Archery NZ Annual Report – 2016

Coaching Commission

The Coaching Panel members for this year have been:

Coaching Convenor Scott Collett

ADAA Rep Andrew Russell

ECBOPAA Rep Ron Oosterwijk

SIDAA Rep Pam Gordon

WAA Rep Jordan Taylor

Jordan Taylor joined the Panel this year, while the other members continued from last year.

Having a full strength Coaching Panel with experienced Reps continuing to push forward archery coaching in New Zealand has made the work of the panel more efficient and allowed us to achieve more. I would like to take this opportunity to thank the panel members and urge the commission members to help them wherever possible and to consider taking on the Panel roles in the future.

It has again been a busy year for the Panel. We have met for 11 ‘monthly’ Skype meetings and we have been involved in the following actions:

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# ANZ Coach Training Courses

Coach Training Courses have been run in Cambridge, Christchurch, Auckland, Southland and Dunedin

As of November, we had 127 ArcheryNZ accredited coaches, 73 Development Coaches and 44 Foundation Coaches (35 being non Archery NZ members). With 75 applications currently on the system awaiting courses, interest in attending courses continues to grow which is very encouraging.

The Performance Coach course has been piloted and is due to be rolled out with an initial Wellington based course and others to follow.

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# Athlete Training Camp Series

The ArcheryNZ Athlete Training Camp Series saw two day training camps run in Hamilton, Auckland, Wellington and Dunedin this year. This was the first time camps had been run in all regions. The camps were well attended with both coaches and athletes taking a lot away from the weekend. I'd like to thank the organisers, lead coaches, presenters and assistant coaches that attended and made these camps work so well. As well as a chance to shoot with some of our top archers, and get observations and direction from experienced coaches, attendees got video analysis, high speed video, strength and conditioning instruction, training plan guidance, Yoga for archery, great food, great company and a whole lot more. The value of the camps goes far and above simply what the organisers plan, with athletes and coaches learning so much from each other and the strengthening of our archery community. Sport NZ have recognised this with a commitment to part fund the camps for the next 3 years.

# Developing High Performance Program

Discussions between keen athletes and coaches at one of the Athlete Training Camps about how to continue the development and create the right High Performance culture, lead to the idea of a Developing High Performance Program. Thanks to the enthusiasm and hard work of Alison Storey and Cheree Kinnear in driving this forward a program of 5 weekends of quality competition followed by HP development have been held around the country. The support of clubs to host these event, athletes to attend and especially the experts that have donated their time and enthusiasm is very much appreciated.

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# Coaching Seminars

These were run in each of the regions this year. The Coaching Seminars are open to all ArcheryNZ coaches to attend and as well as a great opportunity to improve your coaching skills and meet other coaches they are a great chance to gain re-accreditation points.

# Strength and Conditioning Coach

Since her appointment as Strength and Conditioning Coach for ArcheryNZ, Alison Storey has been working very hard with the Coaching Panel in upskilling both athletes and coaches at training camps, coaching seminars and individually with some of our top archers. Her drive and professionalism have helped promote the High Performance Culture we need to get athletes competing at their best. I’m glad to say Alison has indicated that she is willing to continue in the role and athletes and coaches wanting to access her expertise should contact their Regional Coaching Rep in the first instance.

# Junior Disability Games

Archery was run once again at the Halberg DSF Junior Disability Games in Cambridge. This year we had a fantastic turnout of 12 coaches and 5 helpers from all over the North island that came to help run the event for 42 disabled young people with ages ranging from 8 to 21 years. It was great to see that some had taken up the sport after last years event and the competition element went down well. The event challenges you as a coach but you will never see so many smiles (from the coaches as well as the archers!)

The Junior Disability will this year be held onFriday 6 October - Sunday 8 October 2017 Location: King's College, Auckland. Coaches and clubs willing to support archery at this event should contact the coaching convenor for more information.

Para-archery is an area we are looking to support more as coaches, and in clubs in the future, and one where funding opportunities and potential for growth is good.

# High Performance Workshop

The Coaching Panel and Board of Archery NZ are determined to see our aspiring High Performance Athletes well supported and key to this is having a quality, sustainable High Performance Program.

In order to start this process in the best possible way, Tristan Collins from the High Performance Coaching Team at High Performance Sport NZ will be facilitating a workshop of key stakeholders including Board members, Coaching Panel members, coaches and athletes (Dec 2016). Follow-up work by Tristan with the attendees and other stakeholders will it is hoped produce a HP Plan and pathway that will achieve the desired goals.

This is an ongoing process that will need the support of more than just the initail workshop attendees in order to work.

# National Coaching Program

The Coaching Panel backed by the Board of ArcheryNZ are constantly looking to expand and improve what we do. Feedback and ideas are always welcome and I feel we are moving in the right direction, but we need the help of all members and coaches especially to make it happen.

I’d like to thank you the coaches for the work and dedication I know goes in to supporting our athletes in the sport we love. I too want to see the sport grow and thrive and this will happen a lot quicker if we work together.

Scott Collett

Archery NZ

Coaching Commission Convenor