



**EUROPEAN AND MEDITERRANEAN ARCHERY UNION  
UNION EUROPEENNE ET MEDITERRANEENNE DE TIR à L' ARC**

**EMAU DTAC REPORT**

**EMAU 3rd level Coaching Seminar – Azambuja/Portugal  
5<sup>th</sup> - 7<sup>th</sup> December, 2008**

Lecturers: Mr. Pol Ney, with subject: FITA Rules  
 Dr. Katerina Kotroni, with subject: Injuries, Mental Training, Psychology  
 Mr. Mario Codispoti, with subject: Review of 1<sup>st</sup> & 2<sup>nd</sup> level seminars and caching in practice

Organizer: the Portuguese Archery Association

Representing EMAU DTAC: Evelyn Papadopoulou, Chairperson

Language: English

Participating Member Associations: 8

Participants: Spain 1 (m), Croatia 1 (w), Italy 1 (m), Slovenia 1 (m), Turkey 2 (m), Hungary 2 (1m-1w), Greece 5 (1m-4w), Portugal 16 (15m-1w). In total: 29 persons (22m-7w), all eligible from the 2<sup>nd</sup> level.

From the eligible participants, 1 Spanish (m), 1 Greek (w) and 4 Portuguese (3m-1w) did not attend. There were 2 Greek coaches (w), who were eligible participants from the 2<sup>nd</sup> level seminar in Lisbon 2007, who due to their personal difficulties could not attend to this 3<sup>rd</sup> level in Portugal and requested and participated in the same level in Sofia, held on 14<sup>th</sup>-16<sup>th</sup> Nov. 2008.

Reflection on the number of participants from the 1<sup>st</sup> level to the last 3<sup>rd</sup> level seminar:

	1 <sup>st</sup> level, 2006	2 <sup>nd</sup> level, 2008	3 <sup>rd</sup> level, 2008
Spain	6	2	1
Croatia	1	1	1
Italy	1	1	1
Slovenia	1	1	1
Turkey	2	2	2
Hungary	2	2	2
Greece	12	8	5
Portugal (in two parts)	50 (35 in 2005, only Portugal) (15 in 2006)	20	16
<b>TOTAL</b>	<b>75</b>	<b>37</b>	<b>29</b>



The seminar was hosted at the city Azambuja, about 35 km away from Lisbon, in partnership and sponsorship of the Municipality of Azambuja. The Municipality had offered, with no charge, the new City Hall Auditorium: PÁTEO DO VALVERDE and all its personnel and facilities for the seminar and sponsored all seminar coffee breaks, served at the hall out of the Auditorium.

The City Hall Auditorium was newly built and its conditions were excellent. Only the heating was not comfortable on the first day, but was soon improved.

**Seminar facilities:**

- a big Auditorium-seminar hall, with podium, projector, screen, flip chart, on the ground floor
- enough corridor space, just out of the seminar hall, for the coffee breaks, served by personnel
- direct exit of the Auditorium to the outside courtyard, for breaks relaxing time in between the sessions.
- use of photo copies machines, for the seminar Tests and other needs.

At the Gaibeu Hotel of Azambuja where accommodated the Lecturers, I and the participants from abroad (13). No Portuguese participant was accommodated at the Hotel. The Gaibeu Hotel was in a walking distance from the seminar hall (Auditorium). Nevertheless, the organizers had provided transportation to the Auditorium, in case of need. Usually the participants went on foot.

All seminar Hotel conditions were good and the food was good and plenty, in buffet style.

The Hotel prices were very welcomed, due to special offer arrangement with the Portuguese Federation. For: Single 45,00 €, Double 52,50 €, per Meal 10 €, Seminar hall: no charge, full day. Seminar final cost will be also sent to EMAU.

The participants paid all their participation cost by themselves (travel, hotel, meals). EMAU and Portuguese Federation supported the cost for the Lecturers and me (travel, hotel, meals), Booklets preparation, copies. There was no charge for the use of multimedia & other Auditorium facilities.

All participants arrived on Dec. 5<sup>th</sup> and departed on Dec. 7<sup>th</sup>.

The Lecturers, Mr. Codispoti and Mr. Ney arrived earlier and departed later than the official days.

All people who arrived/depended by plane or train in/to Lisbon were transferred under the cost and responsibility of the Portuguese Federation to/from the Hotel, during the official seminar days.

Breakfast, lunch and dinner were taken in the hotel restaurant.

The seminar was very well prepared, by the Portuguese Archery Federation and their hospitality was excellent. After the Diplomas hand out to the participants, the President of the Portuguese Federation offered presents of local goods to each one of the Lecturers and me, expressing his thanks for our contribution to the success of this seminar and the total coaches' education project.

The program was followed as per the attached original Invitation/Program and a more detailed time schedule was handed out to the participants and put on the seminar hall area and lobby entrance.

Participants' departure plan was also available in advance.

The Azambuja City Mayor, Dr. Joaquim Antonio Ramos, was invited to the seminar opening and a podium was prepared for this case. At the podium, along with the City Mayor, were the President of Portuguese Federation, Mr. Fernando Alves and EMAU DTAC Chairperson, Mrs. Evelyn Papadopoulou.



