



#### **ACKNOWLEDGEMENTS**

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Roger Garrod, Alain Gravel, Jeff Gunter, Jude Hooey, Paul Jurbala (consultant), Jean-Pierre Lafleur, Claude Langlois, Vanessa Lee, Susan Lemke, Hugh MacDonald, Alana MacDougall, Joan McDonald, Robert McIntyre, Scott Ogilvie, Shawn Riggs, Bruce Savage, Trina Snooks, Kateri Vraaking, Allan R. Wills, Ed Wilson.

This document prepared by Paul Jurbala communityactive

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Competition is fundamental to sport. The roots of any sport can be traced to individuals trying to run faster, jump higher, or be stronger. In archery, a sport which goes back thousands of years, there is a natural desire to see who can shoot farthest and most accurately.

In sport, individuals cooperate to create a framework for safe, ethical, repeatable competition. What begins as informal contests between friends evolves into a world-wide pursuit of excellence between individuals and nations. Agreeing on and enforcing rules and supporting the organization of competitions, is the core business of any sport organization. Competition is so central to our mission that sometimes we forget to ask, "Why do we compete?" yet understanding that different people have different needs, and compete for different reasons, is the basis for good competition. Poor organization and exclusionary rules drive participants away from sport, while a sound LTAD competition model is a foundation of individual excellence and broad-based participation.

This document has been created by Archery Canada (AC) to promote good competition. Part of AC's Long-Term Athlete Development initiative, it outlines basic principles and a series of recommendations to strengthen competition and archery across Canada. We hope it will be a useful guide to athletes, coaches, officials and administrators at the community, provincial/territorial and national levels as we work together to build Canadian Archery.

#### LONG-TERM ARCHER DEVELOPMENT

Canadian Sport for Life is Canada's program for sport excellence and the life-time activity and well-being of all Canadians. A key part of Canadian Sport for Life is Long-Term Athlete Development (for Archery, Long-Term Archer Development) or LTAD.

LTAD is a new wave in athlete development. It is based on the integration of sport science research with practical experience in working with archers and coaches, to develop a comprehensive set of development principles. It is a holistic human and sport development model which considers the growth of the individual through developmental stages. Today, every Canadian sport organization is using LTAD as the basis for their long-term planning. AC's Board of Directors adopted its LTAD Model in 2008.

More information can be found in the document Shoot for Fun, Shoot to Excel, Shoot for Life: Federation of Archers Long-Term Archer Development Model available at archerycanada.ca as well as other Canadian Sport for Life resources available at canadiansportforlife.ca.

The AC LTAD Model addresses the question: "What is the **best** way for an archer to develop?"

LTAD is based on scientifically and empirically derived data about development in sport. As competition is the foundation of sport, LTAD principles naturally extend to the design of a competition model. A sound LTAD-based competition model defines the best kind of competition to develop our archers.

The following chart provides an "at-a-glance" overview of the Long-Term Archer Development Model.

#### STAGE KEY OBJECTIVES SHOOT TO EXCEL Perfecting and fine-tuning all abilities 7+ years in archery Master international competition 'Maintain activity, give back" TRAIN TO COMPETE Learn and refine competition skills 4 - 10 years in archery Optimize form and fitness any age after adolescence SHOOT FOR LIFE TRAIN TO SHOOT Refine form and build fitness 2 - 6 years in archery Progressive training & competition leadership Develop good basic archery form Try multiple archery disciplines **FUNDAMENTALS** Learn overall sport skills (multiple sports) Age 6 - 9 / 0 - 4 years Introduce archery- emphasize fun **ACTIVE START** Build basic physical movement skills Age 0 - 6 / 0 years Daily unstructured physical activity

## COMPETITION: A GOOD SERVANT, BUT A POOR MASTER

## What do we mean when we say, "Competition is a good servant, but a poor master"?

Since athletes and coaches want to win, competition formats and schedules drive training programs. Winning and scores are obvious indicators of success, so it becomes easy to neglect harder-to-measure factors such as skill development and satisfaction. The highly competitive athlete becomes focused on getting to and succeeding at a series of competitions, above all else. Unless sport leaders pay careful attention to matching the format of competition to the developmental needs of athletes, the quest for success may distort development. For example, by leading an archer to over-bow because the competition format for his/her division requires shooting at a distance for which he/she is not prepared, competition has become the master.

