



Talent Pathway
**Competition
Handbook**

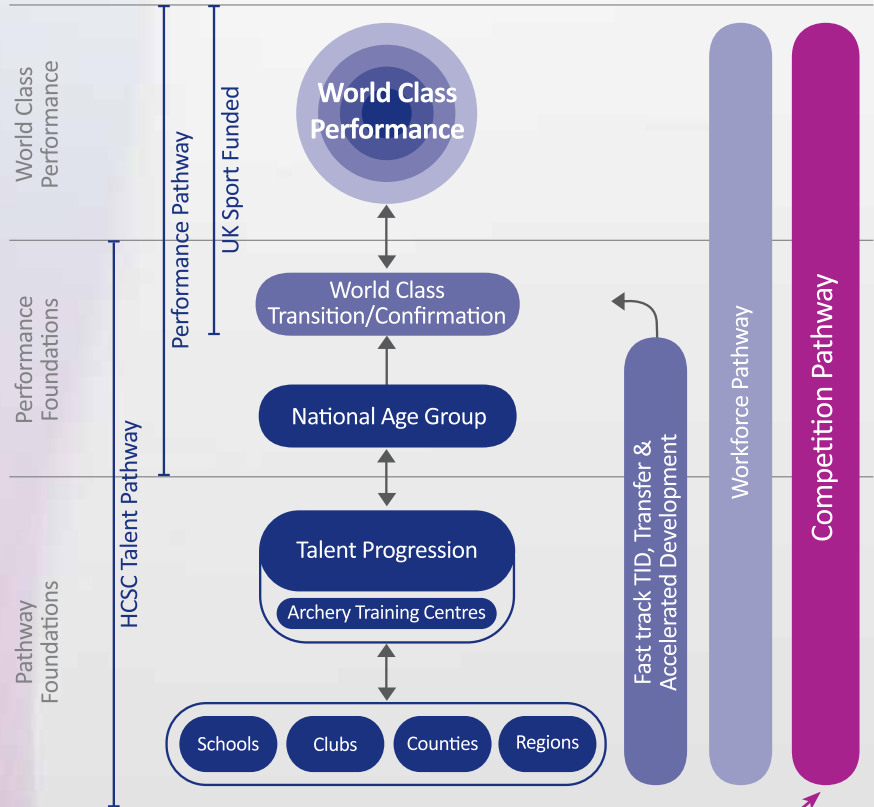
WELCOME



“ We’ve compiled this handbook to help you play, compete and win. ”

Steve Nicolson and Tony Gray
AGB Academy Coaches

ARCHERY GB OLYMPIC PERFORMANCE PATHWAY



This guide focuses on competition

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SPORT AND COMPETITION

– More than the medals

Sport and competition provide us with unique opportunities that have nothing to do with winning.

Having fun and becoming fearless

Young people enjoy games; they have fun and enjoy being part of a community of sport; learning to compete and learning to win or lose without fear or regret.

Motivation for learning

Competition encourages us to bring our best to the game and accelerate learning. We can amaze ourselves and others when we push ourselves a little harder.

Confidence and self esteem

Competition allows us to take risks and overcome obstacles. Confidence and self-esteem have to be earned, achieving a result through work, dedication and commitment. It's not about how many times you win, it's about how many times you recover and bounce back.

Life long friendship and travel

By sharing their interest and values people develop strong bonds that last a lifetime. Travel can multiply those opportunities to interact with others that you otherwise would not meet whether in the local county match or an international competition.

Learning to win and lose

Nobody likes an egotistical winner or a sore loser. Sport and competition develop healthy attitudes to pride and disappointment and behaviours in how we handle ourselves with other people.

Playing by the rules

Developing an integral sense of fair play and sportsmanship in the spirit of the rules of the game.

Children do better in school

Sport and competition provides purpose, focus and problem-solving skills that can be successfully transferred into the classroom and promote a joy of lifelong learning.

COMPETITION FORMATS AND GUIDELINES

World Archery recognises the following classes: Cadet Women; Cadet Men; Junior Women; Junior Men; Women; Men. AGB Performance's Cub category is a useful stepping stone for younger athletes.

