



Archery Canada Olympic National Team Training Program

Recurve and Compound Programs

National Team and Next Generation Programs

1. Overview

Archery Canada is revitalizing and reformatting its high performance training program to work directly with high performance Olympic discipline athletes (recurve and/or compound) who demonstrate the potential to achieve podium performances at international competitions.

For the Olympic disciplines of target archery, Archery Canada, under the guidance of the National Coach, Olympic Programs, aims to deliver high performance programming under professional leadership, coaching, sport science and sport medicine services for National Team level athletes.

The goal of the National Team Training Program is to establish a High Performance Athlete Pathway and Standards that will provide clear expectations and transparency for athletes entering, maintaining, and exiting positions within Archery Canada's high performance program. Additionally, it will also outline clear roles, expectations and transparency of Archery Canada leadership, National Coaches, and the services which are available to the National Team Training Program athletes. The National Team program has the potential to provide world-class training opportunities, technical expertise, and integrated support services to Canada's top archers.

National Team programming is delivered as a result of a mix of support from Sport Canada, Own the Podium (OTP), the Canadian Olympic Committee (COC), the Canadian Olympic and Paralympic Sport Institute Network (COPSIN), the Canadian Archery Foundation and a broader community of national, provincial, and local partners. Archery Canada's athlete pathway programming is led nationally, with additional support provided through partnerships with Provincial/Territorial Sport Organizations (PTSOs), current regional, and future, regional centres of excellence clubs, and local clubs across the country.

From a performance perspective, the National Team Training program is primarily oriented toward athletes in the "Train to Compete" and "Train to Win" stages of development, as defined in Archery Canada's Long-Term Athlete Development (LTAD) framework. The program is designed to support athletes as they progress through the pathway and prepare to achieve sustained success on the international stage.

2. Program Size and Eligibility

For 2027, the National Team Training Program will have a maximum capacity of 20 athletes: 10 recurve and 10 compound, comprising both male and female archers. While the program is aimed at athletes performing at a Senior National Team level, it is open to all athletes who meet or are within range of Next Gen (NG) and National Team (NT) minimum performance expectations. Please see table one (1) below.

Athletes who are nominated and receive Sport Canada Annual Athlete Assistance Program (AAP) funding, at any level - Sr. International, National or Development, will be required to participate in the National Team Training Program.

Table One: NT and NG Minimum Performance Expectations

Equipment and Gender Category	Minimum Performance Expectation Score Ranges		
	National Team	Next Gen - U21	Next Gen - U18
Recurve Men	630 - 665+	620 - 655+	615 - 650+
Recurve Women	620 - 642+	610 - 635+	605 - 630+
Compound Men	680 - 700+	670 - 690+	660 - 680+
Compound Women	660 - 680+	650 - 670+	640 - 660+

Applying to NT Training Program:

Following the conclusion of annual carding nominations, which occurs annually by Nov. 30th, if spots remain unfilled, interested athletes will be asked to apply for consideration to the program. In applying, they should outline the following:

- Best 720 Qualification Round result (personal best)
- Highest finish at a match play event
- Any major games, international, national, or provincial results in the last (2) years*
- Functional Assessment results, must be observed by a coach (See section 5 below)
- Coach information

Applications can be submitted throughout the year, with the technical panel reviewing all applications starting in December each year, annually. Applications should be submitted via email, directly to the High Performance Manager at: kcawley@archerycanada.ca

Athletes applying to the program will be expected to be working with a local coach, who in conjunction with the National Coach, will work together to implement the agreed upon training plan, and assist with monitoring throughout the season.

The National Coach, Olympic Programs, utilizes the CapTarget Archery App buy World Archery app, to monitor archery specific training. Please visit the following links to familiarize yourself with the app:

- Google Play: https://play.google.com/store/apps/details?id=captarget.archery&hl=en_CA
- Apple App Store: <https://apps.apple.com/ca/app/captarget-archery/id1584542210>

Technical Panel Review:

The AC Technical Panel, which will consist of the National Coach, High Performance Manager, and one (1) athlete representative of each discipline (Compound and Recurve), will meet once a year, in December, to review all applicants. They will review the list of athletes who have applied, their performance history

and their future potential. Based on their expertise, they will invite athletes to an in person assessment session (to be scheduled with the athlete and National Coach and HPM).

