



KSL International Archery Camp - The Road to Brisbane 2032

Learn, practise, and physically integrate the KSL Shot Cycle.

Arrival & Room Assignment: Sunday, January 10, 2027
Camp: January 11-15, 2027

	Sunday 10th	Monday 11th	Tuesday 12th	Wednesday 13th	Thursday 14th	Friday 15th
9:00	Arrival & Room Assignments: Sunday, January 10	<i>The KSL Foundation: Understanding the complete KSL System</i>	<i>Review of yesterday's sessions</i>	Seminar #4 / Module 4 Self-Coaching Skill	PS #10 / Equipment Setup and Practical Application	PS #13 / Form Work - Final Takeaways and what to work on at home.
10:00		Set Ind. Goal/Expectation	Seminar #2 / Module 2 KSL Human Performance Operating System & The 8-Step Command Language			
11:00		Seminar #1 / Module 1 KSL Shot Cycle Principles	PS #4 / The 8-Step Command Language	PS #7 / Learning How to Analyse and Correct Mistakes	PS #11 / Shooting with Q&A	<i>Final Debrief Session</i>
12:00 PM		Lunch	Lunch	Lunch	Lunch	Lunch
1:00 PM		PS #1 / Set - set up Seminar #1-2 / Module 1 KSL Shot Cycle Principles	Seminar #3 / Module 3 KSL Mental Performance	PS #8 / Gold Game (25)	PS #12 / Competition Drills -Wind Aim-off, Timing drills, Competition-Anxiety Management. Aim-Off Gold Game.	Camp Dismissal / Free Prsatice Time
2:00 PM	Arrival & Room Assignments: Sunday, January 10	PS #2 / Draw - Holding	PS #5 / The 8-Step + Holding	<i>Break</i>		
3:00 PM		Seminar #1-3 / Module 1 KSL Shot Cycle Principles	PS #6 / Correction at the Blank Bale 100 - Shot Trainer Drill	PS #9 / Correction at the Blank Bale	<i>Debrief Session</i>	KSL Level 2 & Level 3 Tests
4:00 PM		PS #3 / Expansion - Follow Through				BBQ
5:00 PM		Module 5 Biomechanics in Archery	<i>Debrief Session</i> <i>Free Practice Time</i>	<i>Debrief Session</i> <i>Free Practice Time</i>	Module 8 Coaching Philosophy	
KSL Coach Course		Module 6 Coach's Eye: Technical Points, Part 1	Module 6 Coach's Eye: Technical Points, Part 2	Module 7 Building High Performance	Q&A - Level 1 Exam	
	Coaches' meeting	Coaches' meeting	Coaches' meeting	Coaches' meeting	Coaches' meeting	

REMARKS

- * The KSL International Coach Certification Courses will also be held during the camp after 5:00 p.m.
- * The schedule is subject to change.
- * "PS " indicatees a Practical Sessions
- * Lunch and dinner times are not fixed.
- * Sky-blue highlighted sessions indicate Coach Certification Course sessions.

Orientation: Markus
Warm up: Giorgio
Equipment Tune: Giorgio
Welcoming / Room Assignment: Markus, Gloria, Ha
Video Assignments: Giorgio + Markus