If competition is to be a good servant rather than a poor master, the nature of archery competitions should reflect the goals for each developmental stage, including reinforcement of social, psychological and physical development objectives. In the early "Shoot for Fun" stages, enjoyment of the sport and the development of good form and skills are most important goals. Later, in the "Shoot to Excel" stages the format of competitions should help the archer develop fitness, focus and competition abilities. For archers who are not on a high performance track, but still wish to "Shoot for Life", competitions should offer appropriate levels of challenge. Creating a "good servant" competition model requires careful analysis of the needs of archers and possible modifications to rules, formats, schedules, eligibility and selection policies and other factors.



#### MEANINGFUL COMPETITION

For competition to be meaningful, every competition must have a specific purpose linked to the athlete's goals. Depending on their age and stage, athletes may have different reasons or a combination of reasons for competing:

- **Social/affiliation:** Driven by a desire to be part of a group, or to be with friends.
- **Sensation/affective**: Driven by the desire to enjoy sport-specific sensations.
- Achievement: Driven by the desire to win or excel.

In archery, some novice competitors and recreational, "Shoot for Life" competitors may be drawn to social aspects while archers in "Train to Compete" and "Shoot to Excel" stages are more likely to be driven by achievement goals.

Competitions can also play different roles depending on the state of preparation of the athlete at any given point in his/her annual plan:

 Preparatory competitions: The competition is considered as training and is used to practice certain specific skills or abilities or test the state of athletic preparation.

- **Performance competitions:** The athlete prepares and aims for overall success.
- **Decisive competitions:** The main or "peak" events representing the culmination of months or years of preparation and where the athlete aims for optimal performance.

Whether a competition is a success for the athlete therefore depends on much more than simply "winning" or shooting a personal best score. Depending on the stage of long-term development and timing within the season, success may be achieved if the athlete develops new skills, builds fitness, simulates an upcoming important event or simply enjoys the experience.

No single competition meets the needs of all potential participants. The important thing is to provide a range of types of competitions and formats so all participants have a competition which is right for them, and which forms part of a "pathway" which takes them where they want to go. When competitions provide an appropriate balance of challenge (difficulty) and ability (skill), offer close competition, and meet athlete goals, they are meaningful.

#### AC COMPETITION REVIEW 2008-09

As part of the LTAD model and plan adopted in 2008, it was determined that a competition review could identify areas for improvement in Canadian target archery competitions and assist LTAD implementation. Competition review is essentially a re-evaluation of a sport's competition system, which examines rules, schedules, and selection procedures of high performance athletes for various international events, with the aim of revising the model to make it better serve LTAD principles.

A comprehensive review of the AC competition system including surveys of target archers, coaches and archery leaders was conducted in 2008-09. Information gathered in LTAD planning between 2006 and 2008 and the subsequent competition review yielded a number of important facts about competition and archer development.

In 2007, 45 high-performance international target archers, including Canadians, were surveyed at the World Archery – World Championship. Survey questions were designed to gather information on the background (number of years in the sport, number of years to reach high performance) and training (number of arrows shot and hours spent training per week, month and year) of high performance archers. The survey was administered by World Archery. A summary of results follows:

FITA International Survey July 2007 n = 45	Average	Range
Age at entry into archery	16.9	5 - 47
Years involved in archery	11.3	2 - 33
Arrows per week (average)	847	300 - 2500
Arrows per year (average)	39,567	10,000 - 120,000
Most arrows shot in one year	40,587	10,000 - 120,000
Hours training per week	17	6 - 40
Hours training per year	839	180 - 2880
Years to reach 1200	3.9	1 - 11
Years to reach 1250	5.4	1 - 15
Years to reach 1300	7.2	1 - 30

