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To all DCAS Club Secretaries,

DCAS County Junior Coaching days ("Junior Squad") will be held again this year, monthly over the winter months. Are there any Juniors in your club who would benefit?

There is no 'entry requirement' in terms of experience or scores to join the sessions - coaching is available to all DCAS juniors up to the age of 18 and at any level of experience. The only requirement is that the archer wants to improve, and is prepared to put a bit of effort into improving - and has a parent able to get him/her to the venue on one Saturday a month. It is not essential that the junior is able to attend every month, but the sessions will build on previous work and will be most beneficial if there are not too many gaps.

There will be a charge for each day of £10 per head. If the coaching days are over-subscribed then priority will be given to juniors who are limited in the coaching they can access at their own clubs.

The following details should be provided, to me, for each applicant. Applicants will then be notified directly, by e-mail, and sent a registration/parental permission form.

Club:

Name of applicant:

Date of birth:

Parent contact e-mail:

Parent contact telephone number:

Shooting for how long:

Usual bow type:

Has the junior shot at an open tournament:

Is the junior receiving coaching:

If the junior is receiving coaching at his/her own club, a note from the coach on issues currently being worked on, or problems that need addressing, would be useful (either in advance or on the day):

The £10 charge will be payable on the day. The registration/parental permission form will need to be returned on the first day.

Participants will need to bring a packed lunch, but drinks will be provided and will be available throughout the session. It will not be necessary for a parent to stay with the participants. Participants should preferably wear club colours (if they have them) but it's not essential - being comfortable is essential! In addition to their normal or competition bow archers should also bring light-weight limbs or a training bow (borrowed from the club?) with suitable arrows.

The Coaching days this year will be on the following Saturdays, all from 10.30am to 4.30pm:

October 4th  
November 15th  
January 10th  
February 7th  
March 14th

The sessions will be held at the Pinhoe Scout Hall in Exeter, which is not perfect but is the nearest we can get to a suitable central venue!

Please pass this information to any Juniors in your club who may be interested.

Regards

John Russell  
DCAS