

Julie Manssen
SQAS Coaching Coordinator
43 Watkins Street
Howard 4659
Qld
Ph: 07 41294541
Email:
manssen@aanet.com.au



1st November 2012.

It's almost the end of another year, and I thought I might put a news letter of some sort together for all the coaches, of what has past over the last 12 months.

As most of you know SQAS ran two junior camps at the beginning of the year prior to the juniors going away. These 2 camps were organised at the last minute, they were very successful. We coached the juniors on form, match play, nutrition, and maintenance on their equipment. The SQAS team of seven came home with 22 medals. I think that's the most SQAS has ever brought home from a junior nationals. We have just had another coaching workshop for one day with the juniors, and I am confident they will do well again when the head of in January for the junior nationals again. We had 20 juniors at the last workshop, and they are looking like archers to be reckoned with. It would be great to see more juniors from all SQAS clubs attend these workshops.

Keith and I have been to several clubs this year, unfortunately we couldn't get to all. Keith is no longer working for himself, and finds it a bit difficult to get away as much as he would like working for a boss. We are hoping to get to more next year, our first trip will be down to NSW in February.

We have had a couple of senior SQAS coaching workshops this year, can I remind you all that these workshops are for all SQAS senior members. If you are an instructor or a club coach and attend these workshops, this goes towards your points for accreditation. It would be good to see more seniors and instructors and club coaches at these events.

I get asked a lot from seniors, how I find a coach. So I don't know if any of you have notice that on the SQAS website there is a list of all the SQAS clubs, with the instructors and club coaches. Your club secretary's has a list also that should be on your club notice boards. Please remember that seniors need a coach just as much as a junior or a beginner.

One thing that Keith and I have found going from club to club and looking at archer's equipment. That the maintenance of equipment is lacking. As coaches and instructors, you should be teaching the archers the importance of maintaining their equipment. Club coaches could run a workshop twice a year to cover this, this way the new members coming into your clubs can learn as well. When you are coaching an archer one on one (instructors and club coaches) you should be teaching waxing your string and cables. How to do your own servings, how to tie a D loop, how to look after your rest.

How to check the bow with a bow square, etc. Keith and I have seen some really bad bow string and cables of late, because they have never been waxed and nobody has told the archer to wax them. New archers have never been told about the importance of a bow square and how to use one etc. The other thing we find is poundage. When you are changing an archer's form wind down the poundage, as the archer progress, wind the poundage up. You don't have to have big poundage to be a good archer.

So when you are coaching please remember that it's not all about form etc, it's also about equipment, and maintenance. When you are coaching one on one, sit down with the archer work out their goal for the year, if that goal is to go to the Nationals, then put a plan together and work out how many times a week we are going to train and what time etc. Please do not make changes to their form or equipment a few months or few weeks out from their big event, this should be done early. The last few months should be focused on constant shooting at a target, shooting the distances they have to shoot in the event, and working on shooting the distances the archer has trouble with, as there is always a distance or two that every one does not like shooting. The archer's equipment should be sorted and ready for the event at this point of their training, not a couple **months** before the event. As a coach or instructor this is part of your coaching responsibility. If the archer just want's to shoot each week and be good at it, but doesn't want to shoot for sheep stations. Sit down work out a plan on form etc and go from there.

I would also like to mention that over the past 12 month's Keith and I have noticed that the standard of archers shooting in regards to their form and score's has improved. This is due to the coaching these archer's are getting. It's great so keep up the good work.

Please check your expiry dates on your blue cards. I have sent out some reminders already for January. Please email me your new numbers and expiry dates, so I can up date the SQAS register. The blue cards seem to be taking a long time to get back to you, so keep this in mind and renew early.

I would also like to thank all the club coaches and instructors, that have helped at the camps and the workshops over the past year. Keith and I appreciate it very much. I would like to thank Dave Sutton for the endless hours he has put in with the juniors, he is doing a wonderful job the juniors are lucky to have him.

I would like to wish Lynette a speedy recovery. Lynette has been out of commission for awhile now. We hope you are on the mend, and we miss you. We wish Kevin Smith a good recovery as well, and hope to see him up and about at events soon to.

I would like to thank the SQAS committee for their support over the last 12 months, if it wasn't for that we would not be able to do what we trying to achieve.

If any of you are having a problem with an archer you are coaching or yourself, please remember you can always ring Keith. Keith is more than happy to help you if he can.

Keep up the good coaching, Keith and I would like to wish you all a safe and happy Christmas and New Year.

Cheers
Julie Manssen
SQAS Coaching Coordinator