A subsequent analysis of 41 high-performing Canadian target archers who participated in AC's former Excellence Program over the past 10 years was conducted to search for trends that might show pathways to success. The following observations were made:

AC Excellence Archers	Avg Peak Score	Avg Age at Peak*	Avg Yrs to Peak**	Yrs to Peak Range	Avg Peak Duration***	Duration Range
Recurve-Men n= 15	1297	25.3	6.3	2-19	7.4	1-18
Recurve-Women n= 8	1287	24.8	6.75	2-17	5.5	3-9
Compound-Men n= 4	1368	34	7.25	2-11	7	4-10
Compound-Women n=14	1322	36.3	5.5	0-18	6.1	1-13

<sup>\*</sup> Age when peak (highest recorded) score shot

<sup>\*\*</sup> Number of years from 1st record entry in Excellence Program to peak score

<sup>\*\*\*</sup> Total number of years maintaining score within 5% of peak

For the Canadian Excellence Program archers,

- Excellence archers who shot 1250 or better in their discipline took on average from 5.5 to 7.25 years to reach peak performance, not including years spent in archery prior to entry in the Excellence Program. Incomplete data suggests archers spent from 1 to 4 years in the sport before entering the Excellence Program. In other words, archers require on average at least 7 years in the sport before first reaching their highest performance.
- The best archers maintained high performance for, on average, 6 to 7 years.

In surveys conducted for the competition review, it became clear that many novice competitive archers who initially pursued recurve archery follow different paths to competition than those who entered as compound archers. The following table shows the main competition focus of surveyed archers according to the number of years of involvement. (Note: table shows the response of the largest single group.)

Years in Archery	Compound Archers	Recurve Archers		
Yr 1	23% - none, practice only	41% - recurve target indoors		
Yr 2	27% - compound target outdoors	35% - recurve target outdoors		
Yr 3	31% - 3D archery	41% - recurve target outdoors		
Yrs 4-6	46% - compound target outdoors	59% - recurve target outdoors		
Yrs 7-10	50% - compound target outdoors	65% - recurve target outdoors		

These are only selected highlights from the data collected in the competition review process. However, this and other information gathered indicates that:

- Participants come to competitive archery at all ages, but on average at about ages 15-20.
   The majority of current competition event participants are adults with adult motivations.
- As in any sport, the first three years of competition are critical in determining whether the participant enjoys and is successful at target archery. Since the survey respondents were AC members it can be assumed they were successful or found the existing competition structure motivating enough to continue in the sport. It is important to note that those who did not continue did not have a voice in the review, but that to AC, the loss of any archers should be of concern. In other words, we should consider the potential participants the current model is not serving.
- It takes 7 or more years, on average, to reach high performance in archery. As archers progress they tend to become more specialized and more focused on competitive success, and may lose touch with the attitudes and concerns they had when they were starting out.

- Compound and recurve archers seem to follow somewhat different paths after their point of entry into the sport. Canadian compound target archers also seem to enter the sport at a somewhat older age than recurve archers.
- Taken together, this may indicate that current archery competitions are optimized for adult, mid to late-stage ("Train to Compete," "Train to Excel" and "Shoot for Life") archers. The needs of youth archers and early-stage ("Learn to Shoot," "Train to Shoot") archers may not be as well met. This must be considered when developing an improved archery competition model.



