

## Not what about the club can do for me but what I can do for the club:

	Completed	Verified
Helped at 2 or more community events (not necessarily coaching but setting up, crowd control, etc)		
Helped at 2 or more Club 'help needed' sessions. (Advertised on Facebook or via newsletter)		
Helped with boss maintenance		
Attended the clubs Field Captain Training		
Helped out at least twice as a field captain		
Attended a formal training (Coaching, First Aid, Safeguarding, Judging, working with disabilities etc).		
Helped at a beginners or improvers course		
Cleaned the clubhouse kitchen or toilets		
Performed 2 site rubbish collections, taken bag of rubbish home or tidied up at end of club session		
Help tidy up either of the storage containers		
Filled 10 holes on range with soil		
Helped assemble/pack away the range at least 20 times		
Contributed a raffle prize or cake as required		
Served on a sub committee, committee or other supportive group/role.		
Hold a coach, first aid, safeguarding (DBS) or other relevant qualification		
Helped with a fundraising event		
Become a Deer Park Archers buddy and helped a new member settle into the Club!		
Sold on 'secondhand equipment' to other Club members		
Met the annual renewals deadline		
Registered with the Club Blog, Facebook group or follow us on Twitter		
Made a real effort to introduce yourself/talk to other members and ensure all feel welcome!		
Represented the club at an external meeting		
Helped maintain the club equipment (Bows and Arrows)		

### Verifiers:

Caroline A'Bear, Andy Cramb, Roger Crang, Steph Gill, Steve Mason, Peter Pawley, Pete Sisson, Martin Tucker and Bob Worcester

## Deer Park Archers Limited



Victor and Victrix  
Ludorum

### Overall Champion of the Club

One point will be awarded for each of the elements; the Champion is the club member with the most points at the end of the year!

25<sup>th</sup> November 2017 – 1<sup>st</sup> November 2018

Name:

Total:

# Shooting:

COMPETED IN:	Completed	Verified
In County Record Status Competition		
Gloucestershire Indoor Champs		
Gloucestershire Outdoor Champs		
Out of County Record Status Indoor Competition (not including Regional, National or International Comps)		
Out of County Record Status Outdoor Competition (not including Regional, National or International Comps)		
World Record Status Comp Indoors or Outdoors (not including Regional, National or International Comps)		
Regional Championships		
National Championships		
Represented Gloucestershire		
Represented England		
Represented GB		
Completed an Indoor 252 Badge		
Completed an Outdoor 252 Badge		
Competed in 2 club target days		
Submitted scores to the Club Records Officer – to achieve a handicap		
Submitted scores to the Club Records Officer – to achieve a classification		
Improved Handicap		
Claimed a Six Gold End (or Longbow equivalent), FITA Star, Rose Award or Arrow Award		
Submitted Scores for British Ranking		
Competed in a non record status field course competition		
Competed in a record status field competition		
Competed in a non record status clout course competition		
Competed in a record status clout competition		
Submitted scores for a postal competition		
Claimed a County Record		
Claimed a Regional Record		
Claimed a National Record		

# Prizes:

- 1<sup>st</sup> Place: £200 Wales Archery Voucher and Filming Session
- 2<sup>nd</sup> Place: £75 Wales Archery Voucher
- 3<sup>rd</sup> Place: £ 50 Wales Archery Voucher



# Improving Me:

	Completed	Verified
Attended 2 Workshops (Fitness, Psychology, Nutrition, Equipment)		
Engaged in a team building activity		
Attended an improvers session		
Attended 2 Club Social Events		
Worked with a coach on a regular basis		
Have a shot routine written down		
Have goals in place (long and short term)		
Warm Up and Cool down regularly		
Have a detailed log on equipment - i.e. nocking point height		
Learnt more about equipment maintenance		
Attended a Coaching Course, First Aid or Safeguarding Course		
Had a video tuning session at Wales Archery		