



## **Regional Development Program**

The Archery Australia Regional Development Program is a framework designed to assist self-motivated athletes in defining and achieving their goals of representing Australia at major international competitions.

The Archery Australia RDP is a nationally focused program developed to provide a clear pathway for athletes wishing to represent Australia at Olympic, Paralympic and World Championships. Archery Australia will work in conjunction with RGB's to deliver a program that supports athletes who demonstrate a commitment to train at the level required for them to be internationally competitive.

**Purpose:**

- The AARDP has been implemented to offer an opportunity for motivated athletes to train at the level required to represent Australia at future Olympic, Paralympic and World Championships.
- An initial aim of the program is to develop AARDP squad members to a level where they can qualify for entry into the Archery Australia High Performance Program (HPP) and to prepare athletes both physically and mentally for the rigours of training as an elite Archer.
- The AARDP will look to develop a greater level of opportunity for squad members to compete domestically and internationally.

**Structure:**

- The AARDP will be managed by the Archery Australia National Co-ordinator (volunteer position) who reports directly to the Archery Australia High Performance Manager.
- The initial programs will be centred around Brisbane, Sydney, Melbourne and Perth with the RGB's working in collaboration. RGB's will be aligned as follows:
  - Brisbane Squad – SQAS, NQLD
  - Sydney Squad – ANSW and AACT
  - Melbourne Squad – AV, ASA and AST
  - Perth Squad - AWA
- Expressions of Interest will be sought from athletes who wish to be considered for inclusion in the program.
- Athletes will train in their usual training environment and will be assisted in developing their own structured training programs in conjunction with their coach and the AARDP National Co-ordinator.
- Depending on the number and training level of applicants in each centre (Brisbane, Sydney, Melbourne and Perth), each squad may be divided into two groups to facilitate better management of the athletes.
- A national calendar of activities will be developed which will include intra-squad competitions, training camps, educational activities and formal review of each athlete's progress.
- All athletes will be required to enter their weekly training data in the Athlete Management System (AMS) which will generate regular training reports for athletes and coaches. These reports will be used to review each athlete's training and competition progress.
- The National Co-ordinator and AA National Head Coach will determine the national technical direction and coaching methodologies for AARDP athletes.
- Where possible coach advancement opportunities will be provided for coaches working in the AARDP program.

## **Requirements:**

The program is designed for those athletes who are willing to commit to a significant weekly training load in an effort to achieve national representation and who demonstrate a willingness to comply with the program requirements.

Squad members will be expected to:

- support regional development programs and be available for selection in RGB teams
- maintain performance and activity records in the AMS
- attend nominated tournament and training events
- commit to relevant training programs

RDP squad membership will be continually assessed to ensure compliance with the programs objectives and each squad members ongoing participation and compliance will be reviewed every six months and an assessment made of that athletes suitability for the program. Squad members who do not adhere to program requirements may be removed from the program before the six monthly assessment is undertaken.

## **Athlete Identification and Screening**

Archery Australia will call for expressions of interest from the Archery Australia community and all applications will be assessed using criteria developed by the AA National Head Coach and AARDP National Co-ordinator. These criteria will be both quantitative (score based) and qualitative (assessment of potential and commitment).

Applicants will be assessed initially on but not limited to:

- Previous and current performances
- Physical condition
- Psychological assessment
- Coach/Coach's subjective appraisals including athlete perceived potential
- Skill Level (technique)
- Attitude
- Work Ethic
- Commitment
- Athlete goals aligned with program objectives

Events and activities being run at RGB level (Competitions, RGB development camps) may be identified as program selection opportunities.

Identified participants who are under consideration for inclusion in the program may be asked to submit video footage of their training.

Those potential program participants will be invited to submit relevant application documents and maybe asked attend a nominated club/RGB event for assessment

Selected squad members will be expected to allocate 15 to 20 hours a week for training, participate in strength and conditioning programs and ensure attendance at scheduled training/competition events.

## **Performance Criteria**

The following scores indicate the level of performance we are seeking:

Men Recurve – 600

Men Compound – 680

Women Recurve – 580

Women Compound – 650

Cadet Men Recurve – 610 (60m)

Cadet Men Compound – 660 (50m)

Cadet Women Recurve – 600 (60m)

Cadet Women Compound – 640 (50m)

There will be clear performance aspirations required of athletes wishing to be included in the program including:

- Clearly articulated archery goals for 2018;
- An agreed level of performance improvement in the first 6-12 months of the program; and
- A stated desire to represent Australia at Olympic, Paralympic or World Championships level by 2020.

# Archery Australia Regional Development Program

## Application Form

I ..... wish to be considered for inclusion in the AARDP and have read and understand the general requirements for inclusion.

I have meet the published performance criteria in my age group and discipline, and I understand the personal commitment required to achieve excellence, and if accepted in the Regional Development Program I am prepared to adhere to the training program agreed to by the National Co-ordinator and my coach.

