

British Columbia Archery Association

# Long-Term Archer Development Model BC Implementation Plan



Approved by the Board of Directors:  
September 25, 2015

# British Columbia Archery Association Long-Term Archer Development Model BC Implementation Plan

September 24, 2015

## 1. Introduction

Archery Canada (previously the Federation of Canadian Archers (FCA)) developed a Long-Term Archer Development (LTAD) model to be a blueprint for all stakeholders involved with archers of all ages. The LTAD provides a framework that aligns the sport system, integrates health and education with sport, and physical activity. The successful implementation of the LTAD model will lead to better and more skilful archers, and a thriving sport supported by quality coaches, officials and volunteers at all levels in Canada.

The *AC – Long-Term Archer Development Model* (Archery Canada, 2008) document outlined the key principles of the LTAD model; Archery Canada is now developing the details of the model's implementation.

The British Columbia Archery Association (BCAA) is charged with implementing Archery Canada's LTAD at the provincial level. The specific implementation strategies (Section 5) will be incorporated into the *BCAA Strategic Plan*, thereby fully integrating the LTAD implementation into the BCAA's ongoing programs and activities.

This *LTAD – BC Implementation Plan* is a companion document to Archery Canada's LTAD document; the LTAD implementation details are contained herein, while the details of the LTAD model itself are contained in the *AC – Long-Term Archer Development Model* document.

## 2. Objectives

- To implement the Archery Canada LTAD model at the provincial level, by working collaboratively with Archery Canada.
- To promote the LTAD model to BCAA members to provide healthy life-long sport participation and to support the success of BC athletes at high-level competitions.



### 3. Archer and Coach Development Pathways

Clear development pathways help athletes, parents and coaches understand both an archer's and a coach's progression through the sport from first picking up a bow through to Shooting for Life. Obviously, each archer will progress at their own pace according to their individual interests, abilities and developmental stage. Below is a synopsis of those pathways; details are found in the *AC – Long-Term Archer Development Model* document.

<i>Archer Development Pathway</i>				<i>Coach Development Pathway</i>	<b>Delivery Responsibility</b>
<b>Years in Archery</b> (approx. age)	<b>Archery LTAD Framework</b>	<b>Canada Sport for Life Stage</b> (CS4L)	<b>Competition Focus</b>	<b>NCCP Coaching Context</b> (minimum)	
<b>0</b> (0-6)	<b>Active Start</b> is a physical literacy stage in which basic motor skills are developed; archery does not play a significant role in this stage				
<b>0-4</b> (6-9)	Shoot for Fun	FUNDamentals	Fun only	Instructor of Beginners	BCAA & affiliate clubs
<b>1-4</b> (Male 9-12) (Female 8-11)		Learn to Shoot	Club/Local	Instructor of Beginners	BCAA & affiliate clubs
<b>2-8</b> (Male 12-14) (Female 11-13)	Shoot to Excel	Train to Shoot	Provincial	Instructor of Intermediates / Introduction to Competition	BCAA & affiliate clubs
<b>4-10</b> (Male 16-~23) (Female 15-~21)		Train to Compete	National	Competition Development	BCAA
<b>7+</b> (Male ~19+) (Female ~18+)		Shoot to Excel	International	Competition – High Performance	Archery Canada
<b>~1+</b> (any age)	Shoot for Life	Shoot for Life	As desired	As desired	BCAA & affiliate clubs



## 4. BCAA Programs and Gaps

A comprehensive inventory and review of programs and competitions offered or supported by the BCAA (see Appendix I) helped to identify several existing strengths, challenges and barriers (summarized below) to the implementation of the LTAD, and to the growth of the sport of archery, in British Columbia.

**Strengths** are current programs that offer, in their present or a slightly modified form, strong opportunities to support LTAD implementation. Strengths are the foundation from which to evolve and develop BCAA programs to implement the LTAD.

**Challenges** are circumstances, at least partly under the control of the BCAA, which can be addressed by modifying existing or creating new BCAA programs to facilitate LTAD implementation. Challenges represent opportunities to enhance current programs and develop new programs to improve the experience and performance of athletes and other archery participants.

**Barriers** are circumstances that are largely outside the control of the BCAA that can be expected to hamper an otherwise unfettered implementation of the LTAD. Barriers provide limits to BCAA programs that are necessary to maintain focus on achievable results. That being said, barriers should also be viewed as challenges that may be overcome at some future time.

