



**EUROPEAN AND MEDITERRANEAN ARCHERY UNION
UNION EUROPEENNE ET MEDITERRANEENNE DE TIR à L' ARC**

EMAU DTAC REPORT

on EMAU 3rd level Coaching Seminar – Sofia/Bulgaria
14th-16th November, 2008

Lecturers: Mr. Victor Stanescu, with subject: FITA Rules
Dr. Katerina Kotroni, with subject: Injuries, Mental Training, Psychology
Mr. Ivan Yotov Ivanov, with subject: Review of 1st & 2nd level seminars and caching in practice

Organizer: the Bulgarian Archery Association

Representing EMAU DTAC: Evelyn Papadopoulou, Chairperson

Participants: Serbia 6, Greece 5 and Bulgaria 9. In total: 20 persons, all eligible from the 2nd level.

From the eligible participants, 1 Serbian and 1 Greek and 2 Bulgarians did not attend. There was an addition of 2 more Greek coaches, who were eligible participants from the 2nd level seminar in Lisbon 2007, who due to their personal difficulties could not attend to the next 3rd level in Lisbon and requested to participate in the same level in Sofia.

Reflection on the number of participants from the 1st level to the last 3rd level seminar:

	1 st level, 2006	2 nd level, 2008	3 rd level, 2008
Serbia	8	7	6
Cyprus	2	0	0
Greece	3	4	5
Bulgaria	18	11	9
TOTAL	31	22	20

The seminar was hosting at the Tsarsko Selo Spa Hotel (****), about 20 km out of Sofia, where accommodated the Lecturers, I and the participants from abroad (11). No Bulgarian participant was accommodated at the Hotel.

The seminar Hotel was a very nice country resort complex, with 2 football fields, small casino, in and out swimming pool, sport activities and spa facilities, which some participants enjoyed. All seminar Hotel conditions were very good and the food was good and plenty.

The Hotel prices were very welcomed, due to special offer arrangement with the Bulgarian Federation. For: Single 48,58 €, Double 59,82 €, Triple 75,16 € per Meal 14 €, Seminar hall 75 € full day. Seminar final cost will be sent to EMAU shortly.

The participants paid all their participation cost by themselves (travel, hotel, meals). EMAU and Bulgarian Federation supported the cost for the Lecturers and me (travel, hotel, meals), coffee breaks, Bookles preparation, copies, multimedia & hall equipment use.

All participants and Lecturers arrived on Nov. 14th and departed on Nov. 16th. All people who arrived/depended by plane or train were transferred under the cost and responsibility of the Bulgarian Federation to/from the Hotel, during the official seminar days.

Breakfast, lunch and dinner were taken in the hotel restaurant.

The seminar was very well prepared, by the Bulgaria Archery Association and their hospitality was excellent. After the Diplomas hand out to the participants, the President of the Bulgarian Federation offered presents to each one of the Lecturers and me, expressing his thanks for our contribution to the success of this seminar and the total coaches' education project.

At the Tsarsko Selo Spa Hotel **** were prepared for the seminar use:

- a big separate seminar room, with projector, screen, flip chart, on the ground floor
- enough corridor space, just before the seminar room, for the coffee breaks
- the Hotel restaurant, for breakfast and meals
- direct exit of the seminar room to outside garden, for breaks relaxing time in between the sessions.
- use of photo copies machines, for the seminar Tests and payment receipts.

The program was followed as per the attached original Invitation/Program and a more detailed time schedule was handed out to the participants and put on the seminar hall area and lobby entrance.

The seminar opened with a welcome speech by the President of the Bulgarian Federation, Mr. Daniel Pavlov, who thanked the lecturers for serving the seminar and the participants for their attendance and followed by Chairperson of EMAU DTAC Committee short speech, who on behalf of EMAU and its President Mr. Scarzella thanked the participants for their interest for the seminar and the developing of archery in their country, the lecturers for their efforts and contribution for EMAU coaches education and the Bulgarian Federation for the good preparation of the seminar and explained that from 2009 a new form of coaching seminars will be implemented by EMAU, requesting a closer collaboration and personal work feed back to EMAU.

The seminar started on Friday 14th, at 16.00-20.00, with Mr. Victor Stanescu presentation on FITA Rules, followed by written Exams. Mr. Stanescu made a power point presentation with projector, with many icons of target samples and hit examples. He managed to attract the participants' interest and answered to a lot of their questions. He was an experienced and well prepared teacher, with a great enthusiasm on transferring his knowledge to the participants.

