



Shoot for Fun, Shoot to Excel, Shoot for Life

Youth Development Program and Guide

Archery Alberta Youth Development Program and Guide will be evolving and will change as input is received from clubs and membership and/or Archery Canada programs. The primary focus will be on ages of 10 to 17 but is not limited to this age group, as club program may allow younger or older youth. Depending when an individual takes up archery and their goals, they will either stay within this program or progress to a high performance team.

Archery can provide Alberta youth with a sport they have for life; activity they love to do (Shoot for Fun), to compete at a provincial, national or international level (Shoot to Excel) and/or lastly a skillset that will provide the archer years of activity that adapts to their evolving life (Shoot for Life).

The talent within Alberta youth is incredible and AA must continue supporting and growing these archers regardless of the stage(s) they wish to be at. For the Shoot to Excel archers, many of AA youth members have been named to various teams for the Alberta Summer/Winter Games, Western Canada Summer Games, Canada Summer/Winter Games and National World Teams (Target, Field and 3D) and brought home Provincial, National and World Championships medals. To continue this end, AA is developing a program and guide that not only allows youth to try archery, but allows archers to set and train for goals beyond shooting for fun or life.

Concerns:

- Some clubs use the CanBow program but others don't.
- We lose potential highly skilled archers because there is no continuity from beginner to "high performance".
- We lack qualified coaches and a system dedicated to developing the technical and mental skills that are obvious in the archers in our province.
- Our membership numbers are declining in part because we do not have and promote a dedicated youth program.

What AA does have:

- talented and amazing youth archers
- Canbow program thru Archery Canada
- Development Camps: every 2 years, currently indoors, target only
- Alberta Winter Games: every 2 years, target only
- Provincial Championships: Indoor/Outdoor; Target, 3D, Field
- National Championships: occasionally
- Clubs with fantastic facilities and volunteers that can be utilized

Goals of the new program over the next few years:

1. Alberta Archery will partially fund the CanBow badges (or club equivalent) and posters to the clubs. Provided at a maximum of 50/50 cost share basis based number clubs participating and AA Youth Development (YD) budget.
2. Alberta Archery would reimburse the 50% of the cost of Coach levels to coaches who complete the required work to be certified and based on AA Coaching and YD budget.
3. Alberta Archery would track the progress of the archers by having the clubs submit a report at the end of the season. This could be as easy as submitting a simple spread sheet of levels achieved.
4. Alberta Archery would provide guidance for clubs to integrate the LTAD Model developed by Archery Canada into their programs.
5. Archery Alberta would encourage young archers to try all disciplines of archery.
6. Arrow challenge – encourage practice. Awards for number of arrows shot in the season.
7. Set up a Junior Development committee – to get feedback and input from across the province and start the work of creating and maintaining a youth program
8. Youth Camps – currently organized by the Coaching Coordinator. Would like to see the camps organized by the Youth Development committee with input from coordinators from High-Performance, Coaching and Judges. Camps would include Archery Canada Top Camps (Recurve), 3D, and outdoor.
9. Equipment program
10. Program for Mental Management; possibly monthly, webinar or zoom
11. Program for fitness
12. Mail match
13. Other ideas to be added

Club Requirements:

1. Club to be affiliated with Archery Alberta.
2. Youth and Instructors to be members of Archery Alberta.
3. Complete Club Inclusion and Questionnaire form
4. Provide the Junior Program Co-coordinator with a list of archers enrolled in the program with birthyear.
5. Encourage instructors to attain coach certifications
6. Encourage archers to attend scheduled training camps, provincial championships, national championships
7. Complete request forms for materials and/or provided receipts for funding opportunities

Info to be provided as required or needed:

1. Provide updates with archers scores and badges achieved along with arrow counts.
2. Submit mail match scores once per week for the duration of the mail match.

Program Details

Canbow Badge Reimbursement: Canbow consists of 4 levels. Each level has achievement badges that are earned by the archer as their skillset improves. Archery Canada charges for the badges and charts. Archery Alberta will reimburse up to 50% of the cost of badges. The funding will be determined based on Junior Development budget and number of clubs requests. If a club elects to come with a replacement for the badge (i.e. pin), this will be allowed and will follow reimbursement the same as the badges.

Arrow Challenge: designed to encourage youth to practice. A series of pins will be available to the AA members in youth development clubs for number of arrows shot in a season. Starting with 100 going to over 10000. Form to come.

Mail Match: based on Archery Canada indoor mail match but will follow Canbow badge program. More info and form to come.

Youth Development Camps:

- Archery Alberta Junior Development Camp is geared for youth ages 11-17 passionate about archery and expanding their skills. Athletes will participate in learning modules instructed by coaches & volunteers, fun activities and finish off the camp with a 300 round for the infamous Alberta Junior Development Camp pins. The camp is held every two years, the year in between Alberta Winter Games. The indoor camp for 2021 will be postponed because of Covid-19. AA is looking to expand to 3D and outdoor.
- Regional Top Camps: is for recurve archers and their coaches. AA will either host Archery Canada TOP Camps or assisting those archers who would like to attend these camps held in other western Canada. Top Camps are regional talent identification camps offer to recurve athletes as an opportunity for formal identification, instruction and information on entering into the Archery Canada Development & Identification program.

Fitness Program: being sourced, more to come

Mental Management webinar/zoom course: more to come

How Archery Alberta fits into Archery Canada Long Term Athlete Development?

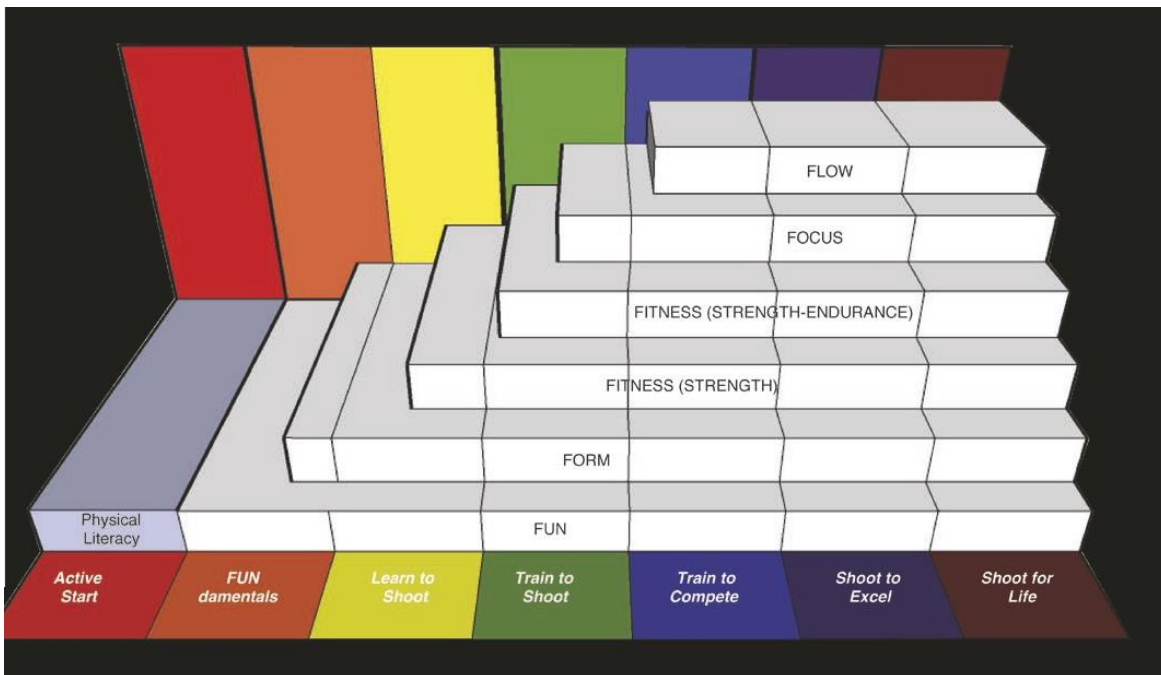
Archery Canada LTAD (summary of program, please go to Archery Canada to see full LTAD model)

The central concept of the LTAD model is that of continuous learning, continuous improvement, and continuous enjoyment. It is the idea of progressive development from stage to stage, as far as the archer wishes to go. It is the idea that every achievement is built on what came before, whether those skills were developed in archery or in other sports, and that to reach his or her goals there is an ideal path in which every step is supported by a sound system of coaching, sport leadership, good facilities, and optimum competition. It is the idea of “Kaizen”, the Japanese word for continuous improvement- the understanding that where we are today is not a destination but rather a foundation for tomorrow’s achievement.

The LTAD model has the seven LTAD stages that go into a framework of Shoot for Fun, Shoot to Excel, and Shoot for Life.

- Shoot for Fun represents the entry into the sport, up to and including the Learn to Shoot stage.
- Shoot to Excel represents development on a competition path as far as the archer wishes to go
- Shoot for Life reminds us that the archer can remain active in the sport for a lifetime, through recreational competition, bowhunting or other forms of archery, and as a coach, official and sport leader.

This framework does not mean that fun is not an essential part of Shoot to Excel, or that a Shoot for Life archer cannot compete to win within his or her abilities. It is simply intended to represent a lifetime journey through the sport.



Long-Term Archer Development Model

ARCHERY LTAD FRAMEWORK	Shoot for Fun				Shoot to Excel		Shoot for Life	
LTAD STAGE	Active Start	FUN damentals	Learn to Shoot	Train to Shoot	Train to Compete	Shoot to Excel	Shoot for Life	
TRAINING YEARS	0 years	0 - 4 yrs	1 - 4 yrs	2 - 8 yrs	4 - 10 yrs	7+ yrs	Enter any age after growth spurt	
TRAINING PYRAMID	FUN	100 %	60 %	40 %	20 %	15 %	10 %	FUN
	FORM		40 %	40 %	25 %	20 %	15 %	FORM
	FIT-STR			20 %	25 %	15 %	15 %	FIT-STR
	FIT-END				20 %	20 %	20 %	FIT-END
	FLOW				10 %	20 %	20 %	20 %
OTHER SPORTS	MANY ACTIVITIES	3+ OTHER	3+ OTHER	2 OTHER	1 OTHER	ARCHERY ONLY	AS DESIRED	
DISCIPLINE/DIVISION	NONE	ONE (entry)	2-3	2-3	1-2 (specializing)	ONE (specialized)	AS DESIRED	
QUALITY ARROWS/WK	ZERO	< 75	75 - 150	150 - 500	600 - 1000	600 - 1000+	AS DESIRED	
TRAINING HRS per SESSION/WK	NONE	< 45 min < 3 hrs/wk	< 90 min 3 hrs/wk	< 120 min < 8 hrs/wk	< 150 min < 14 hrs/wk	180 min+ 12-20+ hrs/wk	AS NEEDED	
COMP RATIO %	NONE	100 T : 0 C	90 T : 10 C	85 T : 15 C	80 T : 20 C	70 T : 30 C	AS DESIRED	
COMP FOCUS	NONE	FUN ONLY	CLUB/LOCAL	PROVINCIAL	NATIONAL	INTERNATIONAL	AS DESIRED	
COACHING	NONE	INSTRUCTOR OF BEGINNERS	INSTRUCTOR OF INTERMEDIATES	INTRODUCTION TO COMPETITION	COMPETITION DEVELOPMENT	COMP HP (LEVEL 4/5)	AS DESIRED	

LTAD Guide

This is a guide and is intended for information not a step by step program for youth programs. Please apply or adjust the information that is applicable to your archers and program as needed. Majority of youth programs have a variety of ages, skillsets and goals of archers in a class therefore the archers in each class maybe in several different stages of the LTAD model/guide. Add on to that, there will be the limitation of facility use and volunteers time for each club program.

Stage 1 - SHOOT FOR FUN

Active Start: age 3-6; 0 sport years

CanBow Program: not applicable

Objectives: Learn fundamental movements and link them together into play. Build overall motor skills. Emphasis on initiation, sport basics, and safety. (Note: Active Start and FUNdamentals are key motor and skill development stages for children. Adult archers must also have developed this physical literacy, if not in childhood, then later through a wide variety of sports and activities.)

Archery Pyramid:

Fun –80%

Form – 20%

Fitness (strength) – 0%- unstructured only; part of other activity.

Fitness (endurance) – 0%- unstructured only; part of other activity.

Focus – 0%- unstructured only; part of other activity.

Flow – 0%- unstructured only; part of other activity.

Benchmarks:

Benchmarks: Divisions and disciplines – Single division only (e.g. either recurve or compound) for sport introduction

Quality arrows per week: no limits

Bow weight: archer needs to be able to pull back easily and safely; with no grunting, noises, facial expressions or additional movement (such as raised bow arm)

Training duration: No structured training

Training volume: No structured training

Competition: No formal competition in these stages. “Fun” competitions at end of stage.

Coaching Instructor Stream recommended: none

Notes:

- Free (unstructured) play is essential in these stages.
- Help participants in this stage feel competent and comfortable with activity. Games should be non-competitive and focus on activity. No participant should be left out; elimination-type games are not appropriate.

Stage 2: SHOOT FOR FUN

FUNdamentals: age 6-9; 0-4 sport years

CanBow Program: Level 1

Objectives: Learn fundamental movements and link them together into play. Build overall motor skills. Emphasis on initiation, sport basics, and safety. (Note: Active Start and FUNdamentals are key motor and skill development stages for children. Adult archers must also have developed this physical literacy, if not in childhood, then later through a wide variety of sports and activities.)

Archery Pyramid:

Fun – minimum 60%

Form – Up to 40%

Fitness (strength) – 0%- unstructured only; part of other activity.

Fitness (endurance) – 0%- unstructured only; part of other activity.

Focus – 0%- unstructured only; part of other activity.

Flow – 0%- unstructured only; part of other activity.

Benchmarks:

Benchmarks: Divisions and disciplines – Single division only (e.g. either recurve or compound) for sport introduction

Quality arrows per week: Up to 75

Bow weight: archer needs to be able to pull back fairly easily and safely; with no grunting, noises, facial expressions or additional movement (such as raised bow arm)

Training duration: No structured training (Active Start); up to 45 minutes/session

Training volume: 1-2 sessions per week, less than 3 hours in total

Competition: No formal competition in these stages. “Fun” competitions at end of stage.

Coaching Instructor Stream recommended: Instructor of Beginners.

Notes:

- Free (unstructured) play is essential in these stages.
- Help participants in this stage feel competent and comfortable with activity. Games should be non-competitive and focus on activity. No participant should be left out; elimination-type games are not appropriate.
- Introduce archery as one of a number of sport activities.
- Archery can use shorter distance, larger targets, fun targets (e.g. balloons).
- Participate Canbow/ARC – basics of safety, form and games

STAGE 3: Shoot for Fun

Learn to Shoot (1 to 4 sport years)

CanBow Program: Level – 2

Objectives: Learn overall sports skills. Emphasis on development of form.

Archery Pyramid:

Fun – 30%

Form – 40%

Fitness (strength) – 20% part of other activity

Fitness (endurance) – 0%- unstructured only; part of other activity.

Focus – 0%- unstructured only; part of other activity.

Flow – 0%- unstructured only; part of other activity.

Benchmarks

Divisions and disciplines: Try recurve and compound, target and 3D, indoor and outdoor to develop a range of skills and interests.

Quality arrows per week: 75 to 150

Bow weight: archer needs to be able to pull back easily and safely; with no grunting, noises, facial expressions or additional movement (such as raised bow arm). Bow weight can be increased.

Training duration: Up to 90 minutes per session.

Training volume: Archery specific training 3-4 times per week, plus participation in other sports. Total archery approximately 3-6 hours per week.

Competition: 2-4 local and club competitions, and up to 1-3 regional competitions per year; 90% training, 10% competition. Treat competitions as practice.

Coaching Instructor Stream recommended: Instructor of Intermediates

Notes:

- A structured training program should be introduced.
- Participate in 2-3 other sports as well as archery.
- Encourage standard archery targets and distances; maybe adjusted depending on skillset and equipment
- Introduce archery competition at local/club levels.
- Participate in several disciplines to build a foundation of archery skills.

Stage 4: Shoot To Excel

Train to Shoot (2 to 8 sport years)

Canbow Program: level 3

Objectives: Build an aerobic base, develop speed and strength towards the end of the stage, and further develop and consolidate sport-specific skills. Emphasis on refining form and building fitness.

Archery Pyramid:

Fun - 20%

Form - 25%

Fitness (strength) - 25%, intro and/or limited of other sports/activity.

Fitness (endurance) - 20%- unstructured only; part of other activity.

Focus - 10%- intro; part of other activity.

Flow - 0%- unstructured only; part of other activity.

Benchmarks:

Divisions and disciplines: Try recurve and compound, target and 3D, indoor and outdoor to develop a range of skills and interests.

Quality arrows per week: 150 to 500

Bow weight: archer needs to be able to pull back safely; with no grunting, noises, facial expressions or additional movement (such as raised bow arm). Bow weight can be increased.

Training duration - Up to 120 minutes per session.

Training volume - Archery specific training 3-5 times per week including fitness training. Total approximately 8 hours per week including 2-3 hours of fitness training.

Competition - 5 to 6 local, 2 regional or provincial competitions per year. Introduce 1-2 national or international competitions at end of stage. 85% training, 15% competition.

Coaching Instruction Stream recommended: Introduction to Competition.

Notes:

- A structured, periodized program with single or double periodization is recommended.
- Avoid using competition for selection. Compete for development and learning- initial development of focus skills.
- Reduce the number of other sports, but maintain exposure to multiple disciplines for development and future choice. Refine form.
- For young archers, coaches must be aware of the rapid changes to physical, emotional, and cognitive abilities in this period and provide individual training approaches. Performance may decrease due to these changes during puberty and post-puberty so additional support will be needed.

Stage 5: Shoot to Excel

Train to Compete (4 to 10 sport years)

CanBow Program: Level 4

Objectives: Optimize physical preparation and sport-specific skills. Learn competition and performance skills. Emphasis on refining fitness and focus, shooting for score.

Archery Pyramid:

Fun - 15%

Form - 20%

Fitness (strength) - 15%, program specific for Archery and/or limited 1 other sport/activity with archery given priority

Fitness (endurance) - 20%, program specific for Archery

Focus - 20%

Flow - 10%

Benchmarks:

Divisions and disciplines: Recurve or compound (specialize); target and 3D; indoor and outdoor.

Quality arrows per week: 600 to 1000

Bow weight: archer needs to be able to pull back fairly easily and safely; with no grunting, noises, facial expressions or additional movement (such as raised bow arm). Bow weight can be increased.

Training duration: Up to 150 minutes per session.

Training volume: Archery specific technical, tactical and fitness training 8-12 times per week. Total up to 14 hours per week including 4 - 6 hours fitness training.

Competition: 5-6 local, 2 each regional, provincial, national, international per year. Up to 3 international competitions by end of stage. 80% training, 20% competition.

Coaching Instruction Stream recommended: Competition Development.

Notes:

- Year-round, high intensity training. Single or double periodization (2 x 24 weeks) recommended. Training program focuses on building on strengths and remediation of weaknesses.
- Use functional analysis of flexibility and strength to develop a periodized strength training program as part of training program. Focus on preventing or overcoming imbalances, core strength, specific strength and endurance.
- Specialization; reduce alternate sports and archery divisions and disciplines. Specialize in a single division (i.e. recurve or compound).
- Increase in number and level of competitions; model competitions in training. Exposure to top-level competition.

STAGE 6: Shoot to Excel

Shoot to Excel (7+ sport years)

CanBow Program: Level 4

Objectives: Optimize physical preparation, competition and performance skills. Emphasis on perfecting focus and flow, shooting for rankings.

Archery Pyramid:

Fun - 10%

Form - 15%

Fitness (strength) - 15% Program specifically for Archery, no other sports

Fitness (endurance) - 20% Program specifically for Archery, no other sports

Focus - 20%

Flow - 20%

Benchmarks:

Divisions and disciplines: Fully specialized in recurve or compound; target or 3D; indoor and outdoor

Quality arrows per week: 600 to 1000+

Bow weight: archer needs to be able to pull back safely; with no grunting, noises, facial expressions or additional movement (such as raised bow arm). Bow weight can be increased as needed.

Training duration -180+ minutes per session.

Training volume - Archery specific technical, tactical and fitness training 10-15 times/week. Total 12-20+ hours per week.

Competition - 5-6 local, 2 each regional, provincial, national, 4 international. 70% training, 30% competition.

