

## Training Sessions, tailored programmes and progression.

All practice sessions are supported by coaches. Individuals have an option of generalised coaching support or to have an allocated coach. Many use coaches eye video analysis and are familiar with the AGB Drills & Skills routines. We hire in a range of specialists from Sports Psychology to Fitness & Conditioning & run many focused workshops. We run well established Improvers Courses, working with individuals to produce a development plan and then work on agreed improvements. When these workshops are advertised they are usually fully subscribed within the hour!

We pride ourselves in the quality of our coaching support and the diversity and technical depth of our coaches to provide a pathway from beginner to Performance archer. This applies to all bow types, ages & experience. We set up mock competitions particularly to get head-to-head practice. If we are unsure then we will find external help, more recently we now have many archers from other clubs asking for our support!



## Innovative thinking

We are constantly thinking about how we can attract and retain archers of all ages and abilities. From practical stuff like how we keep it affordable to ways of retaining interest, & encouraging competition.

How we best use our coaching resource and our facilities. How we fund raise and apply for grants. Importantly how we remain united as a club and ensure we are sustainable and continue to develop a stream of fantastic volunteers!

Performance cannot be achieved without creating the right environment for it to thrive & prosper we have that environment we need to sustain it.

# DEER PARK ARCHERS

LIMITED



Brochure 12 of 18

Feb. 2017

## Performance

We are members of the Archery GB 'Ontarget' Club Development Programme, and one of a very few clubs that hold all three specialisms, Community, Young People and Performance. We embrace a performance culture across the club to support archers, coaches, judges and volunteers to reach their full potential.



## Atmosphere of Sporting Excellence

From the first moment an individual starts the beginners course the quality of our Club Management, our coaches, our facilities and the supportive environment screams 'Sporting Excellence.'

Add to that an unequalled track record of success both on & off the field of play, multiple Club of the Year Awards, substantial Sport England support, a string of International Archers, British Champions, Regional and County Champions, improving handicaps, simply enjoying competition and you begin to sense a positive attitude!

However Sporting Excellence should not only be about making champions it is about creating an environment where everyone is helped to develop to their full potential, regardless of what that is, as an archer, coach or volunteer and as a human being. We do our best to appreciate and recognise good performance at all levels, in many ways and importantly share in everyone's success and support them when things could go better!

## Competition as a driver for performance.

- Many Club Target days
- Encourage and support entry to the Archery GB Postal Competitions.
- Run internal round robin leagues
- Have Competition and Records Officers.
- Run a 252 and Progress Award Programme.
- Club funds Progress Award and Handicap Badges.
- Run British Record Status events at our ground (four in 2016).
- Run many British Record Status events at some of our indoor venues.
- Running three World Record Status Tournaments in 2017.
- Run Competition focused workshops and training events.
- Celebrate success at all levels.



## Recruitment and develop coaches, judges, volunteers.

At the end of 2016 we had thirty coaches. This is 15% of the Club membership!

Additionally:

- We are currently running another Level 1 Coaching Courses making a significant contribution to our participating members costs.
- We have six members at Level 2 or more.
- We have two members who trained as Performance Coaches..
- We have two members who are candidate judges & train our own Field Captains.



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## Great Facilities Indoors and out.

An important element in delivering consistent performance has to be our great facilities, regularly available. Our own outdoor facility with a covered shooting area, excellent field course, a well maintained target range with easily movable bosses is great and we have lots of further developments planned!

We have amazing indoor facilities, utilising five different venues, four where we store kit, all wheel chair accessible, three of which are suitable to host record status competitions.



## We proactively work with other bodies and agencies.

We regularly hire in specialists where appropriate:

- Sports Psychologist and Fitness and Conditioning Specialists.
- Nutritionists and archery qualified McTimoney Chiropractic
- Wales Archery
- Xperience Archery Performance Coaches FOC
- Archery GB Compound Squad Representatives and other Senior Coaches
- Active Gloucestershire - Disability

## So does our commitment to Performance really work?

In 2016 four archers represented GB, one joined the GB Para Squad, two more being classified, one became European Cadet Champion, National Series Winner and Senior British Champion! Two juniors represented the GB Senior Team. We had British Junior Champions in Recurve, Compound & Barebow! Numerous British Records broken, our first senior representative in the World Field Championships, members with SEN's (10% of our membership have a disability) winning County Junior Titles! It is not all about the elite, most members continue to improve their handicap, an increasing number tournaments and most importantly we all continue to try and reach our potential!