Gaps occur where current BCAA programs do not fully conform to the LTAD, or do not fully support LTAD implementation. An example of the former is BCAA's Athlete Assistance program that does not (explicitly) consider an athlete's progression within the LTAD framework. An example of the latter is the present lack of information about Long Term Archer Development provided to BCAA members and other archery participants.

A significant gap was identified with respect to the knowledge, skills and support of coaches necessary to implement LTAD. Other gaps in BCAA programming were identified with respect to alignment with the LTAD model; affected programs include competitions (formats, timing), team/event qualification and selection criteria, and athlete assistance qualification criteria. Not surprisingly given the newness of the concept, general awareness and acceptance of the LTAD model among all archery participants was identified as another critical gap.

Throughout the LTAD framework, participant attrition represents a significant (if not the most significant) threat to the success and growth of archery in BC. While identified as a "challenge," the BCAA views participant attrition as a symptom of programming that does not adequately fulfil the needs of its members. It is expected that improvements to BCAA programs through implementing the LTAD model, as well as other strategic initiatives, will address the problem of participant attrition.



**BCAA Program Review Summary**

Archery LTAD Framework	Strengths	Challenges	Barriers
Shoot for Fun	<ul style="list-style-type: none"> <li>• Junior Olympian Program</li> <li>• Club-level events &amp; competitions</li> </ul>	<ul style="list-style-type: none"> <li>• Participant attrition</li> <li>• Age/skill appropriate coaching</li> <li>• Age/skill appropriate equipment</li> <li>• Age/skill appropriate competition</li> <li>• Consistency between clubs</li> <li>• First contact often outside archery-specific context (e.g. youth camp)</li> </ul>	<ul style="list-style-type: none"> <li>• Availability of venues of sufficient safety and size</li> <li>• Cost of competition equipment cost for new venues (especially 3D)</li> </ul>
Shoot to Excel	<ul style="list-style-type: none"> <li>• Junior Olympian Program</li> <li>• Club-level events &amp; competitions</li> <li>• Provincial (BCAA) level archery competitions</li> <li>• Multi-Sport Games events</li> </ul>	<ul style="list-style-type: none"> <li>• Participant attrition</li> <li>• Skill development path for adults</li> <li>• Skill appropriate coaching/training</li> <li>• Access to higher level coaches</li> <li>• Skill appropriate competitions</li> <li>• Integration of competition progression (formats, skill levels, timing, etc)</li> <li>• Development &amp; competition support (levels, scheduling...)</li> </ul>	<ul style="list-style-type: none"> <li>• Availability of venues of sufficient safety and size</li> <li>• Cost of competition equipment cost for new venues (especially 3D)</li> <li>• Most funding for higher level athletes is limited to Olympic sports, which excludes the vast majority of BCAA members who shoot compound and 3D</li> </ul>
Shoot for Life	<ul style="list-style-type: none"> <li>• JOP (non-competitive youth)</li> </ul>	<ul style="list-style-type: none"> <li>• Participant attrition</li> <li>• Skill (age) appropriate competitions</li> </ul>	<ul style="list-style-type: none"> <li>• Availability of venues of sufficient safety and size</li> <li>• Cost of competition equipment cost for new venues (especially 3D)</li> </ul>



## 5. Implementation Priorities

A number of implementation priorities have been identified by examining the AC, LTAD, the experience of other Provincial Sport Organizations and gaps in current BCAA programs. Each priority naturally aligns with an existing goal in the *BCAA 2010 – 2014 Strategic Plan* (BCAA, 2010). Below is a brief description of why each selected priority is important to the BCAA. Archery Canada is pursuing a number of LTAD implementation initiatives, several of which coincide with the priorities identified below; the BCAA will work proactively with initiatives lead by Archery Canada that support LTAD implementation in British Columbia.

- **Priority 1: LTAD Education**

Strategic Plan Goal: 3.1 Implement Long Term Archer Development Plan

The success of the Long Term Archer Development model depends on each archery participant – athlete, coach, official and parent of minor athletes – being aware of the model and understanding their respective roles in the model; further they need to understand how those roles may change along the Archer Development Pathway. In cooperation with Archery Canada, the BCAA will develop mechanisms to inform current and future archery participants about the LTAD model, and to reinforce their understanding throughout their archery careers.

