

ARTICLE BY THE PARTICIPANTS
WAE Coaches Trainer Course, Salzburg/AUT, 18-28 June 2018

Eine kleine Coach Trainer Training...

Salzburg, city of Mozart. And for 10 days in June 2018, the city where World Archery (WA) had a training camp for coaches who are to become Level 1 coach trainers.

As luck would have it, the day of arrival finished with a wonderful show of nature's fireworks... and it rained. Salzburg is well known for its "Schnurregen", which is why the countryside around this wonderful Austrian city is so green.

Owing to the late confirmation of details for the course, there were 8 candidates (instead of the usual 14) on the course, funded by WA and Olympic Solidarity, and hosted by the Austrian federation – the Österreichischer Bogen Sport Verband (OBSV). Candidates were selected on the level of their coaching experience and commitment to coach training.

The course was taught by Pascal COLMAIRE, who, over many years, has worked tirelessly to prepare coaches to go out and teach all over the world. His assistant was Martin PTACNIK from WA and the OBSV.

On the first day of the course, all the trainees were greeted by Bettina KRATZMÜLLER, who handed out a welcome pack, with badges and pins from the OBSV.

The course was held in English, a language which was not the natural language of most of the candidates, but this did not stop the knowledge and enthusiasm of the course candidates from shining through. One of the most important aspects of the course is the exchange of ideas between coaches, which can only help the improvement of archery coaching and coach training across the world.

The focus of the sessions was the use of the Standard Teaching Process, which is used when detailing any of the activities involved in shooting the bow. Candidates were encouraged to explain the how, the what and the when by means of demonstration, using mimetics and simulation, using some simple tools to illustrate points. For instance, a piece of chalk to make a mark on the floor, or a length of string will give immediate feedback and confirmation of what is being seen. As a topic is elaborated further, other techniques come into play, such as direct observation by the archer, looking at themselves either directly, or with a mirror or delayed video. The archer is then encouraged to practise with eyes closed, so that they can feel how a particular action is performed, to develop their kinaesthetic awareness of the action. An action can first be performed using a cliniband / theraband or other elastic rope. The archer can then progress to working on the bow. After a skill has been learned then it can be challenged. If the skill has not been correctly learned, the coach can take the trainee back a step

The purpose of the Standard Teaching Process is to ensure that coach trainers work in the same way, so that future coaches all receive the same information.

Trainee coach trainers are encouraged to exchange ideas with one another on the course, to introduce fellow trainees to new ideas, or to look at concepts in another way. As a result, new friendships were formed, and there was a great deal of information exchange.

As an example of "challenging the archer" there was a "self contract" competition, where archers decide what score they will shoot for an end. If they do not deliver on the contract, they score nothing. If their score is the same value as their contract or better, then they receive the score for which they contracted. This generated a lot of talk between the trainers and the archers taking part.

Comments were made about archers who pressured themselves by shooting a 9 as the first arrow, then having to shoot two 10s to meet the contract score. Merci, Pascal....

Andreas KOLAR, the president of the OBSV came to meet the group on the second Monday of the course, and presented each of the group with some small souvenirs of their trip to Salzburg – an Austrian Olympic Committee pin, some chocolate and a fox. Those concerned for animal welfare should be consoled by the knowledge that it was in fact a 3D target....

On the Tuesday before the end of the course, the entire group was invited to a barbecue by the 3D Club Hallwang – Matzing. The course members were able to visit the club's facilities and see the field course set out in magnificent surroundings. There were the usual targets – boar, bears - and a tiger. It's not often you see a tiger in an Austrian wood. It was a very enjoyable evening, and the food prepared by the club was well received by all the course attendees.

Thanks go to Frank SEEWALD of the OBSV – it was he who organised virtually everything for the trainees. Coffee, meals, hotels, transport – he was the go-to man if there were any problems.

The course attendees :- AL OTAIBI Meshal (KSA), DANILET Nicolai-Dorinel (ROM), ERBAY Vedat (TUR), GJURIN Luka (SLO), SCHEMBRI John (MLT), VIRULAT Katrin (EST), WILSON Iain (GBR) WOORTMAN Marja (NAM).