Parent/guardian Signature if under 18.....

Email contact			
DOB		Best contact number:	
Club		Bow type:	
Coach		RGB	
Best 3 recent scores		QRE or tournament where these scores were shot	

Applications close / /

Please forward this application to:

AARDP National Co-ordinator

## **APPENDIX 1**

### **Archery Australia High Performance Pathway**

The High Performance structure for athletes and coaches provides a pathway for talented athletes and coaches in each Regional Governing Body (RGB) to develop their skills and experiences at their club in their home state, gain selection in their RGB representative teams and programs, be identified and selected in the AARDP program operating in their closest capital city and finally be invited to train at the Archery Australia Centre of Excellence in Brisbane. Athletes and Coaches do not have to participate at every level of the pathway and some may be fast tracked along the pathway depending on their talent and commitment to achieve at the highest level.



#### Club

The entry point for all potential elite athletes and coaches is their Club and most Archery Clubs in Australia are well resourced, well organised and capable of providing a good level of coaching and competition experience for novice athletes. There are numerous competitions available for motivated athletes in most states and many athletes with representative aspirations are prepared to travel interstate to gain greater competition opportunities.

#### Regional Governing Bodies

The RGB's provide a higher level of training and competition experience for the club athletes in their region. There are RGB representative teams selected for many national level competitions and it is usually at these national level competitions where athletes are identified as having the potential to progress into national squads and teams. Once athletes have achieved the scores to qualify for national level competitions they may wish to apply for selection in the Archery Australia managed AARDP training squad in their region.

#### Archery Australia Regional Development Program

The AARDP squads are designed to introduce identified athletes to a higher level of training and to provide exposure to performance enhancement services such as performance psychology, strength and conditioning, recovery techniques and injury management/prevention. The AARDP programs will focus on individual athlete development and provide athletes with an insight in to the commitment and training load required of athletes who aspire to compete on the international stage. Membership of these squads will be open to Recurve, Compound and Para athletes.

#### Centre of Excellence

The Archery Australia Centre of Excellence is a Brisbane based program where Archery Australia (AA) has partnered with Queensland Academy of Sport (QAS) and the Mt Petrie Bowmen (MPB) Archery club to deliver a world class training base for elite Archers aspiring to medal at the 2020 Tokyo Olympic Games.

The Centre of Excellence program will not require athletes to relocate to Brisbane however it will provide a far greater level of coaching and performance support to those athletes that choose to train at the COE. The COE will also be the centrepiece of Archery Australia's High Performance Program and provide a training base for National teams preparing for international events, as well as developing a new level of SSSM expertise specific to the sport of Archery for athletes and coaches.

### Para Program

The Archery Australia Paralympic Program is a Sydney based program where Archery Australia (AA) has partnered with Australian Paralympic Committee (APC) to deliver a world class training base for elite Paralympic Archers aspiring to medal at the 2020 Tokyo Paralympic Games.

The Paralympic Program will not require athletes to relocate to Sydney however it will provide a far greater level of coaching and performance support to those athletes that are able to train at the Sydney training venue. The Paralympic Program will also be the centrepiece of Archery Australia's Paralympic Program and provide a training base for Para teams preparing for international events, as well as developing a new level of SSSM expertise specific to the sport of Para Archery for athletes and coaches. It is anticipated that the Para Program will be supported by the NSW Institute of Sport.

A level of individual athlete financial support will be available to Para athletes who perform to international standard, based on training and performance measures, including scores equivalent to podium performances at recent Paralympic Games and World Para Archery Championships.

### High Performance Squad

The current Olympic focussed High Performance Squad financial support model will continue to provide a level of individual athlete financial support to athletes in AARDP/COE squads, who perform to international standard, based on training and performance measures, including scores equivalent to podium

## APPENDIX 2

### Training example

#### Daily training – technical

Technical training will be undertaken at each athletes home club based on an Individual Training Plan (ITP) which will be developed in conjunction with the AARDP National Co-ordinator and tailored to each athletes training age, position in the athlete pathway, and educational/work commitments.

An example of the technical training for a week is:

#### Fulltime athlete Week 1 – 1016 arrows

Day1 – 230 arrows	Day 2 – 222 arrows	Day 3 – 192 arrows	Day 4 – 162 arrows	Day 5 – 210 arrows
Short distance warm up (90 arrows) Shoulder connection	Warm up 70m practice (60 arrows)	Warm up 70m practice (66 arrows)	Warm up 70m practice (18 arrows)	Warm up 70m practice (36 arrows)
70m practice (80 arrows)	70m practice (9 arrows*12 ends)	70m matchplay 26 scoring 3arrows*30 ends	70m matchplay 26 scoring 3arrows*30 ends	70m scoring*4 rank rounds
Shooting quick (60 arrows)	70m practice (9 arrows*6 ends) High jump *5 before each first arrow	70m matchplay 27 scoring 3arrows*12 ends	70m matchplay 27 scoring 3arrows*18 ends	Short distance practice (30 arrows) 70m practice (66 arrows)
SPT after training		SPT after training	SPT after training	70m matchplay 26 scoring 3arrows*30 ends
				70m matchplay 27 scoring 3arrows*12 ends