- **Priority 2: Coaching**

Strategic Plan Goal: 3.2 Improved Coaching Developments

Experienced and knowledgeable coaches are critical to inspiring and training archers at all levels of participation. As leaders and experts, coaches will be the primary implementers of the LTAD model. Their knowledge of the model, their understanding of athlete development and training, and their ability to share ideas with other coaches will define the athlete performance outcomes of the LTAD model. The BCAA will further develop programs to train, encourage and support both new and experienced coaches.

- **Priority 3: Competition/LTAD Alignment**

Strategic Plan Goal: 3.3 Increased Tournament Participation

In the context of archer development, competitions provide opportunities for participants to gauge their personal performance against other archers and can be key qualification criteria for higher-level events. The benefits of competition are maximized when the level of competition is appropriate to the archer's level of development. In cooperation with Archery Canada, the BCAA will develop a competition classification system to assist athletes and coaches determine which events will be most beneficial for the athlete's long-term development. The BCAA will also promote and support a variety of events that encourage all levels of participation and competitiveness.

- **Priority 4: BCAA Programs/LTAD Alignment**

Strategic Plan Goal: 3.1 Implement Long Term Archer Development Plan

To realize the full benefits of the LTAD model, all pertinent BCAA programs have to support its implementation. In addition to aligning competitions with the LTAD model, linking to the LTAD model the criteria for selecting team members for various events (e.g. BC Winter Games, National Championships) will ensure that the athletes best suited to the level of competition attend, and linking to the LTAD model the criteria for athlete financial assistance will enable those athletes to compete. Leveraging other existing BCAA programs, such as the Junior Olympian Program, the BC Performance Team and Judge Certification, will further enhance the success of the LTAD model.



The following table summarizes the specific strategies; actions and timelines the BCAA will pursue to achieve each goal. Timelines are specified by year and quarter (Q1 – January to March, Q2 – April to June, Q3 – July to September, Q4 – October to December). Several strategies and actions (red banner) already exist in the BCAA Strategic plan; the others (yellow banner) were developed specifically to implement the LTAD model. The new strategies and actions will be incorporated into the *BCAA 2010 – 2014 Strategic Plan* and will be implemented through the BCAA’s Performance Management System (BCAA, 2010; pg.21)

### Strategies, Actions and Timelines

Focus Area	Goal	Strategy	Actions	Timelines	Accountability
<b>3. Athlete Development</b>					
	<b>3.1 Implement Long Term Archer Development Plan</b>				
		<b>3.1.1 Develop BCAA’s LTAD Plan</b>			
			Using Archery Canada’s Long-Term Archer Development Model framework, a Canada Sport for Life implementation plan for archery in BC (Ongoing)	2016 Q2	Technical VP
		<b>3.1.2 Implement BCAA’s LTAD Plan</b>			
			Manage the implementation of the LTAD Plan through the Performance Management System (ongoing)	Per PMS	President
		<b>3.1.3 Develop and communicate LTAD Information</b>			
			Develop and implement an active communication plan to distribute information packages to target audiences	2016 Q1	Administrative VP
			include information bulletins in the Monthly Newsletter	Starting 2016 Q1	Administrative VP
			Create a LTAD page on the BCAA website, including links and embedded information about LTAD and related resources	2012 Q4	Administrative VP



## Strategies, Actions and Timelines (cont'd)

Focus Area	Goal	Strategy	Actions	Timelines	Accountability
<b>3. Athlete Development</b>					
<b>3.1 Implement Long Term Archer Development Plan (cont'd)</b>					
<b>3.1.4 Align BCAA Programs with the LTAD Model</b>					
			"Adult Progression Program:" create a program for adults, modelled on the JOP, linked to the LTAD stages.	2017 Q1	Technical VP
			Team Qualification & Selection: develop qualification and selection criteria that consider archer progression, appropriate to the level of competition, through the "Train to Compete" LTAD stage.	2016 Q2	President
			Athlete Assistance Program 1: update funding award criteria that consider archer progression, appropriate to the level of competition, through the "Train to Compete" LTAD stage.	2016 Q2	Director At Large
			Athlete Assistance Program 2: make Athlete Assistance funding available to participants at all levels of the "Train to Compete" LTAD stage.	2016 Q4	Director At Large
			BC Performance Team: develop membership criteria that consider archer progression through the LTAD model stages.	2016 Q4	Director At Large
			BCAA Judge Certification: include a LTAD information component in workshops and teach a variety of competition formats appropriate to different LTAD stages.	2016 Q1	Technical VP
			BCAA Technical Workshops: reference the <i>AC – Long-Term Archer Development Model</i> with respect to such things as appropriate bow draw weights.	Ongoing 2015 Q1	Technical VP

