

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 the second in a series of coach training seminars 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 Shot Technique (Coach Lee's system), Sports Science for archery and effective coaching methods.

Why:

- 1) To train USA Archery Coaches in Coach Lee's system.
- 2) From this and future seminars, Coach Lee, hopes to identify a set of Regional High Performance Coaches. Not everyone who attends will be selected, but those who are must be available for periodic one-on-one training with Coach Lee at the OTC in Chula Vista, CA and once trained will act as the High Performance Coaches in their home region. They will be responsible for conducting seminars and helping train other coaches and athletes within their home region. Coach Lee is looking for people who are willing and able to commit to the High Performance Program; people who are dedicated, enthusiastic, open minded, energetic, knowledgeable of recurve archery shooting (it's a bonus if you can competently demonstrate proper technique), and have a good understanding of sport science.

When: September 7 – 9, 2006

Where: Olympic Training Center, Colorado Springs, CO

Cost: Admission is free.
Transportation to the seminar is the responsibility of the attendees .
Room & Board at the OTC will provided for up to 50 people.
Shuttle service will be provided by the OTC to and from the Colorado Springs Airport.

Schedule: Thursday, September 7

All day	Arrivals
6:00 – 7:00 p.m.	Dinner in OTC Dining Hall
7:00 – 8:00 p.m.	Intro Meeting: Intro to HPP (Rm 006 Aquatics Bldg)

Friday, September 8

6:30 – 7:45 a.m.	Breakfast (OTC Dining Hall)
8:00 a.m. – Noon	Sports Science Presentations (Rm 006)
Noon – 1:00 p.m.	Lunch (OTC Dining Hall)
1:00 – 6:00 p.m.	Coach Lee’s Presentations (practical sessions)
6:00 – 7:00 p.m.	Dinner (OTC Dining Hall)
7:00 – 9:00 p.m.	Q & A

Saturday, September 9

6:30 – 7:45 a.m.	Breakfast (OTC Dining Hall)
8:00 a.m. – Noon	Continue BEST method training (practical sessions)
Noon – 1:00 p.m.	Lunch (OTC Dining Hall)
1:00 – 6:00 p.m.	Continue Sessions
After 6 p.m.	Attendees can stay for dinner, but are free to depart anytime Saturday evening or Sunday morning.

Application to Attend: Complete and return the application form on the USA Archery website. Contact Tom Parrish at (719) 866-4681: tombow120@gmail.com or tparrish@usarchery.org if you have questions.

USA Archery Coach Training Seminar
September 8-10

AGENDA & SCHEDULE

Thursday, September 7

All day	Arrivals
6:00 – 7:00 p.m.	Dinner in OTC Dining Hall
7:00 – 9:00 p.m.	Intro Meeting: Intro to HPP – Tom Parrish

Friday, September 8

6:30 – 7:45 a.m.	Breakfast (OTC Dining Hall)
8:00 – 9:00 a.m.	Periodization Training – Cathy Sellers
9:00 – 10:00 a.m.	Training Plan Development – Coach Lee & Tom Parrish
10:00 – 11:00 a.m.	Motor Learning/Feedback – Peter Vint
11:00 – Noon	Archery & Sport Science – Dr. Bill Sands
Noon – 1:00 p.m.	Lunch (OTC Dining Hall)
1:00 – 6:00 p.m.	Presentations by Coach Lee
6:00 – 7:00 p.m.	Dinner (OTC Dining Hall)
7:00 – 9:00 p.m.	Q & A and Practical Sessions

Saturday, September 9

6:30 – 7:45 a.m.	Breakfast (OTC Dining Hall)
8:00 a.m. – Noon	Presentations by Coach Lee
Noon – 1:00 p.m.	Lunch (OTC Dining Hall)
1:00 – 6:00 p.m.	Continue Practical Sessions
After 6 p.m.	Attendees can stay for dinner, but are free to depart anytime Saturday evening or Sunday morning.

* All seminar sessions will be held in Rm 006 of the Aquatics Building.

APPLICATION FORM
For the
COACH TRAINING SEMINAR
Colorado Springs, CO September 7-9, 2006
Application Deadline: August 4th

NAME _____ NAA Cert. Level _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____ CELL _____

EMAIL _____

Date of Birth _____

Number of archers you currently coach _____

Number of years experience as a competitive archer _____

Number of years experience as a coach _____

Highest Level of Education Attained: High School Undergraduate Graduate Doctoral

Degrees and major field of study (if any) _____

Current Occupation _____

Archery Club Association (if any) _____

List the top 3 success levels reached by archers you have worked with: (include placements, names of events and scores) _____

What experience (if any) do you have in teaching (seminars, courses, clinics, etc; archery or otherwise)? Please list (use additional pages if necessary).

**Application Deadline: August 4th Return Form to: tparrish@usarchery.org
(509) 241-0598 FAX**

USA Archery
High Performance Program
COACH AGREEMENT

I, _____, hereby agree that I will faithfully follow the principles of the BEST Method as outlined by National Head Coach, Kisik Lee, to the best of my ability and that I will teach this method and promote the USA Archery High Performance Program.

By signing this agreement, I am stating that I believe the High Performance Program, lead by Coach Lee and the USA Archery High Performance Manager, is a valid and useful plan that I am in 100% support of as the standardized approach for coach and athlete development in the U.S.

USA Archery, Coach Lee and the High Performance Manager have my complete support and I gladly join in a unified voice for the future development and improvement of the sport of target archery in the United States.

Furthermore, in an effort to aid USA Archery in building a higher degree of credibility, and professionalism, and in creating an atmosphere of integrity and cooperation within its coaching ranks, I hereby agree to adhere to the USA Archery Code of Ethics, to treat my archery colleagues with respect and to demonstrate this with constructive, positive words, attitude and behavior in the presence of athletes and other coaches.

Print Name: _____

Signature: _____

Date: _____