



## WMAS COACHING WORKSHOP

By

**Lloyd Brown**

Archery GB Head Coach



Date: **Saturday 20<sup>th</sup> March**

Time: **12.30pm - 4.30pm**

Venue: **Eaton Manor, Eaton-u-Haywood, Church Stretton, SY6 7DH**

**OPEN TO ALL COACHES WITH THE WMAS REGION**

A buffet lunch will be provided from 12.30pm

The workshop will commence at 1.30pm.

Cost: **£10.00** per head to include lunch.

**PLACES ARE LIMITED!**

**SO BOOK EARLY TO AVOID DISSAPOINTMENT**

**NAMES AND MONEY WILL BE NEEDED UP FRONT TO BOOK LUNCHES**

It would be beneficial for those attending to download and read the attached paper on Biomechanics. Also bring with you, if available, a red or green clini/thera-band - (there will be some available on the day to purchase at a small charge.)

This workshop can be used for CPD and certificates will be provided.

Please fill in and return slip below **NO later than 12<sup>th</sup> March**. Please make cheques payable to **Shropshire Archery Coaching Group**.

Please print

Name.....

Club.....

County.....

Grade of Coach.....

Return to; T Williamson, Chelmick Forge, Chelmick, Church Stretton, Shropshire SY6 7HA