

# DERBYSHIRE-ATC Policy

## Introduction

The Derbyshire-ATC is a training centre based on the Archery GB Pathway and using tools and models designed by them.

Because of this there is no selection system, the centre is open to all athletes no matter their age, bow style or goals.

We do ask however that all participants should have the mindset to engage and progress. Nothing introduced in the sessions is compulsory however it is introduced because it is likely to progress the archer and improve their enjoyment in the sport.

## Format of the Day

Each session will have the same basic format. It will start with warm-ups to get everybody ready for the day's activities. There will then be a session of shooting. This session will allow coaches to observe and instruct the athletes. There will be a mid-morning break for re-hydration etc. This will take us up to lunchtime. During or after this there will be a short "presentation or talk". This will cover such items as nutrition, mental approach, bow setup and other items suggested by the athletes. There will then be a shooting session in the afternoon.

Although the morning and afternoon sessions are termed shooting sessions, the athletes may be asked to do various skills & drills as determined by their coach. These will be isolated exercises designed to help with particular aspects of shooting. It is likely that these will be run with the whole group initially.

There will be a progression through the year. The initial sessions will concentrate more heavily on the technique of shooting based on posture and stance. As these characteristics are learned concentration will move to applying these skills to shooting.

There will be a number of exercises and drills introduced during the sessions. Time will be set aside to introduce these and ensure that athletes understand how they should be performed but time is best spent doing these out of the ATC session. If any athletes wish to do these during the session they are welcome to and a coach will help them perform the exercises correctly.

## Session costs

Session cost will be £30 per session bookable and payable in advance. Although missing one or two sessions is not catastrophic, the sessions will run together to make a whole. Each athlete will work at their own pace so missing a session can be easily looked after but it will slow their progression. The sessions are roughly one per month although more may be added later. It is expected that an athlete will engage with what they learned by practicing between sessions or finding coaching opportunities between sessions.