

## HIGH PERFORMANCE PROGRAM

### Purpose:

Saskatchewan has a history of being one of the top archery provinces in Canada. The goal of the High Performance Program is to ensure this tradition continues and to give archers who wish to compete on an inter-provincial, national or international level some of the skills necessary to achieve that goal. It is also a mechanism to identify candidates and to select a team to represent Saskatchewan at the Canada Winter Games. The program is not designed to replace Sask. Archery's JOP program, the SAA Target Team, or the SAA 3D Team. It is intended to enhance the participants understanding of what is needed to compete at the "next level" whatever they deem that to be. Under the program, clinics will be held which provide both training/coaching and competition.

### Benefits:

- Access to clinics covering competition skills (i.e. mental training, nutrition, etc.)
- An opportunity to provide feedback on gaps in archery training in Saskatchewan to help SAA start to address the gaps.
- Participants under the age of 21 in years of Canada Winter Games will be eligible for selection to the Canada Winter Games Team.
- Must be a participant in the High Performance program to be considered for nomination for provincial athlete support programs (i.e. Future Best).
- Participants traveling over 350 km are eligible for travel assistance based on SAA guidelines.

### General Criteria:

- High Performance Program is open to all Sask. Archery Members aged 21 and under in good standing provided they meet all the criteria listed below.
- All Canada Games Team members will be selected from the High Performance Program.
- Athletes are required to submit an HP fee per year as outlined by the SAA as a self-help initiative for the High Performance Program to assist in offsetting the cost of obtaining experts to enhance the value of clinics.
- Athletes must compete in both seasons (indoor and outdoor).
- Although no minimum age is in effect, program members must compete at a minimum of cadet or age appropriate distances (whichever is greater) and vertical triple face 40cm targets during the indoor season.
- Archers are encouraged to be members of the Provincial Target Team, Provincial 3D Team, or both.
- Athletes may join at any time. This program is designed to be ongoing.
- Minimum score requirements from **ONE** of the following categories (**cadet distances or age appropriate, whichever is greater**) has been achieved or is realistically able to be achieved in the next 12 months at a **nationally registered event**:

Category	Indoor FITA I (40 cm target)	Indoor 3D** (40 / 80 Target Round)	Outdoor Target (720 / 1440)	Outdoor 3D** (40 / 80 Target Round)
Male Compound	520 inner ten	380 / 765	625 / 1250	380 / 765
Female Compound	500 inner ten	365 / 730	600 / 1200	365 / 730
Male Recurve	480	320 / 640	575 / 1150	320 / 640
Female Recurve	460	300 / 600	540 / 1080	300 / 600

\*\* must be officiated by a provincial level judge (or higher)

### Yearly Performance Criteria and Athlete Responsibility:

- All scores and training plans must be submitted monthly to the High Performance Director.
- If an archer does not complete the requirements for a given season (i.e. indoor or outdoor) they will be ineligible to participate in the High Performance Program for a period of 6 months.

- A written request for an exception outlining the reasons for not completing the requirements and what steps the athlete is being taken to substitute the missing training may be presented within 30 days of the Indoor or Outdoor Provincial Championships. The request will be reviewed by the High Performance Director, SAA President, and a third person chosen by the SAA President and it will be their sole discretion if the exception will be granted.

**Indoor:** (Inner ten scores on 40cm vertical three-spot target for all ages in compound and outer ten scores on 40cm vertical three-spot target for all ages in recurve)

1. Athletes must compete in two nationally registered FITA or 3D Competitions with a provincial level judge officiating.
2. Athletes must compete in the SAA Indoor Championships (note: this is not the JOP Championships).
3. Athletes must compete in the FCA Indoor Regionals.
4. In Canada Games Years competition scores from the Canada Games will be eligible for the SAA Indoor Provincials or FCA Regionals in the case of conflicting schedules.
5. Athletes are strongly encouraged to compete in one of the following major tournaments in a two year period:
  - a) Multi Site Indoor Championships of the Americas (MICA)
  - c) FCA Indoor 3D Championships

**Outdoor:** (Members of the High Performance Team are strongly encouraged to compete as cadets during the outdoor season)