An athlete may participate in a class in tournaments when the competition takes place up to and in the year of their:



14th BIRTHDAY Cub

720 Distance: 50m

Cub Men and Women:
50m 1440 Round
(Metric 3)



17th BIRTHDAY Cadet

720 Distance: 60m

Cadet Men: 70m 1440
Round (Metric 1)
Cadet Women: 60m
1440 Round (Metric 2)



20th BIRTHDAY Junior

720 Distance: 70m

Junior Men: 90m 1440
Round
Junior Women: 70m
1440 Round (Metric 1)

Younger athletes have to look at these as the end goal and should work up to the competition distances as their skill and strength develops.

An ideal way to practise your competition format is in training groups. This will help to focus your motivation and add challenge to your training session. Set goals in your group and record your results, maybe even set up a competition ladder.



SCORING PROCEDURES

World Archery rightly has a low tolerance to poor scoring practice and has amended their rules to disqualify a competitor for failing to complete some key scoring procedures such as signing their score sheet or completing all of the scoring details.

- For each target a scorer will be assigned the responsibility of recording the arrow values and completing the score sheet, most likely this will be a competitor on the target and could be you. UK practice is not to record your own values on single score sheets.
- A judge should make the scoring procedure clear at assembly so take a careful note.
- Arrow values have to be recorded by the scorer at each end and before the arrows are withdrawn.
- When invited, call your arrow values out clearly starting from the highest value to the lowest. State your arrow values fairly and as you see them, pointing to but not touching them as you call them and let other competitors challenge this if they don't agree. Check that these values have been recorded correctly and clearly by the scorer, otherwise call a judge to correct the score sheet before the arrows have been pulled.
- Check the values that other competitors call and make sure what has been recorded is correct, otherwise challenge this and call a judge if this cannot be agreed on.
- At the end of every Round or Match, before signing your scorecard, check it carefully so that you agree with the score and that all details are correct. Don't be rushed into this and don't allow the score sheet to be passed to the organiser until you are sure it is correct.

Examples of individual 36 arrow scorecard

Archery GB Performance Academy
January Simulation
Lilleshall, Newport, 24-01-2016

Archer: Joe Bloggs ✓

Country: GBR - Great Britain

	1	2	3	Sum	Tot.	10+X	X
1	10	10	10	30	56 56		3
	9	9	8	26			
2	10	9	9	28	52 108		1
	8	8	8	24			
3	10	10	10	30	56 164		3
	9	9	8	26			
4	10	9	9	28	53 217		1
	9	8	8	25			
5	10	10	10	30	58 275		3
	10	9	9	28			
6	9	9	9	27	54 329		
	9	9	9	27			
Total				329	12		

Joe Bloggs
Archer

John Smith
Scorer

Archery GB Performance Academy
January Simulation
Lilleshall, Newport, 24-01-2016

Archer: Fred Brown ✗

Country: GBR - Great Britain

	1	2	3	Sum	Tot.	10+X	X
1	10	10	10	30	53 53		3
	8	8	7	23			
2	10	9	9	28	52 105		1
	8	8	8	24			
3	9	9	9	27	49 154		
	8	7	7	22			
4	10	9	9	28	52 206		1
	8	8	8	24			
5	10	9	9	28	52 258		1
	9	8	7	24			
6	9	9	9	27	41 299		
	8	M	6	14			
Total				41	299		

How to record a miss

Fred Brown
Archer

John Smith
Scorer

Archery GB Performance Academy
January Simulation
Lilleshall, Newport, 24-01-2016

Archer: Bob Smith ✗

Country: GBR - Great Britain

	1	2	3	Sum	Tot.	10+X	X
1	10	10	9	29	53 53		2
	8	8	8	24			
2	10	10	10	30	57 110		3
	9	9	9	27			
3	10	10	10	30	56 166		3
	9	9	8	26			
4	X	X	10	30	58 224		3 2
	10	10	8	28			
5	X	9	9	28	51 275		1 1
	9	8	6	23			
6	X	10	9	29	52 327		2 1
	9	7	7	23			
Total				327	16	4	

No signature

Archer

Scorer

Examples of individual head-to-head scorecard

Athlete: Joe Bloggs	Rank
Country: GBR - Great Britain	
Category: Recurve Cadet Men	
Target 7A	

