

**Archery Australia Regional Development
Program (AARDP)
Guidelines**

The Archery Australia Regional Development Program (AARDP) is a framework designed to assist self-motivated athletes in defining and working towards their goals of representing Australia at major international competitions.

The AARDP is a nationally focused program developed to provide a clear pathway for athletes wishing to represent Australia at World Cup, World Championship, Olympic and Paralympic Games. Archery Australia will work in conjunction with RGB's to deliver a program that supports athletes that demonstrate a commitment and drive to be internationally competitive.

Purpose:

- The AARDP has been implemented to offer an opportunity for motivated athletes to develop the skills to represent Australia at future World Cup, World Championship, Olympic and Paralympic Games.
- To develop squad members to a level where they can qualify for entry into Archery Australia High Performance squads.
- To educate and prepare archers for the rigours of training as an elite Athlete both physically and mentally
- The AARDP may look to develop a greater level of opportunity for squad members to compete domestically and internationally.

Structure:

- The AARDP Is managed by the Archery Australia High Performance Pathways Manager (HPPM) who reports directly to the Archery Australia High Performance Manager.
- The Aim of the program is to eventually have a program in each RGB. currently the squads are:
 - SQAS
 - ANSW
 - ACT
 - AV
 - ARCSA
 - AWA
 - AST
- Expressions of Interest will be sought from athletes who wish to be considered for inclusion in the program.
- Athletes will train in their usual training environment and will be assisted in developing their own structured training programs in conjunction with their RDP coaches and the AARDP National Co-ordinator.
- Depending on the number and training level of applicants in each program, each squad may be divided into two groups to facilitate better management of the athletes.
- Athletes will be required to enter their weekly training data in the Athlete Management System (AMS) which will generate regular training reports for athletes and coaches. These reports will be used to review each athletes training and competition progress.
- The AARDP National Coordinator and AA National Head Coach will determine the national technical direction and coaching methodologies for AARDP athletes.
- Where possible coach advancement opportunities will be provided for coaches working in the AARDP program.

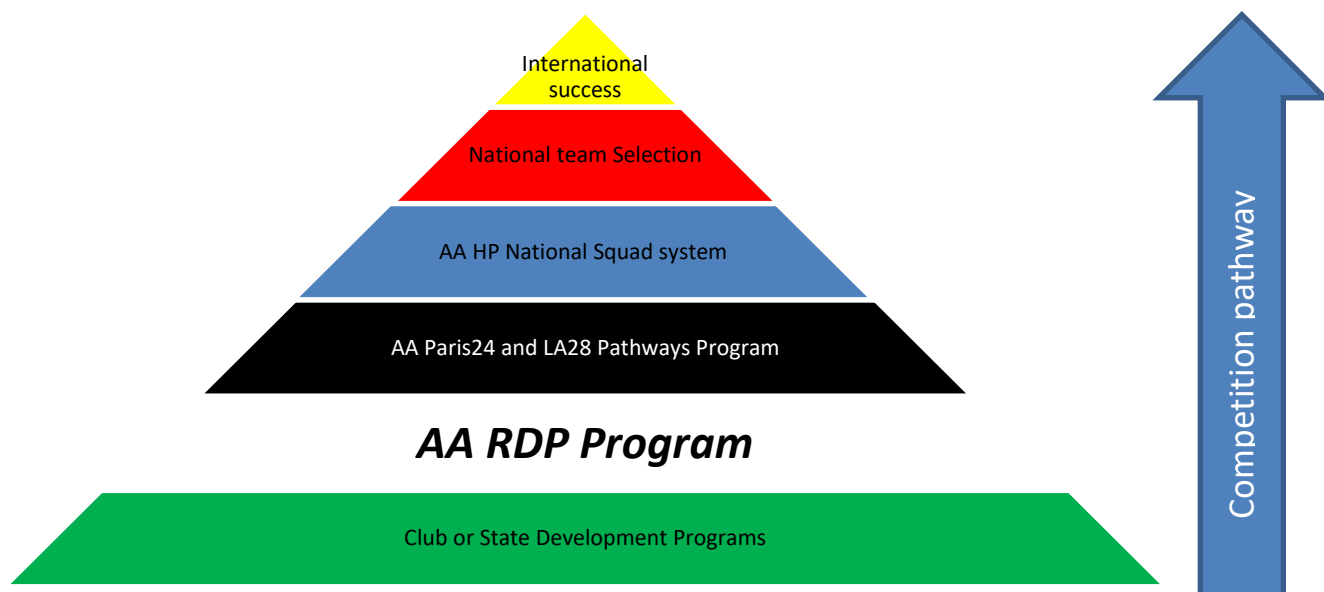
RDP delivery/frequency:

The RDP is a program that is focused on increasing the volume of contact of athletes to active and higher quality coaches, in their home RGB. This contact is preferred in person via squad sessions, but may also occur in an online fashion where the RDP program sees fit (e.g. during Covid-19 lockdowns etc)

The AA HP team suggest each program meet approx. every 6-8 weeks, yet each RDP program may choose a schedule that best suits them and their squad.