1. Athletes must compete in two nationally registered FITA 1440 Competitions **or** one FITA 1440 and one 70/60m Round, **or** 2 outdoor 3D events with a provincial level judge officiating.
2. Athletes must participate in a minimum of one Field competition and the SAA Field Championships.
3. Athletes must compete in the SAA Outdoor FITA Championships.
4. Athletes are strongly encouraged to compete in one of the following major tournaments in a two year period:
  - a) Ontario Spring Classic
  - b) Canada Cup
  - c) FCA Outdoor Championships (FITA 1440 & FCA Open)
  - d) FCA 3D Championships
  - e) Other Provincial Outdoor Championships (example: Manitoba, Alberta, etc.)

#### **Athlete Ranking**

- The athletes two best scores from the indoor FITA and/or 3D competitions will be combined and given an overall percentage.
- The athletes two best scores from the outdoor FITA and/or 3D competitions will be combined and given an overall percentage.
- Overall ranking will be given on the combination of indoor and outdoor percentages.
- A ranking list each of Target, 3D, and Field for archers participating in the High Performance Program will be created and posted on the SAA website semi-annually (one for indoor, one for outdoor).

**Example:**

Archer 1

Indoor Event	Score	Outdoor Event	Score
Indoor FITA	515	Outdoor FITA 1440	1128
Indoor FITA	505	Outdoor FITA 1440	1035
SAA Indoor Champs.	565	Major Event 1440	1020
FCA Regionals	555	SAA Outdoor Champs.	965
		FCA Outdoor Champs.720	464
		FCA Outdoor Champs. 1440	1010
<i>Total Indoor (2140/2400)</i>	<i>89.2%</i>	<i>Total Outdoor(6086/7920)</i>	<i>71.0%</i>

**Ranking Percentage** 80.1%

Archer 2

Indoor Event	Score	Outdoor Event	Score
Indoor FITA	439	Outdoor FITA	1212
Indoor FITA	450	Outdoor FITA	1198
SAA Indoor Champs.	525	Major Event	1038
FCA Regionals	535	SAA Outdoor Champs.	1010
		FCA Outdoor Champs.720	525
		FCA Outdoor Champs.1440	1060
<i>Total Indoor (1949/2400)</i>	<i>81.2%</i>	<i>Total Outdoor(6568/7920)</i>	<i>76.3%</i>

**Ranking Percentage** 78.8%

**Athlete's Responsibilities:**

1. Athletes must send in scores and attend the appropriate competitions and clinics
2. Athletes must recognize they are seen as role models and act in a manner that is consistent with a role model at all times.
3. Archers are expected to share what they learn with other members of their clubs to help develop the next generation of High Performance Athletes.

**High Performance Director Responsibilities:**

1. High Performance Program should be reviewed after every Canada Games to ensure criteria is up to date.
2. High Performance Director is responsible for publishing ongoing results to all athletes and SAA Executive members on a semi-annual basis via email only.
3. High Performance Director will publish results and rankings of all High Performance Program Participants yearly.
4. The High Performance Director will provide members of the High Performance Program with access to presentations, programs and coaching to assist in their development to their respective next levels of competitions.

# APPENDIX I

## High Performance Team Athlete Contract

I, the archer will make every effort to:

1. Set reasonable short, intermediate and long-term goals with the High Performance Director.
2. Stick to the plan agreed upon by the High Performance Director and the archer.
3. Treat all Program Participants with respect and in a manner that is offensive in any way.
4. Show up for practices on time, prepared to train in a committed fashion.
5. Notify the High Performance Director immediately if it is impossible to make practice and why.
6. Communicate feelings and concerns regularly to the High Performance Director.
7. Meet with High Performance Director and support network on a regular basis to discuss progress/challenges.
8. View sport as only one aspect of life, not the only reason to live or feel self-worth.
9. Shoot all tournaments listed in the plan unless absolutely impossible.
10. Advise the High Performance Director immediately of injury or illness.
11. Allocate sufficient funds for equipment, travel, training and competition annually.
12. Stay current on developments in the sport and the chosen discipline(s).
13. Act as a good ambassador for the sport, home club, province and country.
14. Keep the emotional outbursts under control at all times, and discuss problems with the High Performance Director.
15. Enjoy the process of training and competing each day.
16. Define "success" in terms of commitment and attained goals, not by scores and rankings.