Focus Area	Goal	Strategy	Actions	Timelines	Accountability
<b>3. Athlete Development</b>					
<b>3.2 Improved Coach Development</b>					
<b>3.2.2 Develop a Long Term Coach Development framework</b>					
			Work with Archery Canada to develop a Long Term Coach Development framework to support the LTAD model	Ongoing	Technical VP
			Work with Archery Canada to explicitly incorporate the LTAD model into the NCCP coaching clinics	Ongoing	Technical VP



## Strategies, Actions and Timelines (cont'd)

Focus Area	Goal	Strategy	Actions	Timelines	Accountability
<b>3. Athlete Development</b>					
<b>3.2 Improved Coach Development (cont'd)</b>					
<b>3.2.4 Promote and support coach development at the club level</b>					
			Develop a “coach development information package,” based on the LTAD model and the Long Term Coach Development framework (Strategy 3.2.2), to encourage clubs to ensure all coaches are adequately trained	Ongoing	Technical VP
			Develop a cost effective incentive program to encourage individuals to take coaching training	Ongoing	
<b>3.2.5 Promote and support face-to-face communication opportunities for coaches</b>					
			Include in each coach’s workshops a LTAD information component appropriate to the level of LTAD knowledge of the coaches attending (periodically)	Ongoing	President
			Plan (including funding sources) one coach’s retreat every two years, hosted by a high-level coach, to encourage information sharing between and among coaches of varying levels (biennially)	Ongoing	
			Include in each coach’s retreat a structured discussion about some component of the LTAD (biennially)	Ongoing	

Focus Area	Goal	Strategy	Actions	Timelines	Accountability
<b>3. Athlete Development</b>					
<b>3.3 Increased Tournament Participation</b>					
<b>3.3.1 Assist athletes and coaches to determine which events will be most beneficial for the athlete’s development</b>					
			Working with Archery Canada and expanding on the FITA system, develop a competition classification system linked to LTAD stages and to team and athlete assistance qualification requirements	2016 Q4	Director At Large
			Classify each BC competition listed in the on the BCAA web site (ongoing)	Ongoing	
			Examine and adjust BCAA competition schedule and formats to ensure BCAA events align appropriately (in timing & classification progression) with Archery Canada and key international competitions	Ongoing	Director At Large



## APPENDIX I

### Inventory of BCAA Programs

Following is a summary of programs and competitions offered or supported by the BCAA and its affiliate clubs, summarized in relation to the Archery LTAD Framework. Below the summary is a brief description of each program and competition.

With respect to required officials, Archery Canada's insurance policy requires member clubs to have at a minimum two trained Safety Officer to ensure activities are conducted in a safe manner. For competitions, a trained Director of Shooting is recommended to ensure not only safety, but that the competition is conducted in an orderly fashion. In regards to competitions delivered by the BC Games Society, BCAA support is limited to facilitating access to qualified officials and event hosting expertise (often through a local club), and does not include financial assistance.

For all LTAD stages, infrastructure requirements include venues that meet both the minimum safety standards and the needs (target sizes and numbers, shooting distances) of the discipline being shot, as described in Archery Canada's Rulebook (Archery Canada, 2010).