Understanding the AA athlete pathway

Archery Australia's Athlete pathway defines the journey an athlete may take towards international success. Access to the pathway begins from club and state level (green step) and moves onto the AARDP program (white step). At the AARDP level archers must shoot the MQS and apply to the program. It is the first step in AA's pathway that is led by AA's HP team.



The Competition Pathway

The Competition Path is an accessible path for all archers regardless of ability or age. Any athlete can register their scores, meet published score criteria, place in selection trials and make an AA National squad/team.

AARDP Requirements:

The program is designed for those athletes who are willing to commit to improving their skills as an athlete in an attempt to achieve national representation and who demonstrate a willingness to comply with the program requirements.

Squad members will be expected to:

- Attend nominated AARDP training events and tournaments
- Be available for selection in RGB teams
- Maintain performance and activity records in AMS
- Commit to relevant training programs developed in concert with AARDP coaches and their personal coaches.

RDP squad membership will be regularly assessed to ensure the suitability of the athlete to the program and compliance with the program's objectives. This will occur 6 months initially and every 12 months following. Squad

members who do not adhere to program requirements may be removed from the program before assessment is undertaken.

Athlete Identification and Screening

Archery Australia and the RGB will call for expressions of interest from the Archery Australia community and all applications will be assessed using criteria developed by the AA National Head Coach and AARDP National Co-ordinator. These criteria will be both quantitative (score based) and qualitative (assessment of potential and commitment).

Applicants will be assessed initially on but not limited to:

- Previous and current performances
- Physical condition
- Coach/Coach’s subjective appraisals including athlete perceived potential
- Skill Level (technique)
- Attitude
- Work Ethic
- Commitment
- Athlete goals aligned with program objectives

An annual open session must also be run by the AARDP group as a recruitment/trial for potential new members.

Events and activities being run at RGB level (Competitions, RGB development camps) may also be identified as program selection opportunities.

Those potential program participants will be invited to submit relevant application documents and maybe asked to attend a nominated club/RGB event for assessment.

Selected squad members will be expected to train personally (archery specific) and at the coaches’ direction also participate in strength and conditioning programs and ensure attendance at scheduled training/competition events.

Performance Criteria

	Recurve	Compound (50m)	Para Archers	Barebow
Male	600 70m	670	Compound 630 Recurve 550 W1 560 v1 200 v23 350	580 50m
Female	580 70m	640	Compound 600 Recurve 500 W1 500 v1 200 v23 350	540 50m
Cadet male	600 60m	650		
Cadet female	580 60m	630		

Each AARDP may create performance aspirations required of athletes wishing to be included in the program including:

- Clearly articulated archery goals
- An agreed level of performance improvement in the first 6-12 months of the program; and
- A stated desire to represent Australia at Olympic, Paralympic or World Championships level by 2024 and beyond.

HP archers

The AARDP program allows any HP archer to also participate in their local RDP sessions. These archers, where possible can aid the coaches and archers as well as continue their own training towards success. HP archers must respect the Coach/es of the program and be mindful of the training plans for the group.

Athlete Code of conduct

All archers in the program must adhere to AA's Code of conduct:

<https://archeryaustralia.app.box.com/s/sjmyfdqtzzj29hgdcgzguwrc1pvu93lg>

Para Athletes

Archers must be temporarily classified to enter the program. Your Local GP/physio can perform this task.

<https://www.paralympic.org.au/classification/> Archers then must be classified at a national event.

Coordinators

Coordinators of each state program are as follows

State	Coordinator/s
South Queensland	Alison Hagaman
NSW	Peter Feeney
ACT	Melissa Mongan
VIC	Damien Sinclair
TAS	Murray Frith
SA	Ian Dall
WA	Deb Nicholson

Archery Australia Regional Development Program

Application Form

I wish to be considered for inclusion in the AARDP and have read and understand the general requirements for inclusion.

I have meet the published performance criteria in my age group and discipline, and I understand the personal commitment required to achieve excellence, and if accepted in the Regional Development Program I am prepared to adhere to the training program agreed to by the National Co-ordinator and my coach.