I, \_\_\_\_\_ agree to keep my part of the working agreement with HP Program Administrators. If changes occur in my life which makes it impossible for me to live up to this commitment, I will notify the administrators immediately.

Signed \_\_\_\_\_

Dated: \_\_\_\_\_

We, HP Program Administrators will make every effort to:

1. Only with archer input, implement reasonable short, intermediate and long-term goals.
2. Stick to the plan agreed upon by the High Performance Director and the archer.
3. Show up for practices on time, prepared to lead in a committed fashion.
4. Notify the archer immediately if it is impossible to make practice, and why.
5. Encourage the archer to communicate feelings and concerns regularly.
6. Meet with archer and support network on a regular basis to discuss progress/challenges.
7. View the high performance team as only one aspect of life, not the only reason to live or feel self-worth.
8. Attend all tournaments committed to attend in the plan unless absolutely impossible.
9. Keep the athlete's personal thoughts and concerns in trust at all times.
10. Allocate sufficient funds for equipment, travel, training and competition annually.
11. Stay current on developments in the sport and the chosen discipline(s).
12. Act as a good ambassador for the sport, home club, province and country.
13. Keep emotional outbursts under control at all times, and discuss problems with the archer.
14. Enjoy the process of training and competing each day.
15. Lead by example.
16. Be open-minded to change.

We, HP Program Administrators agree to keep our part of the working agreement with the archer \_\_\_\_\_ If changes occur in our lives, which make it impossible for us to live up to in this commitment, we will tell the archer immediately.

Signed: \_\_\_\_\_

Signed: \_\_\_\_\_

Dated: \_\_\_\_\_

## CANADA GAMES TEAM SELECTION PROCESS-Revised September, 2012

1. Candidates must be a member of the High Performance Program for a minimum of 6 months prior to Team selection.
2. Participation in both the indoor and outdoor seasons is required.
3. Teams will be chosen by the High Performance Director, SAA President and Team Manager
4. Teams will be selected **3 months** prior to the Canada Winter Games
5. The Canada Games Team is open to all High Performance Team members aged 21 and under (see Canada Games technical package for detailed age criteria). Canada Games only recognizes one age category, 21 and under.
6. **Only FITA (indoor and outdoor) scores are eligible for consideration.**
7. **Criteria:** The Canada Games Team will be chosen based on:
  - a. **Attendance (25%):** all camps / clinics are considered mandatory for those wishing to be eligible for Canada Games selection.
  - b. **Commitment (25%):** based on attitude, maturity, participation in other events
  - c. **Performance (25%):** Scores achieved at mandatory camps / clinics and outlined competitions.
  - d. **Training Performance (25%):** Submission, completeness, and adherence to monthly training plans.
7. **It is the Archer's responsibility for submitting scores.**
  - Inner ten scores for will be used for compound shooters.
  - The High Performance Director will not look for the scores in any publications.
  - Any archer not able to attend an event or clinic must submit a written notice (i.e. email) including reason for absence to the High Performance Director prior to the event.
  - Archers attending post-secondary education in or out of province must make special arrangements with High Performance Director for attendance at other events for qualification purposes. Example: Another Province's Indoor Provincials instead of our SAA Indoor Provincials.
  - Indoor FITA scores to be submitted must be shot on vertical triple face 40cm targets regardless of age or equipment.

**APPENDIX I**  
**CANADA WINTER GAMES**  
**TEAM SELECTION MEDICAL REPLACEMENT POLICY**

1. In the case of an injury to an archer while trying out for the final selection to a Canada Games or High Performance Team, the decision to keep or release the archer will be left up to the discretion of the High Performance Director, SAA President and Team Manager, after consultation with the parents and family physician.
2. In the case where an archer is on a Canada Games or Provincial Team, is injured during a pre- championship and/or Games event, tournament, practice, camp, etc. and is questionable whether they could compete in the championship and/or Games, the decision to keep or release the player will be left up to the discretion of the High Performance Director, SAA President and Team Manager, after consultation with the parents and family physician.
3. In the case where a player is on the Canada Games or Provincial Team, is injured during a pre- championship or Games event, tournament, practice, camp, etc. and is unable to compete in the Games and or championship, the High Performance Director, SAA President and Team Manager will select an alternate archer.
4. In the case of an athlete who doesn't have a family physician, or when a second opinion is required by the parent, athlete or coach, the Sport Medicine and Science Council of Saskatchewan would provide a list of medical professionals throughout the province who have interest in sport medicine to the parent, athlete or coach for their use. These professionals can provide expert advice on an athlete's injury.

