

Bedfordshire Training Squads

Autumn Squad Training. For Archers who have attended Squads before

<p>1. What would you like to achieve/ learn /want from Squad? Be specific</p>	
<p>2. What do you need from Squad?</p>	
<p>3. Are you happy with the set up? What would you like changed or added?</p>	
<p>4. Has Squad Training helped in the past season? If Yes. What If No. Why</p>	

5. For planning for coaches. Do you want sessions on the following?

	Yes.... Comments	No..... Comments
Technique Skills Practise Stamina Shooting		
Routine Improvements and changes Setting one up		
Coping Skills Relaxation		
Equipment		
Setting up a training programme And adhering to it		
Setting up a fitness programme And adhering to it		
Setting Goals		
Evaluation and review performance		
Nutrition for shooting and competing		
Add your own items		