



## **AERO BOWLS ACADEMY EVENT INFORMATION**

Thank you for your interest in the the Aero Bowls Academy. We hope this document helps you to decide if the Aero Bowls Academy is suitable for you.

### **What is the Aero Bowls Academy?**

The Aero Bowls Academy is a one day coaching event aimed at young bowlers 11 to 16 years of age who are committing to improving their game and performance. The Academy will give young bowlers the opportunity to receive expert coaching advice and learn how to develop their skills as a bowler. They will also gain some insight into what it takes to perform at an elite level and will be encouraged to set themselves long and short term goals following their attendance at the Academy.

### **Who runs it?**

The Aero Bowls Academy is organised and delivered by Aero Bowls UK working in partnership with Barry Athletic Bowls Club. For information on both organisations please use the links below. <https://www.aerobowls.co.uk/> and <http://www.babc.co.uk>.

The event will be delivered by Ellen Falkner and Jamie Chestney. Ellen has won three Commonwealth Gold medals and five world titles, and Jamie is a Commonwealth Silver medallist and is currently ranked World Number 8 and is the International Open winner. Both Ellen and Jamie and are both qualified level two bowls coaches and work for Aero Bowls.

### **What will the day look like?**

The specific content of the Academy will be developed by Ellen and Jamie based around the needs and development stage of the participants attending which will be ascertained from the application form. The structure of the day will look as follows:

10am-1010am - Arrival and sign in by parents/carers

1010am-1030am - Introduction and ice breaker

1030m-1100am - Theory Session 1

11am-1215pm - Practical Session 1

1215pm-1245pm -Lunch

1245pm-145pm - Practical Session 2

145pm-2pm - Break

2pm-3pm - Practical Session 3

3pm-315pm - Break

315pm-330pm - Fun Competition

330pm-350pm - Goal Setting & next steps

350pm-4pm - Closing comments

4pm - Parents/carers collect and participants depart

### **When and where will it be taking place?**

The Aero Bowls will take place on Wednesday 26th July and Thursday 27th July 2017 from 10am-4pm at Barry Athletic Outdoor Bowls Club. The Barry Athletic Bowls Club can be found off Paget Road, Barry Island, Barry, Vale Of Glamorgan, CF62 5TQ.

**Is there a cost to attend?**

There is a small cost to attend the Academy which is £15.00 per participant which equates to £2.00 per hour for the coaching and includes £3.00 for lunch, drinks and refreshments. Participants will be asked to pay the £15.00 fee once they have been notified that they have a place at the Academy. 24 young people in total will be able to attend the Academy. Places will be allocated on a first come first served basis following receipt of a completed Aero Bowls Academy Application Form.

**Will lunch and refreshments be provided?**

Yes, throughout the day water and cordial will be provided along with cereal bars and fruit for mid morning and afternoon breaks. Lunch will be a buffet made up of sandwiches, crisps, savoury items and fruit. All dietary requirements will be catered for. When you receive notification that your place on the Academy has been secured, you will be asked to provide any information on dietary requirements.

**What equipment will I need to bring?**

Participants will be asked to bring along their own bowls equipment and wear comfortable clothing for bowling. As the event is outside, it is important that participants bring warm and wet weather clothing and wear appropriate bowls shoes.

**What if I have medical requirements?**

When you receive notifications that your place on the Academy has been secured, you will be asked to provide any information on medical details and needs. If there is any change to your medical situation between submitting this information and attending the event then please contact Ellen Falkner whose contact details can be found at the end of this document.

**Can parents/carers observe?**

Parents/carers are respectfully asked not to attend the event, apart from to sign in and sign out their son/daughter.

**Who do I contact if I need further information?**

If you require further information then please contact:

Ellen Falkner

[ellen@aerobowls.com](mailto:ellen@aerobowls.com)

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