

6 May 2010

Dear Coach,

## ***Coaching for Performance***

**Lilleshall National Sports Centre**

**Friday 12 November to Sunday 14 November 2010**

I am pleased to invite you to attend the National Coaching Conference. This year we have Filippo Clini, the Italian National Coach for the men's recurve team. Lloyd Brown will be show us what he has been doing since he took over as Head Coach and the English Institute of Sports will follow up their presentation of last year on fitness.

There will also be opportunities to get indoor shooting practice, even get some assistance with your technique, and to meet fellow coaches from all over the United Kingdom.

The price this year will be £150. This will include accommodation, food, the course presentation and handouts. There is some space for a limited number of non-residential delegates for those who do not need accommodation, the fee for this will be £140.

Places will go very quickly, so please complete your booking details form and return it to me as soon as possible together with your cheque payable to "GNAS". However only write out your cheque if are intending to stay for the whole time as it would be unfair to deprive others who can. Please note that all correspondence should be with me direct and not through third parties.

Although you can copy the Booking Form to give to any colleagues, who must be qualified coaches (Level 1 upwards) who may be interested in attending, it will be available on the GNAS Web Site. To save costs, I will be emailing this letter and the application form to my email list - 2 days after I have posted the letters. First come, first served! A receipt will be provided to confirm the application has been received. If you have not had a response within two weeks of posting your application, feel free to phone me. I regret that refunds may not be available for cancellations made less than six weeks before the Conference date, when I anticipate sending out further details, as we get charged for all amendments.

Arrival on the Friday should be in time for dinner which is served between 6:30pm to 7:30pm followed by an introduction session at 8:00pm. The weekend will finish at approximately 4:00pm on Sunday.

Yours sincerely,



Alastair Robinson  
Conference Administrator