

A Guide to DCA Coaching



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Introductory Note

This handbook is for the use of all members of Durham City Archers to provide them with information regarding coaching within the club. All coaches are volunteers as well as archers and they won't be available every session to provide coaching as they will often need time for their own shooting, and sometimes they may need to cancel at short notice.

This book has been produced to give you a general overview of one to one coaching within the club, and to introduce you to the DCA coaches.

DCA

REQUESTING ONE TO ONE COACHING

PLEASE NOTE: PLEASE DO NOT REQUEST ONE TO ONE COACHING UNTIL YOU HAVE BEEN SHOOTING FOR 3 MONTHS AFTER PURCHASING YOUR OWN PERSONAL EQUIPMENT. THIS IS BECAUSE YOU NEED TO BEGIN SHOOTING CONSISTENTLY BEFORE ANY ONE TO ONE COACHING WOULD BE EFFECTIVE.

If you wish to request one to one coaching with one of our coaches, please fill in the coaching request form and return it to the coaching co-ordinator, who will then assign an appropriate coach. Your coach will contact you once assigned to organise your first session. A copy of the coaching request form is at the back of this booklet.

You can request coaches, but it may not always be possible for us to assign you a specific coach, as they may already have a full coaching list. However, we will do our best to accommodate you. Information about all our coaches is listed below.

Please be aware, you do not have to want to be coached continuously in order to request coaching. It can be a one off session if you wish, or multiple sessions. It is entirely up to you.

Who's who

Head Coach/Coaching Co-ordinator

- Victoria Hann

Level 2 Coaches

- Victoria Hann

Level 1 Coaches

- Niamh Chalmers
- Darren Goat
- Chris Spencer
- Alan Turner
- Shane Ward

Assistants Coaches

- David Hann
- Keith Rowland
- Carole Rowland

Coaching Co-ordinator

At Durham City Archers we have a Coaching Co-ordinator, who organises the coaching within the club. The role is currently being undertaken by Victoria Hann. The role of the Coaching Coordinator is to organise the coaches, assigning coaches to those who request one to one coaching, overseeing the content of coaching within the club, as well as organising assessments for those archers who are looking to join the club but are past the point of a beginners' course.

As DCA Coaching Co-ordinator Victoria plans to look at developing coaching within the club, finding ways to encourage people to stick with the sport, through promoting one to one coaching and potentially organising coaching days within the club.

Contact Details:

Victoria is at the club most sessions, so if you have any questions feel free to come along and see her. However please note that the position is voluntary, and if Victoria is busy she may request you send an email or come and see her at another time.



Email: dcacoaching600@gmail.com

Level 2 Coaches



Victoria Hann:

- **Specialises in:** Recurve; available to coach all bow styles
- **Shoots:** Recurve and Flatbow
- **County Junior Development Coach**

Level 1 Coaches

Niamh Chalmers:

- **Specialises in:** Longbow
- **Shoots:** Recurve, Compound, Longbow

Darren Goat:

- **Shoots:** Flatbow/Barebow

Chris Spencer:

- **Shoots:** Flatbow/Barebow

Alan Turner:

- **Shoots:** Longbow

Shane Ward:

- **Specialises in:** Recurve
- **Shoots:** Recurve

Assistant Coaches



David Hann:

- **Specialises in:** Longbow; Flatbow; Recurve
- **Shoots:** Longbow

Matthew Hann:

- **Specialises in:** Compound
- **Shoots:** Compound

Keith Rowland:

- **Specialises in:** Recurve
- **Shoots:** Recurve

Carole Rowland:

- **Shoots:** Recurve

EXPECTATIONS OF ARCHERS BEING COACHED

- Communicate with your coach:
 - Let them know in plenty of time if plans change and you are unable to make a session;
 - Make them aware of any changes to your equipment
 - Remember that they are your coach, not your friend
 - Please remember that our coaches are volunteers, and give up their time freely to help you improve. Your coach will be an archer themselves, so please be aware that they will need some time to shoot
- Attend sessions as organised with your coach:
 - If you fail to attend sessions regularly without telling your coach, you will be removed from the coaching list. This includes being late to sessions, as your coach may have other plans.

WHAT TO DO IF YOU'RE UNHAPPY WITH YOUR COACHING

If you are unhappy with your coach or the coaching you are receiving, please follow the steps set out below.

1. Talk to your coach.

It may be a case of simple misunderstanding. You need to be open with your coach, and if something isn't working for you or you are unhappy with your progress, tell them. They will more than likely be happy that you have told them and will work to resolve any issues.

If, however, your coach refuses to listen or does not do anything to assist with your problems, proceed to step 2.

2. Talk to the Coaching Co-ordinator/more senior coach.

Talk to the Coaching Co-ordinator, or, if your coach is the Coaching Co-ordinator, talk to another coach about your issues. This will be an entirely confidential conversation, and your coach will only be informed if you consent to it. The Coaching Co-ordinator/other coach will discuss the matter with you, and what you wish to happen going forward. This could simply be swapping coaches if you are unhappy, or action could be taken against the coach in question.

3. Inform a committee member.

If you are unhappy with the result from step 2, you can talk to any committee member about your issue. The matter will then be discussed at a committee meeting, wherein, with your input, the committee will decide what should be done about the situation.

APPENDIX A: COACHING REQUEST FORM

(Please fill in the form and hand it to the Coaching Co-ordinator)

Name	
Email Address	
Bow style	
Equipment Details	Bow (draw weight etc)
	Arrows (material, spine, pile weight etc)
	Extras (bracing height, release aid etc)
Current standard	<i>(Here you could provide a Portsmouth score for example, or the furthest 252 badge achieved)</i>
Why do you want coaching?	
Would you prefer a specific coach?	
Date	

APPENDIX B: COACHING FEEDBACK FORM

(To be filled out and returned to the Coaching Co-ordinator 3 months after coaching has commenced, or on cessation of coaching)

Name (please note: you can remain anonymous if you wish)	
Coach	
Time period of coaching	
Number of sessions (approx.)	
Did you encounter any problems with your coach?	
Did your coach communicate effectively with you? E.g. timings for sessions, explaining things in a way you could understand	
Do you feel like you benefited/are benefitting from the coaching?	
Any other comments?	