The seminar continued on Saturday 15th from 09.00 – 19.00 hours, with lunch between morning and afternoon session and dinner at the end of the day. In both sessions of the day, Lecturer was Dr. Katerina Kotroni, Physiatrist M.D., MSc, and former Greek Champion in Shooting with Rifle. In the morning session her presentation was on Injuries in Sport and Archery and in afternoon session was on Mental Training and Psychology. At the end of the day the participants had written Exams on both sessions' subjects. Dr. Kotroni received the respect and admiration of all participants and rest lectures with her efficient, scientist and skilled approach of the subjects she detailed analyzed. The participants discovered, through her presentations, seeking answers to their questions on Mental Training and Psychology and understood the importance of knowledge on Injuries, especially when coaching young athletes.

Mr. Stanescu, impressed on Mrs Kotroni presentation, attended her sessions as participant and replied to the relevant Exams.

The seminar last day was Sunday 16th, from 09.00-13.00 and Lecturer was Mr. Ivan Yotov. Mr. Yotov started with a review of his lecturing in the previous 1st and 2nd level seminars and continued outside on the football field with coaching technique in practice. The lecturer was also demonstrating in practice details of his lecturing. The reaction of the participants was positive. Two targets with 40 cm faces were set, where the participants were practicing in shooting, under Mr. Yotov's instructions and corrections. No Exams were included in Mr. Yotov session.

The Bulgarian Federation had invited Mr. Konstantin Ruevski, who voluntarily offered his services in translating lectures from English to Bulgarian language. Here, I would like to express my sincere Thanks to M. Ruevski for his great assistance and efficiency in serving to this EMAU coaches' education project.

During session breaks of morning and afternoon was also served a nice coffee-break.

Each participant was signing in the participants' name list space, in every session, for their presence. All participants had fully attended.

The lecturers, Dr. Kotroni and Mr. Stanescu had sent to me their presentations in English by email in advance. Mr. Stanescu had sent also and his session Exam questions.

I prepared seminar Booklets for each presentation. I brought with to Sofia copies of both Booklets, along with the Daily Seminar Program, which were given to all participants and helped them to follow easily the lecturing sessions. The indicated pictures helped the participants to avoid unnecessary questions.

Of course the contents of the lectures of Mr. Stanescu and Dr. Kotroni were new to the participants but will be very useful to them, showing the necessities not only to be engaged in shooting but also to concentrate on other points of interest. Therefore the issued Booklets will be a useful tool for the participants.

No examination was made for the lecture of Mr. Yotov. For the lectures of Dr. Kotroni multiple choice questions in English were asked and replies given. Everybody had far over 50%. For the lecture of Mr. Stanescu answers of Yes or No in English questions have given. Also here everybody had far over 50%. All participants succeeded to pass successfully.

All tests were immediately examined by each lecturer with my assistance and an "evaluation" in points was made for each participant Exam, which I marked on a special for that area of the participants' name list (*attached*).

The results showed a very good participants' knowledge level.

On the third day and after the end of the seminar I handed out the EMAU Diplomas, stated that "she/he is "EMAU Coach for his Country ...". A Diploma for their contribution for the success of the seminar was issued to all Lecturers, Bulgarian Federation and myself.

Closing officially the seminar, I thanked all parties for their contribution to the success of the seminar and the interest and attention of the participants, explaining that here was completed this EMAU project of the 3 levels coaching seminars and a new EMAU seminars form will considered for 2009 and on.

The seminar was conducted smoothly, with no problems and with an attraction of the participants, who all fully attended all days. They expressed very positively for this EMAU development project, the organization and value of the seminar and were very pleased for such a knowledge and experience. They were happy to transfer this knowledge to their counties' clubs and archers.

Here, I would like to recommend Dr. Kotroni for lecturing in future EMAU education projects. She proved to be the perfect combination of easily transferring her knowledge and experience in sport, as she was an elite shooting athlete, with great and valuable experience in problems and methods for best performance, who studied Sport Medicine, specialised in Psychiatric and is currently working a the biggest Hospital for Injuries in her country. She participated in numerous domestic and International Conferences and was lecturer in many seminars.

Here, I would also like to remark Mr. Stanescu professionalism, support, devotion and enthusiasm for contributing in this development project. I was also aware of his close collaboration for his lecture presentation with Mr. Pol Ney, Chairman EMAU Judges Committee, who will be lecturing the same topics in the same level seminar in Lisbon, next month. My deepest thanks to both.

I had the pleasure to enjoy the company of Mr. Stanescu during breaks and meals, where he had the occasion to express to me his admiration on Dr. Kotroni knowledge and to discuss his intention for recommending her also for Judges' seminars lecturer.

Attachments:

- Seminar Invitation
- Participants name list, with Exams evaluation in points
- Seminar Daily program
- Seminar Booklets (to be sent by post)
- Seminar Exams' questions
- Seminar Diploma (samples, to be sent by post)
- Seminar Photos.

18.11.2008

Evelyn Papadopoulou

Chairperson, EMAU DTAC Committee