings from about 17:30 (weather permitting)
Indoor season	Sunday Mornings

Please put your name on the booking sheet in good time to ensure a coach is in attendance.

More advanced coaching:

Please keep a lookout on the club calendar & newsletters for any special coaching events that are scheduled.

Performance coaching:

If you are interested in performance coaching then this is a matter of negotiation between you and a coach. You'll probably have a coach in mind – or you can approach the club coaching officer for assistance in the matter.

Coaching elsewhere:

Additional coaching can be laid on by the County Coaching Officer, or the Regional Coaching Officer. The club will try to keep you updated if/when these appear.