#### Inventory of BCAA Programs

Archery LTAD Framework Canada Sport for Life Stage	Name of Program/ Competition	Minimum Coaching Context Recommended	Minimum Officials Level Required	Equipment Recommended	Delivery Responsibility
<b>Shoot for Fun</b> FUNdamentals/ Learn to Shoot	<ul style="list-style-type: none"> <li>Junior Olympian Program (JOP)</li> <li>JOP competitions</li> </ul>	Instructor of Beginners	Club Judge or Safety Officer	<ul style="list-style-type: none"> <li>Borrowed, rented (often from club) or self-owned bow, finger &amp; arm protection, and arrows</li> <li>Access to equipment maintenance tools and expertise</li> </ul>	Local clubs with BCAA support (awards)
	<ul style="list-style-type: none"> <li>Unsanctioned intra-club events/competitions</li> </ul>	Instructor of Beginners	Safety Officer or Director of Shooting		Local clubs
	<ul style="list-style-type: none"> <li>Unsanctioned inter-club events/competitions</li> </ul>	Instructor of Beginners	Safety Officer or Director of Shooting		Local clubs
	<ul style="list-style-type: none"> <li>NCCP Coaching Clinic: Instructor – Beginner</li> </ul>	Instructor of Beginners	Safety Officer on-line training		BCAA
	<ul style="list-style-type: none"> <li>Archery Canada Club Judge/ Safety Officer on-line training</li> </ul>	Instructor of Beginners	Safety Officer on-line training		BCAA



**Inventory of BCAA Programs (cont'd)**

<b>Archery LTAD Framework</b> Canada Sport for Life Stage	<b>Name of Program/ Competition</b>	<b>Minimum Coaching Context Recommended</b>	<b>Minimum Officials Level Required</b>	<b>Equipment Recommended</b>	<b>Delivery Responsibility</b>
<b>Shoot to Excel</b> Train to Shoot/ Train to Compete	<ul style="list-style-type: none"> <li>Junior Olympian Program (JOP)</li> <li>JOP competitions</li> </ul>	Instructor of Intermediates	Club Judge	<ul style="list-style-type: none"> <li>Self-owned bow, finger &amp; arm protection, and arrows</li> <li>Access to equipment maintenance tools and expertise</li> </ul>	Local clubs with BCAA support (awards)
	<ul style="list-style-type: none"> <li>Sanctioned &amp; Unsanctioned intra-club events/ competitions</li> </ul>	Instructor of Intermediates	Provincially Certified Judge (sanctioned)/ Club Judge/ Safety Officer (unsanctioned)		Local clubs
	<ul style="list-style-type: none"> <li>Archery Canada Mail Match</li> </ul>	Instructor of Intermediates	Club Judge/ Safety Officer		Local clubs with Archery Canada support (awards)
	<ul style="list-style-type: none"> <li>BCAA Championships (3 disciplines)</li> </ul>	Instructor of Intermediates	Provincially Certified Judge		BCAA with local club support (hosting)
	<ul style="list-style-type: none"> <li>NCCP Coaching Clinic: Instructor – Intermediate</li> </ul>	Certified LF	N/A		BCAA
	<ul style="list-style-type: none"> <li>BCAA Coaching Workshops</li> </ul>	Certified LF	N/A		BCAA
	<ul style="list-style-type: none"> <li>BCAA Technical Workshops</li> </ul>	Certified LF	Provincial Certified LF		BCAA
	<ul style="list-style-type: none"> <li>BCAA Judge Certification</li> </ul>	Certified LF	Provincial Certified LF		BCAA



## Inventory of BCAA Programs (cont'd)

Archery LTAD Framework Canada Sport for Life Stage	Name of Program/ Competition	Minimum Coaching Context Recommended	Minimum Officials Level Required	Equipment Recommended	Delivery Responsibility
<b>Shoot to Excel</b> Train to Compete	<ul style="list-style-type: none"> <li>Junior Olympian Program (JOP)</li> <li>JOP competitions</li> </ul>	Instructor of Intermediates	Provincially Certified Judge	<ul style="list-style-type: none"> <li>Self-owned bow, finger &amp; arm protection, and arrows</li> <li>Access to equipment maintenance tools and expertise</li> </ul>	Local clubs with BCAA support (awards)
	<ul style="list-style-type: none"> <li>BC Winter Games team qualification</li> </ul>	Instructor of Intermediates	Provincially Certified Judge		BCAA with local club support (hosting)
	<ul style="list-style-type: none"> <li>BC Winter Games</li> </ul>	Instructor of Intermediates	Provincially Certified Judge		BC Games Society with BCAA & local club support (officials, expertise, equipment)
	<ul style="list-style-type: none"> <li>Archery Canada Championships team qualification</li> </ul>	Introduction to Competition	Provincially Certified Judge		BCAA with local club support (hosting)
	<ul style="list-style-type: none"> <li>Archery Canada Championships</li> </ul>	Competition Development	Nationally Certified Judge		Archery Canada
	<ul style="list-style-type: none"> <li>Canada Winter Games team qualification</li> </ul>	Level 3 or Competition Development	Provincially Certified Judge		BCAA with local club support (hosting)
	<ul style="list-style-type: none"> <li>Canada Winter Games</li> </ul>	Level 3 or Competition Development	Nationally/ Provincially Certified Judge (judges selected by Archery Canada)		Canada Games Council