The in person assessment will include a variety of measurable assessments and subjective assessments, such as coachability. Tests may include:

- Integrated NT Training
- Functional Assessments
- Strength and Mobility Assessments
- 720 Qualification rounds
- Team Dynamics
- Gold Medal Profile Assessment

Each in person assessment will be scheduled around a session with local NT athletes where applicable.

Following the conclusions of the in person assessments the panel will extend an invitation to athletes to join the National Team Training Program and/or provide the athletes and their coaches guidance on areas of development to be National Team ready in the future.

The minimum amount of time athletes should expect to commit to the program could be as short as the time between their first Functional Fitness assessment and their third Functional Fitness assessment (approx. 6 months), but would typically not be less than one year.

3. National Team Training Program - Deliverables from Archery Canada

Athletes involved or invited to participate in the National Team Training Program, should expect the following deliverables from Archery Canada as a member of the program:

- Full access to the National Coach, Olympic Programs, including travel of NC to athlete, 2-4 times a year.
- Full access to National Training Centre Facilities - Moyers Landing, Cambridge ON
- Priority for funding towards team camps and competition selection (subject to budget availability)
- Prioritized Sport Science (S&C, MPC) support, where available
- Other Sport Science support, where identified - Medical, dietary etc.
- Access to NT Programs, such as Bell Connect, Game Plan, etc.
- An Annual Performance review
- NT Athlete Uniform

4. National Team Training Program - Expectations of the Athletes in the Program

Athletes, both Carded and Non-Carded, will be expected to commit to the following parameters of the program:

- **Technical Training:** Adhere to an agreed upon training plan and schedule, specific to archery training. An agreed upon training plan and schedule will be different for each athlete, and will be developed in consultation with the athlete and their coach
- **Physical Training:** Maintain an ongoing fitness training program, that will allow the athlete to meet or exceed the minimum standards in the Functional Assessment Framework below

- **Professionalism:** Conduct themselves in a professional manner, in training, at competitions, and when travelling to represent Archery Canada at international events. Professionalism could include adhering to the outlined “What to Wear” uniform guidelines, as well as adhering to the Archery Canada Code of Conduct.
- **Sportsmanship:** Be supportive of all athletes, team mates and staff. This includes supporting your team mates at events, shaking hands following match play etc.
- **Team Dynamics:** While archery has individual components, we are a team and thus will work together to support each other and our team mates at all events.

5. Functional Assessment Framework

All athletes in the National Team Training Program will be expected to maintain a specific level of training, both physical and technical, within their agreed upon training plans. Within each Training plan, there will be a minimal physical training plan that is designed to meet, improve upon, or maintain the target standards outlined below. These assessments are intended to allow the athletes to identify limitations they are facing and how these limitations impact their archery practice. Following each assessment, athletes will receive updated training plans that focus on areas for improvement, as well as maintain all assessment areas.

Athletes in the National Team Training Program should expect to complete a functional fitness assessment at least 4 times a year (1 per quarter). Training plans will be designed for an 8-week training window.

