



Media Resources Centre, Llandrindod Wells on Saturday October 13th 2012

Programme

09:30	Arrival / Registration / Tea / Coffee
10:00	Welcome and Introduction to the Day
10:10	Business Forum <ul style="list-style-type: none">- RCC annual report- Elections for RCC positions- Feedback to RCC / Q&A
11:15	Guest Speaker

Lloyd Brown – Olympic Coach – Shooting technique and skill acquisition

Lloyd is responsible for the training and development of Archery GB's Olympic Team. He comes from San Diego, California, USA where he coached the successful 1996 and 2000 US Olympic Teams. He has over 25 years coaching experience and has coached numerous international teams. His talk at last year's conference was well received and there were many requests for us to ask him back again so we are very pleased that he is able to attend again this year.

12.30	Lunch	Bring your own or go to town Submit votes for Welsh Coach of the Year and County Coach of the year.
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13.15 Workshop 1

Glen Bell – A basic fitness programme for club archers

Glen has been a personal trainer since 2009. He has Level 3 qualifications in Gym Instruction, nutrition, weight management, fitness testing, training in different environments and exercise referral. He is also a Level 4 specialist instructor in exercise and nutritional intervention for the management of obesity and diabetes. He is a member of the register of exercise professionals and has worked as a fitness instructor at DW Fitness and Celtic Manor. He is currently working as a Physiotherapy Technical Instructor for Cardiff 7 the Vale LHB. Glen began shooting in 2004 and has represented Wales on 13 occasions and is currently a Master Bowmen.

Workshop 2

Graham Weller - of Wales Archery Specialist –Arrows

Graham is currently the owner/manager of the archery business started by his father – Wales Archery. Graham's knowledge of the latest equipment available, it's set up and tuning is well known in archery circles. He has supported archery and tournaments for many years and his Workshop presentations have always been well received and greatly appreciated by those in attendance.

14.30	Workshop Changeover
15.45	Inter County Meetings <ul style="list-style-type: none">- General Discussion & feedback- opportunity to 'network' and exchange ideas
16.15	Presentations Review of the day Close Collect CPD certificate Safe Journey home

