



# Lancashire Archery Coaching Group

## Northern Counties Coaching Conference 18<sup>th</sup> May 2013

Venue:

Samlesbury War Memorial Hall, Cuardale Lane Preston. PR5 0UY.

- |       |   |
|-------|---|
| 10.00 | Registration & Coffee   |
| 10.30 | Abby Thornton: How our body learns new tasks                                |
| 11.30 | Tim Swane to give an update from the Coaching Committee                     |
| 12.15 | Lunch   |
| 13.15 | Tim Swane: Psychology   |
| 2.15  | T Break   |
| 2.30  | Abby Thornton: Coaching hints & tips  |
| 3.15  | Jayne Wilson explains what Lancashire sport is and how it can help coaches. |
| 3.30  | Q & A Panel ***   |
| 4.15  | Close   |

\*\*\* Not completely sure about the final hour of the conference. It will be sorted in time for the conference\*\*\*

To book a place on the conference please send a cheque for £30 made payable to Lancashire Archery Coaching Group and send it along with this completed form, to Craig Hobin, 17 Lime Grove, Chorley, Lancashire. PR7 3JA.

Forms should be received by 11<sup>th</sup> May.

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Name \_\_\_\_\_

Address \_\_\_\_\_

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\_\_\_\_\_ Tel. No \_\_\_\_\_

Email \_\_\_\_\_

£30 includes a jacket potato lunch with a choice of fillings, tea & coffee.