	<input type="checkbox"/> Winner			Gold				Tot.
	1	2	3	Set Total	Running Total	Set Points		
1	10	9	8	27		2 1 0	2	
2	9	9	8	26		2 1 0	3	
3	10	10	9	29		2 1 0	5	
4	10	10	7	27		2 1 0	5	
5	10	10	9	29		2 1 0	6	
s.o.							Total	6
	<input type="checkbox"/> Closest to the center							

Archer *Joe Bloggs*Scorer *John Smith*

Judge Annotations

Athlete: Dave Jones	Rank
Country: GBR - Great Britain	
Category: Recurve Cadet Men	
Target 7B	

	<input type="checkbox"/> Winner			Gold				Tot.
	1	2	3	Set Total	Running Total	Set Points		
1	9	9	8	26		2 1 0	-	
2	9	9	8	26		2 1 0	1	
3	10	10	8	28		2 1 0	1	
4	8	10	10	28		2 1 0	3	
5	10	10	10	29		2 1 0	4	
s.o.							Total	4
	<input type="checkbox"/> Closest to the center							

Archer *D Jones*Scorer *John Smith*

Judge Annotations

Score added up incorrectly so wrong set points awarded to both archers

PARENTS: SUPPORTING YOUR CHILD

Be your child's biggest fan

Adopt the role of a supportive parent unconditionally and within your means offer the resources, support, transport, equipment and organisation they need.

Avoid comparisons and favourites

All our children and their achievements are unique, avoid comparing your child to their siblings or others and don't let the 'sporting star' grab all the attention in the family or friendship group.

Family first

High level sport will place demands on family life. Family first is a message to parents and children that whatever happens in their sport, it's basic family values that come first. Set aside some family time each week away from sport and competition and avoid 'talking shop' at the dinner table.





Coaching your own child

The absolutely first thing to remember when considering coaching your child is – DON'T. The coach and athlete relationship is totally different from that of a parent and child. Find a coach and adopt the role of a supportive parent.

Don't do everything for them

Encourage your child to take a high level of personal responsibility in their preparation and training and not take the support you give for granted. As much as is practicable let them prepare their own clothes and equipment.

Motivation

Never use threats, guilt, bribery or fear to motivate a child to improve performance, it just does not work and adds strain to your relationships. Offer encouragement, support and a realistic goals over a long period.

Keep calm and stay strong

Whatever is happening in your child's sport; winning or losing, success or failure, triumph or disaster; stay calm and supportive; avoid criticism of performance.

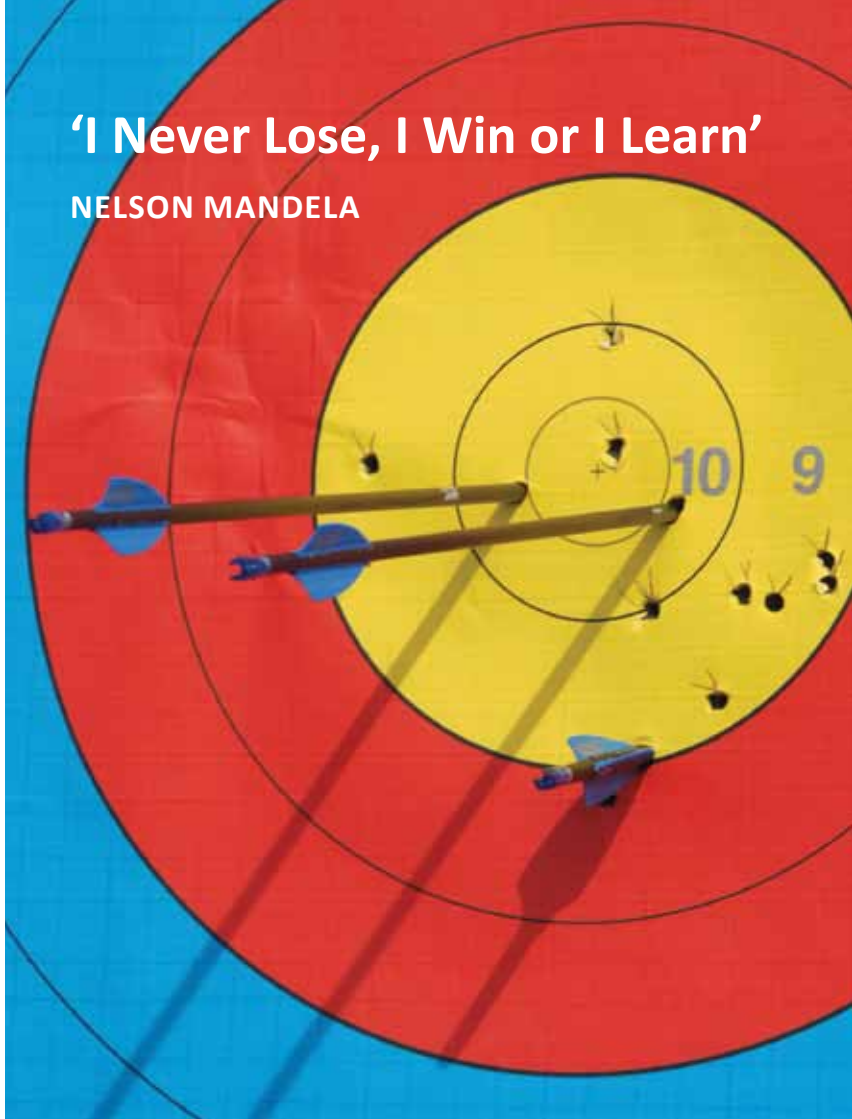
However successful, at some time your child is going to fail and be disappointed in their performance or outcome. Let them learn from setbacks and think of this not as something to cope with but really as a necessary experience for anyone who aspires to greatness.