#### **IDENTIFIED ISSUES**

## As a result of the review, a number of important issues were identified. The following are the key issues:

- The LTAD Model (LTADM) has not yet been integrated into the existing Competition Model (CM).
- A number of survey respondents felt that target archery competitions are too performance or resultsoriented to be attractive to novice participants. The promotion of archery at the entry-level could be enhanced by adding accessible, fun competitive events that bring together a wide range of archers.
- The majority of (non-competing) archers practice bowhunting and 3D archery. Creating better links between these archery communities to target archery may help recruit larger numbers of target archers.
- 4. Multi-division (i.e. recurve, compound) and multidiscipline participation (i.e. target, 3D) by entry-level archers may enhance development by promoting a wider range of skills. It appears novice compound archers are more likely to experiment with different events than are novice recurve archers.
- For developing archers, there is a risk of overcompetition combined with pressure to over-bow to shoot specific competition distances before the archer's form has been fully developed.
- 6. As target archers develop from "Train to Shoot" into "Train to Compete" stages there is a need for close competition including the introduction of head-to-head competition. Many competitions in Canada do not attract a "critical mass" of archers sufficient to support close competition between well-matched archers.
- In some regions, there are an insufficient number of competitions, at least for certain classes and/or divisions.
- 8. The system, rules and format of provincial competitions, Championships, and Provincial/ Territorial/Regional Games does not necessarily align with national-level competitions and Games (e.g. Canada Games).
- Provincial/Territorial Championships and Games
  (e.g. Quebec Games, BC Games) are not held using
  the same formats. In the case of Games, different
  provinces/territories also hold their competitions for
  different age groups. This makes it difficult to use
  these events as an effective component of a national
  competition pathway.
- The existing CM does not fully integrate NCCP, meaning that having a certified coach or instructor

- at the appropriate level for the athlete is not linked with the ability to enter or advance through levels of competition. For example, Canada Games require that each Provincial/Territorial team have a coach certified at NCCP Level 3 (Competition Development) or higher. A coach certification requirement does not exist for AC events.
- 11. The AC Outdoor National Championship is a lengthy event incorporating several parallel events (e.g. Fred Usher Cup). The intent has been to balance the needs of "recreational-competitive", "Shoot for Life" archers, up-and-coming archers, and high performance archers. As a result, no group is completely satisfied with the format of the National Championship.
- 12. As the majority of competitions in Canada and world-wide are "open", archers in all stages may find themselves competing "over their head". Whether this proves motivating or demoralizing depends on the individual archer. There is no event ranking system, event description guide, or pathway to help archers determine what an event will be like.
- 13. In general, the AC calendar of national competitions is strongly influenced by dates set for World Archery, COPARCO (Pan American Archery Confederation) and US national events, all of which are outside AC control. It is not easy, perhaps impossible, to create additional Canadian events for development of high performance archers without facing date conflicts with other, higher-level or better-established events.
- 14. Athlete entry into international level competitions does not always require AC approval, and when it does, the AC quota may not be filled by selected archers. In these cases AC sometimes permits any interested archer to attend high level competitions. This may result in archers participating in such competitions before they are ready to benefit from participation. In some cases, premature participation in high level events may be demoralizing or counterproductive from a development perspective.
- 15. Recent changes to the format of World Archery World Cup and World Championship events will inevitably affect the format of Canadian (and other) national level events used to prepare high performance archers for international competition. Again, AC cannot control World Archery decisions, but must adapt to them.



#### IMPROVING THE AC COMPETITION MODEL

Long-Term Archer Development is athlete-based, coach-driven and systemsupported. The competition model used by Canadian archery is a key part of that system, one which strongly influences how coaches make decisions and how athletes train. We cannot implement a better archer development system without first bringing the competition model into alignment with LTAD principles.

Based on a comprehensive review of the AC competition system including surveys of target archers, coaches and archery leaders, the AC competition review working group adopted a set of principles and made a number of recommendations to guide the process of improving archery competition in Canada.

#### AC COMPETITION PRINCIPLES

An LTAD-based competition model is based on a set of athlete-centred principles which inform leaders and organizations at all levels.

The following are AC competition principles adopted by the competition review working group:

 Meaningful competition. Every AC competition supports the optimal development of athletes and coaches. Competitions are structured to promote close competition, and provide maximum opportunities for each athlete to participate. The number of mismatches is minimizedneither the winner nor the loser gains much from participating in a blowout- and everybody has a chance to compete near their own level.

