



KSL Archery International Camp

Yucaipa, California : November 23rd - 28th

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
7:00				Warm-up		
				- Breathing exercise and Mental training		
8:00			Breakfast			
9:00		Seminar #1 / KSL Shot Cycle_Principle	Review from yesterday sessions	Seminar #4 / Self Coaching Skill	Seminar #6 / Equipment	PS #16 / Form Work - Final Take-aways and what to work on at home.
10:00			Seminar #3 / KSL Shot Cycle_ Software			
11:00				PS #8 / Learn how to Solve Mistakes		Debriefing Session
12:00 PM		Lunch	Lunch	Lunch	PS #12 / 72 Arrow Scoring Round (Sticking to Process)	Lunch
1:00 PM	Arrivals and Group		S #4 / Video and Form Evaluation	Learn How to tune your bow	Lunch	Written Test & Q&A
2:00 PM		Seminar #1-2 / KSL Shot Cycle_Principle	PS #5 / 4 Min Drill @ 50M * 6 Ends	PS #9 / Gold Game(25)	PS #13 / Competition Drills - Aiming off in Wind, Timing drills, How to Control your Competition Anxiety?- Aim Off Gold Game.	Camp Dismissal / Free Time
3:00 PM		PS #1 / Assessment of shooting				
4:00 PM		36 Arrow Scoring	PS #6 / Stationed Training Session	PS #10 / Team Round Matches		KSL Level 2 Test
5:00 PM		PS #2 / Stationed Training Session of KSL Shot Cycle #1	Debriefing Session	Debriefing Session	Debriefing Session	
6:00 PM	Dinner	Dinner	Dinner	Dinner	Dinner	
7:00 PM	Orientation	PS #3 / How to do SPT	PS #7 / SPT	Seminar #5 / Guest Speaker	PS #14 / Night Shooting	
	Set Ind. Goal/Expectation			PS #11 / Night Training	PS #15 / SPT	
		Seminar #2 / HPP Presentation	Free Practice Time	Free Practice Time	Free Practice Time	
9:00						
KSL Coach Course	Biomechanics in Archery	Coach Certification Practice	Coach's Eye Technical Points	Coach Philosophy	Q&A - Level 1 Exam	
	Coaches meeting	Coaches meeting	Coaches meeting	Coaches meeting	Coaches meeting	
10:00 PM	Lights out	Lights out	Lights out	Lights out	Lights out	

REMARK

* The KSL International Coach Level 1 & 2 Course will also be held during the camp (at night).

* The schedule could be subject to change.

* PS # : Practical Sessions

* Lunch and dinner times are fixed.

* Sky-blue highlighted sessions indicate the coaching course.

Orientation = Nitta + Song

Warm up = Angelo + Joe

Equipment Tune = Andy

Welcoming / Room Assignment = Claire