

2013 WAE Coaches Trainer Course in Antalya/Turkey

“PASSION and VISION ”

A ten days WAE constructive course, jointly running with World Archery, took place in Antalya/Turkey from 9-18 December 2013, educating 16 participants from 11 European Member Associations on how to train Level 1 archery coaches.

This WAE project was implemented for second time since 2011. The first was hosted by the French Archery Federation and this second one was organized by the Turkish Archery Federation. The European Olympic Committee in collaboration with the Turkish NOC funded the 2013 WAE project.

The course Experts were: Mr. Pascal Colmaire, WA Development & Education Director and Mr. Constantine Yantsios, Greek Coaches Trainer.

The course was aiming on educating more European archery conductors on how they can train archery coaches in their country and abroad. Therefore, the participants' registration was examined and evaluated by the Experts before the acceptance of their eligibility.

The Experts educated and trained the 16 participants in level 1 coaching, using the manual, power point and indoor practice with a lot of equipments. The duration of the course was 10 days, with daily morning and afternoon sessions along with meals and coffee breaks.



The documents for study were sent by the Experts to the participants electronically well in advance before the course start, for their preparation. Some topics of lecturing was:

- Technique in level 1, familiarization in introduction of a technical issue, approaching the teaching method to new coaches (level 1), specific and general straightening the body and specific muscles,

psychology, breathing pattern, balance in body and in execution of shot, combination of theory and praxis.



The participants were: ACHILEOS Andreas (CYP), ATICI Oguz (TUR), BRUNNER Angelika (AUT), CIZMEK Andrea (CRO), CUSTERS Emiel (NED), ERGIN Yusuf Goktug (TUR), GATIKAEV Sergo (GEO), GIOVANUCCI Massimo (ITA), LEKVEISHVILI David (GEO), LUIK Siret (EST), LUPI Alessandro (ITA), NAVEH Eyal (ISR), RTACNIK Martin (AUT), RIEDL Carsten (AUT), SIPEK Jan (CZE), VOUIROS Konstantinos (GRE).



There was a very positive reaction from the participants, who fully attended the course, with enthusiasm for this experience and satisfaction for developing their knowledge and skills in the very experienced hands of the lecturer, Pascal Colmaire assisted by Constantine. All participants expressed their admiration and appreciation on their way and methods of teaching and training them.



At the end of the course, the participants received their Certificates as “Level 1 archery coaches' trainer candidate”. By the end of 2014 they should conduct a successful level 1 archery coaching course, before they receive their final Certificate, which will be reevaluated and certified every 4 years. The Certificates were handed out to the participants by the WAE DTAC Chairwoman-Evelyn Papadopoulou, Turkish Archery Federation Secretary General-Sirer Aydin, Expert & WA Development and Education Director-Pascal Colmaire and Expert & Greek Coaches Trainer-Constantine Yantsios. Certificates of appreciation for the contribution to the success of the course were handed out to the two Experts, to the Turkish Archery Federation, to the



T.A.F. Secretary General and the WAE DTAC Chairwoman.

The preparation and organization of this course was in a very high level. The Turkish Archery Federation offered an excellent hospitality and provided perfect conditions in accommodation and in facilities-equipment for the course. The T.A.F. Secretary General, Mr. Sırer Aydın was present at the course and along with the Turkish participant Goktug made everything possible so that everything run perfectly, on time, in excellent conditions and in a wonderfully friendly environment.



The 5* Xanadu Resort Hotel in Belek/Antalya was open and fully operated in all its departments only for the course guests, providing a full board accommodation in all-inclusive base for everyone, heating and free wi-fi internet in all areas and rooms. Warm atmosphere along with comfortable and excellent service with plenty and various meals. Transportation was perfectly organized with luxurious mini vans from/to Antalya airport/Hotel.



World Archery Europe thanks the Experts for their efforts and contribution in this WAE development and education project, the Turkish Archery Federation for so warm hospitality and excellent organization of this course and European Olympic Committee for funding this important archery project.

Here are some comments of the participants:

- Martin Ptacnik (Austria): After so much deep impacts we got the last 10 days, I'd like to say it will definitely change my life, my way of teaching and it was a significant step on the way I follow through in my sport. Thank you for being a part of that great system to show the people the pleasure of archery.
- Andreas Achilleos (Cyprus): Definitely, I give 5 stars for these course. Wonderful experience we learn and try a lot of new things.
- Massimo Giovannucci (Italy): Really good experience! Teachers perfectly conducted a coaches course like this. Very close group. Good project by WA-WAE to help countries in standard teaching method and diffuse this approach. I am sure to continue in this path.
- Costas Vouros (Greece): It is always an honor and luck for me to participate into WA and WAE visions. Speaking on behalf of my Federation, I'd like to thank WA, WAE and Turkish Archery Federation for their excellent organizing and implementation of the Course. Once again, thanks to our Instructors, Mr Colmaire and Mr Yantsios.
- Angelika Brunner (Austria): Great! Intensive, overflowing of knowledge, extremely well structured. Can be applied to national guidelines immediately, so perfectly useful. Exchange of knowledge amongst participants added extra value. Venue: to have everything in one place was very helpful & saved time. Organization: everything went smoothly. How incredible! Transport, accommodation, daily programs e.t.c. Very efficient use of time and energy. Thank you!
- Andrea Cizmek (Croatia): Impressions? Absolutely positive! It was hard and at sometimes very exhausting, but on the other hand the amount of received information is incredible. Mr Colmaire expertise and competence are so admirable. Mr Yantsios showed all what perfect assistant is supposed to be: very adaptable, full of understanding, calm and a great mediator between Mr Colmaire and coach

candidates. For the Turkish Federation and Mr Secretary General Sirer, what to say but thank you in indefinite number of times! You have spoiled us! Thanks everybody, enjoy coaching!

Evelyn Papadopoulou
WAE DTAC Committee