• Quality events. Each competition has a level of challenge, and a level of support (e.g. coaches, officials) and infrastructure (facilities/venues, equipment) which is appropriate to the stage(s) of the athletes competing at a competition. The definition of "quality" is matched to the developmental needs and abilities of each LTAD stage.

- Clear development pathway.
- The competition model supports and strengthens the development of athletes through the LTAD stages. Incremental steps of competitive challenge are linked to developmental milestones and create a seamless progression without gaps or jumps (i.e. no disproportionate increases in difficulty as the athlete moves from competition class to another). Athletes, coaches, parents and administrators can see and understand how athletes enter and progress through the competition system.
- The competition calendar is structured to promote optimal training and **performance.** The competition calendar or season is based on the development needs of athletes, and allows adequate time for pre-season preparation and betweencompetition recovery. Within the competition season, there is optimal time spent on training and preparation for competition, rather than simply a few recovery days between competitions. In the "Train to Shoot" and later stages, competitions are selected carefully by coaches as Preparatory (training), Performance (excellence) or Decisive (peak high performance; centrepiece of the annual training plan). Every competition has a considered purpose, and the competition schedule recognizes the need to offer sufficient opportunities without promoting over-competition.
- Affordable and accessible sport. In general, athletes in early stages (i.e. "Learn to Shoot", "Train to Shoot") should have lower-cost competitions which require less travel time and maximize participation opportunities. This may mean local or regional-based, shorter-duration, modified rules competitions. As athletes progress toward high performance (i.e. "Train to Compete", "Train to Excel") the cost of entry and travel can rise commensurate with the commitment level of athletes, however this increased cost should ensure superior facilities/ venues and higher levels of competition.
  - Supports a strong developmental club system. The competition system should offer a clear role for clubs to host events, including the opportunity to benefit financially from hosting. AC and Provincial Archery Associations will work to balance schedules or promote partnerships to help clubs to realize these benefits.
  - Promotes system alignment. The competition system should help to align the sport with multi-sport events (e.g. Canada Games, American Pan/Parapan Games), and international events where applicable. The competition calendars of clubs, provincial/territorial associations, schools, colleges, universities, etc. should be aligned as closely as possible to maximize efficiency and resource-sharing and to minimize the chance of athletes over-competing by participating in multiple competitions offered by different sanctioning bodies.
  - Competition within Canada continuously improves. Competition systems based on clear principles, evaluated regularly using clear benchmarks, and revised as needed using innovative practices, will keep Canadian archers at the forefront while maximizing sport participation. Sport leaders must

commit to Kaizen, or continuous improvement, both within their own sport and across sports to ensure Canadian athletes have the support they need to excel and remain active for life.

These principles should be
the basis of decision-making and
competition scheduling for athletes,
coaches, clubs, Provincial/Territorial Archery
Associations, and AC itself.

#### RECOMMENDATIONS FOR IMPROVEMENT

The competition review working group identified and recommended some specific changes to improve the current archery competition model:

#### General Recommendations

## 1. Create a classification system for all Canadian archery competitions.

Creating a classification system for competitions listed on the calendar may help athletes and coaches determine which events will be most beneficial for development. World Archery already uses such a system, grading competitions from "1" (Olympics, World Championships) to "7" (National Championships) and "8" ("Other"). By developing a set of standards and associated classes, for example from 8 to 15, AC can classify events as they are submitted to the AC calendar.

The following benefits would be expected:

- Athletes and coaches would be more aware of the level of competition and support expected at an event, enabling them to make informed decisions about participation;
- The classes would be linked to LTAD stages, providing a simple method of determining which events are appropriate for archers at different stages;
- Canadian event organizers could be held to meeting the level of quality for the class of event in question;
- A framework is created for Canadian organizers to strive to upgrade their events, based on clear standards.