**Inventory of BCAA Programs (cont'd)**

<b>Archery LTAD Framework</b> Canada Sport for Life Stage	<b>Name of Program/ Competition</b>	<b>Minimum Coaching Context Recommended</b>	<b>Minimum Officials Level Required</b>	<b>Equipment Recommended</b>	<b>Delivery Responsibility</b>
<b>Shoot to Excel</b> Train to Compete (cont'd)	<ul style="list-style-type: none"> <li>Performance Team</li> <li>Athlete Assistance Program</li> </ul>	Instructor of Intermediates (provincial events)/ Competition Development (National events)	N/A	<ul style="list-style-type: none"> <li>Self-owned bow, finger &amp; arm protection, and arrows</li> <li>Access to equipment maintenance tools and expertise</li> </ul>	BCAA
	<ul style="list-style-type: none"> <li>NCCP Coaching Clinic: Competition – Development</li> </ul>	Level 3 certified LF	N/A		BCAA
	<ul style="list-style-type: none"> <li>BCAA Coaching Workshops</li> </ul>	Instructor of Intermediates LF	N/A		BCAA
	<ul style="list-style-type: none"> <li>BCAA Technical Workshops</li> </ul>	Instructor of Intermediates LF	N/A		BCAA
	<ul style="list-style-type: none"> <li>BCAA Judge Certification</li> </ul>	Provincial Recognised LF	N/A		BCAA



## Inventory of BCAA Programs (cont'd)

Archery LTAD Framework Canada Sport for Life Stage	Name of Program/ Competition	Minimum Coaching Context Recommended	Minimum Officials Level Required	Equipment Recommended	Delivery Responsibility
<b>Shoot for Life</b> Shoot for Life	<ul style="list-style-type: none"> <li>Sanctioned &amp; Unsanctioned intra-club &amp; inter-club events/competitions</li> </ul>	As desired by archer	Provincially Certified Judge (sanctioned)/ Club Judge/ Safety Officer (unsanctioned)	<ul style="list-style-type: none"> <li>Borrowed, rented (often from club) or self-owned bow, finger &amp; arm protection, and arrows</li> <li>Access to equipment maintenance tools and expertise</li> </ul>	Local clubs
	<ul style="list-style-type: none"> <li>Archery Canada Mail Match</li> </ul>	As desired by archer	Club Judge/ Safety Officer		Local clubs with Archery Canada support (awards)
	<ul style="list-style-type: none"> <li>BCAA Championships (3 disciplines)</li> </ul>	As desired by archer	Provincially Certified Judge		BCAA with local club support (hosting)
	<ul style="list-style-type: none"> <li>BC Senior Games</li> </ul>	Instructor of Intermediates or as desired by archer	Provincially Certified Judge		BC Games Society with BCAA & local club support (officials, expertise, equipment)
	<ul style="list-style-type: none"> <li>NCCP Coaching Clinics</li> </ul>	Certified LF	N/A		BCAA
	<ul style="list-style-type: none"> <li>BCAA Coaching Workshops</li> </ul>	Certified LF	N/A		BCAA
	<ul style="list-style-type: none"> <li>BCAA Technical Workshops</li> </ul>	Certified LF	N/A		BCAA
	<ul style="list-style-type: none"> <li>BCAA Judge Certification</li> </ul>	N/A	Certified LF Judging		BCAA



### **Junior Olympian Program**

The BCAA Junior Olympian Program (JOP) is an archery skills development program for youth up to the age of 21 years. Participation is limited only by the requirement that the archer be a member of the BCAA. The program provides progressive awards commensurate with each archer's performance. JOP competitions are structured such that archers compete with others of equivalent skill level (rather than equivalent age classes). The JOP provides opportunities, goals and positive feedback to developing archers for achieving success. Currently, the JOP focuses on target archery (indoor and outdoor), though it does include a 3D component that is rarely implemented. The JOP compliments LTAD as both a mechanism for delivery and as a measure of performance.