It's your child's sport

If they are competing to please you or to gain rewards that you offer, then they are in it for the wrong reasons. A good health check for 'It's Your Child's Sport' is that an athlete takes a high level of personal responsibility in their preparation and training and is not taking the support you give for granted.

'I Never Lose, I Win or I Learn'

NELSON MANDELA





**KEEP
CALM
AND
STAY
STRONG**

Developing a child's growth mind-set

Avoid praising ability alone or offering excuses for failure, support their effort and commitment. Help them focus on the process (what they have to do) rather than the outcome (what they get out of it)

Realise it takes time

Expect ten years or more, including important phases of physical, mental and emotional maturation. Avoid short cuts, rely on the steady acquisition of skill through practice.

Time to be a child

Your child needs time to be just that – a child. Let them have fun and let them grow up in their own time in a diverse friendship circle. Archery really does not benefit from early specialisation, encourage other sports and activities especially those that have challenge and broad movement patterns.

COMPETITION PREPARATION

NUTRITION: COMPETITION GUIDELINES

Appropriate nutrition will support the athlete's cognitive (mental) functions, competition duration (fuelling), concentration and focus.

Hydration

Hydration has a big impact on archery performance where mental functions impact so greatly on the outcome of competition shooting.

- Avoid drinking large volumes over short periods.
- Some salt in your food will help water retention.
- Drink little and often throughout the day.

Pre-competition

This begins the day before and should be a carbohydrate rich meal such as pasta, rice or potatoes as the main constituent.

Breakfast

Jump start your day with a nutritious breakfast such as grain, fruit, whole milk (keep the sugar content down).

Refuelling

Eating small meals at regular intervals, such as every three hours, causes digestion to occur slowly and continuously. Nuts and fruit are great for snacks. You can top this up with granary bread with lean meat and salads to keep down the sugar levels. When competing, graze continually throughout the event.

Post competition

Maintain hydration habits drinking little and often and use the snacks you prefer to refuel.

Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturated fat	Salt	Sugar
1049kJ 250kcal	3.0g	1.3g	3.4g	0.9g
LOW	LOW	LOW	LOW	LOW
13%	4%	7%	10%	15%

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Eat at least 5 portions of a variety of fruit and vegetables every day



Eat less often and in small amounts

Beans, pulses, fish, eggs, meat and other proteins
Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat



Dairy and alternatives
Choose lower fat and lower sugar options



Choose wholegrain or higher fibre versions with less added fat, salt and sugar



6-8 a day

Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.



