



***Archery
For
Beginners***

www.kanataarcheryclub.com

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KANATA ARCHERY CLUB WELCOME

Introduction:

My name is Mike Leeder. I am a certified coach with the NCCP. My passion for archery began in the spring of 2000. I have been developing my personal skills over several years.

I completed my (Trained Coach.) Level 1 on January 6, 7, 2007.

I completed my NCCP Archery Instructor Certification In August 2007.

Coaching Philosophy: In the NCCP, coaching is about helping other people improve and achieve their goals in and through sports, and creating a safe environment in which this can take place.

Goals and Roles: As your coach/instructor I will do my best to,

- 1- Provide each participant with a positive experience to be motivated and to want to continue practicing.
- 2- Provide participants an opportunity to achieve their full potential in the sport of Archery through a fun and challenging program.
- 3- Provide a safe environment for self-growth and development in the physical, mental and social aspects of the sport of archery.

Beginner - Novice Program:

A) Content: Training Manual (Archery - Steps to Success) By Kathleen Haywood.

B) Participants: Beginners course for ages 12 and over.

C) Program: Acquisition of sport specific skills.

D) Duration: 6 one hour lesson over a period of 2 weeks.

E) Competition Level: None Beginner

F) Support: Teaching skills, correcting technical errors.

Answers to Most FAQ:

1- Parent/Guardian is required to remain at all classes.

2- There will be a parent (questions for the coach) period at the end of each class.

3- Please make a note of your questions and concerns to be addressed at the end of the class.

4- Please do not interrupt coaches and participants during classes.

5- We ask that all cell phones be shut off during practices so these do not distract participant concentration and focus.

6- For safety reasons parents will remain in the designated spectator area behind the training area.

Contact: Coach Level 1 - Mike Leeder 613-726-0538

Archery for Beginners Course For Ages 12 and over.

Note: All youth members 17 and under must be accompanied by parent/guardian for all classes.

1- Registration: Registration will be held one week prior to beginning course.

2- K.A.C. Membership Registration fees. Adult: \$35.00 Youth: \$25.00.

Family: \$70.00 Two adults and all youth 17 and under.

Valid January 1 to December 31 each year. Make Checks Payable to Kanata Archery Club.

3- Archery Classes - Fees: \$125.00/student. All fees are non-refundable.

Classes are spread out over a two or three week period.

Students must attend all classes to complete the course.

a) 6 - one hour classes or

Note: All classes are by request priority. All request for lessons are on a first come first serve basis. As volunteers we do our best to accommodate all requests for classes. Schedules will be sent out to all participants in April of each year.

4- O.A.A. Insurance:

Download O.A.A. Forms: www.oaa-archery.on.ca

All athletes are responsible for their insurance portion of our registration. Each athlete must be registered members in good standing with the OAA, (Ontario Association of Archers). All required forms and waivers must be completed, signed and handed in with fees one week prior to commencing classes. O.A.A. request one week notice for processing insurance. OAA Insurance Membership cards and Tournament Directory will be mailed out to each member within 3 or 4 weeks.

5- Location:

K.A.C. Outdoors Range Beavertail Rd.

Back up indoor facility for bad weather conditions T.B.A by instructor/coaches.

6- Equipment:

All bows, arrows, arm guards, finger tabs, targets, etc. required for classes will be supplied by K.A.C. instructor/coaches.

Directions: FROM OTTAWA to OUTDOOR RANGE

- Travel West on **HWY 417**
- Exit at Carp Road North
- Left on Richardson Side Road
- Left on Beavertail Road.
- Gate to Range is about 500 yards up the road on the right.

2- Registrations: Directions to 1203 Morrison Drive

- HW 417,
- Exit at Pinecrest Road South,
- Pinecrest Road
- **Right on Morrison Drive to 1203.**