### **BC Winter Games Qualification**

A team of up to five archers represents each BC Games Zone at the BC Winter Games. Each Zone's team members are selected by the BCAA based on eligibility criteria, the results of one qualification competition (often held sub-regionally to maximize participation) and an objective to fill the docket of each shooting category (female compound, female recurve, male compound and male recurve). The qualification process has significant potential to support LTAD by aligning qualification criteria with the LTAD model.

### **Western Canada Games Qualification**

Although archery is not currently a Western Canada Games sport, it is documented in the BCAA's programs for the potentiality that is included in the future.

### **Canada Winter Games Qualification**

A team of four archers represents each province at the Canada Winter Games. British Columbia's team members (plus four alternates) are selected by the BCAA based on eligibility criteria, shooting history and the results of one competitions (held at a club as chosen by the coaching team). The qualification process has significant potential to support LTAD by aligning qualification criteria with the LTAD model.

Athletes must declare their intent by **April 30 2017**.

The declared athletes must have a minimum of 3 scores **submitted** on a Vertical 3spot (Inner 10 score for compound and Outer 10 score for recurve) in their correct equipment category by **October 20<sup>th</sup> 2017**.

If more than 3 scores have been submitted, the best 3 scores for each athlete from all the officially run 18m 600 rounds will be used. (We will accept non-declared but officially signed cards from officially run events)

At the closing of the score deadline date (October 20<sup>th</sup>) and no later than October 24<sup>th</sup> the top 4 athletes in each category (**based on scores and suitability**) will be invited to attend an 18m 600round plus match play event to be held **November**. Total invited athletes = 16.

Following the 600 round, the athletes will participate in a match-play event based on the scores from the 18m events in a 4-person match play (1-4, 3-2) per category. The winner of each match play category will be selected for the Team as long as suitability requirements have also been met. The silver place in each category will be the alternate. The bronze in each category will be the second level back up.

### **THE BC PERFORMANCE PROGRAM (BCPP)**

The BC Archery Association promotes archery in all forms throughout the province, and with this program hopes to help Target archers in their quest to achieve higher performance at Provincial, National, and, for some, International Target competitions.

This program is undergoing redevelopment and will see some changes over the next few years. It is hoped that as these improvements are made and as more



resources and assistance is introduced, that the popularity and enthusiasm of competitive target archery will continue to grow throughout the Province.

### **The Performance Program Concept**

The current purpose of the BC Performance Program is to provide competitive level athletes with funding to assist with expenses related to attending the Canadian National Target Championships. BC archers interested in being a member of the Performance Program will need to meet the specific criteria.

Equipment divisions: only the Recurve and Compound equipment divisions are accepted (Bowhunter, Barebow, etc, do not qualify for this program)

Age divisions: The minimum age category accepted for the program is Cadet (age 15). Therefore Cadet, Junior, Senior and Master age categories qualify.

Gender divisions: both Male and Female athletes qualify

Level of Competition: the archer should be following the “Train to Compete” and/or “Shoot to Excel” stages of the Long Term Archer Development model (LTAD), which can be found on the BCAA website:

<http://www.archeryassociation.bc.ca/administration/LTAD/BCAA%20LTAD%20Implementation%20Plan%20FINAL%20120614.pdf>

### **Benefits of being in the program**

Potential to be chosen to the Provincial team attending the Nationals, and therefore eligible for financial assistance through the BC Archery Association National Team funding

If not selected to the Performance TEAM and attend Nationals, by being a member of the BCPP you are eligible for financial assistance through the Travel / Project Assistance program: <http://www.archeryassociation.bc.ca/athlete/athleteassistance.html>

Opportunity to take part in upcoming athlete development clinics sponsored by the BCAA

Access to other high performance resources as they are developed and become available

Team clothing

For full doc go to <http://www.archeryassociation.bc.ca/athlete/athlete.html>

### **Athlete Assistance Program**

The BCAA’s Athlete Assistance Program (BCAA AAP) provides athletes who are working with NCCP certified Instructional Intermediate (Level2) or higher coaches, funding to support their attendance at competitions and clinics to develop them as high performance athletes. The funding streams which support the BCAA AAP are dependent on where the athlete falls in the LTAD and their equipment category. A portion of the funding from government agencies may be designated for specific purposes (e.g. preparing the Canada Winter Games team). Eligibility criteria include both qualification event participation and competition performance components as well as proof of an athlete training plan. The program is open to all BCAA members who meet the eligibility requirements. The program has significant potential to support LTAD by aligning funding criteria with the LTAD model.

