



## **SCAS COACHES CONFERENCE 2010**

### ***Dear Coach***

The next SCAS Coaches Conference will be held on Saturday 6<sup>th</sup>. March 2010

At the ULU Building, Malet Street, Central London. WC1E 7HY

This building is a short walk from Euston Square and Warren Street underground stations. Plus Euston, St Pancras and Kings Cross main line stations. The building is on the corner of Torrington Place & Malet Street, opposite Waterston's bookshop.

Regrettably, there are **no car parking** facilities, other than metered bays in the road.

I have over 300 SCAS Coaches on my data base, last year we had a record turnout of 130, there is space for 150 delegates, places will be allocated on a 1<sup>st</sup> come 1<sup>st</sup> served basis, so don't leave it till the last minute to book.

### ***Please find attached: -***

- The Conference Programme
- Speakers Profiles
- An application form (**which must be received with payment by 31<sup>st</sup> January 2010**)
- Suggestions form for items, issues or ideas for the open forum

### ***Notes:-***

If you have any specific dietary requirements i.e., vegetarian or food intolerances, please indicate on the Application Form.

This year the cost will be £35.00 per person, inclusive of refreshments at registration, a finger buffet lunch, with soft drinks, mid-morning and afternoon refreshments.

This year there will be no DVD recording of the event.

I look forward to meeting you in the New Year.

Colin Okin (Conference Organiser)

### **Return postal address: -**

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Middlesex  
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## S.C.A.S. COACHES' CONFERENCE

### Saturday 6<sup>th</sup>. March 2010

#### *The Programme*

<b>9.00</b>	<b>Registration</b>	<i>with beverages &amp; biscuits</i>
9.50	➤ Welcome	<b>Colin Okin</b> Conference Organiser
10.00	<ul style="list-style-type: none"> <li>➤ Long Bow selection</li> <li>➤ Arrow selection</li> <li>➤ Coaching hints</li> <li>➤ Aiming</li> <li>➤ Bow and String, Care and Maintenance</li> </ul>	<b>Pip Bickerstaffe</b>  Long Bows
<b>11.00</b>	<b>Refreshment break and Networking</b>	
11.30	<ul style="list-style-type: none"> <li>➤ 2012 A legacy for all</li> <li>➤ Matters concerning Archery GB and The Archery GB members</li> </ul>	<b>Lynne Evans MBE</b>  Chair of Board of Directors GNAS / Archery GB
<b>12.15</b>	<b>Lunch &amp; networking</b>	
13.15	<ul style="list-style-type: none"> <li>➤ How can a coach make a difference?</li> <li>➤ Stabilization; What? When? &amp; How?</li> <li>➤ Technical advances in equipment</li> </ul>	<b>Simon S Needham</b>  Recurve Bows
<b>14.15</b>	<b>Refreshment break more networking</b>	
14.45	<ul style="list-style-type: none"> <li>➤ Techniques in coaching able and disabled archers.</li> <li>➤ How to get started with compound</li> <li>➤ Bringing on the intermediate to the elite level</li> <li>➤ Coping with competition nerves</li> </ul>	<b>Tony Weston</b>  Compound Bows
15.45	➤ Q & A Session and open debate	<b>Chaired by Colin Okin</b>
16.25	➤ <b>Closing remarks</b>	<b>Dave Squibb</b> Chairman of Coaches SCAS
<b>16.30</b>	<b>Close</b>	



## **S.C.A.S. COACHES' CONFERENCE 2010**

### **Speakers Profiles: -**

#### **Lynne Evans MBE** (Chair of Board of Directors GNAS / Archery GB)

Lynne was the first British Lady to shoot 1200 in 1970 and went on to set a British Record when Archery returned to the Olympic fold in 1972. She scored 2,313 for a final placing of 16th in the competition staged at the Englischer Garden in the centre of Munich.

After retiring from elite competition, Lynne became one of the sports leading administrators and is the Chair of the Grand National Archery Society and a former Vice President of the international governing body FITA.

She serves on the National Olympic Committee Executive Board and is also a trustee of the British Olympic Foundation.

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#### **Pip Bickerstaffe** (Chairman and founder of Bickerstaffe Bows)

Pip has been involved in archery for well over forty years as Bowyer, Archer, Author and Coach. He has been making bows since the early 1970's firstly fibreglass backed recurve bows and flat bows then compounds and from 1994 English Longbows. The company "Bickerstaffe Bows" was formed in 1997, specialising in the manufacture of long bows. They are the foremost manufacturers of long bows in the world, having produced well in excess of 15,000 bows, at a rate of at least 10-15 per week.

Pip made the 200+ lb bow used by Mark Stratton to claim his record in, The Guinness Book of Records.

He and his company have been involved with The Mary Rose Trust for some time and remain in touch.

He has been a qualified County Coach since 1975.

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#### **Tony Western** (European Compound Bow Hunter Champion)

Tony has been a competitive archer for over 15 years, specialising in Compound. He has won numerous national titles, including the European Bow hunter Championship. He has competed in UK, France, Germany, Holland, Italy, Portugal, Slovenia, South Africa, Australia and in America on the Semi-Pro Circuit.

He is a qualified coach and has coached and trained all levels of archers from absolute beginners through to European and World Champions.

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#### **Simon S. Needham** (author and 2000 Sydney Olympian)

Author of "The Art of Repetition"

Simon was in the Royal Marines for twenty two years, has been involved in archery for over forty years.

He has been shooting competitively since 1989 when he represented Scotland, and since 1997 he has represented Great Britain. He competed in the 2000 Sydney Olympics and in 2001 he came seventh in the World Archery Championships in China.



## S.C.A.S. COACHES' CONFERENCE 2010

Saturday 6th. March 2010

### Application for attendance: -

Please reserve \_\_\_\_\_ conference places at £35.00 each (inclusive of lunch & refreshments)

I enclose a cheque for £\_\_\_\_\_ payable to: - **SCAS Coaches Conference** (please do not send cash by post)

Name(s) of delegate(s) please print	Coach Grade	Club	Affiliation GNAS / SCAS / county

If you are happy to receive confirmation by E-Mail please tick \_\_\_\_\_

e-mail address: \_\_\_\_\_

OR

Postal address for confirmation

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ Post Code \_\_\_\_\_

Contact telephone number (for emergencies only): \_\_\_\_\_

Any specific food related issues: - \_\_\_\_\_

### Please note:

1. Following research and feedback, it has been decided that there will be no DVD recording of the 2010 conference.
2. Suggestions for items to be included in the open forum on the next page please

## The Open Forum

In order to get the ball rolling, I would welcome any suggestions for items or issues that you would like discussed during the Open Forum. Please submit these with your application form.

You may have ideas or problems that you would like to share with the other coaches. Or, you may wish to direct questions specifically to one of our speakers.

It may not be possible to cover all the suggestions made. I will however, attempt to make it varied and interesting.

Please print your Name\_\_\_\_\_

County\_\_\_\_\_