

## WAA Senior Squad Sessions 2011/12

Applications are now invited from Senior Archers who are members of WAA and would like to apply for selection to the Senior Target Squad. The squad will be limited to 12 places.

### CRITERIA FOR SELECTION:

Recurve Archers — Bowman standard or above

Compound Archers— Bowman standard or above

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Squad sessions will be held in the Jubilee Hall at the National Sports Centre for Wales, Sophia Gardens, Cardiff on the following weekends:

Saturday/Sunday 5/6 November 2011 – 9.00am–5.00 pm

Saturday/Sunday 10/11 December 2011 – 9.00am – 5.00 pm

Saturday/Sunday 7/8 January 2012 – 9.00am – 5.00 pm

Saturday/Sunday 11/12 February 2012 – 9.00am – 5.00 pm

Saturday/Sunday 3/4 March 2012 – 9.00am – 5.00 pm

Archers, if accepted as squad members, will be expected to sign a commitment form to attend all squad sessions. If it is found that a member cannot, for personal reasons, attend a specific weekend they will be expected to discuss this with the Coach-in-Charge and/or the Squad Administrator.

Squad members will be expected to keep a training journal which should be available each squad weekend – this will enable the coaches to give advice on individual/personal training programmes. Keeping training diaries has been used for the last few years and archers have found them to be of benefit to keep them focussed on their training and setting their own personal goals.

**Head Coach – Mrs Tricia Lovell**

**Squad Administrator – Mrs Susan Davies**

**Application Form is attached and completed forms should be returned to (address at end of form) by 25<sup>th</sup> September 2011.**

*Pat Widger*

**Hon Chairman**

**WELSH ARCHERY ASSOCIATION  
WELSH SENIOR TARGET SQUAD – 2011/2012**

Name \_\_\_\_\_

Address: \_\_\_\_\_

Contact tel. number: \_\_\_\_\_ Mobile: \_\_\_\_\_ Email: \_\_\_\_\_

Club: \_\_\_\_\_ Region: \_\_\_\_\_

Bow style: \_\_\_\_\_ Current classification: \_\_\_\_\_

Name of your club coach: \_\_\_\_\_ Contact tel. no. \_\_\_\_\_

(this is requested in order that the Coach-in-Charge can keep in touch with your coach concerning your progress

Have you been accepted on to any GB squad for 2011/2012 \_\_\_\_ **YES/NO** (please delete which is not applicable)

**PLEASE COMMENT AS FOLLOWS:**

What do you want to gain from attending squad? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

What would you like to see included in the squad programme? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

**PLEASE INCLUDE A LIST OF YOUR TOURNAMENT SCORES FOR FITA, FITA 70MTR  
AND YORK/HEREFORD SCORES ACHIEVED DURING THIS SEASON.**

I agree to keep a training journal which will be available to the Coach-in-Charge each squad;

I agree to attend all squad sessions unless discussed otherwise with the Coach-in-Charge or Squad Administrator.

Signed..... Date .....

**Please complete and return by 25<sup>th</sup> September 2011 to the Squad Administrator:**

**Mrs Susan Davies, Forest Lodge, Treherbert, Treorchy, CF42 5PN Tel: 01443 776031**

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