

## WAA Squad Sessions at the Welsh Institute of Sport 2009/10

Applications are now invited from Senior Archers who would like to take part in the squad.

### CRITERIA FOR SELECTION:

Recurve Archers — Bowman standard or above

Compound Archers— Bowman standard or above

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Squad sessions will be held at the Welsh Institute for Sport, Sophia Gardens, Cardiff on the following weekends:

Saturday/Sunday 31 October/1 November 2009 – 9.00am– 4.30 pm (Upper Hall)\*

Saturday/Sunday 12/13 December 2009 – 9.00am – 4.30 pm (Upper Hall)\*

Saturday/Sunday 16/17 January 2010 – 9.00am – 4.30 pm (Upper Hall)\* - **Junior Squad**<sup>1</sup>

Saturday/Sunday 13/14 February 2010 – 9.00am – 4.30 pm (Upper Hall)\*

Saturday/Sunday 6/7 March 2010 – 9.00am – 4.30 pm (Upper Hall)\*

**NB** The January session will be taken over by the Junior Squad.

\*Overnight accommodation will be available for North and West Wales archers for Friday & Saturday nights at WIS.

One or two further sessions may be held over the winter season if funding allows, these will not be held at WIS but at a venue to be arranged.

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.

Following procedures instituted by the British squads every Senior member will be expected to keep a very basic training diary/journal which will need to be seen each squad weekend – this will enable the coaches to advise on an individual training programme. 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 – TBA**

**Squad Administrator - TBA**

**Application Form is attached and completed forms should be returned to (address at end of form) by 30<sup>th</sup> September.**

*Pat Widger*

**Hon Chairman**

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**WELSH ARCHERY ASSOCIATION  
WELSH SENIOR TARGET SQUAD – 2009/2010**

Name \_\_\_\_\_

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

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

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

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 them concerning your progress)

**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 FITA, FITA 70MTR AND YORK/HEREFORD SCORES  
ACHIEVED DURING THIS SEASON.**

I agree to keep a basic training diary 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.....

**Please complete and return by 30<sup>th</sup> September 2009 to the Records Officer:**

**Mr Sam Moore, Nant Lodge, Prestatyn Road, Prestatyn, Flintshire. Tel: 01745 852082**

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