



COACH TRAINING SEMINAR with National Head Coach - Kisik Lee

- What:** This seminar is part of the USA Archery High Performance Program and is the third in a series of coach training seminars designed and presented by National Head Coach, Kisik Lee, in an effort to train coaches around the country. The training will focus on the BEST Method (Coach Lee's Shot Technique System), Sports Science for archery and effective coaching methods. **This will be the only Coach Training Seminar of this sort for 2007!**
- Why:**
- 1) To train USA Archery Coaches in Coach Lee's system.
 - 2) From this seminar, Coach Lee, hopes to identify additional Regional High Performance Coaches. Not everyone who attends will be selected, but those who are must be available for periodic one-on-one training with Coach Lee at the OTC in Chula Vista, CA and once trained will act as High Performance Coaches in their home region. All attendees will go home with a better understanding of the BEST Method and other knowledge and tools that will assist them in being effective coaches.
- When:** **March 5-10, 2007** (Arrival on the 5th; Departure on the 10th)
- Where:** Olympic Training Center, Colorado Springs, CO
- Cost:** Admission **fee is \$260/person**. The fee includes the following:
- Room & Board at the OTC for the first 100 participants
 - Shuttle service from the COS Airport (need complete itinerary)
 - 4 Full days of training from NHC, Kisik Lee, and support staff
 - Training packet: strap, stretch band, BEST DVD and other coaching materials and coaching aides
 - Certificate of completion
 - Re-certification credit for those holding a USA Archery certification
- *Transportation to & from the seminar is the responsibility of the attendees.

Schedule:	<u>Monday, March 5</u>	
	All day	Arrivals
	6:00 – 7:00 p.m.	Dinner in OTC Dining Hall
	7:00 – 8:00 p.m.	Intro Meeting: Intro to HPP (West Wing Conference Center)
	<u>Tuesday, March 6</u>	
	6:30 – 7:45 a.m.	Breakfast (OTC Dining Hall)
	8:00 a.m. – Noon	Sports Science Presentations (West Wing)
	Noon – 1:00 p.m.	Lunch (OTC Dining Hall)
	1:00 – 6:00 p.m.	Coach Lee's Presentations
	6:00 – 7:00 p.m.	Dinner (OTC Dining Hall)
	7:00 – 9:00 p.m.	Q & A
	<u>Wednesday, March 7</u>	
	6:30 – 7:45 a.m.	Breakfast (OTC Dining Hall)
	8:00 a.m. – Noon	Continue BEST method training
	Noon – 1:00 p.m.	Lunch
	1:00 – 6:00 p.m.	Continue Sessions
	6:00 – 7:00 p.m.	Dinner
	7:00 – 9:00 p.m.	Q & A
	<u>Thursday, March 8</u>	
	6:30 – 7:45 a.m.	Breakfast (OTC Dining Hall)
	8:00 a.m. – Noon	BEST Training Sessions
	Noon – 1:30 p.m.	Lunch
	1:45 – 6:00 p.m.	BEST Training Sessions
	6:00 – 7:00 p.m.	Dinner
	7:00 – 9:00 p.m.	Q & A
	<u>Friday, March 9</u>	
	6:30 – 7:45 a.m.	Breakfast (OTC Dining Hall)
	8:00 a.m. – Noon	BEST Training Sessions
	Noon – 1:30 p.m.	Lunch
	1:45 – 6:00 p.m.	BEST Training Sessions
	6:00 – 7:00 p.m.	Dinner
	7:00 – 9:00 p.m.	Q & A
	<u>Saturday, March 10</u>	
	Morning	Departures

Registration: Complete and return the following registration form along with payment to:

USA Archery – HPP Coach Seminar
1 Olympic Plaza
Colorado Springs, CO 80909
(719) 632-4733 FAX

Please give Tom Parrish a call or email to confirm your registration or if you have any questions: You can contact Tom at (719) 866-4681 or

tparrish@usarchery.org

REGISTRATION FORM
2007 Coach Training Seminar
March 5-10 Colorado Springs, CO

NAME _____ DOB _____

Address _____

City _____ State _____ Zip _____

Email _____ Certification Level _____

Phone # _____ Cell ph # _____

_____ I request housing at the OTC

_____ I do not request housing at the OTC (the fee is the same)

_____ I request airport shuttle service (upon confirmation of registration, please provide complete itinerary with airlines, flight #s, dates and time of arrival and departure)

_____ I do not need airport shuttle service

Please list any special needs (handicapped, etc.) that we need to be aware of: _____

Registration Fee is \$260/person

Amount enclosed _____

Payment Method: _____ Check _____ Money order _____ Credit Card

Credit Card Type: Visa _____ Master Card _____ American Express _____ Other _____

Credit Card # _____ Exp. Date _____

There is a 20% cancellation fee. No refunds if cancellation occurs after Feb. 5.

Make checks payable to: USA Archery – HPP Coach Seminar

NOTE: You will be provided with registration confirmation and additional information.