

2011 SCAS Coaches' Conference

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S.C.A.S. COACHES' CONFERENCE

Saturday 5th. March 2011

Dear Coach

The invitation to the SCAS Coaches Conference 2011 is early this year for two reasons.

1. The hospitality booking requirements of the new venue
2. I may be out of the country for the entire month of December

So please don't dump it in a drawer and forget about it, make a decision, fill out the form and book your place early. Then pop it in your drawer and forget about it.

But don't forget to put it into your 2011 diary.

Conference details: -

Date: Saturday 5th March 2011

Time: Registration from 9 am Conference times 9.45am till 4.45pm

Venue: The Queen Mary University, Mile End Road. E1 4NS.

Transport: The University lies between Mile End and Stepney Green underground stations on the Central line 6-8 minutes walk from either station.

Car Parking: There is free parking on campus at weekends on a first come basis. However, please note, there is another meeting taking place on this day for over 200 delegates. Disabled parking can be reserved, in advance on campus free of charge, subject again to availability. Entrance via East Gate (campus map ref 10)

I have also secured 40 places in a private car park opposite the University and places can be reserved **in advance** for £5 per car for the day. (Open 8am to 6 pm) **see attached application form.** Parking permits will be supplied and must be displayed on your windscreen.

The Venue: The Queen Mary University offers a comfortable lecture theatre with raked seating, AC and AV systems. **Seating for 280** with ample space for registration and refreshments.

Registration and refreshments will be in the Octagon in Queens Building (campus map ref 34)

The Conference will take place in the Mason Lecture Theatre in the Francis Bancroft Building (campus map ref 13)

Costs: I have managed to keep the cost at the same rate as for the past two years £35 per person inclusive of refreshments and buffet lunch. Cheques to be made payable to SCAS Coaches Conference.

Colin Okin

Conference organiser. e-mail colinokin@hotmail.com

mobile 07958 546 159



S.C.A.S. COACHES' CONFERENCE
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The Programme

9.00	<i>Registration in the Octagon</i>	<i>with beverages</i>
9.45	➤ Welcome	Colin Okin Conference Organiser
9.50	<ul style="list-style-type: none"> ➤ What's new? ➤ Pro's & Cons of new technology ➤ What does your student need to know? 	Keith Gascoigne Equipment development
11.10	<i>Refreshment break and Networking</i>	
11.45	<ul style="list-style-type: none"> ➤ Update on clubs and sports centres ➤ Coaching Development Changes at Archery GB ➤ Coaching 2011 and beyond 	David Reader National Development Manager Hannah Bussey Coach Education Lead Officer
12.45	<i>Lunch & networking</i>	In the Octagon
13.50	<ul style="list-style-type: none"> ➤ Tricks of the trade ➤ What goes on between the ears ➤ The Mind/Body Connection 	Katie Evan-Jones Bsc. Msc Sport Psychologist (Specialist in mental toughness in sports)
14.50	<i>Refreshment break more networking</i>	
15.30	<ul style="list-style-type: none"> ➤ Stabilisation ➤ Developing through levels of competence ➤ Finding faults and fixing them. ➤ The Art of Repetition 	Simon Needham Olympian Author
16.40	➤ Closing remarks	Dave Squibb Chairman of Coaches SCAS
16.45	<i>Close</i>	

S.C.A.S. COACHES' CONFERENCE 2011

Speakers Profiles: -

Katie Evan- Jones

Katie is a BSc and MSc qualified sport psychologist, currently undertaking her Stage 2 training with the British Psychological Society. Her current focus within sport psychology is mental toughness and the mind/body connection. One of her aims for her career is to make sport psychology more scientific, and to be able to show tangible benefits in performance improvement through her work. She has worked in a research and consulting capacity with rugby teams, endurance athletes and most recently archers, and is a guest lecturer for undergraduate sport science students at Middlesex University.

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Keith Gascoigne (MD & founder of KG Archery)

Keith's archery career started 48 years ago as an apprentice bowyer to Les Howis { Marksman archery} and he founded KG Archery in 1991 as retailers and manufacturers of high performance equipment. From traditional long bows to space age carbon handled Q.I.L. recurve bows.

Keith is a pioneer in his field, developing new and innovative equipment. With his wife Christine they have a wealth of coaching experience from beginners to National squads

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David Reader

David has a background in sports development and education. He joined Archery GB as National Development Manager in 2009 from Sport England where he worked in the London Region and for National Facilities team. Prior to this he worked for England Athletics/AAA of England for 6 years, with responsibility for athletics development in London. Before entering the world of sports development, David taught physical education, Sport and Geography after graduating from Loughborough University. In his spare time he still trains and competes in athletics.