#### "Shoot for Fun" Recommendations

"Shoot for Fun" competitions are tailored to an athlete's first 3 to 4 years in the sport, up to and including "Learn to Shoot". These archers require introduction to competition tournaments which emphasize fun, skill acquisition and building basic competition experience. The priorities should be creating events that attract new competitors and providing experiences that make novice competitors want to come back. "Shoot for Fun" level competitions also appeal to "Shoot for



Life" archers who want to experience informal, accessible competitions.

## 2. Integrate competition and skill awards at "Shoot for Fun" level competitions.

Novice competitive archers typically begin in club-organized "fun tournaments" or minor tournaments. Often there are few archers in each division at such events; "winning" becomes relatively meaningless. It is more important to reward skill and skill development than simply shooting the best score in a one or two competitor division.



This can be done by integrating skill award programs into competition. For example, World Archery offers Star pins for archers shooting 1000, 1100, 1200 points and so on in a World Archery 1440 round. At a lower level, Canadian programs such as BC's JOP (Junior Olympian Program) or AC's CanBow Program offer badges for skill achievement and scores. It is recommended that a "passport" be added to CanBow showing the competitive pathway and recognizing new competitors for achieving basic skill and point levels. New competitors will be encouraged to strive for both skill and performance to demonstrate readiness for the next competition level.

This format can be used for AC's Mail Match Program as well as tournaments. Ultimately, relying on a national database, archers in small club-level events will be competing both for awards and to place their high score on the national list for their stage and experience level. In essence they will be competing against novice archers from across Canada, at every event, no matter how small.

## 3. Promote multi-discipline, multi-equipment participation at some "Shoot for Fun" events.

Provincial Archery Associations should be encouraged to sanction several types of target competitions. Some of these should be formatted to suit the needs of "Train to Shoot" and "Train to Compete" stage archers who are

preparing for eventual international competition when they enter the "Shoot to Excel" stage. However, there is also a need for events which specifically encourage non-target archers (e.g. 3D archers, bowhunters) to try target archery, and which encourages novice competitive target archers to try different formats (e.g. field archery). These events should emphasize fun, experimentation, and opening target archery to greater participation.

It is recommended that in conjunction with recommendations 1 and 2 above, that a class of provincial/territorial-level competitions be created to promote primarily participation and skill development in a fun setting, and that each province/territory host several of these annually, as well as hosting other more performance-oriented events.

#### "Shoot to Excel" Recommendations

"Shoot to Excel" events are for archers in the "Train to Shoot," "Train to Compete" and "Shoot to Excel" stages of the LTADM, as well as "Shoot for Life" archers who want to pursue competition at their own level. These archers require tournaments which emphasize progressive building of advanced competition skills by simulating next-level events (e.g. national events prepare archers for international events).

The priorities are attracting sufficient numbers of closely-matched competitors, providing matchplay formats, and using provincial/territorial/regional games and Canada Games to simulate later American Pan/ParaPan, Commonwealth and Olympic/Paralympic Games competition.

## 4. Standardize Provincial Championship and Games formats.

Provincial Championships should be seen as preparation and potential selection events for national level events and National Championships. Regional or Provincial/
Territorial Games (e.g. BC Games, Quebec Games) should be seen as initial multi-sport Games experiences preparing the archer for later participation in Canada Games and then international Games (e.g. American Pan/ParaPan Games, Olympics/Paralympics). Therefore, the competition format and athlete class (reflecting age and years in sport) for these events should be sequenced as stage-appropriate stepping-stones, each to the next.

This will require a standardization of formats consistent with the LTADM. For example, in the case of Games, Canada Games is seen as an event for next-generation national team athletes, so athletes with 5-7 years experience (early-mid "Train to Compete" stage) should be competing at the games. This means Canada Games alumni with 7-8 years experience, that is, late "Train to Compete" stage athletes, will be taking the next step, to international Games. On the other side, Provincial/Territorial/ Regional Games should be for athletes with 4-6 years in archery, approximately in the late "Train to Shoot" stage. Sending athletes to Games too soon means they are not ready to learn; sending them too late may not be beneficial.

