



## **SCAS COACHING CONFERENCE 2012**

### **Dear Coach**

The next SCAS Coaches Conference will be held on Saturday 3<sup>rd</sup>. March 2012.  
The event will be held in the Close Brothers Military Services lecture theatre at Royal Air Force Museum in Hendon, North London. (<http://www.rafmuseum.org.uk/london/>).

The conference is kindly sponsored by Clickers Archery and a small trade stand will be present where you can order/purchase items. You may pre-order items at [www.clickersarchery.co.uk](http://www.clickersarchery.co.uk).

This venue is easily reached by car and public transport.

There are **over 200 car parking** spaces available, as well as metered bays in the road.

There is space for 220 delegates, i.e. 1 in every 2 registered coaches. Places will be allocated on a 1<sup>st</sup> come 1<sup>st</sup> served basis and free parking must be arranged in advance, so please don't leave it until the last minute to book.

### **Please find attached: -**

- The draft of the conference program.
- An application form (**which must be received with payment in full by 31<sup>st</sup> January 2012**). **No refunds will be available after this date.**
- Suggestions form for items, issues or ideas for the open mic forum.
- Directions to the venue.

### **Notes:-**

If you have any specific dietary requirements i.e., vegetarian or food intolerances, please indicate on the Application Form.

This year the cost will be maintained at £35.00 per person, inclusive of refreshments at registration, a fork buffet lunch, with soft drinks, mid-morning and afternoon refreshments.

All correspondence will be by e-mail unless a first class SAE is included with your application.

Colin Crowley (Conference Organiser)

### **Return postal address: -**

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Peterborough  
Cambridgeshire  
PE2 8BL

E-mail: [colin\\_crowley@yahoo.com](mailto:colin_crowley@yahoo.com)  
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## **SCAS COACHING CONFERENCE 2012**

**Saturday 3<sup>rd</sup>. March 2012**

### *The Programme*

<b>9.00</b>	<i>Registration</i>	<i>With Refreshments</i>
9.30	➤ Welcome	<b>Colin Crowley</b> Conference Organiser
9.40	<ul style="list-style-type: none"> <li>➤ Psychology through the development stages.</li> <li>➤ Effective Coping Strategies.</li> </ul>	<b>Katie Evans Jones</b> Sports Psychologist
<b>10.40</b>	<i>Refreshment break and Networking</i>	
11.10	<ul style="list-style-type: none"> <li>➤ Physical Preparation Strategies.</li> <li>➤ Strength &amp; Conditioning</li> </ul>	<b>Ruudi Farquharson</b> Senior S& C coach at EIS/Archery GB (to be finalised)
<b>12.15</b>	<i>Lunch &amp; networking</i>	
<b>13.15</b>	<b>Mystery Guest Speaker</b>	
<b>14.15</b>	<b>Clickers Archery Key Note Speaker</b> <ul style="list-style-type: none"> <li>➤ Experience of elite coaching.</li> <li>➤ Elite performance coaching &amp; technical development.</li> <li>➤ Q&amp;A</li> </ul>	<b>Michael Peart</b> Olympic Development Technical Coach International archer (recurve/compound)
<b>15.45</b>	<i>Refreshment break.</i>	
16.15	➤ UK Coaching Update	<b>Tim Swane</b> ArcheryGB Senior Coach. Chairman NCC.
16.45	➤ Q & A Session and open debate	<b>Rob Anderson</b> ArcheryGB Senior Coach. SCAS RCO
17.15	➤ <b>Closing remarks</b>	<b>Colin Crowley</b> Organiser
<b>17.30</b>	<i>Close</i>	



## S.C.A.S. COACHING CONFERENCE 2012

Saturday 3rd. March 2012

### Application for attendance: -

Please reserve \_\_\_\_\_ conference places at £35.00 each (inclusive of lunch & refreshments)

I enclose a cheque for £\_\_\_\_\_ payable to: - **SCAS Coaches Conference** (please do not send cash by post)

Name(s) of delegate(s) please print	Coach Grade	Club	Affiliation GNAS / SCAS / county

E-mail address for confirmation: \_\_\_\_\_

OR

Postal address for confirmation (please provide first class SAE)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ Post Code \_\_\_\_\_

Contact telephone number (for emergencies only): \_\_\_\_\_

Any specific food related issues: - \_\_\_\_\_



## **S.C.A.S. COACHING CONFERENCE 2012**

### **The Open Forum**

In order to get the ball rolling, I would welcome any suggestions for items or issues that you would like discussed during the Open Forum. Please submit these with your application form.

You may have ideas or problems that you would like to share with the other coaches. Or, you may wish to direct questions specifically to one of our speakers.

It may not be possible to cover all the suggestions made. I will however, attempt to make it varied and interesting.

Please print your Name \_\_\_\_\_

County \_\_\_\_\_

## **Travelling to RAF Museum London**

As one of London's premier tourist attractions reaching us is quick and easy. We're just 10 minutes from Junction 4 of the M1, 15 Minutes from the M25 (J23) via A1, 30 minutes from Central London by Tube, and a 7 minute bus ride from Colindale Underground Station.

**Address:** Grahame Park Way, London, NW9 5LL

### **By Road**

Only 30 minutes from Central London. Follow the brown and white tourist signs from M25, M1 (Junction 4 Southbound), A41, A5 and North Circular (A406) roads.

There is a large car park on site. The museum provides free parking for all registered conference delegates.

### **SatNav Users**

Currently several SatNav systems have incorrectly indexed our postcode which means that people are being told that they have arrived at their destination whilst they are still on the M1. As a result we are recommending that rather than typing our postcode into your SatNav system that you input our road name "Grahame Park Way". If this does not work we suggest putting in the postcode **NW9 5QW** which will direct you to the small industrial estate that is located next to the Museum.

### **By Bus**

Route 303 passes the entrance to the Museum. Look at the entire route of the 303 bus on the TFL website: [www.tfl.gov.uk/tfl/gettingaround/maps/buses/?route=303](http://www.tfl.gov.uk/tfl/gettingaround/maps/buses/?route=303)

### **By Underground**

The Museum is situated at Colindale Underground on the Edgware branch of the Northern Line. Please alight at Colindale, not Hendon Central. Colindale is in Zone 4.

If you are not familiar with the London Underground, you can pick up a map free of charge from any Underground station or download one here. For useful ticketing information and service updates, visit the Transport for London website [www.tfl.gov.uk](http://www.tfl.gov.uk).

To travel to the Museum, get on the Northern Line (the black line on the maps) travelling North. The Northern Line runs through Kings Cross Station so this can be a useful place to pick it up.

The two branches of the Northern Line merge at Camden Town. You need to be on a train travelling to EDGWARE (known as the Edgware Branch). If you are on the other line (the High Barnet Branch), then change at Camden Town onto an Edgware train. Trains heading to Mill Hill East are on the High Barnet Branch. All the electronic displays will show which destination the train is heading for: Edgware, High Barnet or Mill Hill East.

Stay on the Northern Line and alight at Colindale station. Do not alight at Hendon Central - this is the station before Colindale. The journey should take around half

an hour from Kings Cross. There is only one exit from Colindale station. Turn left out of the Station and walk straight along the road for about 10 minutes - you will need to cross a roundabout and to stay on the right hand side of the road as the pavement runs out on the left after the roundabout. The Museum is on the right hand side of the road.

### **By Rail**

Mill Hill Broadway is the nearest rail station and is a 15 minute walk away. The station is on the Luton/Kings Cross/Thameslink line.

*First Capital Connect operates trains between London, Brighton, Bedford, Peterborough, Cambridge and King's Lynn.*