*Seminar Opening*

*From left: Mrs Evelyn Papadopoulou, Mr. Fernando Alves and Dr. Joaquim Antonio Ramos, Mayor Azambuja city.*

The seminar opened with a welcome speech by the City Mayor, followed by the President of the Portuguese Federation, Mr. Fernando Alves, who thanked the Mayor for his contribution and sponsoring and the lecturers for serving the seminar. He also introduced Mr. Carlos Freitas as Technical Coordinator of the seminar process. Last was the Chairperson of EMAU DTAC Committee short speech, who on behalf of EMAU and its President Mr. Scarzella thanked firstly the City Mayor for his kind hospitality and for being with us, the participants for their attendance and interest for the seminar and the developing of archery in their country, the lecturers for their efforts and contribution for EMAU coaches education and the Portuguese Federation for the good preparation of the seminar and explained that from 2009 a new form of coaching seminars will be implemented by EMAU, requesting a closer collaboration and personal work feed back to EMAU.

The seminar started on Friday 5<sup>th</sup>, at 16.30 – 20.15 hours, with Mr. Pol Ney presentation on FITA Rules, followed by written Exams. Mr. Ney made a power point presentation on a big screen, with many icons of target samples and hit examples. He managed to attract the participants' interest and answered to a lot of their questions. He was an experienced and well prepared teacher, with capability on transferring his knowledge to the participants.

The seminar continued on Saturday 6<sup>th</sup> from 09.00 – 18.30 hours, with lunch between morning and afternoon session and dinner at the end of the day. In both sessions of the day, Lecturer was Dr. Katerina Kotroni, Physiatrist M.D., MSc, and former Greek Champion in Shooting with Rifle. In the morning session her presentation was on Injuries in Sport and Archery and in afternoon session was on Mental Training and Psychology. At the end of each session the participants had written Exams on each session's subjects.



Dr. Kotroni received the respect and positive reaction of all participants for her efficient, scientist and skilled approach of the subjects she detailed analyzed. The participants discovered, through her presentations, seeking answers to their questions on Mental Training and Psychology and understood the importance of knowledge on Injuries, especially when coaching young athletes.



The seminar last day was Sunday 7<sup>th</sup>, from 08.00-11.30 hours and Lecturer was Mr. Mario Codispoti. Mr. Codispoti started with a review of his lecturing in the previous 1<sup>st</sup> and 2<sup>nd</sup> level seminars and continued with coaching technique in practice. The lecturer was also demonstrating in practice details of his lecturing, using as models the volunteers participants. The reaction of the participants was positive. No Exams were included in Mr. Codispoti session.

During session breaks of morning and afternoon was also served a rich and very nice coffee-break, offered by the Municipality of Azambuja.

Each participant was signing in the participants' name list space, in every session, for their presence. All participants had fully attended.

The lecturers, Dr. Kotroni and Mr. Ney had sent to me their presentations in English by email in advance, which I sent to the Portuguese Federation for copies and preparation of 35 Manuals. Both lecturers brought with their Exam questions, which were distributed to the participants before the Exams time, according to the attached program.

The contents of the lectures of Mr. Ney and Dr. Kotroni subjects were first time presented to the participants but will be very useful to them, showing the necessities not only to be engaged in shooting but also to concentrate and on other points of interest. Therefore the issued Booklets will be a useful tool for the participants.

No examination was made for the lecture of Mr. Codispoti. For the Exams of Dr. Kotroni lecture, multiple choice questions in English were asked and replies given. Everybody had far over 50%. For the lecture of Mr. Ney, answers of Yes or No in English questions have given. Also here everybody had far over 50% correct answers. All participants succeeded to pass successfully.

All tests were immediately examined by each lecturer with my assistance and an "evaluation" in points was made for each participant Exam, which I marked on a special for that space of the participants' name list (*attached*).

The results showed a very good participants' knowledge level.



On the third day and after the end of the seminar were handed out the EMAU Diplomas, stated that "she/he is "EMAU Coach for his Country ...". A Diploma for their contribution for the success of the seminar was issued to all Lecturers, Portuguese Federation and DTAC Chairperson.

Closing officially the seminar, after the fair well short speech of the President of Portuguese Federation, I thanked all parties for their contribution to the success of the seminar and the interest and attention of the participants,

explaining that here was completed this EMAU project of the 3 levels coaching seminars and a new EMAU seminars form will considered for 2009 and on.



The seminar was conducted smoothly, with no problems. All participants had fully attended. They expressed very positively for this development project, the organization and value of the seminar and were very pleased for such a knowledge and experience. They were happy to transfer this knowledge to their counties' clubs and archers.

Here, I would like to thank Dr. Kotroni for lecturing in EMAU education projects. She proved to be the perfect combination of easily transferring her knowledge and experience in sport, as she was an elite shooting athlete, with great and valuable experience in problems and methods for best performance, who studied Sport Medicine, specialised in Psychiatric and is currently working at the biggest Hospital for Injuries in her country. She participated in numerous domestic and International Conferences and was lecturer in many seminars.



I would also like to remark Mr. Ney- Chairman EMAU Judges Committee and Mr. Codispoti professionalism, efficiency, support, devotion and enthusiasm for contributing to this development project and to thank them for their collaboration and services to EMAU education and development projects.

The former President of Portuguese Federation, Mr. Carlos Freitas, was coordinating the seminar presentations with experience and was the “key” person for most of the organization issues.



Attachments:

- Seminar Invitation
- Certified Participants name list, with Attendance and Exams evaluation in points
- Seminar Daily program
- Seminar Booklets (to be sent by post)
- Seminar Exams' questions
- Seminar Cost Budget
- Seminar Diploma (samples, to be sent by post)
- Logos used on seminar documents
- Seminar Photos.

30.12.2008

Evelyn Papadopoulou

*Chairperson, EMAU DTAC Committee*