It is recognized that the Canada Games and some Provincial/Territorial Games are indoor events. This is not under control by AC or its Provincial/Territorial Associations but is a matter for ongoing dialogue with Games organizing bodies. However, AC and affiliates do have the ability to control the technical specifications for these events to create greater standardization and age/stage qualification which will improve integration in the LTADM.

# 5. Promote a "pathway" of designated national and international competitions as preparation for "Train to Compete" and "Shoot to Excel" archers.

Currently, AC hosts or sanctions several different types of events for high performance archers. National events (e.g. Ontario Spring Classic, Quebec Championships, Canada Cup) are steppingstone events for "Train to Compete" level archers (although other stages shoot these events). AC Outdoor National Championships provide a different type of opportunity for "Train to Compete" archers, including a team archery event. However, Canadian archers in the "Train to Compete" and "Shoot to Excel" stages also routinely compete in U.S. events (e.g. Arizona Cup, US Nationals), and events in Mexico, Central America, etc. as preparation.

AC cannot in the foreseeable future host enough quality events so all archers can compete at a high performance level without leaving Canada. AC can also not control the calendar or format of events in (relatively) nearby countries. What can be done is to create a pathway of recommended events which can be effectively used by "Train to Compete" and "Shoot to Excel" archers to guide participation by Canadians. The intent here is to advise Canadians on which events will fulfill specific developmental needs, by nominating specific out-of-country events and providing a profile of each (or, providing a profile of the archer who would benefit by competing there).

#### Base selection for international events on a combination of experience and performance.

AC has the mandate to select athletes and teams for international competition, and in particular, for World Championships including Youth, Senior and Para-Archery Worlds. In many cases AC subsidizes these teams and provides support in the form of registration, coaches, managers, etc. This represents an investment by AC into high performance archers, and an effort to assist Canada's best archers to reach their highest level of performance resulting in international podiums. Such an investment must realize a return, which is measured both in results at the event in question and in consistent, progressively-improving results over a period of years by the athletes who benefit from this investment.



Therefore AC, through its Selection and High Performance Committees, has a responsibility to select athletes for events which will serve as foundations for future performance, and not to send athletes to events which may prove detrimental to progressive performance development. Detriment may occur when:

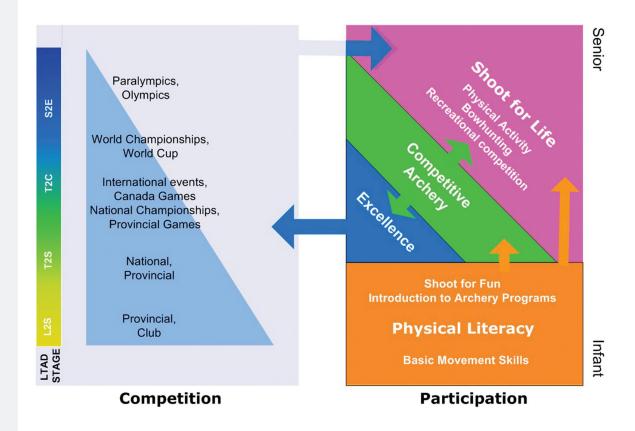
- (a) the athlete is not prepared for the level of competition and suffers damaged confidence from poor results;
- (b) the athlete over-reaches or over-trains in an attempt to lift performance to a level for which he/she is not yet prepared, resulting in injury or burnout;
- (c) the athlete achieves relatively good results, becomes over-confident, and then is dismayed by later poor results;
- (d) and other scenarios present themselves.

Consequently, it is recommended that selection be based on a combination of experience (years in competitive archery) plus results (i.e. must achieve X score in a series of Y competitions, plus a top result in a selection event(s), to qualify. This helps to ensure progressive development and that qualifying results are consistent (i.e. achieved over a series of events rather than a one-off) yet that the athlete can perform under pressure in a selection event. The experience (sport-years) qualification should conform to the AC LTADM, recognizing that it takes 7-10 years on average to become a high-performance "Train to Excel" stage archer, and therefore that introduction to international competition in "lower-level" international events (not World Championships) should take place, on average, after 5-6 years in competitive archery (that is, late in the "Train to Shoot" stage).