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Hannah Bussey

Hannah is Archery GB's Coach Education Lead Officer and is responsible for coordinating projects to improve the opportunities available for archery coaches to train and develop. Before joining Archery GB she was involved in coach education for several years working for UK Athletics and Sport Structures. Hannah is a graduate of the University of Wales Bognor

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Simon S. Needham (author and Sydney Olympian 2000)

Author of "The Art of Repetition"

Simon was in the Royal Marines for twenty two years, has been involved in archery for over forty years. He has been shooting competitively since 1989 when he represented Scotland, and since 1997 he has represented Great Britain. He competed in the 2000 Sydney Olympics and in 2001 he came seventh in the World Archery Championships in China.



How to Reach the Mile End Campus:

As a central London location we strongly recommend travelling to us by public transport.

The nearest underground stations to the Mile End campus are Mile End and Stepney Green, both approximately a 6-8 minute walk away; however Mile End station is slightly closer to the main entrance. We recommend advising delegates to use the journey planner on the Transport for London website to plan their route to the College (www.tfl.gov.uk).

From Mile End Station, turn left out of the station, over the crossroads and continue under the bridge. At the pedestrian crossing cross onto the opposite side of the road and the East Gate will be ahead of you.

The main entrance is at the Queens Building and is advisable for delegates attending events in the Octagon.

From Stepney Green Station, turn left out of the station and continue straight ahead. The College and main entrance will soon be on your left.

Please refer to the campus map below and look out for directional SCAS signs

Car Parking:

There is limited metered street car parking in the local area. Details of public car parks in the boroughs of Tower Hamlets and Newham can be found at the following links:

<http://www.towerhamlets.gov.uk/default.aspx?page=755>

<http://www.newham.gov.uk/ParkingAndTransport/CarParks/FindaNewhamCarPark.htm>

On evenings and weekends parking is available on campus, however space is subject to availability. Please advise your delegates wishing to use the campus car park to enter through the East Gate on Mile End Road and follow the road round to the car park. You have to drive under building 36

Campus Map:

Please find details of the campus on page 7 of this document. This can also be downloaded online at : -

<http://www.qmul.ac.uk/about/campus/index.html> .

Smoking:

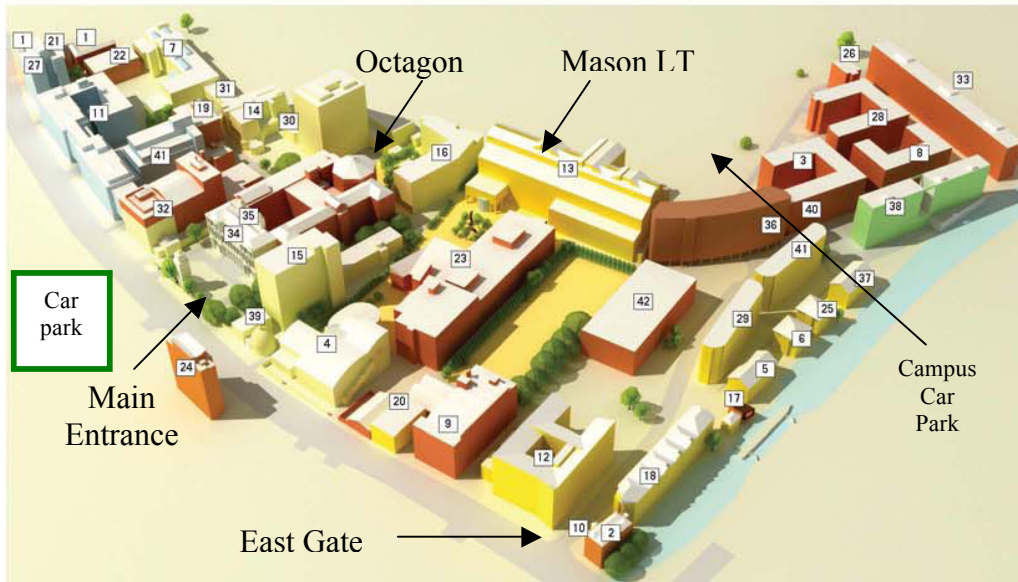
In accordance with Government legislation, ***all College premises and vehicles are smoke free environments where smoking is prohibited.***

This applies to both indoor and outdoor locations and accommodation. The College Policy on a Smoke-Free Environment applies to all members of the College (staff, students, alumni, Council members) and visitors to the College.

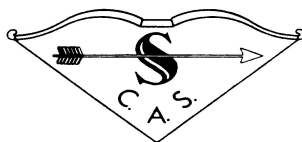
Please ensure you inform your delegates they cannot smoke on campus.

