

Developing High Performance Weekend #4

DEVELOPING HIGH PERFORMANCE PROGRAM 2016

A collaborative effort in support of the Archery NZ Strategic plan



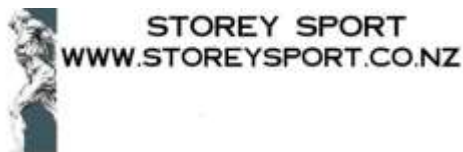
Pooling resources, knowledge, people & passion to power our sport to the next level

Objective

To create a high performance culture in Archery in NZ –

By involving the key elements of a High Performance program and optimising resources that enable our athletes, coaches and judges to have the best opportunity to perform with distinction on the international stage

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For further information on the next Developing High Performance Weekends check the ArcheryNZ website



Developing High Performance Weekend #4

Date: Saturday 12th & Sunday 13th November 2016

Venue: Saturday - Manawatu Archery Club, Totara Road, Palmerston North
 Sunday – Sport Manawatu Rooms, 50 Queen Street, Palmerston North

Tournament: Day 1 – 720 & Matchplay
 Day 2 – High Performance session
 Drug Free Sport NZ – understanding TUE’s and the WADA code - Sports nutrition – Archery specific nutrition to aid performance and recovery – quick meal ideas and performance enhancing snacks – eating during travel and overseas.
 Craig Johnson – Archery and the Nervous System

Start Times: Saturday – 8:00am set-up 8:30am Bow Inspection
 Sunday – 8:30am

Entry Fees: Both days \$50.00 Day2 only \$30.00

Bank Details: Account Number 03-1519-0033700-000 please use your surname as reference and “DHPW4” in the details.

Email: entriesmac@gmail.com

Entries to: Manawatu Archery Club
 3 Mudgway Place
 Riverdale
 Palmerston North 4412

Cheques made out to “Manawatu Archery Club Inc”

Entries must be in by 4th November, 2016. Payment MUST be received before closing date. Entries will only be confirmed once payment is received.

This is an ArcheryNZ registered tournament so National uniform, club uniform and Archery NZ dress code applies.

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Name: _____ Club: _____

ANZ Membership No: _____ Mobile: _____

Email: _____

Bow Type:	<input type="checkbox"/> Compound	<input type="checkbox"/> Recurve	Gender:	<input type="checkbox"/> Female	<input type="checkbox"/> Male
I want to attend:	<input type="checkbox"/> Both Days - \$50.00		<input type="checkbox"/> Day 2 only - \$30.00		

Can't make this weekend but want to know more? Check the ArcheryNZ website for details on the Developing HP Program happening each month