#### ARCHERY COMPETITION MODEL

An Archery Competition Model appears on the following page. This is a template based on the competition principles and recommendations outlined in this document. While each athlete is an individual and requires an individual approach, the Model shows how a typical archer might progress through competition at each stage of development.

The diagram below is a basic schematic of the LTADM showing a progression of competitions for archers on a high performance, or excellence pathway. The arrows show how archers move between stages. All individuals develop basic physical movement skills in childhood (bottom right); from there, some move on to try competition and eventually strive for excellence, others maintain activity as a "Shoot for Life" archer.



As archery is typically only introduced to children late in the FUNdamentals stage, and since many archers come to the sport as teens or adults, the Competition Model begins with archers in the "Learn to Shoot" stage (L2S). It is important that the first competitions provide feedback that help the new competitor build skills; integrating competition with skill development programs can be a great way to do this.

Shoot for Life	Fun, success. Competition as desired				ormats	oionships				Shoot for Life events
Shoot to Excel	Master competition and performance skills. Emphasis on international competition. 4-6 club + 6-8 regional, national, Int'l events/year	Olympics, Paralympics International World Cup, W Champs Outdoor: Elimination format	PanAm, Commonwealth Games Outdoor: Elimination format ional World Ranking Events door: Elimination format	election) e.g. Spring Classic Elimination format	Indoor: FITA 18m Outdoor: Elimination and Team formats	Regional/National e.g. Canada Cup, QC Championships Outdoor: Elimination formats	ampionships ITA 18m ITA 1440	ub tournaments . 18m, 25m 200/FITA 1440		vents
Train to Compete	Build competition and performance skills. Introduce international competition at end. 5-6 club + 6-8 regional, national, Int'l events/year	International	PanAm, Commonwealth Gar Outdoor: Elimination form International World Ranking Events Outdoor: Elimination format	al Trials (se	Canada Games In Indoor: ages 17-21 Outdoor	Regional/National e.g Outdoor	Provincial Championships Indoor: FITA 18m Outdoor: FITA 1440	Club and inter-club tournaments Indoor: FITA 18m, 25m Outdoor: 900/1200/FITA 1440		Shoot to Excel events
Train to Shoot	Build fitness & skill Learn about competition 5-6 club + 2-4 regional- national events/year				Canad Indoor:		Provincial Games Indoor: ages 14-18 (Varies by Province*)		ets 00 ound	ents
Learn to Shoot	Fun, success Form & skill development 2-4 club + 1-3 regional events/year maximum								Skills-based meets Indoor: CDN 300 Outdoor: Skills round	Shoot for Fun events
LTAD	COMPETITION NEEDS	INTER- NATIONAL		NATIONAL		PROVINCIAL	REGIONAL	CLUB/	COMMUNITY	





#### CONCLUSION

Competition is a key driver of archer development. Archers will train in the way that seems to give them the best chance of competitive success. However, we can let competitions be poor masters, or we can make them good servants. If we simply follow old ways of thinking by holding competitions that are not focused on the developmental needs of archers, competitions are the master. If we host the right kinds of competitions to match the needs of each stage of development, then we are in control.

The Long-Term Archer Development Competition Model outlines the needs of each stage of archer, including the need for optimal competition. After completing the LTAD Model, Archery Canada recognized the need to review the current competition model and examine the need for change. This document is the result. Here, we have outlined a series of competition principles to guide rule-making, policies, and competition schedules. We have also made six recommendations for specific actions to improve the competition model. It is our hope that by following these principles and recommendations, we will refine and improve archery competition in Canada, making it more athlete-centred, more attractive for novices, more useful for developing high performance archers, and more satisfying for everyone: archers, coaches, officials, organizers, leaders and supporters.