Campus maps

Mile End Campus



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|--|--|--|--|
| <p>1 Albert Stern House and Cottages (Student Residences)</p> <p>2 Arts Research Centre</p> <p>3 Beaumont Court (Student Residences)</p> <p>4 Catering Building
- The Hive
- Gallery
- Ground
- Bank
- Book shop
- Conference and Hospitality Office</p> <p>5 Chapman House (Student Residences)</p> <p>6 Chesney House (Student Residences)</p> <p>7 Computer Science</p> <p>8 Creed Court (Student Residences)</p> <p>9 School of Law (also at Lincoln's Inn Fields site)</p> <p>10 East Gate</p> <p>11 Engineering Building
- School of Engineering and Materials Sciences
- Department of Electronic Engineering</p> <p>12 Faculty of Arts</p> | <p>13 Francis Bancroft Building
- Mason Lecture Theatre
- Clinical Medical Lecture Theatre
- School of Business and Management
- Education and Staff Development
- Turnball Centre
- Biophysics in Dentistry
- Biomaterials
- Disability and Dyslexia Service
- Audio Visual Services
- Language Lab
- Bar Med</p> <p>14 G E Fogg Building
- School of Biological and Chemical Sciences</p> <p>15 G O Jones Building
- Department of Physics
- Learning Resource Centre
- Lecture Theatre</p> <p>16 Geography Building
- Drapers' Lecture Theatre
- Advice and Counselling
- Health Centre
- Department of Geography</p> | <p>17 Graduate Centre for Humanities and Social Science (Lock-keeper's Cottage)</p> <p>18 Hatton House (Student Residences)</p> <p>19 QMotion (Health and Fitness Centre) Students' Union shop</p> <p>20 Humanities Building (under construction 2009)</p> <p>21 Ifor Evans Place (Student Residences)</p> <p>22 Informatics Teaching Laboratory (ITL)</p> <p>23 Library</p> <p>24 Lindop House (Student Residences)</p> <p>25 Lodge House (Student Residences)</p> <p>26 Lynden House (Student Residences)</p> <p>27 Mathematical Sciences</p> <p>28 Maurice Court (Student Residences)</p> <p>29 Maynard House (Student Residences)</p> <p>30 Multi-Faith Centre</p> <p>31 Nursery</p> <p>32 People's Palace
- Great Hall
- Skeel LT</p> | <p>33 Pooley House (Student Residences)</p> <p>35 Principal's Office</p> <p>34 Queens' Building
- Main Reception/Enquiries
- College Administration
- Admissions Office
- Residences Office
- Security Lodge
- The Octagon
- Department of Economics</p> <p>36 Richard Feilden House
- Blomeley Centre (Student Union Offices)
- The Curve
- Student Residences</p> <p>37 Selincourt House (Student Residences)</p> <p>38 Sir Christopher France House (Student Residences)</p> <p>39 St Benet's Chaplaincy</p> <p>40 Student Village Shop</p> <p>41 Varey House (Student Residences)</p> <p>42 John Priestley Building
- Engineering and Materials Science (Nanoforce)
- School of Biological and Chemical Sciences</p> |
|--|--|--|--|



S.C.A.S. COACHES' CONFERENCE 2011

Saturday 5th. March 2011

Application for attendance: -

Please reserve _____ conference places at £35.00 each (inclusive of lunch & refreshments)

I enclose a cheque for _____ payable to: - **SCAS Coaches Conference** (please do not send cash by post)

Name(s) of delegate(s) please print	Coach Grade	Club	County

Are you happy to receive confirmation by E-Mail? **Yes** **No**

e-mail address: _____

OR

Postal address for confirmation

_____ Post Code _____

Contact telephone number (for emergencies only): _____

Any specific food related issues: - _____

Note: Due to problems last year, specifically requested foods i.e. vegetarian, diabetic, etc. will have names on the relevant plates.

Colin Okin Conference organiser

Applications to be sent to: -
49 Woodcock Hill
Kenton
Middlesex HA3 0JH



The SCAS 2011 Coaches Conference

Car Parking Application Form

I should like to reserve a car parking space in the
Toby Lane Car Park (off Harford Street)
420-422 Mile End Road E1 4PE

Name.....

Car make and model.....

Car registration.....

I enclose a cheque for £5.00

(made payable to SCAS Coaches Conference)

Note: This can be included in your conference fee

Postal address for parking permit

.....
.....
.....
.....

Postal code.....

Colin Okin

Applications to be sent to: -
49 Woodcock Hill
Kenton
Middlesex HA3 0JH