

SQAS YOUTH ARCHERY CAMP

October 2008

Camp Warrawee, Petrie QLD



Sample Daily Schedule

Morning:

7:00	Aqua fitness training
7:45	Shower / tidy rooms
8:15	Breakfast & chores
9:00	Warmups/ stretching
9:15	Skill assessment
10:45	Morning tea
11:00	Matchplay / Field

Afternoon:

12:30	Lunch
1:00	Video analysis
2:30	Afternoon tea
3:00	Individual program development
5:00	Free time / Swim

Evening:

6:00	Dinner & chores
7:00	Massage / Relaxation exercises
8:00	Movie / Free time
9:30	Back to rooms
10:00	Lights out!

Camp Highlights

- Five+ hours of daily instruction
- Instructor:camper ratio - 1:4
- Archers grouped by age and ability level
- Intermediate to High Performance instruction
- Personal assessment & program development
- Equipment assessment & care

Who should attend?

SQAS Youth Archery Camp 2008 is open to all registered, financial members of **SQAS**.

All archers aged **10 and over** with a minimum skill level of **Intermediate** may attend. Archers are expected to bring suitable equipment.

Camp Information



The facilities at Camp Warrawee, just north of Brisbane, include exclusive use of the main climbing centre for our archery activities, a 25 metre pool, and separate cabins for Girls, Boys, and Coaches. Each cabin has its own showers & toilets.

The **SQAS YOUTH ARCHERY CAMP 2008** is a friendly, intense program that will challenge archers to look at their entire training program. Stressing proper bio-mechanics, advanced technique analysis and general fitness, top-quality instruction from a team of highly-qualified coaches is guaranteed for five+ hours per day.

The **Advanced Program** is geared towards archers focusing on competition preparation and high-level skill development. Emphasis will be placed on personal form analysis and correction and the development of a well-rounded, personal training program. This stream is particularly suitable for archers entering the **2009 National Youth Archery Championships** in January.

The **Intermediate program** is open to all youth archers with a minimum skill level of Intermediate. Emphasis will be on developing a personal training program, and improving consistency and base skill level. This stream is particularly suitable for archers that have **taken a short break from archery** and want to kick-start their archery back into life.

For **out-of-town campers**, bed & breakfast accommodation for Thursday night *may be* available for a modest additional charge of \$35, if there is sufficient interest.

Round the clock supervision is provided and all of our coaches carry Queensland Blue Cards.

Coaching Staff

- Martin Wynn-Hughes - SQAS Regional Coach
- Jason McKee – SQAS Junior Program Coordinator
- Graeme Jeffries – SQAS High Performance Coordinator
- Annika McGinley – SQAS Camp 2008 Coordinator

Camp Dates and Fees

SQAS YOUTH ARCHERY CAMP 2008

Friday – October 3rd (9am) to
Sunday – October 5th (5pm) 2008
Total fee: \$130

Contact details

Name: Annika McGinley, SQAS Coaching Coordinator
Telephone: (02) 6686-0214
Email: coaching@archerysqas.org.au

The Fine Print

Registration: The full payment of \$130, payable by cheque or money order is due by September 5th. You will receive confirmation of your registration with additional camp information, a media release form and a medical release form by mail or email.

Cancellation policy: After registration, if you have to cancel for any reason, you will receive a full refund less a \$25 cancellation fee if you withdraw before September 5th.

There is no refund after September 5th.

SQAS Registration: Your 2008 SQAS membership must be current in order to attend camp.

All archers (and their parent/guardian) will be required to sign an SQAS Camp Code of Conduct.



SQAS YOUTH ARCHERY CAMP 2008

Registration

ARCHERS NAME: _____

MAILING ADDRESS: _____

HOME PHONE: () _____

EMERGENCY PHONE: () _____

EMAIL: _____

DATE OF BIRTH: _____ AGE (at 31/12/08): _____

DIVISION: Cub / Intermediate 10-13

Cadet / Junior 14-17

SKILL LEVEL: Intermediate

Advanced

Have you attended an archery camp in the past?: Y / N

WHEN/WHERE?: _____

Do you have an archery coach?: Y / N

NAME OF COACH: _____

ROOMMATE REQUEST: _____
(2-6 campers per room)

Do you prefer to share with (circle) : early riser/night owl

Do you need accommodation Thursday night?: **Y / N**
(includes breakfast Friday morning- additional cost \$35 / may not be available)

SPECIAL DIETARY REQUIREMENTS: _____

MEDICAL CONDITIONS: _____

PERSON PAYING: _____

ADDRESS (if different): _____

I have read & agree to the SQAS cancellation policy and hereby accept the terms of enrollment described in this brochure. Furthermore, I agree to pay all camp fees, and will ensure that my 2008 membership is paid. I promise to abide by the SQAS Camp Code of Conduct while at camp.

Signature: _____

Make cheques & money orders payable to:
South Queensland Archery Society, Inc.
PO Box 5317, East Lismore NSW 2480