

Athlete Training Camp Information

Hamilton Camp 24th -26th June

Applications to be received by **Friday 10th June 9 p.m.** Please email archerynzcamp@gmail.com and complete relevant online form by clicking links below. Places are limited so get your applications in quickly to avoid disappointment!

[Athletes Register by clicking HERE](#)

[Coaches Register by clicking HERE](#)

Camp Activities

These camps are targeted at a broad cross-section of archers, with alternative activities for archers of different levels of experience. There will be practical sessions and presentations on a wide variety of archery related subjects, so it's not just about form.



These camps offer exceptional value for money. Camp fees include entry to a Major 720 shoot, personalised Archery NZ Athlete Training Camp Series T shirt, breakfast and lunch on both days as well as the best archery coaching, presentations, activities and camaraderie to be had in New Zealand!

Camp Location

The camp will be based in Hamilton and Cambridge. Evening seminar sessions will be held at the Brian Perry Sports House on the Wintec Avalon Campus ([Brian Perry Sports House, Akoranga Road, Hamilton 3240](#)).

Saturday will be based at the River Glade Archers outdoor range at [Graham Park Hamilton](#), with the Sunday being based at RGA Indoor range at [Trinity st Paul's Union Parish of Cambridge \(car park off Bryce St\)](#).

The camp will run from Friday evening to Sunday afternoon with breakfast and lunch included in the price. Although dinner and accommodation are not included in the price of the camp, we will meet for a meal on Saturday before the seminar sessions, and help with accommodation and transport can be arranged for those travelling in. There is also the option of pre-ordering takeaway food to eat at the Sports House before the Welcome Meeting on Friday.

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 camps are all about bringing like-minded people together, and learning in a great training environment.

Priority will be given to Intermediate age archers and above. Depending on ability of applicants, there will be an 'advanced' group, which will undertake alternative training sessions where applicable.

Our Lead Coaches offer years of experience and a wealth of knowledge and we are happy to confirm that both Archery NZ's Strength and Conditioning Coach, Alison Storey, and New Zealand's top ranked recurve

archer, Stephen Florence will be attending and offering their expertise throughout the weekend.

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

Camp Fees

Athlete - \$100

Coach - \$25

Camp Fees will be invoiced to applicants and must be paid in full to confirm your spot at the camp. Refunds can only be offered if your place can be filled. If you require transport or billeting we will do our best to help but cannot guarantee this and arrangements must be made by the applicant.

Archery NZ Athlete Training Camp 2016 Hamilton Provisional Schedule 24th-26th June

Friday 24th June

6pm - 6.30pm	Optional evening meal (takeaway) at the Brian Perry Sports House (Pay your own - Orders must be placed with Lynda) details to follow.
6.30 - 7pm	Athletes and Coaches arrive Trust Waikato Room, Sports Waikato .
7pm - 9pm	Welcome - Camp expectations. Presentations -tbc

Saturday 25th june

8am	Arrive Graham Park - Field + Tent setup
8.30am - 9am	Morning Fitness / warm up and stretching - Archery NZ Strength and Conditioning Coach.- Alison Storey.
9am - 9.30am	Breakfast provided on site
9.30am - 12pm	Major 720 - Shot at appropriate distance. Novice 72 arrow round at 30m. Coaches observations / video.
12pm - 1pm	Lunch provided on site.
1pm - 4pm	Coach Sessions / Matchplay / Set and Gold Games, etc.
5pm - 6.30pm	Social Evening Meal (pay your own - Location tbc)
7pm - 9pm	Trust Waikato Room, Sports Waikato. Base Strength Training For Archery. Presentations - tbc

Sunday 26th June

8.30am	Arrive Indoor Range Cambridge. Trinity St Peter's, Union Parish of Cambridge.
8.30am - 9.30 am	Balance Yoga - Morning Fitness / Warm up and stretching. Yoga and core stability / injury prevention session.
9.30am	Breakfast provided on site.
10am - 12pm	S&C Benchmark Tests High speed video, video analysis, individual coaching and optional sessions. Feedback and training plan / next steps. etc
12pm - 12.30pm	Lunch provided on site
12.30pm - 2pm	S&C Benchmark Tests High speed video, video analysis, individual coaching and optional sessions. Feedback and training plan / next steps. etc
2pm	Camp wrap-up meeting followed by Coach wrap-up meeting.
2pm - 5pm	Optional free shooting time. We can have the hall all day so if athletes and coaches want to stay longer they can.