#### Part time athlete Week 1 – 750+ arrows

Day1 – 132 arrows	Day 2 – 138 arrows	Day 3 – 180 arrows	Day 4 – 153 arrows	Day 5 – 180 arrows
Short distance warm up (30 arrows) Shoulder connection	Warm up 70m practice (30 arrows)	Warm up 70m practice (60 arrows)	Warm up 70m practice (18 arrows)	Warm up 70m practice (18 arrows)
70m practice (72 arrows)	70m practice (9 arrows*6 ends)	70m matchplay 26 scoring 3arrows*30 ends	70m matchplay 26 scoring 3arrows*30 ends	70m scoring*2 rank rounds
Shooting quick (30 arrows)	70m practice (9 arrows*6 ends) High jump *5 before each first arrow	70m matchplay 27 scoring 3arrows*10 ends	70m matchplay 27 scoring 3arrows*15 ends	Short distance practice (18 arrows)
SPT after training	SPT after training	SPT after training	SPT after training	SPT after training
Gym 45 mins		Gym 45 mins		Cardio 30 mins



## Weekly Training – Other

### Performance Enhancement

- Injury Management and Prevention

To maintain the workload required of an elite Archer it is an athlete's responsibility to maintain a program of injury prevention on a weekly basis and seek treatment immediately any injury occurs. Injuries and rehabilitation will be reported to the Physio and through the AMS system.

- Recovery

This is important to help athletes recover from the high training loads enabling them to physically adapt to overload training and includes activities such as massage, nutrition, stretching, compression garments and hot and cold water therapy.

- Performance Psychology

This part of the program targets the development of mental skills to enhance performance in competition and training. In particular the program looks at mental rehearsal, arousal control, relaxation techniques, performance goal setting and life skills away from the Archery program.

- Skill Acquisition/Biomechanics

This part of the program is based on video analysis and biofeedback techniques which study the specific movement patterns of each athlete. These types of analyses provide athletes and coaches with visual feedback on skills and can also identify physical strengths and weaknesses which can be addressed through specific training.

- Strength and Conditioning

Exercise Physiology or performance engineering, focuses on physiology including strength and conditioning and core stability. In Archery athletes need to increase the amount of time in the gymnasium developing physical skills in order to perform at their best and to cope with the high training demands. Some of these exercises involve weights, functional exercises (sports specific) and plyometrics.

- Physiotherapy

Archery Australia is developing Musculoskeletal Screening Protocols and Guidelines to assist our Physiotherapist and S&C coach develop training and rehabilitation programs to minimise the time away from training due to injury.

- Nutrition

The correct nutrition program is important for its beneficial effects on training and performance. In Archery the program educates the diets of athletes to ensure they receive the right amount of "fuel" to cope with training and competition and also receive the essential nutrients in the right balance for good health. Also the timing of nutritional intake is extremely important in the process of athlete recovery. The nutrition program also monitors the individual weight and skinfolds to provide specific feedback to athletes and coaches and assess the impact of the training program.

## EXAMPLE 2017 Competition and Training calendar

Date	Event	Venue
26 <sup>th</sup> February	AARDP Selection Day	TBC
3-5 March	Australian Open Champs	Samford, Brisbane
26 <sup>th</sup> March	AARDP Selection Day	TBC
22 <sup>nd</sup> April	RGB Development Day	TBC
30 <sup>th</sup> April	AARDP Training Day	TBC
13 <sup>th</sup> May	AARDP Training Day	TBC
2-4 <sup>th</sup> June	AARDP Training Camp	AIS – Canberra
2 <sup>nd</sup> July	RGB Development Day	TBC
22/23 <sup>rd</sup> July	National Indoor	Various
6 <sup>th</sup> Aug	AARDP Psych Assessment/Research Day	TBC
20 <sup>th</sup> Aug	AARDP Training Day	TBC
2 <sup>nd</sup> Sept	State Championships	TBC
23 <sup>rd</sup> Sept	AARDP Training Day	TBC
7 <sup>th</sup> Oct	RGB Development Day	TBC
14/15 <sup>th</sup> Oct	State Championships	TBC
28 <sup>th</sup> /28 <sup>th</sup> Oct	AARDP Training Weekend	TBC
5 <sup>th</sup> -10 <sup>th</sup> Nov	Australian Championships	Perth
8 <sup>th</sup> -10 <sup>th</sup> Dec	AARDP Training Camp	AIS – Canberra