

**Coaching
Archer's requirements.**

Coach:	GNAS:	Date completed:
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Archer:	Senior / Junior	Bow type:
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Archer's goals

Short term goals (next month or two):

Medium term goals (this season):

Long term goals (next year or two):

Available time

How often do you want coaching sessions (assume 2 hours per session)?

How many days per week can you practice for at least 30 mins? (Does not necessarily mean shooting - can be exercise / imaging etc.)

Revisit: form to be reviewed / revised:

Coach signature:

Archer signature: