

# ARCHERY

## LONG TERM ARCHERY DEVELOPMENT FRAMEWORK

**Sports brings us together, are you ready to experience archery?**



**The LTAD model is for archers, coaches, leaders and parents who must be flexible in application to ensure that LTAD enhances archery as an experience and a sport for all participants to have fun.**

# National Archery Association of Bermuda

## Table of Contents

1. Introduction
  - 1.1 What is Long-Term Athlete Development (LTAD)?
  - 1.2 Why is LTAD important?
  - 1.3 What are the key principles of LTAD?
    - Seven Stages
    - The Rectangle of Long Term Athlete Development
    - Ten Key Factors
  - 1.4 What is the best way for an archer to develop?
    - What are the Stages of LTAD for archery?
    - Archery Development Pyramid
    - Long-Term Archery Development Model
  - 1.5 How is LTAD connected to the National Sport Policy
2. Physical Literacy
  - 2.1 What is Physical Literacy and why is it important?
  - 2.2 How to contribute to developing Physical Literacy in Bermuda?
3. Getting Started
  - 3.1 What are the Stages of Development?
  - 3.2 Equipment
  - 3.3 Age Classes and Distance for Divisions
  - 3.4 What are the recommended programs and facilities for the Active Start stage?
4. Active Start
5. Learn to Shoot / FUNdamentals
6. Train to Shoot
7. Train to Train
9. Active for Life
10. Archers with Disability
11. What is training?
12. What is train to train?
13. What is shoot to compete?
14. What is shoot to win?
15. What is Active for Life?
16. Conclusion
  - 16.1 Summary of key points
  - 16.2 Athlete development challenges and opportunities in Bermuda
  - 16.3 Coach and technical officials development challenges and opportunities in Bermuda
  - 16.4 National Sport Governing body's participation and performance goals.
  - 16.5 Future directions for LTAD
  - 16.6 Partners to achieve goals.
  - 16.7 Resources for further reading.
  - 16.8 Contributors
17. The Future in Motion
  - 17.1 Current Status
  - 17.2 Training Requirements for Coaches and Instructors
  - 17.3 Program Comparison and Key Events (Local / Global)
  - 17.4 Introduction to the Sport Guidance for Coaches and Instructors
18. Calendar of Events 2025 – 2027.



The National Archery Association of Bermuda (NAAB) has created a Long-Term Archer Development model to be the plan for all stakeholders involved with archers of all ages. We have created this sport-specific document to ensure we meet the needs of athletes who want learn the sport of archery.

The implementation of Long-Term Archer Development is a milestone for archery and for Bermudian sport. We are building this plan around a common framework which aligns with the National Sports Policy, integrating health and education with sport and physical activity. This document was developed by Bermuda archery certified Coaches with the assistance of International archery coaches, sports psychologist, and the World Archery Americas Development Committee.

This document outlines the key principles of the NAAB LTAD Model. It details how LTAD will be implemented and developed in the next phase. The successful implementation of the LTAD model will lead to better and more skilful archers, a thriving sport supported by quality coaches, officials and volunteers at all levels in Bermuda.

*The following club supports and agrees this LTAD plan will be the basis for Archery development in Bermuda.*



## INTRODUCTION

The National Archery Association of Bermuda (NAAB) was established in 1969 as the governing body for archery in Bermuda. In 2015, two individuals who formed Gold Point Archery in 2009 set out to re-established this dormant association to allow individuals with a goal for the Olympics, an opportunity to achieve this. The Association operates from 65 Southside Road, St. George's DD 02 which is the primary range of Gold Point Archery.

An Executive Committee was established and a five year plan written in 2015 through to 2019. The primary objectives were to re-associate the association with the International Federation, National Sports Organization and National Olympic Committee. To provide a "grass roots" structure to introduce male and females with diverse abilities to a sport that has not been socialized in Bermuda.

While the governance structure was important to progress establishing the bylaws, constitution, establish standards, develop safesport guidance, compliance guidance, re-establish a charitable status, have certified Coaches & Instructors, obtain developmental equipment, training materials, introduce membership and commence local events, an athlete development pathway needed to be created. To prepare people to become professional archers as well as giving them a recreational sport to be active, developmental appropriate training and competition standards were needed. This required our identified coaches to attend seminars, specific archery certification courses and engagement with other coaches to hear their experiences, shortcomings and how to address them.

A plan to build a national team requires membership, investment in coaches, introduction into schools, create local events in preparation to introduce archers to international events - USA Archery Series, Island Games and then onwards to more prestigious and festival events - World Cup, World Championship, Commonwealth Games, Central American & Caribbean Games and Pan American Games. Archers obtaining qualifications to compete in the Central American & Caribbean Games and Pan American Games opens the opportunity towards the Olympic Games. The mentioned events are open to both Senior and Junior athletes. There are age requirements for some of the games and where juniors are unable to compete in Senior Events, there are some specific festival games for Juniors - Pan Am, Youth Championships, Youth Commonwealth and Youth Olympics. Archery is a sport that has no age cap and athletes competing in festival events for Bermuda are able to compete providing they meet the qualification criteria.

In October 2020, one of our coaches completed an Introduction to Long-Term Development in Sport and Physical Activity through Sport For Life Canada. The draft of our plan was started in December 2020. In March 2021 through to November 2021, our coach then completed the PANAM High Performance Coach Certificate which was inline with our development plans. We continued to build on our plan through 2023 and are ready to fully execute the **LONG TERM ARCHER DEVELOPMENT** plan for Long Term Athlete Development.

As the National Governing Body for the Olympic sport of archery in Bermuda, we recognize the responsibility to develop athletes through physically, psychologically, and emotionally healthy means so they can participate and enjoy the sport for life.

NAAB's **Athlete Development Model (ADM)** provides a road map for athletes, parents, coaches and administrators to participate and lead athletes with long-term development in mind. The model takes into consideration training levels, coaching focus, biomechanics, motor learning, sport psychology and physical training levels for athletes on a spectrum of ages. It is our aim to transform the sport of archery in Bermuda developing archers of all ages. The goal of the ADM is to:

- Develop healthy, successful athletes
- Promote physical literacy, athleticism, and archery development
- Enhance participation and enjoyment
- Improve athlete retention
- Ensure psychosocial development and well-being of participants
- Foster talent and competitive success
- Promote physical/recreational activity across the lifespan
- Guide physical training and conditioning
- Aim to prevent archery related injuries
- Appreciate archery as a lifelong sport

# 1. INTRODUCTION TO LTAD

**1.1 Long-Term Athlete Development (LTAD)** is a multi-stage training, competition and recovery pathway guiding an individual's experience in sport and physical activity. It takes into account growth, maturation and development, trainability and sport system alignment to enable optimal participation for every child, youth and/or adult.

## 1.2 Why is LTAD important?

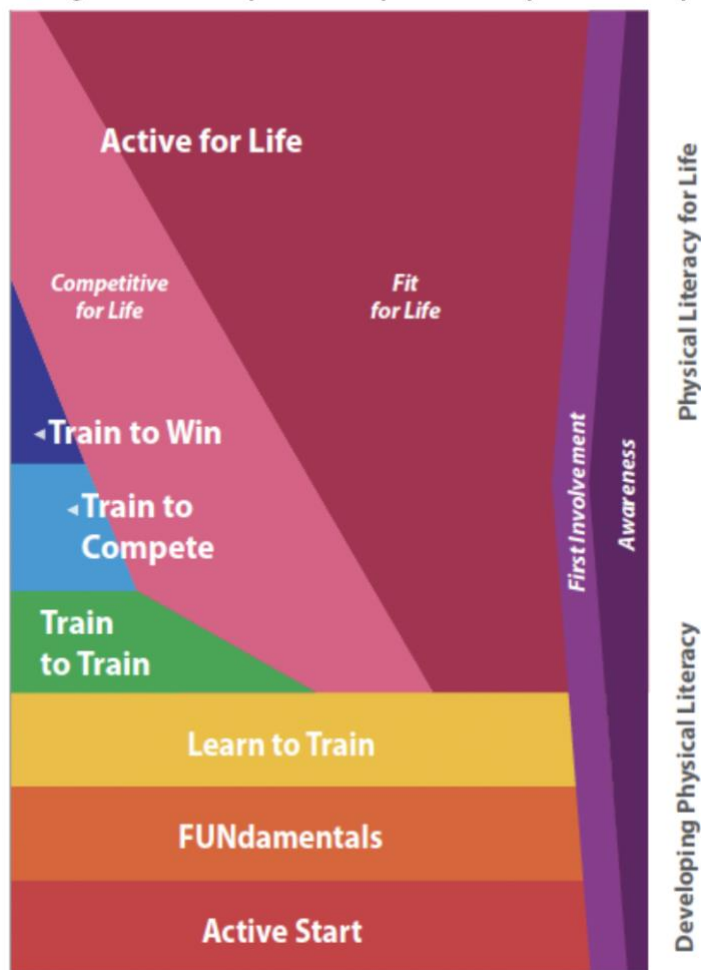
The LTAD framework recognizes that both high performance and lifelong engagement are built on the same foundation as physical literacy, and understands that an effective sport system builds a solid foundation before moving toward sport specificity. Long-term athlete development understands that optimum development and success in sport is a long-term process that is achieved over a course of time through specific and well-planned programming.

## 1.3 What are the key principles of LTAD?

LTAD forms the foundation for national sport development by providing a framework and pathway for the progression of athletes, programs and related activities, and is closely linked to the successful implementation of five goals National Sport Policy.

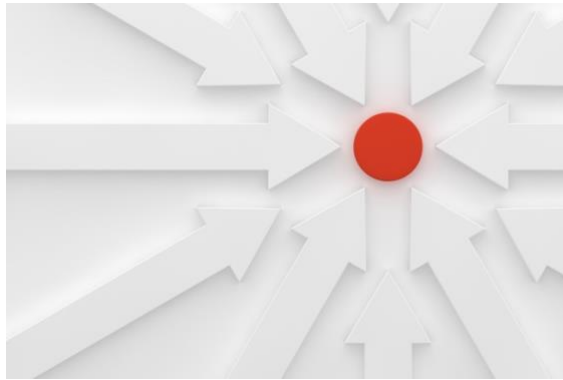
1. Increase participation
2. Achieve sporting excellence regionally
3. Improve access to sports facilities
4. Increase the value of sport
5. Establish a framework for talent development

### Long-Term Development in Sport and Physical Activity



*Adapted from Canada Sport for Life.*

## What are the Ten Key Factors of Long-Term Athlete Development (LTAD)?



1. **Physical Literacy** - Children will not stay active with recreational activity or develop into high performance athletes if they don't have physical literacy, and they will not have physical literacy if they do not get the FUNdamentals. The FUNdamentals include a wide variety of fundamental movement skills and fundamental sport skills that should be learned at young ages (before the onset of the adolescent growth spurt) in four different environments: ground, water, air, and snow and ice. With these basic skills, children gain the ability, competence and confidence to practice any sport or physical activity they choose.
2. **Specialization** - There are right times and wrong times to specialize in any one sport or physical activity. Specialize too early, and the athlete may limit their development and success at older ages. Specialize too late, and the athlete may miss key developmental opportunities. In most sports, athletes should not specialize until they are between the ages of 12 to 15. Prior to that age, they should participate in a wide range of sports to ensure they become competent, well-rounded athletes who have acquired physical literacy.
3. **Age** - Children grow and develop at different rates. Sport and physical activity need to take each child's stage of growth and development into account when designing training, competition, and recovery programs.
4. **Sensitive Periods**- As children grow and develop, there are times when practice and training will have the greatest effect. These "sensitive periods" provide a special opportunity to train and develop important skills and physical abilities that will impact athletic performance through the lifespan.
5. **Intellectual, Emotional, and Moral Development** - LTAD addresses the complete physical, mental, cognitive, and emotional development of athletes – not just physical characteristics and performance qualities. Training, competition, and recovery programs need to consider the mental, cognitive, and emotional development of each athlete.
6. **Excellence Takes Time**- Research has shown that it takes 10,000 hours of quality training for athletes to achieve their full potential and perform at an elite level. In most examples of top-ranked athletes and other star performers, their 10,000 hours are usually accumulated over at least 10 years of training and competing.
7. **Periodization** - Simply put, periodization is time management. It outlines all annual and seasonal training within a logical schedule to bring about optimal improvements in athlete performance at the right times, while minimizing injury and burnout. Periodization plans connect the LTAD stage of the athlete with the training and development requirements of that stage.
8. **Competition** - Athletes need to train and compete according to training-to-competition ratios that develop skills and fitness while preventing injury and burnout. As well, the quality of competition and the timing of competitive events need to serve the needs of the athlete – not the needs of coaches, parents, and administrators.
9. **Sport System Alignment and Integration** - Based on Sport for Life's principles, LTAD promotes system alignment and integration between sport clubs and national sport organizations. Sport for Life addresses the overarching system and structure of sport and physical activity in Canada, including the relationship between school sport, physical education, and high performance sport at all levels from policy to program delivery.
10. **Continuous Improvement**- The concept of continuous improvement, which permeates LTAD, is drawn from the respected Japanese industrial philosophy known as Kaizen. By applying a willingness to always seek improvements in our understanding and practice, LTAD will continuously evolve to accommodate new breakthroughs in sport science research, new innovations in technology, and evolving best practices in coaching.



**1.4 What is the best way for an archer to develop?** Long-Term Archer Development answers that question.

LTAD is a new wave in athlete development, based on the integration of sport science research by working with archers and coaches to develop a comprehensive set of development principles. LTAD takes the concept of periodisation (the integration of competition, training, recovery, nutrition, and other elements of preparation to create a long-term training plan) to the next level, by integrating preparation over an entire career or lifetime, and considering the holistic development of the individual as well as his/her development as an archer. The Department of Youth Sport & Recreation is requiring every Bermuda sport organization to have a Long-Term Athlete Development document as the basis for their long-term planning.

While an archer can enter the sport at any age, a key LTAD premise is that participants will not only be more successful in sport, but healthier throughout life if they develop.

“Physical literacy” at a young age – a wide range of skills that include movement, balance, throwing, catching, hitting, etc. The development of sound physical literacy skills, followed by ongoing learning and training introduced during “windows of optimal trainability” keyed to developmental ages and stages, is necessary for any athlete to reach his or her full potential. Missing a step, or introducing the “5 S’s” (stamina, strength, speed, skill and suppleness) too early or late, restricts the athlete’s potential and makes reaching the highest levels of performance more difficult. However, by understanding the 10 Key Factors of LTAD, coaches can help archers of any age participate and achieve their aspirations more effectively.



## **What are the Stages of LTAD for archery?**

The LTAD model divides archer development into a series of stages. Within each stage, appropriate development is essential. Only by following age-appropriate activities and building a foundation in each stage can archers optimally prepare to progress toward their goals.

In archery, many participants begin at later ages, and come to the sport with some foundation of physical literacy and fitness developed in other activities. No matter what their age, they must progress developmentally from Learn to Shoot to Shoot to Win stages if they are to become high performance archers. For those who choose to participate but not pursue high performance, the Active for Life stage is open at any age after basic skills are developed.

For archers with a disability (AWAD) two more stages are added at the beginning: Awareness and First Contact. These emphasize the need to make access to sport known to people with a disability, and then to ensure that the sport environment and first exposure are positive and welcoming. Information about LTAD for archers with a disability can be found later on in this document.

## **Sensitive Periods of Development**

The developmental stages are sensitive for young athletes. Peak Height Velocity (PHV), the maximum rate of growth during the adolescent growth spurt, is the key marker event for windows of optimum trainability for some of the physical "S's" of stamina, strength, speed, skill and suppleness. It is essential that the introduction of training of these S's is based on developmental age, not chronological age. Development occurs at different times for different young athletes. If the windows are missed, the athlete may not develop to full potential.

This underlines the importance of youth recruitment, age-appropriate programs, and optimal coaching and competition calendars in archery. Coaches, especially, must have the expertise to identify the athlete's stage and the programs and systems that will allow the athlete to train and compete appropriately to his or her potential.

However, even if windows are missed, all systems are always trainable.

## **Why Does Archery Need LTAD?**

Archery in Bermuda has made some modifications to the sport for young participants and introduced skills with Gold Point Archery with programs such as Discover Archery and Explore Archery. We face many of the same challenges as other sports in Bermuda such as funding support, coaches, all sports competing for the small pool of athletes, parents, schools students choosing not to participate in physical education and sport in schools and many points apply to archery as well:

### **Coaches**

- Training methods and competition programs designed for male athletes are superimposed on female athletes
- Need more female coaches
- Lack of understanding of coaching athletes with a disability
- Coaches largely neglect the sensitive periods of accelerated adaptation to training
- Adult training programs are imposed on developing athletes
- Preparation is geared to the short-term outcome — winning — and not to the process (Process = Outcome)
- Need to promote lifelong learning and development for coaches

### **Organizations**

- Developmental athletes over-compete and under-train
- Adult training and competition programs are imposed on developing athletes
- Chronological rather than developmental age used in training and competition planning
- Lack of training facilities
- Lack of entry level programs

### **Parents**

- Parents are not educated about LTAD
- Parents may not understand the sport system and "which organization does what"
- Sports specialize too early in an attempt to win or to attract and retain participants; parents need to understand and resist this tendency
- FUN is forgotten



## **Sport Leaders**

- No integration between physical education in schools, community programs, and elite competitive programs
- Failure to integrate athletes with a disability
- Fundamental movement skills and sport skills are not taught properly
- The most knowledgeable coaches work at the elite level and not at the developmental level where quality coaches are essential
- May have difficulty funding youth
- Programming is not a priority
- Forced to change mission/mandate in pursuit of funding

### **As a consequence of a deficient system, athletes may suffer:**

- Injury
- Failure to reach optimal performance levels in international competitions
- Poor movement abilities
- Lack of proper fitness
- Poor skill development
- Bad habits developed from over-competing focussed on winning
- Undeveloped and unrefined skills due to under-training
- Female athlete potential not reached due to male oriented programs
- Children not having fun as they play adult-based programs
- No systematic development of the next generation of national and international athletes
- Athletes pulled in different directions by school and clubs because of the structure of competition programs
- Fluctuating performance due to lack of talent identification and a clear developmental pathway
- Athletes fail to reach their genetic potential and optimal performance level
- Athletes leave sport and want nothing to do with it later

Archery's new Long-Term Archer Development model addresses these issues. By introducing LTAD principles and building an integrated archer development system around them, we can achieve greater participation and competitive success.

## Archery's Development Pyramid

In a long-term archery development system, optimal preparation for success depends on a progressive building of preparation using the six elements of the “archery pyramid” – Fun, Form, Fitness (strength), Fitness (endurance), Focus and Flow. These six elements represent an archery-specific approach to the “10 S’s”. Each element builds on the previous and each must be introduced at the appropriate stage of development.

**Fun:** Opportunity for participation in other activities, unstructured play, and experimentation is essential in every stage to maintain interest and freshness and to stimulate creativity. Remember, the number one reason for dropout from sport is “it stopped being fun.”

**Form:** The applied biomechanics of archery. Good form is the foundation of accurate shot-making, and depends on correct body position and movement sequencing as well as correct equipment selection and underlying posture and strength. Form is based on the physiological and psychological abilities of balance, flexibility, core strength and stability, strength and power, gross and fine motor skills, coordination, visual acuity, and aiming and hitting.

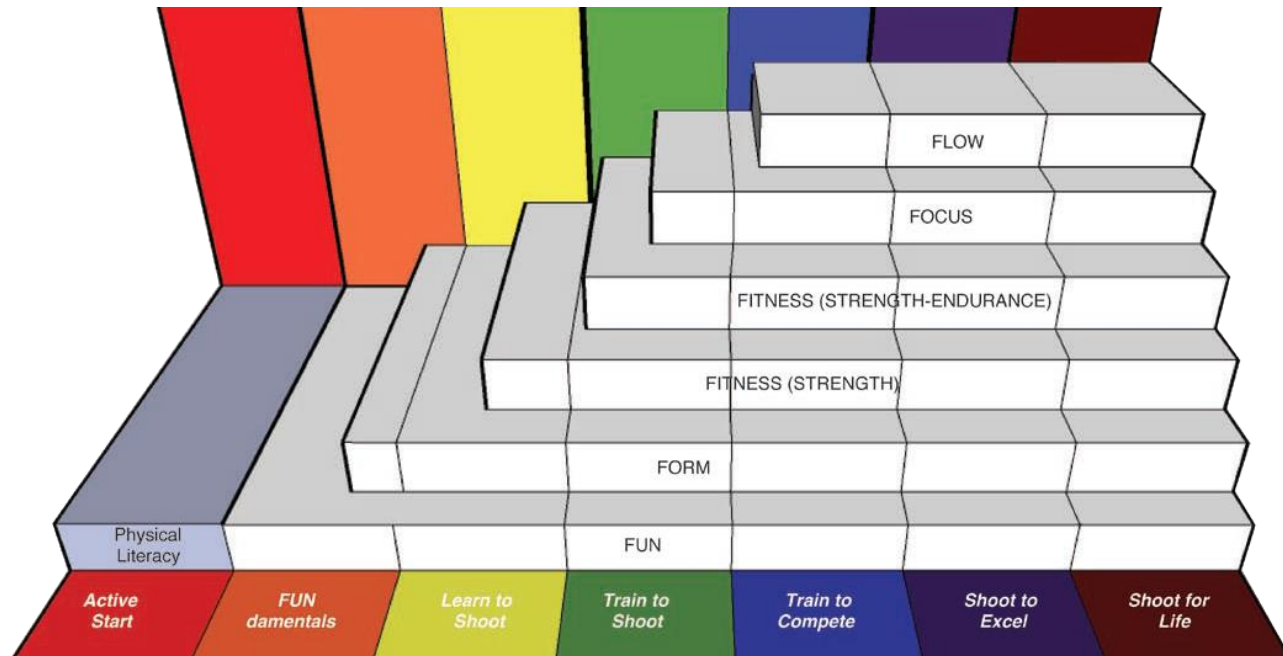
**Fitness (strength):** As the basics of good form are in put into place, the archer develops sufficient muscular strength to draw the bow. Increased strength as the archer continues development allows controlled use of bows of greater draw weight, and therefore greater shot distance. Bi-lateral development is important to avoid development of postural imbalance and chronic injury. Strength includes the capacities of neuromuscular patterning and adaptation (Strength 1), and hypertrophy (Strength 2).

**Fitness (strength-endurance):** With basic strength in place, strength-endurance, or the ability to draw the bow repeatedly without fatigue, becomes critically important. This is particularly essential in competition. Aerobic endurance and continued development of all-round fitness compliments strength-endurance and are also developed.

**Focus:** “The mental game.” Focus includes all elements of mental preparation necessary to cope with competitive pressure and maintain accuracy in all conditions. This includes introducing a shot sequence, and elements of relaxation, self-talk, and focus strategy.

**Flow:** Flow is the integration of all the key elements plus the accumulation of experience and knowledge of competition, to achieve mastery and high performance. While it contains technical elements (e.g. “how to shoot an Olympic round”) and physical/mental components (e.g. how to “feel the shot”) it is also in part the confidence that comes from optimal preparation.

### ARCHERY LONG TERM ATHLETE DEVELOPMENT PYRAMID



## The Long-Term Archer Development Model

To reach his or her potential and goals, a participant needs the right training and preparation, the right competitive opportunities, the right equipment, and the right nutrition, rest and regeneration...all at the right times. This Long-Term Archer Development model defines guidelines for stage-by-stage development from entry into the sport, through to high performance and/or active participation for life.

The LTAD model is a summary of key training and performance goals for archers. This Model assumes sufficient infrastructure and support is provided; in other words, without adequate coaching, proper competition opportunities, and other key elements, archers cannot expect to meet all the training and performance goals in the LTAD model. To support our coaches and archers and achieve our goals for archery, we must build an integrated, coordinated system supporting our archers “from playground to podium” and to lifelong involvement.

The LTAD model consists of guidelines, and archers, coaches, leaders and parents must be flexible in application to ensure that LTAD enhances archery as an experience and a sport for all participants. All archers need individualized programs and evaluation by a certified coach with an understanding of Long-Term Archer Development. Guidelines should never be used to select or reject archers.

It is our hope and expectation that, as a result of developing and sharing this Model, leaders and parents will know how to make decisions that benefit the Long-Term development of archers, coaches will have a common guide for the design of annual plans and programs, and archers will have the guidance and support they need to excel and to participate for a lifetime.



# Shoot for Fun Shoot to Excel Shoot for Life

## The Long-Term Archer Development Model

It only takes a single moment to become an archer. You may hold a bow for the first time at summer camp, experience it at a birthday party, team building session or watch Olympic archery on television and decide to become a champion. You may be five years old, or fifty. The essential thing is that the first exposure to archery provides challenge, reward and enjoyment- in other words, that it is FUN.

**Fun is the basis for a lifetime in sport, a process of life-long development which is captured in the Long-Term Archer Development Model.**

The LTAD model groups the seven LTAD stages 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 Win 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, other forms of archery, and as a coach, official and sport leader.

Of course, this framework does not mean that fun is not an essential part of Shoot to Win, 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.

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 following pages depict the journey through archery, stage by stage, for archers of all ages. For each stage, the key objectives, the balance of Fun, Form, Fitness- strength, Fitness-endurance, Focus and Flow, and the progress markers or “benchmarks” are listed. Remember that while every archer must progress through every stage to the level to which they aspire, every archer is also an individual. All abilities are always trainable. These objectives and benchmarks are guidelines for development, not a means to select or reject individual participants.

## 1.5 How is LTAD connected to the National Sport Policy

National Sports Policy 2022 - 2027

The National Sports Policy is a five-year promise to raise the value of sport in Bermuda and increase participation and regional success. It proposes to do this through a new vision and mission and five goals to elevate sport in Bermuda.

Goals

- 1) Increase participation
- 2) Achieve sporting excellence regionally
- 3) Improve access to sports facilities
- 4) Increase the value of sport
- 5) Establish a framework for talent development

Success in sport is a long term process and the National Sports Policy has been put in place to support the National Sport Governing Body (NSGB) along this path. NSGB through a LTAD will develop a sustainable and effective pathway to increase participants and improve performance. This can be achieved over time through planned programmes, access to facilities and funding.

The Youth Policy in 2021 outlined specific goals such as:

- 1) Keep young people safe and protected from harm
- 2) Achieve full potential in learning, development and education
- 3) Minimize anti-social behavior
- 4) Increase employment and entrepreneurship possibilities
- 5) Engage youth and sport, culture and recreation
- 6) Support young people to be active and healthy
- 7) Enable participation in civic engagement
- 8) Encourage Diversity and Inclusion





## 2. PHYSICAL LITERACY

### 2.1 What is Physical Literacy and why is it important?

Physical literacy is the motivation, confidence, physical competence, knowledge, and understanding to value and take responsibility for engagement in physical activities for life.

There are five core principles which are motivation, confidence, physical competence, knowledge, and understanding.



Without the development of physical literacy, many children and young people will withdraw from sport and physical activity and are more likely to become inactive leading to unhealthy lifestyles. Physical activity can improve mental health by decreasing and preventing conditions such as anxiety and depression, as well as improving mood and other aspects of well-being. After engaging in physical activity it helps you think, learn, problem-solve, and enjoy an emotional balance. Regular physical activity can also reduce your risk of cognitive decline, including dementia.

## 2.2 How to contribute to developing Physical Literacy in Bermuda?

Sporting organizations can arrange programs during school, after school, weekends and during specific holiday periods to expose children and young people to the benefits of various sports.

Archery is a year round sport therefore a child may join a class at any time during the indoor or outdoor season. Our Association works closely with persons who are certified to teach the sport of archery to ensure the instruction is delivered correctly. When a child is keen to learn a sport it is important to encourage them to learn more and support them the best way we can. Many families may not be able to afford to place their child in a regular sport program therefore it is important for sports organisations to give back offering free lessons and encourage the introduction of new sports in schools when they can. Not every child wants to play soccer, cricket, netball or athletics in school. All these are primarily team sports and not everyone wants to play a team sport. There are some young people who prefer individual sports like archery, tennis, golf, swimming and some athletics. While those sports mentioned may also require team participation, primarily they are an individual sport which has them develop their own confidence and success in the sport.

Starting the conversation early with children is important for their physical literacy development.



### 3. Getting Started

Archery is a fun activity that can be taught to the young and the young at heart. While this activity is great for individuals it is also great for groups.

Our programs are designed to be safe, fun, and structured based on archery principles. We encourage parents to learn the sport with their young children and adults to learn with other adults. Good competition develops great archers.

The *Discover & Explore Archery Program* is a three-week program which introduces the participant to the equipment, safety on the range and how to use the equipment. These athletes should focus on skill development and participate in age-appropriate activities and games.

The *Progress & Experience Archery Program* is the next development process which occurs after an athlete has been engaged in archery and wants to explore a more organized training option. We focus on refining the skills needed to be successful in archery, and then furthering skill development through challenges such as club competitions and some national championship competitions.

The *Apply & Develop Archery Program* is where athletes begin to train and compete in a program that matches their personal interests, goals, and developmental needs. Archery specific training allows the athlete to fully develop - Technical, psychological, tactical, physical, and social development is important for the archer.

The *Growth Archery Program/Excel Program* is for athletes that are on a path that is dedicated to maximizing their athletic potential and committed to an ongoing periodized long-term training program in archery.

The *Mastery Archery Program* is to promote excellence within the highest level of performance at the National, World, Olympic and Paralympic levels. This is where we build winning strategies with the athletes, individualize training and recovery programs to prevent over-training.

The environment we create is important to our instructors and participants. We want to ensure participants are getting the best instruction and feel comfortable with the instructors. Our instructors are provided with the best training materials and equipment to teach. We encourage a family orientated atmosphere and care for the well-being of our members.



### 3.1 Stages of Development

#### STAGE 1

##### ACTIVE START/FUNDAMENTS

(discover & explore)

AGES 8 – 11 or mature adult

This is the first step of involvement with archery at a young age. Discovery of key concepts and motor skills of archery is critical to learn the fundamental posture and coordination of archery.

#### STAGE 4

##### TRAIN TO COMPETE

(growth & excel)

AGES 17 – 22 or mature adult

Athletes will choose the pathway that best represents their interest and abilities.

#### STAGE 2

##### LEARN TO SHOOT

(progress & experience)

AGES 12 – 15 or mature adult

This stage focuses on refining the skills needed to be successful in archery, and then furthering skill development through challenges.

#### STAGE 5

##### SHOOT TO EXCEL

(excel program)

AGES 18+

The focus of this stage is to promote excellence with the highest level of performance at the National, World and Olympic and Paralympic levels.

#### STAGE 3

##### TRAIN TO SHOOT

(apply & develop)

AGES 15 – 17 or mature adult

Maximizing potential becomes an option for athletes as they start to grasp the commitment necessary for archery.

#### STAGE 6

##### SHOOT FOR LIFE

(mastery)

AGES 21+

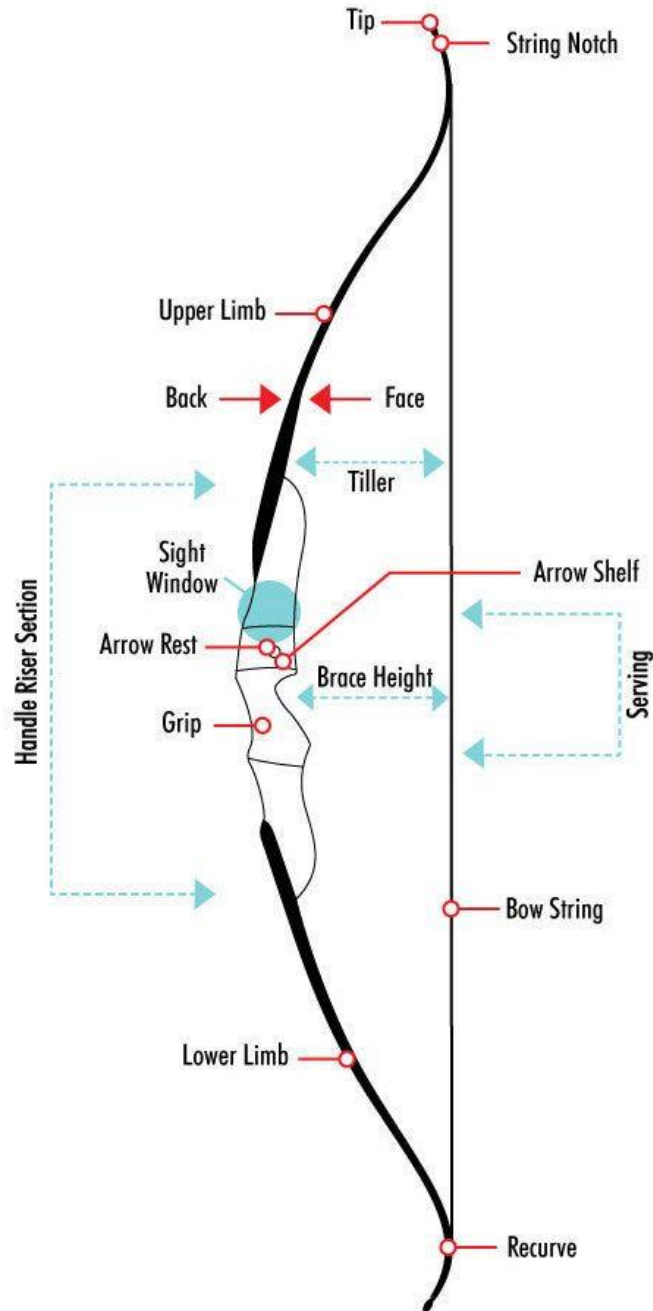
As individuals mature, they can continue to participate in the sport in recreational or high-performance pathways. Many may serve in multiple roles as athletes, coaches, judges, leaders and/or administrators.

### 3.2 Archery Equipment

There are two types of bows used for archery which are the recurve bow and the compound bow.

The recurve bow or bare bow is shown below in the diagram. It is a three-part bow with a riser with top and bottom limbs. Once the string is attached, the bow may need to be tuned for the student and then it's ready to shoot. All students are introduced to archery using this type of bow.

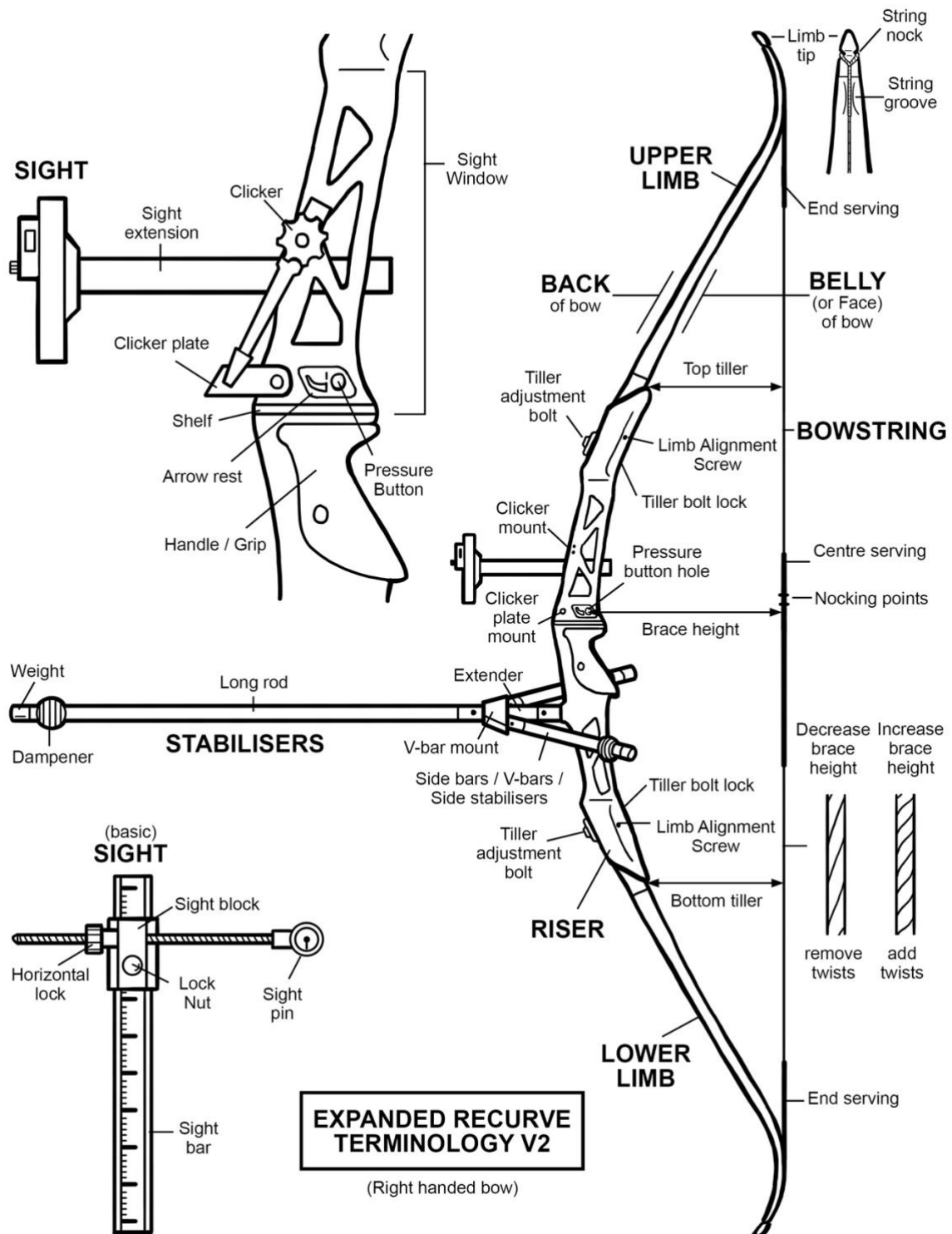
Barebow Recurve Bow





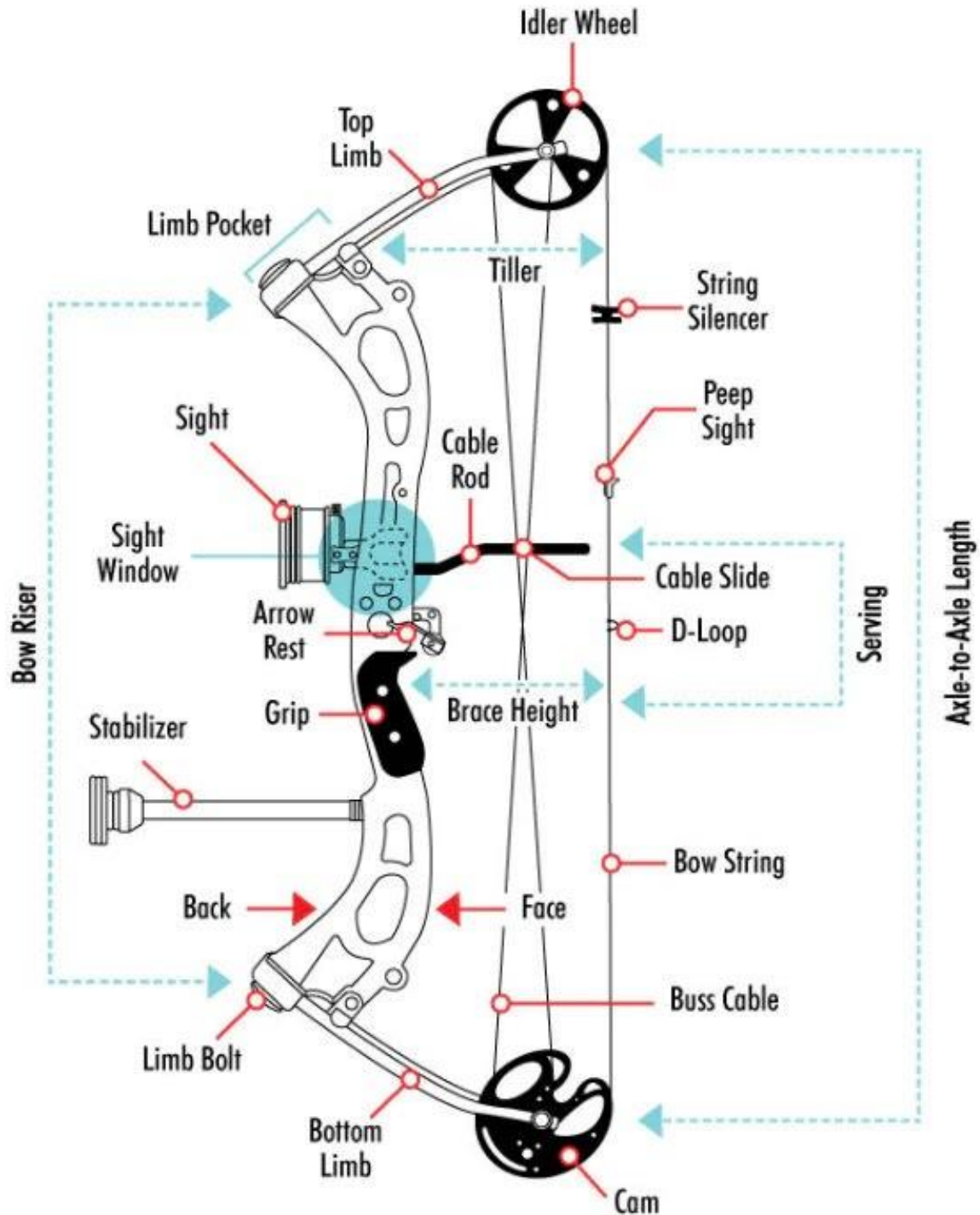
## Olympic Recurve Bow

Once an archer is comfortable shooting the barebow and prefers a recurve bow, they will purchase their own equipment and start to gradually add some of the key components shown below in the diagram. By adding a sight, clicker, stabilizer bar sides bars and weights then transforms it into the Olympic Recurve Bow. The recurve bow is the only bow used at the Olympics and the distance for that event is 70 meters. we allow them the option to choose which bow they prefer to shoot.



## Compound Bow

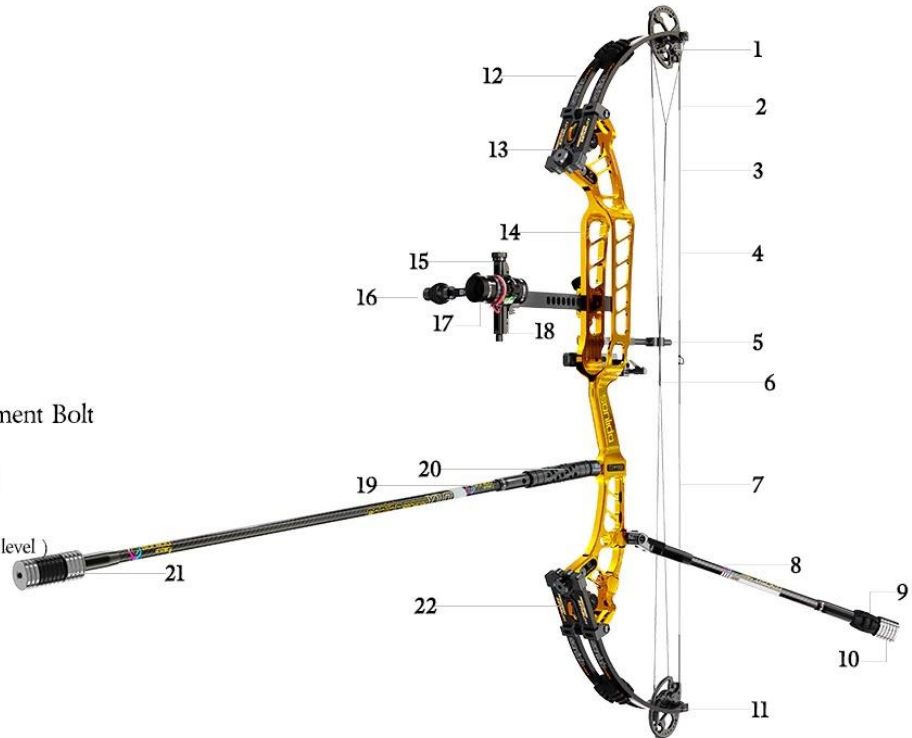
Another bow option is the compound bow. Once an archer understands the basic shooting technique they can make a decision if they want to try shooting a compound bow. While this bow looks quite complicated it makes shooting an arrow easier than a recurve bow. Unlike the recurve bow, an archer does not need to hold the full draw weight. To release the arrow on a compound bow a release switch is used.



## Advanced Compound Bow

While the compound bow is not used in the Olympics it is still shot at a maximum distance of 50 meters in World Cup and other national or international events.

- 1 Upper Cam
- 2 Cable
- 3 String
- 4 Peep Sight
- 5 Cable Slide
- 6 Arrow Rest
- 7 String Stopper
- 8 Stabilizer Side Rod
- 9 Stabilizer Damper
- 10 Stabilizer Weight
- 11 Lower Cam
- 12 Upper Limbs
- 13 Draw Weights Adjustment Bolt
- 14 Riser
- 15 Sight Adjustment Bolt
- 16 Scope Damper
- 17 Sight Scope(\*No bubble level )
- 18 Sight Damper
- 19 Stabilizer Long Rod
- 20 Stabilizer Extender
- 21 Stabilizer Weight
- 22 Lower Limbs



\* No bubble level (contain the liquid) included in the kit according to the Air Transport Safety Ordinance.



The items listed below are used for safety when shooting the bow, stringing the bow, and carrying the arrows.



### 3.3 Age Classes and Distances for Divisions

AGE CLASSES AND DIVISIONS FOR NATIONAL EVENTS					
Age Class	Bow Type	Indoor/Outdoor	Distance	Target Face	Inner Ten?
Yeoman (9 and Under)	Recurve	Indoor	9 meters	60 cm	NO
		Outdoor	15 meters	122 cm	NO
	Compound	Indoor	9 meters	40 cm	NO
		Outdoor	15 meters	80 cm	NO
	Barebow	Indoor	9 meters	60 cm	NO
		Outdoor	15 meters	122 cm	NO
Bowman	Recurve	Indoor	18 meters	60 cm	NO
		Outdoor	30 meters	122 cm	NO
	Compound	Indoor	18 meters	40 cm	YES
		Outdoor	25 meters	80 cm 6-Ring	NO
	Barebow	Indoor	18 meters	60 cm	NO
		Outdoor	30 meters	122 cm	NO
Cub	Recurve	Indoor	9 meters	60 cm	NO
		Outdoor	15 meters	122 cm	NO
	Compound	Indoor	9 meters	40 cm	YES
		Outdoor	15 meters	80 cm 6-Ring	NO
	Barebow	Indoor	9 meters	60 cm	NO
		Outdoor	15 meters	122 cm	NO
Cadet	Recurve	Indoor	9 meters	60 cm	NO
		Outdoor	15 meters	122 cm	NO
	Compound	Indoor	9 meters	40 cm	YES
		Outdoor	15 meters	80 cm 6-Ring	NO
	Barebow	Indoor	9 meters	60 cm	NO
		Outdoor	15 meters	122 cm	NO
Junior	Recurve	Indoor	9 meters	60 cm	NO
		Outdoor	15 meters	122 cm	NO
	Compound	Indoor	9 meters	40 cm	YES
		Outdoor	15 meters	80 cm 6-Ring	NO
	Barebow	Indoor	9 meters	60 cm	NO
		Outdoor	15 meters	122 cm	NO

## Shoot For Fun

### 4. Active Start (age 0 - 6 0 sport years) / FUNdamentals (age 6 – 9 or 0 – 4 sport years)

**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 – 100% (Active Start) to 60% (FUNdamentals)

Form – Up to 40% in FUNdamentals

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:

- Divisions and disciplines – Single division only (e.g. either recurve or compound) for sport introduction
- Quality arrows per week – Up to 75 (FUNdamentals)
- Draw weight : 8-15 lbs recurve bow / 10-20 lbs compound bow
- Training duration – No structured training (Active Start); up to 45 minutes/session (FUNdamentals) Training volume – (FUNdamentals) 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: Instructor of Beginners (in FUNdamentals stage).

#### 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.
- In the FUNdamentals stage, introduce archery as one of a number of sport activities.
- FUNdamentals archery uses short distance, large targets, fun targets (e.g. balloons).





# Shoot For Fun

## 5. Learn to Shoot / FUNdamentals (1 to 4 sport years)

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

### Archery Pyramid:

Fun – 40%

Form – 40%

Fitness (strength) – 20%

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, indoor and outdoor to develop a range of skills and interests.
- Quality arrows per week – 50 to 150
- Draw weight : 8-15 lbs recurve bow / 10-20 lbs compound bow
- 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 hours per week.
- Competition – 2-4 local club competitions; 90% training, 10% competition. Treat competitions as practice.
- Coaching – Instructor Stream: Instructor of Intermediates / Level 3 Coaches

### Notes:

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



## 6. Train to Shoot (2 to 8 sport years)

**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%

Fitness (endurance) – 20%

Focus – 10%

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

### Benchmarks:

- Divisions and disciplines –Try recurve and compound, indoor and outdoor to develop a range of skills and interests.
- Quality arrows per week – 150 to 500.
- Draw weight : 15-24 lbs recurve bow / 15-35 lbs compound bow
- 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 club per year. Introduce 1-2 national or international competitions at end of stage. 85% training, 15% competition.
- Coaching – Competition Stream: 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.



# Shoot To Win

## 7. Train to Train (4 to 10 sport years)

**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%
- Fitness (endurance) – 20%
- Focus – 20%
- Flow – 10%

### Benchmarks:

- Divisions and disciplines – Recurve or compound (specialize); indoor and outdoor.
- Quality arrows per week – 600 to 1000
- Draw weight : 20 -30 lbs recurve bow / 20 -45 lbs compound bow
- 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 club, 2 each national, international per year. Up to 3 international competitions by end of stage. 80% training, 20% competition.
- Coaching – Competition Stream: 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.



## 8. Shoot to Compete / Shoot to Win (7+ sport years)

**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% Fitness (endurance) – 20% Focus – 20%

Flow – 20%

### Benchmarks:

Divisions and disciplines – Fully specialized in recurve or compound; indoor and outdoor

Quality arrows per week – 600 to 1000+

Draw weight : 35-54 lbs recurve bow (average 49 lbs men and 40 lbs women)

Draw weight : 40 - 80 lbs compound bow (average 65 lbs men and 55 lbs women)

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 club, 2 each national, 4 international. 70% training, 30% competition.

Coaching – Competition Stream: Competition High Performance (current Level 3/4 coach).

### 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.





## Shoot For Life

### 9. Active 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 – See tables p. 38

Training duration – As desired. Training volume – As desired.

Competition – As desired.

#### 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.



Appreciate archery as a life-long sport.

## 10. Archers with a Disability

Archery is one of only a few sports in which many archers with a disability (AWAD) are able to compete with a minimum of equipment or rules modifications. For this reason archery is considered “fully integrated” with AWAD competing alongside able-bodied competitors. However, there are special competitive categories for archers with a disability.

The sport is open to archers with a physical disability (including spinal injury, cerebral palsy, amputee and les autres) in three functional classes- standing (ARST), wheelchair 1 (ARW1) and wheelchair 2 (ARW2). In 2007, the Visually Impaired class was also competed for the first time at a World Championship. Archers are classified and compete according to the type and level of disability. Individual and team events, and standing and wheelchair competitions, are included.

Bermuda does not have any classified archers however we do have an archer that uses an assistive device which is a foot block. In addition to the need of this block, this archer also has a visual impairment. This archer was involved in a life changing accident and archery has been a part of his rehabilitation.



Despite the full integration of AWAD into archery, more can be done to make the sport known and accessible to persons with a disability. This requires additional emphasis on two areas- awareness and first contact.

Awareness means increasing the visibility of archery among persons with a disability. Many persons with a disability are not aware of opportunities in sport, or believe that they will not be able to participate. Archery, as an integrated sport, has advantages in this regard. Increased promotion of the sport to disabled persons may help increase the number of AWAD entering the sport.

Then comes “first contact”. “First contact” usually refers to the first time an athlete encounters a sport, or has an opportunity to try a sport. It is important to understand that “first contact” works both ways- when the athlete meets the sport and coach, and when the coach meets the athletes. For both coach and athlete, first contact may bring apprehension or fear. The athlete may be asking: “Can I do this? Will I be accepted?”

It can take more courage for an athlete with a disability to try a new sport. Archery coaches and sport leaders can do their part to help more archers take part by understanding the Awareness and First Contact stages and by actively inviting persons with a disability to try archery.

To compete internationally athletes are required to be classified by a Para Classifier. Classifiers are verified by World Archery to carefully determine who is eligible to participate in para archery competition. While Bermuda does not have any para archers we have persons available to us to classify a potential para athlete.



## 11. What is training ?

The action of teaching a person a particular skill or type of behavior; to be taught through practice and instruction over a period of time; develop and improve (a mental or physical faculty) through instruction or practice.

The Train to Shoot stage is a crucial stage of putting into practice what has been taught. The 11 step process is further broken down and not as basic. A schedule will be developed with the Coaches as to when the child will come to the range to practice how to improve the skill they are learning. While archery is very physical, 90% of this sport is mental and an archer also needs to train the mind. The key objective is ensuring the equipment is suited for the archer and this would be the time they should invest in their own personal equipment. It is important that they warm up their muscles before managing the equipment and take a few mental minutes to prepare themselves to shoot. Mental training is introduced at this stage. It is recommended that during this stage the archer trains consistently a few times per week. This develops into a routine they become accustomed to. They should also ensure they have a training plan to avoid injury. A plan to warm up for 15 to 20 minutes before they shoot and 5 to 10 minutes to cool down after they finish. The introduction of small hand weights and examples of some strength training techniques are good for their development. We also speak to archers about their sleep habits and good nutrition. The recommended program is with a coach that is certified at a Level 3 position accredited through NAAB, World Archery or USA Archery. The archer is still developing at this stage and knowing which muscles need to be used and how is so important. In addition, we do not want the archers to overextend themselves.

This stage opens up the opportunity for national competitions as they become more specialized in the sport. The archer will be shooting distances up to 30 meters at this time.

### Shot Process

- 1) Stance
- 2) Nock Arrow
- 3) Grip, Hook, Posture
- 4) Set
- 5) Setup
- 6) Draw/Load
- 7) Anchor
- 8) Transfer to hold
- 9) Contract and Expand
- 10) Release and Follow through
- 11) Reflect / Reset



## 12. What is train to train?

An archer getting into this stage would have already determined their archery discipline - olympic recurve, barebow or compound bow. The archer should have their own equipment that they are getting adjusted to. If they don't at this stage they should be considering which equipment best suits them.

The archer is focused on the best training methods, frequency and schedule to improve performance. This requires the archer to work with their coach to ensure they have a training plan which consists of the areas of development and preparation for events. Within this stage there is more of a concentration on the "mental game", strength training and nutrition.

Archers need to be consistent and dedicated in their training to become skilled at their craft. Like any other sport, practice improves performance. However, practicing too often or not enough can have an effect on an archer's performance. This is why it's important to find the right frequency of training sessions to help them achieve their goals while avoiding overtraining and burnout. Setting goals is crucial for intermediate archers to determine their training frequency. Goals can be short-term, such as improving accuracy, or long-term, such as competing at a high level. Setting achievable and realistic goals helps archers to focus on their training and determine how often they need to train to achieve these goals. Their range time would increase to three to four times per week shooting with the incorporation within their plan with strength training, mental training and physio/recovery.

One of the primary benefits of consistent practice is the development of muscle memory. Muscle memory is the ability to perform a specific movement repeatedly without thinking about it consciously. Through consistent practice, an archer can develop muscle memory, which allows them to perform the same shot repeatedly without thinking about it. This muscle memory is crucial for an archer to achieve consistency in their technique and accuracy in their shots.

Archers need to maintain mental focus during each shot to achieve accuracy and precision. Consistent practice helps to improve mental focus and concentration by allowing the archer to develop the discipline and concentration needed to maintain focus during each shot. Through consistent practice, archers can train their minds to stay focused on the task at hand, block out distractions, and maintain concentration throughout a competition.

Incorporating strength and conditioning are essential for archers to improve their accuracy and prevent injuries. Archers should incorporate strength training into their training routine, focusing on building core strength and improving upper body strength. Joining a gym and having a meeting with an instructor with your coach to develop the right workouts for the sport.

Cardiovascular conditioning is also essential for an archer to develop endurance and maintain focus during long competitions. Cross-training activities such as jogging, swimming, or cycling can help archers build endurance and prevent overuse injuries.

The archer may be shooting at various distances at this stage and this will depend on their form and readiness for the next distance. As noted in Fundamentals an archer will start shooting at 6 meters and will gradually increase in distance. At this stage they may be shooting up to 30 meters and would have had some exposure to local and international 18 meter competitions. There is an opportunity to attend international training such as the Caribbean Development Championships held by World Archery Americas or similar preparing them for the next level of competition.



### 13. What is shoot to compete?

This stage requires an intense concentration on the approach, result and response during training as well as the preparation to train for competition. The archer is practicing with a purpose.

Practice Session Structure is so important and the archer will have required activities for their practice session:

- A movement-focused warm-up, followed by some stretching
- A blank bale (no target face) shooting period
- A scoring round of some kind
- A practice-ending blank-bale session
- Stretching/cool-down
- Bow tuning, as needed

The archer and coach would be aware of the events coming up during the year or the prior year(s). It is important that they plan together what events they are targeting to compete in and what will need to be done in preparation for each chosen event. This will require a training plan specifically prepared for the upcoming competition. The plan will include how much time they have to prepare for the event, days for shooting, number of arrows to be shot at a given session, monitoring scores, mental training, strength and cardio, physio, nutrition, rest & recovery and life events.

Students will need to find a balance with their school schedule and any other extra curricular activities they participate in. This balance should include family and down time. For instance, there are 24 hours in one day and if we break it down as follows:

8 hours sleep

8 hours of school

8 hours of eating, training, family and everything else.

Finding the right balance of time shooting is just as important as the other items mentioned. At Stage 5 the focus moves toward more high level technical and tactical training.

The peak for an archer occurs when they are shooting fluidly, not knowing that time is passing and remembering only the feel of their good shots. There are five principles that will put an archer on a learning curve to reach their peak. To reach the highest level of repetition, the use of sound biomechanics with proper timing as guided by the FIVE PRINCIPLES must be used.

Principle #1 - Repeat our practiced action.

Principle #2 - Expresses the need to learn what to do, how to do it, and when to do it if you hope to repeat at your highest level.

Principle #3 - Necessity of thinking in the present and about the most important process the athlete needs to complete their action.

Principle #4 - Defines the need to determine and use the most biomechanically efficient body position to complete your most important action.

Principle #5 - Presents the need to establish an ordered set of physical actions needed to place the athlete in their best body position.

#### Building Blocks

The overall archery performance cycle is one to enhance performance. The archer must examine their individual skills that build each block in the cycle: the approach or preparation, the result and the response to the result. The archer should be serious about succeeding, then must build and maintain the skills that are helping them perform through this cycle and, then constantly add new skills to make them perform better.

#### #1 The Approach

The approach consists of skills in two areas: the first area is all those skills and actions related to physical performance; the second is all those skills and actions that comprise mental performance. The archer must have complete control of building every part of their physical and mental game. In training it is important the archer understands and accepts full responsibility for the building of their archery shot performance.

Physical Skills (major skills) - diet, exercise regimen, practice intensity, sleep habits, steps of form and training plan.

Mental Skills - goal setting, writing a training plan, interaction with coach, self-talk, focus shifting and key words and maintaining personal relationships.

## #2 The Result

Realizing that you do not have control after the arrow separates from the bowstring is essential in moving appropriately beyond the result. The wind, rain, the shadows and equipment malfunctions may rob points away. There are four possibilities when viewing the result:

- Perform well and the arrow scores well
- Perform well and the arrow scores poorly
- Perform poorly and the arrow scores well
- Perform poorly and the arrow scores poorly

Simplifying the view of the results and avoiding any type of judgment helps the archer to transition into the next phase, where they will formulate a response to the result that occurred. The archer is to review the result of the shot arrow and determine which of the four events happened, then move effectively to the third building block in the performance cycle, the response.

## #3 The Response

The third and final step in the performance cycle is where the archer mentally processes the result and formulates a response before moving to the next shot execution.

The coach and archer after each season will review the building blocks to determine how the training session went, after each tournament and after a complete archery season. Knowing what can be controlled and what cannot be is essential in reaching the highest level of performance. Just knowing the cycle gives the ability to begin building skills in the appropriate areas. Building the appropriate skills and using them in this cycle will enable an archer to set the best conditions for entering that special place called the “zone.” That is where the mind and body come together in balance and in the present, so they can perform at their very best.

It is imperative to have a positive action plan. The archer will increase their day of shooting up to five times per week and taper off leading up to a competition. Specific events such as World Championships, World Cups, Central American & Caribbean Games, Pan American Games & Junior Pan American Games, Olympics, and Youth Olympic Games will be targeted for participation as the distance they shoot would have increased to 60 and 70 meters.





## 14. What is train to win?

Shooting archery to win is hard work and requires complete commitment and the smartest approach to practice and preparation you can put together. It is important to remember that archery is still fun while preparing for the event. An archer at this stage will be either at an Elite Status or progressing towards this with the local National Olympic Federation.

The game plan is to have a conscious mental focus while shooting a scoring arrow. An archer will have A Pre-Tournament Mesocycle. Four to six weeks prior to any tournament is a critical period in training. A very structured schedule of action, diet and rest only prepares the body for the upcoming important event, and also prepares the mind. (See Appendix 1 which provides a sample of a Four Week Training Plan.)

During each and every scoring shot of the prep weeks, the archer must use their focus assignment sequence. (See appendix 2 for Focus Assignment Sequence) While practicing the archer must visualize being at the actual tournament setting. Archers must learn to “see” and “feel” themselves already at the tournament for these practice rounds. Another good tool is a focus map on paper that can be kept in the quiver. Get it out and reach it often - before the first arrow of each end and after the last arrow of the end. Reading it in between shots will keep the conscious mind on the “present” task at hand and help prevent their thoughts from wandering off task.

During the hours they are not shooting, it is helpful to think about the beginning game. This means the archer is thinking about the first few arrows of the tournament. The archer should see themselves shooting the practice ends and getting smoother and settled during these arrows. Then visualize smoothly and calmly shooting the first arrow for score and smoothly moving to the next and then the next until all six are completed.

If an archer is shooting in the weekly local league their practice schedule should be adjusted to accommodate the league shooting load so they don't overshoot. Control the number of arrows shot and the schedule needs to have rest days. A period of rest and recovery is so important so archers are encouraged to have regular physio sessions.

Maintaining a healthy balance of archery/school/work/life is so important. We encourage the athlete to “Plan Your Work, then Work Your Plan”.



## 15. What is Shoot for Life?

### Active for Life

Archery is a sport that has no age limit therefore, an archer can continue to compete well past their 40s, 50s, 60s, and beyond. Competition can continue to be on the world's stage or in smaller international or local tournaments. This is a sport that is very rewarding for the mind, body and soul.

When an archer decides to taper their competition shooting, they find this a good time to start giving back to their sport. Coaching the next generation and sharing their competition experience helps to build the next team of archers.

Coach training is offered locally through our National Sport Governing Body to allow persons the ability to secure their instructor and coaching certifications easily without travel. Having persons that are certified as Judges provides Bermuda an opportunity to host International Events locally, as well as allow the Certified Judge to manage events internationally for other countries.

Staying active and focusing on a healthy lifestyle is important as persons continue to mature in age, allowing the body to remain in continual movement. Shooting two or three times a week is a great outlet and a great physical activity. It is also a great way to remain in social settings with others.

Our Association welcomes our archers to become part of our team and take on a role within our Committee that allows this sport to remain active and supportive of the new and existing athletes.

Overall, this LTAD pathway emphasizes the importance of developing fundamental movement skills and a love for physical activity at a young age, gradually progressing to more advanced archery skills and techniques, and ultimately aiming for high-level competition while maintaining a healthy balance between training, academics/work, and personal life. After having experienced a great sports career, it does not have to end as persons may stay active for life and give back to the sport as coaches and or Committee members.





## **16. CONCLUSION**

### **16.1 Summary of Key Points**

Taking part in a sport does not mean you have to be a professional. What sports does is help a person decide what is in it for them. So here are three reasons people take part in sports for Fun, Fitness or a Future.

Fun - enjoy learning a new sport and doing it with friends and family.

Fitness - to be active and maintain good mobility & strength.

Future - goal to be successful in sporting events and representing your country.

Archery provides Fun, Fitness and a Future in sport. This is a sport for life that has no age limit that based on age decides when you need to opt out like gymnastics, cycling, or some athletic sports. It is an individual and a team sport. Archery is a disciplined sport that is both physical and mental (90% mental). It is an Olympic and Paralympic Sport where competitions are held all year round. The Indoor Season is in the Fall/Winter and Outdoor Season is in the Spring/Summer.

### **16.2 Athlete development challenges and opportunities in Bermuda**

Archery has a dedicated coaching team of four and is expanding the team. By 2025 we intend to have a larger team to ensure our archers have coaching support to cover all major events coming up during that year. Two Senior coaches and three Instructors will be able to support athletes who are traveling to various international events and coaching seminars. Continual coach development will always be a top priority however the bigger challenge we have is an effective training and event facility. Within this facility we require specific equipment to allow for shooting, bow tuning, fitness and technology. Athletes to perform at their peak need the right environment to do so. This location can not be temporary for an hour or two however permanent where training equipment and other key materials are left and available when needed.

The fit for purpose training facility prepares the athlete for the international competition. The challenge for the athlete who has been preparing themselves for required competitions is the cost - air travel, accommodation, transportation, food, medical, coach, physio and event registration. An Elite archer should be attending a minimum of eight events a year - 4 World Cup Outdoor Events and 4 Indoor World Series Events. These eight events allow the archer to maintain a world ranking and prepare them for the festival events that are scheduled every two or four years.

In 2019 NAAB wrote a 5 year plan to re-establish archery in Bermuda. One of the objectives is to develop archers to meet the standards to compete in the World Cup, World Championship, Indoor World Series, CAC, PanAM and eventually the Olympic Events. Whilst there has been success in achieving many of the objectives within the plan, there is still work to be done that requires financial assistance and a training center to develop "The Elite Athlete". Over the past five years we have attended 2 World Cup Events, 2 World Championships, 1 Indoor World Series, Qualified for CAC Games and now aiming for Olympic spots.