## APPENDIX II CANADA WINTER GAMES

### Sask. Archery Major Games Coach Criteria / Contract

One of the management team must be male and one female. The Coach must be a full NCCP Level III and/or Comp Development Coach. The team must be able to work together.

*The Major Games Coach shall:*

- Work with the SAA Executive to review rules for the selection and development of athletes for the team.
- Contact the athletes to monitor training and competitions.
- Ensure that athlete paper work is completed regarding uniform size, and medical information.
- Arrange and conduct training camps.
- Arrange for transportation and accommodation for athletes and management team to the games.
- Work with athletes during the actual competition.
- Manage the budget for team training.

*Budgets*

- The budget will come to the Association through SaskSport. Sask. Archery will pay all reasonable administrative expenses. Expense claim forms are included in the High Performance Manual.

*Meetings*

- Attend Sask. Archery Board meetings as requested.

*Reporting*

- To the Major Games Chair as required.
- To the High Performance Director
- To the President as required
- To SaskSport Major Games Representative
- To the Editor with results
- Report to the Board regarding conduct and results.

*Program Tasks*

- **Leadership**
  - Communicate with the High Performance Director
  - Communicate with the Major Games Chair
  - Oversee the games operation
- **Planning**
  - Develop a training program for the athletes.
  - Budget for the program
- **Development**
  - Monitor the training of the athletes
  - Implementation
  - Train the team for the Games
  - Work with the team at the Games
- **Evaluation**
  - Annually assess programs and results for the prior year

*Supervision Responsibilities*

- Monitor the training programs of the athletes

*Performance Review System*

- Identity milestones for the current year
- Outline annual task list and/or work plans for the High Performance Program

\_\_\_\_\_  
Coach

\_\_\_\_\_  
Dated

\_\_\_\_\_  
SAA President

\_\_\_\_\_  
Dated

**APPENDIX III**  
**CANADA WINTER GAMES**  
**Sask. Archery Major Games Manager Criteria / Contract**

One of the management team must be male and one female. The Manager must be a full NCCP Level I and/or Comp-Into Coach. The team must be able to work together.

*The Major Games Manager shall:*

- Work with the High Performance Director to review rules for the selection and development of athletes for the team.
- Contact the athletes to monitor training and competitions.
- Ensure that athlete paper works is completed regarding uniform size, and medical information.
- Arrange and conduct training camps.
- Arrange for transportation and accommodation for athletes and management team to the games.
- Work with athletes during the actual competition.
- Manage the budget for team training.

*Budgets*

- The budget will come to the Association through SaskSport. Sask. Archery will pay all reasonable administrative expenses. Expense claim forms are included in the High Performance Manual.

*Meetings*

- Sask. Archery Board meetings as requested.

*Reporting*

- To the Major Games Chair as required.
- To the High Performance Director
- To the President as required
- To SaskSport Major Games Representative
- To the Editor with results
- Report to the Board regarding conduct and results.

*Program Tasks*

- Leadership
  - Communicate with the High Performance Director
  - Communicate with the Major Games Chair
  - Oversee the games operation
- Planning
  - Develop a training program for the athletes. Budget for the program
- Development
  - Monitor the training of the athletes
- Implementation
  - Train the team for the Games
  - Work with the team at the Games
- Evaluation
  - Annually assess programs and results for the past year

*Supervision Responsibilities*

- Monitor the training programs of the athletes

*Performance Review System*

- Identify milestones for the current year
- Outline annual task list and/or work plans for the High Performance Program

\_\_\_\_\_  
Manager

\_\_\_\_\_  
Dated

\_\_\_\_\_  
High Performance Director

\_\_\_\_\_  
Dated

\_\_\_\_\_  
SAA President

\_\_\_\_\_  
Dated