



INTERNATIONAL
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DE TIR À L'ARC



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FITA COURS POUR ENTRAINEURS NIVEAU III 4 – 23 avril 2011 FITA MEAC Caire - Egypt

Aux Associations Membres,

FITA avec le soutien du Comité International Olympique continue d'assurer le meilleur en matière d'entraînement et éducation au centre FITA MEAC « Middle East Archery Center ». Il se tiendra prochainement un cours pour entraîneurs niveau III du 4 au 23 avril, 2011 sous l'égide de M. Baek Woon Mun.

Nous vous recommandons vivement la participation de vos entraîneurs afin de bénéficier de cette opportunité. Dans le cas où votre association ne peut pas entièrement financer la participation de votre entraîneur (s), vous pouvez demander une bourse pour entraîneurs à votre Comité Nationale Olympique. Cette bourse consiste à financer les frais de participation de l'entraîneur sélectionné. Ceci couvre l'hébergement, billet d'avion et transport pour le cours. Si vous faites une demande de bourse Solidarité Olympique nous vous prions de nous en informez afin de accélérer la procédure d'acceptation de notre côté.

Vous trouverez ci-dessous toutes les informations relatives au cours and nous nous réjouissons de recevoir la candidature de votre entraîneur (s) au plus tard le **14 mars 2011**.

Nous vous remercions pour votre contribution pour le développement de notre sport dans le monde entier.

Département Développement du World Archery



Objectif

L'objectif principal de cette formation spécifique est améliorer la connaissance et le savoir-faire des candidats de manière individuelle et personnalisée par l'enseignement direct de l'expert M. Mun Baek Woon. En retour vos experts enseigneront vos archers afin d'élever le niveau compétitif au niveau national.

Partenaires

Les partenaires FITA pour ce projet sont:

- La Solidarité Olympique et les Comités Nationaux Olympiques

Description

Permettre aux entraîneurs d'améliorer leurs connaissances à travers un cours niveau III en bénéficiant d'un cadre idéal pour l'entraînement et des infrastructures au point de la technologie. Le centre FITA MEAC se trouve au Caire, Egypte.

Bénéficiaires

Les pays éligibles pour ce cours sont: Toutes les Associations Membres qui sont en bons termes avec la FITA et à jour quant aux cotisations annuelles.

Les Associations Membres qui sont prioritaires sont:

- Qui ont un plan de développement et un programme équitable
- Qui ont une procédure de sélection de leurs entraîneurs mesurable et qu'il n'a pas de conflit.
- Seuls les associations membres qui n'ont pas eu de violations en anti-dopage les deux dernières années seront prises en considération.

Le profil de l'entraîneur éligible pour ce cours est:

- Expérience de niveau I et II ou équivalent
- Dossier complet ; CV sportif et copie de passeport
- Qui a l'expérience des tournois nationaux
- **Egalité des sexes: La FITA encourage vivement les Associations Membres à respecter l'égalité des sexes (homme/femme) à participer à nos formations.**



Frais liés à la formation

Les frais approximatifs de la formation au centre FITA MEAC pour une personne sont:

Hébergement (3 repas inclus) en Euros: simple 45.-/ double 30.- / triple 25.-	Euros 900.- pour 20 jours en chambre simple
Vol selon pays d'origine	Inconnu
Aller/retour aéroport	Euros 50.-
Argent de poche	(estimation) 200.- à 300.- Euros pour 20 jours

**Les repas sont inclus dans le prix de l'hébergement*

Procédure et dates importantes

21 février 2011: Annonce aux Associations Membres

14 mars 2011: Délai d'inscription

21 mars 2011: Allocation des bourses (*Les lettres d'invitations pour l'obtention de VISA pour l'Egypte seront émises par le Département Développement FITA. Nous vous prions de nous informer si vous en avez besoin)

Vous êtes cordialement invités à soumettre vos dossiers de candidatures au Département Développement de la FITA au plus tard le **14 mars 2011** à Madame Deqa Niamkey; dniamkey@archery.org

L'information ci-dessous n'est pas traduite en français car tous les cours au FITA MEAC sont en anglais. Il est important que le (a) candidat (e) ait un



minimum de connaissance en anglais. Dans le cas contraire, nous suggérons au participant de nous prévenir à l'avance afin de trouver une solution adéquate.