The following are the identified areas of assessment:

Assessment Area	Test	Purpose of Test	Minimum Target
Mobility	Back Scratch Test	Assess the archers shoulder function to perform technical movement	“Good” : hands do not touch and the distance between the hands is between 8 to 12 cm
Base of Support	Standing Stork Test (SST)	Assess the archers ability to stabilize their base of support	“Good”: archer can sustain the position between 40 to 50 seconds
Upper Limb Stability	mCKCUEST Test	Assess the archers upper limb, scapulothoracic stability and control	“Good”: archer completes 23 to 24 hand taps (Women) or 23 to 26 hand taps (men)
Physiological Recovery	Ruffler-Dickson Test	Provides a quick indication of the	“Good”: Archer achieves a score of 0.1 - 5

		archers ability to recover	
Sustain Demand	Full Draw test	Assess the archers capacity to sustain shooting volume with their specific equipment	“Intermediate”: archer can sustain their bow in full draw for approx. 1 sec per poundage they shoot

Table 2: Functional Fitness Assessment Base Standards

When entering the National Team Training Program, athletes will be assessed under all functional assessments and the results will be classified as their base level. Following the initial assessment, archers will be expected to work towards achieving the stated minimum criteria or maintaining if they have met the minimum requirements.

If an athlete in the program demonstrates non-progression towards the minimum standards, or there is a continuous decline in the standards over multiple assessments in the year (minimum 3), they may be asked to exit the program.

For full overview of the tests, please refer to: <https://archerycanada.ca/programs-policies-and-tools/>

6. NT Training Program - Athlete Costs

National Team Annual Program Fees are set relative to the respective annual program budget prepared by the Archery Canada High Performance Manager. The budget is reviewed and finalized by Program Leadership, the Technical Advisory Groups, the Archery Canada Executive Director and then approved by the Archery Canada Board of Directors. Budget finalization is contingent on notice of funding from various funding partners which is typically finalized by mid February for the upcoming fiscal year beginning April 1.

When the budget for the year in question is approved, the National Team Annual Program fee will be communicated to the respective teams.

The High Performance Manager along with the discipline specific Program Leadership and/or Technical Advisory Groups, will be responsible for identifying the athletes who will participate in the National Team programs for each year as set out in Event Specific Selection documents.

Athletes identified and named to the annual National team will be invoiced the National Team Annual Program Fee alongside distribution of their Athlete Agreement

Athletes will be asked to return their athlete agreement and submit payment of their National Team Annual Program Fee within 30 days of receipt.

- For amounts larger than \$500, a payment fee schedule will be provided to the athletes with the expected timelines of payment.

- If athletes are unable to pay the amount within the specific timeframes, they should contact the Archery Canada office immediately to make alternate arrangements

This will be an annual fee, and athletes are responsible for paying the assessment/fundraising obligation by the stated deadline. Failure to make payment by the stated deadline will result in the athlete's eligibility to participate in any National Team event or program being revoked.

Estimated Annual National Team Training Program Fees are outlined by discipline in Table 3 below:

Discipline	Annual Fee
Recurve - NT and NG Levels	\$2500
Compound - NT and NG Levels	\$1250
Remote NT and NG Athletes (i.e. out of country) - Athlete's location may lead to more limited in person training with NC.	\$1250

Table 3: Annual National Team Training Program Fees

Remote vs. Non-Remote Coaching Expectations

All athletes in the program, regardless of discipline or location, receive the same monthly virtual coaching structure and full access to the National Coach and Strength & Conditioning coach for planning, feedback, and support. The difference between remote and non-remote status is specifically the amount of in-person coaching contact throughout the year, which is reflected in the annual fee.

Service	Non-Remote Athletes	Remote Athletes
In-Person Touch points	3 to 4 per year in which the National Coach will travel to the athletes for in person technical work, testing and/or training	Not included. In person contact will be limited to National Team camps and competitions in which the athlete is selected
Virtual touchpoints	Monthly with National Coach	Monthly, with National Coach
Strength & Conditioning touchpoints	Monthly, with S&C Coach	Monthly, with S&C Coach
Local Training support	Typically training alongside or near other high-performance athletes/coaches	Athlete is responsible for arranging local coaching/training support where possible; National Coach provides remote guidance to support this, but cannot replace in-person technical correction

For remote athletes, particularly those without access to other high performance archers the National Coach's monthly virtual touchpoints will include additional emphasis on video-based technical review and guidance for structuring solo training, to help offset the reduced in-person contact.