

## About The Academy

"The Academy is a National training centre based at AMF Sheffield, Firth Park. Sessions are held over a weekend once a month from October through to March (excluding December)."

### Personal Attention and Regular Reviews

Currently there is a three year curriculum which begins by taking Under-16 juniors from the Rankings and giving them a thorough grounding in the basics of the sport.

For those that do well there is progression to the second year courses which begins to work on basic mental skills, ball reaction and creating versatility.

The final year, for exceptional students, focuses on more advanced mental skills, sports science and developing the player's individual abilities that will prepare them for International training that may await them.

The Academy is admired and envied around the world for its ability to train champions.

Certainly nowhere else in Europe does anything like it exist.

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What Does The Academy Teach?

### Informative Classroom Sessions

The Academy syllabus has been developed over more than ten years to teach junior bowlers the basics of the sport of Tenpin Bowling properly!

These are to:

- WALK STRAIGHT
- SWING STRAIGHT
- HIT A TARGET
- BE ABLE TO SPARE

This is then supplemented with Lanereading, Breakpoint Management and Basic Sports Psychology.

Want to Serve Your Game and Your Country?

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I'm an Instructor, how can I get involved?

First of all you need to answer YES to the questions below:

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Do you enjoy working with junior bowlers?

- Would you like to expand your knowledge and coaching skills?

- Would you like to work and learn in a stimulating and forgiving environment?

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Can you spare just five weekends a year?

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Next, you need to send an e-mail to [academy@naybc.org](mailto:academy@naybc.org) with the following info:

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Your BTBA qualification and how long you have held it

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Your coaching experience, including any other courses or workshops attended

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What you want to get out of the Academy

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Currently there is a waiting list for instructors wanting to join the

Academy. However, anyone is welcome to come along to Firth Park on any of the sessions to observe.

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