

HIGH PERFORMANCE



PROGRAM

COACH TRAINING SEMINAR

with National Head Coach - Kisik Lee

What: This seminar is part of the USA Archery High Performance Program and is designed and presented by National Head Coach, Kisik Lee, in an effort to train coaches around the country. The training will focus on the BEST Method (Coach Lee's Shot Technique System), Sports Science for archery and effective coaching methods. **This will be the only Coach Training Seminar of this sort for 2008! This is required for RHPCs to renew their status.**

Why: 1) To train Coaches in the USA Archery accepted system.
2) This seminar will serve as a means of renewing High Performance Coach status on current RHPCs that attend and meet expectations. It will also serve to identify additional Regional High Performance Coaches. Not everyone who attends will be selected as RHPCs.

Who: Current RHPCs are required to attend. If attendance is not possible, please Contact High Performance Manager. Anyone with USAA Level 2 or higher certification is welcome.

When: **November 11-16, 2008** (Arrival on the 11th; Departure on the 16th)

Where: Olympic Training Center, Colorado Springs, CO

Cost: Admission **fee is \$260/person**. Current RHPCs get in for half price. The fee includes the following:

- Room & Board at the OTC for the first 100 participants
- Shuttle service from the COS Airport (need complete itinerary)
- 4 Full days of training from NHC, Kisik Lee, and support staff
- Training packet: strap, stretch band, BEST DVD and other coaching materials and coaching aides
- Re-certification credit for those holding a USA Archery certification

*Transportation to & from the seminar is the responsibility of the attendees.

Schedule: Tuesday, Nov. 11

All day

6:00 – 7:00 p.m.

7:00 – 8:00 p.m.

Arrivals

Dinner (OTC Dining Hall)

Intro Meeting: Intro to HPP

Wednesday, Nov. 12

6:30 – 7:45 a.m.

8:00 a.m. – Noon

Noon – 1:00 p.m.

1:00 – 6:00 p.m.

6:00 – 7:00 p.m.

7:00 – 9:00 p.m.

Breakfast (OTC Dining Hall)

Sports Science Presentations

Lunch (OTC Dining Hall)

Coach Lee's Presentations

Dinner (OTC Dining Hall)

Q & A

Thursday, Nov. 13

6:30 – 7:45 a.m.

8:00 a.m. – Noon

Noon – 1:00 p.m.

1:00 – 6:00 p.m.

6:00 – 7:00 p.m.

7:00 – 9:00 p.m.

Breakfast (OTC Dining Hall)

Continue BEST method training

Lunch

Continue Sessions

Dinner

Q & A

Friday, Nov. 14

6:30 – 7:45 a.m.

8:00 a.m. – Noon

Noon – 1:30 p.m.

1:45 – 6:00 p.m.

6:00 – 7:00 p.m.

7:00 – 9:00 p.m.

Breakfast (OTC Dining Hall)

BEST Training Sessions

Lunch

BEST Training Sessions

Dinner

Q & A

Saturday, Nov. 15

6:30 – 7:45 a.m.

8:00 a.m. – Noon

Noon – 1:30 p.m.

1:45 – 6:00 p.m.

6:00 – 7:00 p.m.

7:00 – 9:00 p.m.

Breakfast (OTC Dining Hall)

BEST Training Sessions

Lunch

BEST Training Sessions

Dinner

Q & A

Sunday, March 16

Morning

Afternoon

Wrap-up Session

Departures

Registration: Complete and return the following registration form along with payment to:

USA Archery – HPP Coach Seminar

1 Olympic Plaza

Colorado Springs, CO 80909

(719) 632-4733 FAX

REGISTRATION FORM
2008 Coach Training Seminar
November 11-16 Colorado Springs, CO

NAME _____ DOB _____

Address _____

City _____ State _____ Zip _____

Email _____ Certification Level _____

Phone # _____ Cell ph # _____

_____ I request housing at the OTC

_____ I do not request housing at the OTC (the fee is the same)

_____ I request airport shuttle service (upon confirmation of registration, please provide complete itinerary with airlines, flight #s, dates and time of arrival and departure)

_____ I do not need airport shuttle service

Please list any special needs (handicapped, etc.) that we need to be aware of: _____

Registration Fee is \$260/person (\$130 for RHPCs)

Amount enclosed _____

Payment Method: _____ Check _____ Money order _____ Credit Card

Credit Card Type: Visa _____ Master Card _____ American Express _____ Other _____

Credit Card # _____ Exp. Date _____

There is a 20% cancellation fee. No refunds if cancellation occurs after Oct. 10.

Make checks payable to: USA Archery – HPP Coach Seminar

NOTE: You will be provided with registration confirmation and additional information.