Coaching Instruction Stream recommended: Competition High Performance

Notes:

- Specialization in one archery discipline and division-indoor plus outdoor training recommended.
- Year-round, high intensity training. Single or double periodization (2 x 24 weeks) recommended. Training program focuses on fine-tuning strengths.
- Use functional analysis of flexibility and strength to develop a periodized strength training program as part of training program. Focus on preventing or overcoming imbalances, core strength, specific strength and endurance.
- Integration of physical and mental training, expert skills, and competition experience to achieve "flow"
- Increased number and level of competitions. Use some competitions to model upcoming key competitions.
- Train to peak for major competitions.

STAGE 7: Shoot for Life

Shoot for Life (enter at any time after growth spurt and/or basic skills developed)

Objectives: Transition from competitive career to lifelong physical activity and participation in sport.

Archery Pyramid:

Fun - 40%

Form - 10%

Fitness (strength) - 10%

Fitness (endurance) - 10%

Focus - 10%

Flow - 20%

Benchmarks:

Divisions and disciplines - As desired.

Quality arrows per week - As desired.

Bow weight: archer needs to be able to pull back safely; with no grunting, noises, facial expressions or additional movement (such as raised bow arm). Bow weight can be increased as needed.

Training duration - As desired.

Training volume - As desired.

Competition - As desired.

Coaching Instructor Stream recommended: Instructor of Beginners


Notes:

- Training and competition may range from recreational to high intensity depending on the particular goals and abilities of the archer.
- Age group competitions.
- Give back to the sport as a volunteer, coach, official or administrator.

Skill Development Guide

Closer Look: Skill Development

Alongside physical and mental preparation, archery demands an extremely high degree of skill. The table below provides guidelines for the acquisition, consolidation and refinement of essential skills in each LTAD stage.

ARCHERY SKILL DEVELOPMENT								
Stage		FUNDamentals	Learn to Shoot	Train to Shoot	Train to Compete	Shoot To Excel		
Years in Sport		0 – 4 years	1 – 4 years	2 – 8 Years	4 – 10 years	7+ years		
Skill Development		ACQUISITION (A) <small>Introduction of skill (movement patterning) Cognitive Stage</small>	CONSOLIDATION (C) <small>Stability of skill through practice (correct execution in variable conditions) Associative Stage</small>		REFINEMENT (R) <small>Fine tuning of skills (Minor improvements and creative solution under all conditions) Autonomous Stage</small>			
NCCP Coaching Context		Instructor- Beginner	Instructor – Intermediate		Comp-Dev	Comp – HP		
Form	Posture	A	C	C	R	R	R	
	Stance	A	C	C	R	R	R	
	Grip	A	C		R	R	R	
	Finger hook on string	A	C		R	R	R	
	Raising bow arm	A	C		R	R	R	
	Draw	A	C	C	R	R	R	
	Anchor	A	C	C	R	R	R	
	Aiming	A	C	C	R	R	R	
	Shot Execution	A	C	C	R	R	R	
	Release	A	C	C	R	R	R	
Equipment	Follow Through	A	C	C	R	R	R	
	Selection/Analysis		A		C	R		
	Basic Tuning		A		C	R		
	General Bow Maintenance		A		C	R		
	Arrow Assembly		A		C	R		
	Making Strings				A	C	R	
	Advanced Tuning				A	C	R	
	Equipment Setup				A	C	R	
	Backup/Spares					A	C	R
	Grip Customization				A	C	R	
Mental Preparation	Tab/Release Customizing				A	C	R	
	Cable/Cam Changes				A	C	R	
	Breathing Control	A	C		R			
	Key Words	A	C		C	R	R	
	Automation of Form	A	A		C	C	R	
	Mental Rehearsal		A		C	R		
	Yoga or Relaxation				A	C	R	
Tournament Specific Skills	Stress Practice				A	C	R	
	Goal Setting basis:	Fun	Form	Focus	Focus and Flow	Flow		
	Security	A	C	R				
	Indoor Shooting	A	A		C	R		
	Outdoor Shooting		A		C	R		
	Match Shooting				A	C	R	
	Back Tension Release				A	C	R	
	Field, 3D		A		C	C	R	
	Unknown Distance		A		C	R		
	Weather Conditions				A	C	R	
Altitude					A	C	R	
Written Shot Sequence		A		C	R			
World Cup					A	C	R	