Our future events included the Junior Pan Am Games, Youth Olympics, Pan Am Games, Central American & Caribbean Games and if not successful in 2024 the 2028 Olympic Games. Archery allows the opportunity for persons to become a great athlete achieving recognition for themselves and Bermuda. Many internationally recognized colleges and universities have archery in their program (Columbia University (USA) St. Andrews University (Ireland) and Texas A&M (USA)) offering scholarships to students to be their best academically as well as physically through sport. Students studying overseas and locally have the opportunity to compete in the FISU Summer World University Games.

### 16.3 Coach and technical officials development and opportunities in Bermuda

The number of coaches and instructors to teach this sport must be balanced to ensure the archers are getting the support they need from Fundamental right through to Train to Win. To facilitate the start of archery we partner with local clubs, schools independently and the after school programs to introduce the sport. Having both male and female coaches is a must for us to have.

The Fundamental stage may be taught by Stage 1 instructors or coaches. These persons should have a certification in archery instruction. They would follow the training program provided by NAAB which is also the National Archery in School Program (NASP). Train to Shoot may be taught by Stage 2 instructors or coaches. In addition to the technical side of archery, these persons will have taken the training for "SafeSport" or similar training and agreed to have a background check completed.

Train to Train up to Train to Win stages are provided by Stage 3 / Level 3 Coaches and higher. These persons would have also taken coaching courses that are not specific to the sport, however to learn the best coaching principles. Such courses are offered through Pan Am Sports, World Archery, our local Department of Youth, Sport & Recreation and the Bermuda Olympic Association. (This is not an exhaustive list, however these are Associations that have provided coaching support through their own programs or joined up with another organization to facilitate)

Where possible our association will facilitate the required coach development and support locally through our own team. In order to have well rounded and experienced coaches on island, this will require a coach traveling to programs, online education or having another qualified coach come to the island for certification of several coaches. It is important to have a coaching budget available for when available courses or persons become available to assist with our programs. We have the opportunity to attend several coaching courses throughout the year, however the challenge is the cost associated with these - travel expenses, training expenses, registration cost for competition events and training material cost.



## 16.4 National Sport Governing body's participation and performance goals

Our Association is committed to sharing the knowledge and technique of the sport of archery to the young and the young at heart here in Bermuda. This sport is available for the competitive person and those persons who want a recreational sport to remain active. With the assistance from the local archery club, league shoots and tournaments are held several times a year during the indoor and outdoor season.

One of our coaches, Trina Roberts, is on the Development Committee for World Archery Americas. This committee is responsible for setting the standards for development, organizing training and development missions for archers, coaches and judges and structuring development events with the appropriate rules and regulations to ensure safety. Her role on this committee has been a benefit for Bermuda Archery.

The club and National events prepare archers for international competitions held by Lancaster Archery Academy in Pennsylvania and USA Archery in various locations in the United States. World Archery Americas host a Caribbean Development Competition for developing archers who are pursuing the journey towards World Cup and World Championship Events. Once an archer has gained their confidence in competition and their scores are at the level for advancement towards festival events, coaches will then prepare them to compete at Island Games, World Cup, World Championship (Seniors & Youth), Pan American Games (Seniors & Youth), Central American and Caribbean Games (Seniors & Youth) and Commonwealth Games (Seniors & Youth). There are local and international qualifications to compete in these events. The Olympics and Youth Olympics are an achievement every competitive archer is looking to do.

An archer is able to obtain a World Ranking once they compete in their first World Archery event in the Indoor World Cup Series (4 events) or Hyundai Archery World Cup Outdoor Events (4 events). Events hosted by World Archery prepare them for the Festival of all Festival Events - The Olympic Games. (Senior & Youth)

The aim is to prepare our athletes to perform at their best on the world stage striving for a podium performance. We continue to work towards building a strong archery team across gender and disciplines in Olympic Recurve, Compound and Barebow.

To be an Elite Athlete involves a disciplined athlete who has set performance goals and has a plan in place to support the goals whether short or long term. The athlete needs a team to support the goal such as an experienced Coach, Sports Psychologist, Nutritionist, Physiotherapist, Physical Trainer and a family support system. The plan is driven by the athlete and supported by the team. Training tracking plans have been created and are available to the archers.



### Development Committee

Trina Roberts (BER) 2002 - 2024

## 16.5 Future directions for LTAD

Archery is a long term sport. It's one's ability to manage the equipment effectively that allows someone to shoot as long as they can. Archery has not been a well recognized sport in Bermuda even though the association has been in existence since 1969. The Executive Committee has made every effort to socialize this sport more in Bermuda and interest has grown. Many of our young archers participate in other sports such as football, baseball, cricket and tennis. Some others enjoy Highland dance and ballet. Our archers who are 18 years and older and have selected archery as their primary sport for competition, have an organized training schedule.

Location is key and while Bermuda is only 21 square miles, many find it a challenge to travel to our only training facility in St. George's during week days. To have a central location two days per week will allow us to introduce new talent to the sport and retain our young athletes who rely on parent transportation. Bermuda College has recently allowed us to use their gym once a week as this location has equipment (targets) on site. Our coaches previously taught a weekly class for students prior to COVID 19 and is engaging with the Sports Coordinator to restart the archery curriculum. The National Sports Centre is another prime location which will require equipment on site. Our training locations are not limited to Bermuda, and annually we attend camps at the Lancaster Archery Academy in Lancaster, Pennsylvania. This location is always available to us to book special training for archers or coaches when needed. Our team is always welcomed and supported by the two senior coaches at the academy. Other available training centers are the World Archery Excellence Centre in Lausanne, Switzerland and the Easton Archery Center of Excellence in Chula Vista, California. While these two are not as convenient as far as travel, the training and coaching held at both locations are "top notch."

The sustainability of this sport requires a pipeline of athletes at various stages as well as a pipeline of coaches. As mentioned previously, having access to a facility that provides our key needs (physical, mental and class room & observations) allows the athletes who desire this as a competitive sport to become successful. Our strategic plan outlines the future opportunity of hosting International Events in Bermuda. This is only possible with the use of the National Sports Centre as the venue, specific equipment, technical support/equipment, transportation, accommodations, knowledgeable personnel and volunteers.

We are aiming to host our first international event in 2025 which would be a development event for circa 100 archers. (Bermuda, USA, Canada and Caribbean) This will reduce some travel costs for our Bermuda participants who are seeking to enter their first International event. There is an opportunity for Bermuda to host a smaller training camp for 10-15 archers between the ages of 15 - 18 years in 2024. World Archery has commenced their selection of archers and Bermuda has secured a place for this event. The placement of this archer makes us eligible to host the event.

## 16.6 Partners to achieve goals

Archery is an Olympic Sport therefore we must also be in compliance with the International Olympic Committee (IOC). The IOC is the guardian of the Olympic Games and the leader of the Olympic Movement. It is responsible for coordinating the relations and actions of all members of the Olympic movement, including the National Olympic Committees (NOCs), International Federations (IFs), athletes and Organising Committees for the Olympic Games.

The National Archery Association of Bermuda must be affiliated with the International Federation for Archery, Department of Sport & Recreation and the Bermuda Olympic Association. These three organizations help to support the structure and governance of the sport.

International Federation (IF) - World Archery and World Archery Americas  
National Sport Organization (NSO) - Department of Tourism, Sport & Culture  
National Olympic Federation (NOC) - Bermuda Olympic Association

The local schools are where the fundamentals can be taught and the collegiate level is where students may have the opportunity to travel and compete in events such as the FISU Summer World University Games. This event is held every two years in a different city bringing thousands of student-athletes together to compete. The games incorporate educational and cultural aspects, encouraging student-athletes from around the world to combine high sports performance with their intellectual pursuits.

Government and Private Schools  
Bermuda College

It is beneficial to have a partnership with other individuals, businesses, interest-based organizations who support the advancement of the sport.

- Lancaster Archery Supply / Academy
- USA Archery
- Larry Wise Archery
- Gold Point Archery
- Geneva Archery
- Jake Kaminski Archery

## 16.7 Resources for further reading

There is a vast selection of reading materials and video available to develop and maintain this sport at the Olympic Level. A few of the materials we have used in Bermuda are listed below. This is not an exhaustive list and we continue to find new materials that have been revised by World Archery. Aside from reading and video material, there is the face to face discussions with Coaches and other Professionals that share their experience that helps mold this sport to where it is today.

- Planning to Peak in Archery - Larry Wise
- Core Archery - Larry Wise
- Training for Archery - Jake Kaminski
- Total Archery - Jake Kaminski
- Mental Management with Lanny Bassham
- Total Archery - Inside the archer - Kisik Lee / Tyler Benner
- USA Archery Instructor Manuals 1 & 2
- USA Archery Coach Manual 3
- USA Archery (website)
- World Archery (website)
- Tuning for Performance: A Comprehensive Olympic Archery Tuning Guide by Jake Kaminski

## 16.8 Contributors

Our achievements have been supported by volunteers, parents, businesses, National Federation, National Sport Organization and the Archery International Federation.

The support has been received through financial donations, volunteer assistance, training and equipment donations. 2022 was a pivotal year for us traveling to events requiring financial assistance and with the support of the following local businesses we were able to attend four significant events achieving four of our goals.

- Belco / Liberty
- Dowlings Marine
- Bermuda AirConditioning
- Cell One
- Ziebart Bermuda Ltd.
- Trip Ltd.
- Rustico Restaurant



**National Archery Association of Bermuda - Current Status November 2023**

Participant stages	Current number of participants	Goal for 2024
Active Start	4	10 (Start in 2 schools and Bermuda College) - M:5   F:5   para where available
Fundamentals	10	20 (includes any previous active start participants. Male and Female participants which may not be an equal split)
Learn to Train	10	15 (includes any previous fundamental participants. Male and Female participants which may not be an equal split)
Train to Train	6	12 (includes any previous learn to train participants. Male and Female participants which may not be an equal split)
Train to Compete	4	8 (includes any previous train to train participants. Male and Female participants which may not be an equal split)
Train to Win	0 (3 on the cusp)	3 (Male 3 & Female 3)
Active for Life	7	12
Instructors (Level 1 & 2)	3	9
Coaches (Level 3+)	2	3

**Programs** – Discover Archery (In schools, introduction to archery), Experience Archery and Explore Archery. Training fundamentals, introduction to competition, the mental game and performance skills)

**Coaching Programs** - Materials from USA Archery, Olympic Archery in Schools, World Archery, Eastern Foundation | And new developed local coaching material to accredit new instructors and coaches.



“A good coach will make his players see what they can be rather than what they are.”