Parent/guardian Signature if under 18.....

Email contact			
DOB		Best contact number:	
Club		Bow type:	
Coach		RGB	
Best 3 recent scores		QRE or tournament where these scores were shot	

Applications close / /

Please forward this application to:

AARDP National Co-ordinator

APPENDIX 2

Training example

Daily training – technical

Technical training will be undertaken at each athlete’s home club, which may be developed by the AARDP state coaches, to each athletes training age, position in the athlete pathway, and educational/work commitments.

An **example** of the technical training for a week is:

Fulltime athlete Week 1 – 1016 arrows

Day1 – 230 arrows	Day 2 – 222 arrows	Day 3 – 192 arrows	Day 4 – 162 arrows	Day 5 – 210 arrows
Short distance warm up (90 arrows) Shoulder connection	Warm up 70m practice (60 arrows)	Warm up 70m practice (66 arrows)	Warm up 70m practice (18 arrows)	Warm up 70m practice (36 arrows)
70m practice (80 arrows)	70m practice (9 arrows*12 ends)	70m matchplay 26 scoring 3arrows*30 ends	70m matchplay 26 scoring 3arrows*30 ends	70m scoring*4 rank rounds
Shooting quick (60 arrows)	70m practice (9 arrows*6 ends) High jump *5 before each first arrow	70m matchplay 27 scoring 3arrows*12 ends	70m matchplay 27 scoring 3arrows*18 ends	Short distance practice (30 arrows) 70m practice (66 arrows)
SPT after training		SPT after training	SPT after training	70m matchplay 26 scoring 3arrows*30 ends
				70m matchplay 27 scoring 3arrows*12 ends

Part time athlete Week 1 – 750+ arrows

Day1 – 132 arrows	Day 2 – 138 arrows	Day 3 – 180 arrows	Day 4 – 153 arrows	Day 5 – 180 arrows
Short distance warm up (30 arrows) Shoulder connection	Warm up 70m practice (30 arrows)	Warm up 70m practice (60 arrows)	Warm up 70m practice (18 arrows)	Warm up 70m practice (18 arrows)
70m practice (72 arrows)	70m practice (9 arrows*6 ends)	70m matchplay 26 scoring 3arrows*30 ends	70m matchplay 26 scoring 3arrows*30 ends	70m scoring*2 rank rounds
Shooting quick (30 arrows)	70m practice (9 arrows*6 ends) High jump *5 before each first arrow	70m matchplay 27 scoring 3arrows*10 ends	70m matchplay 27 scoring 3arrows*15 ends	Short distance practice (18 arrows)
SPT after training	SPT after training	SPT after training	SPT after training	SPT after training
Gym 45 mins		Gym 45 mins		Cardio 30 mins

Weekly Training – Other

- Injury Management and Prevention

To maintain the workload required of an elite Archer it is an athlete's responsibility to maintain a program of injury prevention on a weekly basis and seek treatment immediately if any injury occurs. Injuries and rehabilitation will be reported to the Physio and through the AMS system.

- Recovery

This is important to help athletes recover from the high training loads enabling them to physically adapt to overload training and includes activities such as massage, nutrition, stretching, compression garments and hot and cold water therapy.

- Performance Psychology

This part of the program targets the development of mental skills to enhance performance in competition and training. In particular the program looks at mental rehearsal, arousal control, relaxation techniques, performance goal setting and life skills away from the Archery program.

- Skill Acquisition/Biomechanics

This part of the program is based on video analysis and biofeedback techniques which study the specific movement patterns of each athlete. These types of analyses provide athletes and coaches with visual feedback on skills and can also identify physical strengths and weaknesses which can be addressed through specific training.

- Strength and Conditioning

Exercise Physiology or performance engineering, focuses on physiology including strength and conditioning and core stability. In Archery athletes need to increase the amount of time in the gymnasium developing physical skills in order to perform at their best and to cope with the high training demands. Some of these exercises involve weights, functional exercises (sports specific) and plyometrics.

- Physiotherapy

Archery Australia is developing Musculoskeletal Screening Protocols and Guidelines to assist our Physiotherapist and S&C coach develop training and rehabilitation programs to minimise the time away from training due to injury.

- Nutrition

The correct nutrition program is important for its beneficial effects on training and performance. In Archery the program educates the diets of athletes to ensure they receive the right amount of "fuel" to cope with training and competition and also receive the essential nutrients in the right balance for good health. Also the timing of nutritional intake is extremely important in the process of athlete recovery. The nutrition program also monitors the individual weight and skinfolds to provide specific feedback to athletes and coaches and assess the impact of the training program.