

Athlete Training Camp Information

Auckland Camp – 22-24 July 2016

Due to popular feedback from the inaugural 2015 Athlete training camp, we see a return to the same excellent venue for another weekend of action-packed athlete and coach development. ArcheryNZ is again providing funding to subsidise this event in order to encourage more opportunities for members.



Camp Activities

These camps will be targeted at a broad cross-section of archers, with activities for archers of all levels of experience. As well as video analysis, technique seminars and coaching, there will be sessions on mental skills and strength and conditioning.

Camp Location

The camp will be held at the international-standard sports venue of Pulman Lodge (Bruce Pulman Park). The camp will run from Friday 22nd to Sunday 24th July, with archers and coaches taking advantage of the quality catering, accommodation and facilities included in the price of the camp. This live-in setting will allow attendees to make the most of the camp.

As well as conference facilities, there are hydrotherapy spas available (hot and cold plunge pools for muscle recovery) for use on the Saturday evening.

Who are the camps for?

If you are an Archery NZ member wanting to take your shooting, training and/or coaching to the next level these camps are for you. These initial camps are all about bringing like-minded people together, and learning in a great training environment.

Depending on ability of applicants, there will be an 'advanced' group, which will undertake alternative training sessions where applicable.

For coaches wanting a great development opportunity or are interested in becoming a Performance and maybe High Performance coach in the future these camps are not to be missed. Coach applicants must be ArcheryNZ-accredited and attendance will count towards re-accreditation points. Places are limited and attendance costs have been subsidised for both athletes and coaches.





Proposed Schedule

Friday 22 nd July	
4-5pm	Archer and coach arrival
5-6pm	Dinner
6-8:30pm	Meeting – Coaches and Archers – Expectations of camp, camp goals, additional sessions
8:30-9:30pm	Coaches' Meeting – Assignments and tasks for the camp
Saturday 23 rd July	
6:30-7:30am	Morning fitness and stretching session
8-9am	Breakfast
9-12pm	Scoring Round – 30m intermediate archers, 50/70m advanced archers. Video archers for review tasks
12-1pm	Lunch
1-1:45pm	Strength and Conditioning for Athletes – Alison Storey
1:45-2:45pm	Technique/Biomechanics review
2:45-5pm	Technique training/coaching for intermediate archers, matchplay/shooting exercises for advanced archers
5-6pm	Hydrotherapy Plunge Pools available
6-7pm	Dinner
7-8pm	Evening meeting with archers and coaches – Video review and next day preparation
8-9pm	Coaches' meeting – assignments and coaching points
Sunday 24 th July	
6:30-7:30am	Morning fitness and stretching session
8-9am	Breakfast
9-11am	Technique training/coaching for intermediate archers, matchplay/shooting exercises for advanced archers
11-12pm	Lunch
12-1pm	Wrap-up meeting
1-2pm	Coaches' review session



ANZ Athlete Training Camp Auckland June 2016



Robert has represented AUS as both a Recurve and Compound archer

Robert Turner

Age: 34

Nationality: Australian

Years in Archery: 20

Number of countries coached: 4 (PNG, AUS, USA and NZL)

Bow type: Recurve and Compound

Club: Auckland Archery Club

Career Stats

- **Coaching Highlights**

World Archery level 2 coaching course Expert TPE 2015

Team Coach NZL World Youth Champs 2015

2011, 2013 2014 USA Team Trials Director

Easton Foundations Head Coach 2010-2014

WC3 Medellin Team Coach 2013 Team USA

Team Coach USA Pan Am Champs 2012 El Salvador

Team Coach USA World Youth Champs 2013 & 2011

Team Coach AUS World Youth Champs 2009, 2008 & 2006

AIS Assistant Archery coach and Program Director 2007-2010

PNG National Coach South Pacific Games 2007

- **Shooting**

5 times AUS National Recurve Youth Champion,

2010 Croatia World Cup top 10 place Compound

AIS Scholarship Holder 2001 -2004

2004 Olympic Team finalist

Interests

I enjoy challenging myself and compete in long distance endurance events: Triathlons, Marathons and cycling events.

Each day of the camp, Rob will be meeting with the other coaches, providing tasks for sessions, and working with them to provide on-the-job coaching to improve skills.

Not only will coaches gain practical and technical skills, but will also learn about how to run successful group training sessions.