1. General Information

Place FITA Middle East Archery Centre
Wadi Degla Sporting Club
4th district
Zahraa El Maadi
Cairo
Egypt

Dates 4 au 23 April 2011

Teaching curriculum FITA Coaches Manual – level 3

Expert Coach FITA MUN Baek Woon

2. Curriculum

Equipment control (4 days)

- a. **Bow Centershot**
Setting bow centershot
Press button on the arrow
Tiller high
- b. **Each equipment function**
Stabilizers
Extender
- c. **Making string**
String strand & servings
Knocking point and center serving
- d. **Bow tuning**
Bare shaft test with Paper test
18m/30m test

Shooting Skills with Practice (2 weeks)

- a. **Stance**
Stand up straight with equal balance on both feet. The knees should be relaxed.
- b. **Hook**



Place your fingers on the string with a deep hook, little past the first joint of the fingers with a relaxed hook

- c. **Grip**
Do so that it is fixed and keeps force direction that stabilizes. Once you have tension on the string put your bow hand properly in the bow grip. Angle the bow hand fingers at about 45 degrees.
- d. **Set up**
Keep both hands as relaxed as possible.
- e. **Pre-Draw**
When raising the bow, put the sight pin above the target and set your bow shoulder properly. Keep the bow hand and drawing hand relaxed.
- f. **Draw**
Draw with a continuous motion, but slow down a lot from the anchor for getting the clicker. Keep the hand relaxed. If the sight pin is just above the target, it will gradually drop down to the center by gravity. Go from the starting point of anchor as close to a direct line as possible.
- g. **Anchor**
Put the string firmly against the chin, and lay the index finger up against the jaw line. Touch the nose with the string very lightly.
- h. **Aiming & concentration**
Focus on the target, not the sight pin. Let the pin floating around in the gold or near it, while using continuous motion to come through the clicker.
- i. **Release**
Keep the bow hand relaxed and keep reaching towards the target. The more relaxed the drawing fingers are, the less horizontal string movement there will be. Focus on the back tension
- j. **Follow through**
Keep the release fingers close your neck while still reaching to the target. Keep your back tension good and strong until the arrow hits the target. Focus on the target throughout shot sequence.

4. Evaluation

- a. Each candidate will have to prepare and conduct a coaching session during which he/she will teach a shooting skill of his/her choice. The candidate will have to give the preparation plan of the entire session to the Jury. The jury will ask to conduct the main part of the session during about 20 minutes. 10 minutes of discussion will follow between the jury and the candidate.
- b. Successful candidates will receive a FITA Coaching Certificate.



- c. Demonstration for the basic bow drawing step performance.
- d. Equipment repairing and setting (Bow center shot with arrow with bow)

5. Timetable

Time	Detail of Education
09:20~09:30	Meeting
09:30~10:30	Education with Exercise
10:30~10:50	Break
10:50~11:50	Education with Exercise
11:50~12:00	Break
12:00~13:00	Education with Exercise
13:00~15:00	Lunch break
15:00~16:30	Education with Exercise
16:30~17:00	Break
17:00~18:30	Education with Exercise





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FITA COACHES COURSE LEVEL III 4 –23 April 2011 FITA MEAC Cairo - Egypt

Dear Member Association,

FITA with the support of the International Olympic Committee continues to provide the best coaching and training at the FITA MEAC "Middle East Archery Center". The MEAC will be hosting a coaches' course, level III from 4 to 23 April 2011 under the expertise of Coach Baek Woon Mun.

We highly recommend for your coaches to benefit of this educational opportunity and if your association cannot completely finance the participation of your coach (es), you may obtain an Olympic Solidarity coaches scholarship through your National Olympic Committee.

The scholarship consists in financing the selected coach (es) participation, airfare, accommodation and transportation for the course. If you apply for an Olympic Solidarity Coaches Scholarship, please inform us, so that we can "speed up" the application at our end.

You will find here below all details related to the course participation and we look forward in receiving the name (s) coach (es) no later than **14 March 2011**.

Thank you for your contribution in developing archery worldwide.

World Archery Development Department



Objective

To improve the coaching methods and knowledge of your national coaches so in return they will train archers. Additionally FITA wishes for developing countries to raise their level of competition.

Partners

FITA partners for this project will be:

- Olympic Solidarity and National Olympic Committees

Description

Attend a coaches course and access excellent coaching and training facilities, at the FITA Middle East Archery Centre established in Cairo (Egypt), allowing these coaches to improve their skills.