### **NCCP Coaching Clinics**



The National Coaching Certification Program (NCCP) is a coach training and certification program with the objective to develop the knowledge and skills of coaches working with athletes at all levels, from beginners and recreationalists to high performers. Archery Canada had developed, or is in the process of developing, training programs for the contexts identified in the LTAD document. The BCAA is responsible for delivering the training programs in British Columbia. Except for the Competition – High Performance level, the NCCP Coaching Clinics consist of two (or more) day clinics followed by competency evaluations and ongoing coaching development. The Competition – High Performance level is underpinned by a two-year National Coaching Institute Advanced Coaching Diploma. More information about the NCCP in general is available on the Coaching Association of Canada website; more information about Archery Canada’s training programs is available on the Archery Canada website (<http://www.archerycanada.ca/en/coaching>) or through the BCAA.

### **BCAA Coaching Workshops**

The BCAA offers workshops to support ongoing coaching development. These workshops are generally on-demand and provide opportunities for coaches to interact with each other and with higher-level coaches. Subjects addressed are usually determined by the participants and have in the past included, in addition to archery-specific items, such topics as mental training, injury prevention and sports nutrition. The workshops have significant potential to support LTAD by improving coach awareness and development and by better aligning topics with the LTAD model.

The BCAA is also working with First Nations Groups to train coaches and LF in the NCCP program this is ongoing and based on their needs.

### **BCAA Technical Workshops**

The BCAA offers workshops to support ongoing coaching development and archer development. These workshops are generally on-demand and focus on the technical aspects of maintaining and adjusting equipment. The workshops have significant potential to support LTAD by improving participants’ knowledge and skills commensurate with the LTAD model.

### **BCAA Judge Certification Program**

The BCAA offers judge/official training to ensure sanctioned events are run safely and in accordance with the governing rules. The Judge Certification Program consists of a two-day clinic (including written and oral testing) followed by mentorship under certified judges in the three major archery disciplines (target (indoor and outdoor), field and 3D). The clinic portion familiarizes the judge candidates with the rules of archery and the mentorships provide hands-on experience under the guidance of knowledgeable judges. Adequately trained judges and officials support the LTAD by ensuring events meet the needs of the developing archers. We also offer an online technical portion followed up by hands on training at official competitions.

### **Competitions**

<b>Competition Title</b>	<b>Age Range</b>	<b>Scale</b>	<b>Qualification Requirements</b>	<b>Links and Bridges</b>
Unsanctioned Club Events	All	Local	Open	Talent identification at club level
Sanctioned Club Events	All	Local to Regional	Open	May be used for team qualifications
JOP Mail Match	<22yrs	Provincial	Open to JOP archers	Talent identification at Provincial level
JOP Indoor Target	<22yrs	Regional	Open to JOP archers	Talent identification at Provincial level



JOP Outdoor Target	<22yrs	Regional	Open to JOP archers	Talent identification at Provincial level
BCAA Indoor Target Champs	All	Provincial	Open to BCAA members	Athlete funding eligibility criterion May be used for team qualifications
BCAA Outdoor Target Champs	All	Provincial	Open to BCAA members	Athlete funding eligibility criterion May be used for team qualifications
BCAA 3D Champs	All	Provincial	Open to BCAA members	Athlete funding eligibility criterion Qualifier for Team BC funding
Archery Canada Mail Match	All	National	Open to Archery Canada members	Talent identification at Provincial level
National Indoor Target Champs	All	National	Open to Archery Canada members	Qualifier for national Teams & funding
National Outdoor Target Champs	All	National	Open to Archery Canada members	Qualifier for national Teams & funding
National 3D Champs	All	National	Open to Archery Canada members	Qualifier for national Teams & funding
BC Winter Games	14 – 16yrs	Provincial	Selected regional teams	Talent identification at Provincial level
Western Canada Games	To be determined	Inter-provincial	Selected provincial team	Talent identification at National level
Canada Winter Games	<22yrs	National	Selected provincial team	Talent identification at National level
BC Senior Games	>55yrs	Provincial	Selected Zone team	None





# British Columbia Archery Association

To promote and support the sport of Archery in British Columbia and Canada.