Supported Practice Record

Complete a record of the coaching activities and mentoring you take part in during your supported practice.

Date	Type of activity	My role	Number and profile of participants	Venue	Duration
10/01/22	*Beginners' course*	*I observed and assisted the coach throughout the session*	*Six adults on the first session of a beginners' course*	*Arrow Archery Club*	*1 hour*
10/01/22	*Mentoring*	*I discussed the session with my local mentor on the phone*	*n/a*	*n/a*	*15 mins*
Example categories:		*Mentoring conversation, 'have a go' session, beginners' course, club coaching night etc.*			