



Dear Club Secretaries,

Martlets are running a Level 1 coach course this Autumn (assessing in February 2019). We would be grateful if you would forward this information to **all** your club members.

### **Level 1 Coach Course**

If you are a club archer or active volunteer who is enthusiastic about introducing new people to the sport and helping them to improve, then the Level 1 Award in Coaching Archery will give you all the skills, experience and resources that you need.

### **NGB Qualification**

Archery GB's Level 1 coaching course is a 1st4sport qualification. 1st4sport Qualifications is an awarding body recognised and regulated by the Office of the Qualifications and Examinations Regulator (Ofqual) and created with the aim of offering vocational qualifications in the areas of sport and recreation.

The Level 1 course will help you to learn how to deliver both single coaching sessions and a 6-week beginners' course.

It consists of 3 days of tuition delivered over a 12-week period, a 'portfolio evening', plus a 1 assessment day 10 weeks later.

Between day 2 and assessment, you will also complete 12 hours of supported practical coaching, for example at your club. This is where you will start to put into practice the skills you are learning, coaching new archers & recording your activity as part of a course portfolio. You will also be required to complete a certificated on-line Child Protection Awareness course in your own time BEFORE day 3 of the course.

When carrying out your supported practice sessions away from the course, you must work with a Mentor who is at least a Level 1 coach – preferably higher – and any learners who are under the age of 18 must also be supervised by a responsible adult supervisor. The minimum age for a learner is 15 at Day 1 of the course.

These are some of the skills you will learn on the course:

- Principles of coaching
- How to plan a safe environment for coaching activities
- How to plan and lead a coaching session
- How to teach participants to Shoot
- How to support participants' performance
- How to evaluate coaching activity



## MARTLETS GUILD OF ARCHERY COACHING (SUSSEX COUNTY AA)

### **Dates of course**

- Day 1 Sunday 2nd September 2018
- Day 2 Sunday 14th October 2018
- Day 3 Sunday 25th November 2018
- Portfolio signing off evening Wednesday 16<sup>th</sup> January 2019
- Assessment Day Sunday 3rd February 2019

### **Venues of course**

- Day 1 Sunday 2nd September 2018 at Meridian Archery Club
- Day 2 Sunday 14th October 2018 at Friars Gate Archery Club Buxted
- Day 3 Sunday 25th November 2018 at Friars Gate Archery Club Buxted
- Portfolio signing off evening Wednesday 16<sup>th</sup> January 2019 (at TBA)
- Assessment Day Sunday 3rd February 2019 at Friars Gate Archery Club Buxted

Full details of these venues can be found on the club websites:

[https://www.meridianarcheryclub.org.uk/venue\\_maps.php](https://www.meridianarcheryclub.org.uk/venue_maps.php)

<http://www.friarsgatearchers.com/locations/4541062641>

### **How much will it cost?**

The fee is £260. This covers the use of the venues, your course manual, tuition, assessment, certificate and coach badge. It does not cover your travel to and from the venue, or any accommodation or meals.

### **If you have a disability**

If you have a disability or difficulty please read the Archery GB policy for Access to Reasonable Adjustment and Fair Assessment to find out how you can access specific arrangements and support during the tuition or assessment.

### **What next?**

To express an interest in this course, please email:

[course\\_admin@MartletsGuildSussex.org.uk](mailto:course_admin@MartletsGuildSussex.org.uk) with your contact details and you will be sent a course application form.

Regards,

Sue Mangan  
Course Organiser