



Archery Australia Regional Development Program (AARDP)

Expressions of Interest

Expressions of Interest

Archery Australia is now calling for Expressions of Interest from athletes who wish to be considered for selection in the AARDP in 2018.

Background:

The AARDP has been introduced to offer an opportunity for motivated athletes to experience the type of training program required to prepare them for higher level competition both domestically and internationally.

An initial aim of the program is to develop AARDP squad members to a level where they can qualify for entry in to the Archery Australia High Performance Program (HPP) and to prepare athletes both physically and mentally for the rigours of training as an elite Archer.

Commitment:

This program is designed for athletes who are willing to commit to a significant weekly training load in an effort to achieve state and national representation and who demonstrate a willingness to comply with the program requirements. Selected squad members will be expected to allocate a minimum of 15 hours a week for archery training, strength and conditioning training and scheduled training/competition events.

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 online Athlete Management System (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.

Applications:

Archery Australia are now calling for expressions of interest from the Archery Australia community for inclusion in the inaugural AARDP squads. All applications will be assessed using criteria developed by the AA National Head Coach and AARDP National Co-ordinator and these criteria are both quantitative (score based) and qualitative (assessment of potential and commitment). The two stages of the selection process involve filling out the application form and submitting them to your RGB Co-ordinator who will collate the information for all applicants for consideration by the National Co-ordinator and the relevant RGB Co-ordinator.

The **first stage** of the application process is for you to fill out this application and make sure you include your 3 best recent scores. Once all applications have been received we will then seek input from your RGB, Club and Coach.

The **second stage** of the application process will involve collating information about each athlete regarding:

- Physical condition
- Openness to Performance Psychology
- Coach/Coach's subjective appraisals including athlete perceived potential
- Skill Level (technique)
- Attitude, Work Ethic and Commitment

Once we have received all the required information we will contact you regarding your application.

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)



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 met 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 Archery Australia 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		Events where scores shot	

Applications close **13th July 2018**

Please forward this application to your RGB Co-ordinator at:

Di Strickland - secretary@archerysqas.org.au