ARA PARASHECHIAN

**National Archery Association of Bermuda 2 - Training requirements for Coaches and Instructors**

Ages	No. of Coaches / Instructor	Certification	Training	Region	Challenges
Active Start (may commence at 7 years of age depending on ability or as a mature as 50 years and over)	5	NAAB stage 1 and or 2 Instructor. USA Archery stage 1 or 2 Instructor or stage 3 Coach	Written and Observation	Bermuda/USA	The training is taught by local personnel. Cost of materials is minimal. A challenge may be how do we get a solid program in the school curriculum.
Fundamental between 7 - 9 years for children and adults any age)	5	NAAB stage 1 and or 2 Instructor. USA Archery stage 1 or 2 Instructor or stage 3 Coach	Written and Observation	Bermuda/USA	The training is taught by local personnel. Cost of materials is minimal. A challenge may be how do we get a solid program in the school curriculum.
Learn to Train (11 years or an older child/adult)	4	NAAB / USA Archery Stage 2 Instructor, stage 3 Coach or World Archery Level 3	Written and Observation	Bermuda/USA / Other countries within the Americas/ Europe	Location - accessibility for participants due to only one training venue (East) May also impact coaches.
Train to Train (15 or an older child/adult)	2	NAAB / USA Archery Stage 3 / 4 Coach or World Archery Level 3	Written and Observation	Bermuda/USA / Other countries within the Americas/ Europe	Location - accessibility for participants due to only one training venue (East) May also impact coaches.
Train to Compete (16 – 19 or an adult)	2	NAAB / USA Archery Stage 3 / 4 Coach or World Archery Level 3	Written and Observation	Bermuda/USA / Other countries within the Americas/ Europe	Location - accessibility for participants due to only one training venue (East) May also impact coaches.
Train to Win (18 years +)	2	NAAB / USA Archery Stage 3 / 4 Coach or World Archery Level 3	Written and Observation	Bermuda/USA / Other countries within the Americas/ Europe	Location - accessibility for participants due to only one training venue (East) May also impact coaches.
Active / Shoot for Life (21 years +) Technical Officials Range Officer	4	NAAB stage 1 and or 2 Instructor. USA Archery stage 1 or 2 Instructor. Stage 3 or 4 Coach, World Archery Level 3, Basic Judge certification	Written and Observation	Bermuda/USA / Other countries within the Americas/ Europe	Location may be a factor however persons in this age category are a bit more flexible.
Judges	1	World Archery Certification	Online / Observation	Americas / Europe	Cost to travel for observation overseas. Training is primarily held in the European and Americas regions.

Athletes' development at various stages and some archers may advance faster than others in their age range. We will only allow a young developing athlete advancement to the next level of training based on their ability and readiness.

## National Archery Association of Bermuda - Program Comparison

### Local/Global

#### Local

- In Archery there is a standardized program followed by Coaches and Instructors. We obtain all our materials to develop our local programs from overseas based on approved archery standards. We are now able to certify instructors and new coaches locally. While our training facility requires upgrading we have developed some competitive archers and the progress has not been as expedient as we would have wanted. Cost being the major factor.
- The National Training System (NTS) is one of the most recognized methods of shooting form that coaches use. It was developed by a US Olympic Archery Coach as a biomechanically efficient system. Biomechanics is the science that examines the internal and external focus on the human body and the effect produced by these forces. We have compared the training methods used by the United States and Korea with the efforts to improve performance. Korea has studied every aspect of the archery shot process with the goal of improving biomechanical efficiency. South Korean archers dominate international competition in the recurve division. To benefit our program we engaged a World Archery Americas Coach Trainer who is very familiar with **The BEST Method** - Biomechanically Efficient Shooting Technique. Our aim is to improve our archers' performance through specific shooting forms, equipment configurations, training methods and coaching techniques. In addition to improving scores, the BEST method reduces athlete fatigue and can help reduce the risk of injury.
- Our program is becoming very comparable to other countries, our only difference being in a small country is the accessibility to required equipment and other training materials which require importation in today's delayed trade cycle. As well as the cost to manage the program.

#### Global

- Programs introduced globally obtain more traction as they don't have the time lapse waiting on materials. The cost to purchase equipment and materials is cheaper and the programs are implemented sooner based on accessibility to product/materials.
- The NTS and BEST Method are widely used and results seen sooner based on coach training readiness and materials. Accessibility to Coach Trainers is easier.
- The size and scale of the country determines how they will be financially supported to achieve results.

### Key Events

#### Local

- NAAB Turkey Shoot (Senior/Junior) held in December annually
- Gold Point Archery Indoor Shoot Out (Senior/Junior) held in January annually
- NAAB Longtail Shoot (Senior/Juniors) held in April annually
- Gold Point Archery Summer Shoot Off held in May (annually)
- NAAB Weekly League Shoot

#### International

- Olympics (Senior / Junior) held every four years
- Pan American Games (Junior / Senior) held every four years
- Central American & Caribbean Games held every four years
- Pan American Championships (Junior / Senior) held annually, biennial and quadrennial
- Commonwealth Games (Junior / Senior) held every four years
- Hyundai World Cup/ World Cup Championships (Senior) held annually (4 in total)
- Indoor World Series (Senior/Juniors) annually (4 in total)
- World Championships (Junior) held every biennial
- Island Games held every biennial
- Indoor Series (Junior / Senior) held annually
- FISU Summer World University Games biennial (Federation Internationale du Sport Universitaire)

**National Archery Association of Bermuda - Introduction to the Sport Guidance**

	Age	Goal (Achievement)
Active Start	7+	Safety rules Standard equipment Basic form Exploring the sport and having fun
Fundamentals	7+	Basic Form Equipment modifications Introduction of physical training (nothing to strain the developing body)
Learn to Train	11+	Form adjustment to stance Equipment modifications Light Physical training Introduce Equipment maintenance/tuning Introduce Mental training Sleep Nutrition
Train to Train	15+	Intermediate form Physical training Equipment maintenance/tuning Mental training Sleep Nutrition Introduction to Physiotherapy
Train to Compete	16+	Advance form Advanced physicality/training plan Equipment maintenance/tuning Mental training Sports Psychology Sleep Nutrition Physiotherapy
Train to Win	17+	Advance form Advanced physicality/strategic training plan Equipment maintenance/tuning Mental training Sports Psychology Sleep Nutrition Physiotherapy

# ARCHERY

## Competitions

### Bermuda

- Bermuda Archery Development Tournament (held yearly) on March 16, 2024 – Indoor 9m to 18m
- Bermuda Archery Development Tournament (held yearly) on May 4, 2024 – Outdoor 15m to 70m
- Gold Point Archery Summer Shoot off (held yearly) on September 21, 2024 – Outdoor 15m to 70m
- Bermuda Archery Development Tournament (held yearly) on November 9, 2024 - Indoor 9m to 18m
- Gold Point Archery Winter Shoot off (held yearly) on December 14, 2024 – Indoor 9m to 18m

### International Events

- Fall Harvest FITA held yearly in October – Indoor 18m Lancaster, PA
- Lancaster Archery Supply Tournament held yearly in January – Indoor 18m Lancaster, PA
- Eastern Youth Trophy Tournament – held yearly in January – Indoor 18m Lancaster, PA
- World Archery Americas Caribbean Development Championship – held yearly country TBA – Outdoor 30m - 70m.
- Island Games held every two years country TBD – Outdoor 30m – 90m.

### World Sanctioned Events (World Ranking Events WRE)

- Indoor World Series 4 Stages held yearly in four countries – Indoor 18m.
- Hyundai World Cup 4 Stages held yearly in four countries – Outdoor 50m and 70m.

### Festival Events

- Commonwealth Youth Games held every four years country TBD – Outdoor 50m – 70m.
- Commonwealth Senior Games held every four years country TBD – Outdoor 50m – 70m.
- PanAm Junior Games held every four years country TBD – Outdoor 50m – 70m.
- PanAm Games held every four years country TBD – Outdoor 50m – 70m.
- CAC Games held every four years country TBD – Outdoor 50m – 70m.
- Junior Olympic Games held every four years country TBD – Outdoor 50m – 70m.
- Olympic Games held every four years country TBD – Outdoor 50m – 70m.

**International Events for 2024**

Month	Event		# Athletes	# Coaches	Team Mgr
February 2024	Las Vegas Indoor Championships	Amateur / Elite	6	1	1
April 2024	Olympic Qualifier / Pan Am Championships Colombia	Elite	3	1	1
May 2024	Eastern Foundation Gator Cup	Amateur / Elite	3	1	0
May 2024	PanAm Youth & Masters Championships El Salvador (PanAm Youth Games Qualifier for 2025)	Junior Elite	1	1	0
May 2024	Hyundai World Cup Stage 2 Korea	Elite	1	1	0
June 2024	USA Archery SoCal Showdown Chula Vista, California	Amateur/Elite	TBD	TBD	TBD
June 2024	Final Olympic Qualifier Hyundai Stage 3 Turkey	Elite	4	1	1
July 2024	Paris Olympics	TBD	TBD	TBD	TBD
July 2024	USA Archery Buckeye Classic, Ohio	Amateur/Elite	TBD	TBD	TBD



## Meet the Team:

President	Mr. Ross Roberts	archerypresident@yahoo.com
Vice President	Mr. Bernard Wade III	archeryvpresident@yahoo.com
Secretary General	Mrs. Trina Roberts	archerysecgen@yahoo.com
Treasurer	Mr. Robert O'Connor	archerytreasurer@yahoo.com
Administration/Media Communication	Mrs. Kim Selley	<a href="mailto:archeryadmin@yahoo.com">archeryadmin@yahoo.com</a>
Parent Liaison	Dawn Cummings	<a href="mailto:1970dcummings@gmail.com">1970dcummings@gmail.com</a>

## Coaches:

Head Coach	Mr. Ross Roberts, Stage 3 Coach
Assistant Coach	Mrs. Trina Roberts, Stage 3 Coach
Certified Instructor Level 2	Mr. Bernard Wade III
Certified Instructor Level 1	Mrs. Kim Selley

## Contact Us:

Telephone: 441-505-8101 or 441-505-8008  
Email: [naab2015@yahoo.com](mailto:naab2015@yahoo.com)  
<https://www.facebook.com/groups/765379463491482/>  
Instagram #naabermuda


## Summary

The intergration of the LTAD plan with our strategic plan for archery provides an organized sport program that supports development and a life long activity.

We understand that participation in organized sport programs provides opportunities for individuals to learn more about specific skills and exercises associated with a particular sport. These programs offer opportunities to boost skills and connect positively with others. Without these activities, parents will have to find another developmental setting that may not give similar or beneficial outcomes as those of organized youth sport. For an adult, they have an outlet to release stress and maintain an active lifestyle.

**So join us as we take aim to hit our target in the sport of archery, and bring positive change to our community.**

## CALENDAR: 2025 HYUNDAI ARCHERY WORLD CUP

Event	Dates	City	Country
Stage 1	8-13 April	Haines City	 USA
Stage 2	6-11 May	Shanghai	 China
Stage 3	3-8 June	Antalya	 Türkiye
Stage 4	8-13 July	Madrid	 Spain
Final	September (TBC)	TBC	TBC

### CALENDAR: 2026 HYUNDAI ARCHERY WORLD CUP

Event	Dates	City	Country
Stage 1	7-12 April	Haines City	 USA
Stage 2	5-10 May	Shanghai	 China
Stage 3	9-14 June	Antalya	 Türkiye
Stage 4	7-12 July	Madrid	 Spain
Final	September (TBC)	TBC	TBC

### CALENDAR: 2027 HYUNDAI ARCHERY WORLD CUP

Event	Dates	City	Country
Stage 1	6-11 April	Haines City	 USA
Stage 2	4-9 May	Shanghai	 China
Stage 3	8-13 June	Antalya	 Türkiye
Stage 4	6-11 July	Madrid	 Spain
Final	September (TBC)	TBC	TBC