Beneficiaries

The countries eligible are: All FITA Member Associations that are in good standing with FITA and that are up to date with their annual membership fees.

Priority will be given to:

- To countries with an Archery development plan and fair play programmes.
- Member associations that will select the coach (es) based on a system that is measurable and where no dispute exists on the selection mechanism.
- Only member associations that have a clean record in the last two years in terms of doping violations will be taken into consideration.

The profile of the coach (es) eligible for this project is as follows:

- Coach (es) with a level I & II experience.
- Coaches who return a complete CV, scanned photo and passport copy
- Coach (es) who participated at national archery events.
- Gender equity: FITA encourages a balanced participation of female and male coaches.



Expenses

The approximate expenses' for twenty days coaches' course per person at the FITA Middle East Archery Training Centre are:

Accommodation cost is Euros: single 45.-/ double 30.- Euros / triple 25.- Euros	Euros 900.- for 20 days in a double room
Average Flight cost	Depends on origin
Round trip from-to the Airport	Euros 50.-
Miscellaneous/pocket money (<i>not mandatory</i>)	(estimation)200.- to 300.- Euros for 20 days

**Accommodation includes full boarding and lodging*

Procedure and Key dates

21 February 2011: Announcement to all eligible Member Associations

14 March 2011: Deadline for receiving applications

21 March 2011: Allocation of the scholarships (**invitation letters for VISA application will be issued by FITA Development Department kindly specify that you require one as soon as possible*)

Therefore FITA Development and Education Department is calling to all FITA Member Associations to submit the applications of coaches with the profile mentioned above **by 14 March 2011.**

Kindly submit your applications to the FITA Development and Coaching Department:
dnamkey@archery.org



1. General information

Place FITA Middle East Archery Centre
Wadi Degla Sporting Club
4th district
Zahraa El Maadi
Cairo
Egypt

Dates 20 June to 3 July 2010

Teaching Curriculum
FITA Coaching Manuals - Level 3

Course Conductor
FITA Coach MUN Baek Woon

2. Curriculum

Equipment Control (4 days)

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15:00~16:30	Education with Exercise
16:30~17:00	Break
17:00~18:30	Education with Exercise

World Archery INFO Newsletter

Training Camp Level I & II

A Level I & II Training Camp will take place from 2-22 May 2011 at the FITA Middle East Archery Centre in Cairo (EGY) under the expertise of coach MUN Baek Woon and in coordination with World Archery Development Department.

The training camp is open to all FITA Member Associations who are in good standing with FITA and seek enhancement of archery knowledge of their archers and coaches. No entry fee will be charged.

Participations are self-funded (with or without financial partnership from the participants' National Archery Federation, National Olympic Committee, National Sport Governing Body, Private assistance...).

Expenses include: flight, visa, local transport and full board. See local charges in the MEAC presentation document in section Development/Training Centres of our website.

Anyone interested should contact the FITA Development Department, Mrs. Deqa NIAMKEY at dniamkey@archery.org

Closing of registration: **11 April 2011**

World Archery INFO Newsletter

Camp d'entraînement niveaux I & II

Un camp d'entraînement de niveaux I & II aura lieu du 2 au 22 mai 2011 au Centre FITA du Moyen-Orient (MEAC) au Caire (Egypte), sous l'expertise de l'entraîneur MUN Baek Woon, coordonné par le Département du Développement du World Archery.

Le camp d'entraînement est ouvert à toutes les Associations Membres de la FITA qui souhaitent élever le niveau de connaissance dans le tir à l'arc de leurs archers, entraîneurs et qui sont en bons termes avec la FITA. Les candidats ne devront pas payer de frais de participation.

La participation est autofinancée avec ou sans soutien financier privé ou d'associés, Association Nationale, Comité National Olympique, Ministère des Sport, etc. Les frais liés à ces formations sont: vol, visa, transport local et hébergement en pension complète.

Pour plus d'informations sur les coûts veuillez consulter le document "Présentation MEAC" dans la section Développement/Centre d'entraînement de notre site.

Toute personne intéressée est priée de contacter le Département du Développement du World Archery, Mme Deqa NIAMKEY dniamkey@archery.org.

Délai d'inscription: **11 avril 2011**