Choose unsaturated oils and use in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

EQUIPMENT PLANNING AND PREPARATION

It's important to have equipment that is properly selected, assembled, tuned and maintained during the competition period. This takes planning and preparation in the months before the competitive season so must be built around your competition cycle. A guideline timeline to follow is:

JANUARY

Planning

Your technique and physical preparation should be stable to make an estimate of your draw length, arrow length and bow weight (the actual weight you hold) for the next competitive cycle.

FEBRUARY

Preparation

You can now make an assessment of your equipment, what can be used and what has to be replaced. Any new equipment will have to be selected and ordered. Seek out good advice on key aspects such as arrow specifications and limb length.

Adjustment

Your equipment should be built with a basic set up. Use basic tuning techniques to confirm your equipment selections. Review your original assessment and make adjustments where necessary.

MARCH

Automation

You will be working to gain confidence with your equipment, checking your selections and tuning to get optimal performance during your training.

APRIL

Assurance

You have now built up a strong level of assurance with your equipment, it is performing well and you are confident in your performance with this equipment through a number of simulations and practice sessions.

EQUIPMENT HABITS FOR PERFORMANCE

Take ownership

This is your equipment, be accountable for the performance you deliver with it.

Learn and ask

Initially everyone needs help to learn how to set up their equipment and tune it, but make it your goal to learn how to do this yourself. Start with simple practical skills like building your own arrows then progress until you feel you can look after all of your own equipment.

Record

Record everything securely, what equipment you use, how it is set up and how it performs; accurate, specific and time stamped photograph and video evidence is a great way to do this supported by your notes. It's then vital to record any changes, what is being adjusted, why is this being done and what was the impact.

Get organised

There are plenty of examples of equipment cases being opened at a competition to find something has been left at home. Store and transport your equipment in cases to prevent damage, return all equipment to its proper place every time it is used or when you strip your equipment down for transport.

Make sure to open up your case when you get home and pull out all of your equipment to dry after shooting on a wet day.

Spares

Keep minimum levels of replacement items such as tabs, fletching items, nocks, strings and arrow rests. Don't have a favourite item of kit, you should have gained confidence in all of your spare equipment performance in training.

Make sure you have set up and practiced with your spare equipment regularly so you are confident that it will be accurate when you need it.

PHYSICAL PREPARATION

Every competitor has to work out for themselves, their best training routines leading up to a competition

- Three days out before the event should be your last strength training session to give you time to recover effectively.
- Reduce the intensity of any bow specific exercises leading up to the competition.
- Run competition simulations leading up to the event to develop your confidence to perform.
- If you are travelling the day prior to the competition then think of this as a 'rest day' or get to know if there are any practice facilities available.
- If you are travelling on the day, then ensure you have enough sleep, and practice getting up early beforehand if necessary.
- Make sure that you have practiced in whatever clothes you may have to shoot in e.g. wet weather gear.



ANTI DOPING

What is '100% me'?

'100% me' is an athlete education programme that aims to increase understanding of doping-free sport and to promote and encourage personal responsibility. '100% me' is a symbol of an athlete's effort, commitment and determination to perform at the highest level without a need to enhance their performance. It recognises that choice, personal strength and attitude makes someone a champion and instils integrity and fairness in sport. The '100% me' campaign is about being successful, confident and retaining the values of clean, fair competition. '100% me' embodies and celebrates five key values: Hard work, Determination, Passion, Respect, Integrity.



Strict liability - Your body, your responsibility

As an athlete you are solely responsible for any banned substance you use, attempt to use or is found in your system, regardless of how it got there, and you will pay the consequence.

Reporting doping in sport

Confidential

Call UK Anti-Doping's Intelligence Team direct on **0207 842 3450**

Call Report Doping in Sport crimestoppers hotline on **08000 32 23 32**

Go to www.reportdoping.com

THE COMPETITION CYCLE

“ The key is not the will to win. Everybody has that. It is the will to prepare to win that is important. ”

BOBBY KNIGHT

As part of doing “what it takes to win”, the athlete should produce and continually update personalised plans and information that can be grouped into the following documents:

1. Annual Cycle/Plan
2. Competition Plan
3. Competition Schedule

Align all activities

The athlete should strive to achieve alignment between:

- Profiling and Analysis - which leads to
- Goals and Prioritisation - which then need
- Plans and Schedules - to achieve the goals and to describe how/when to train, so the athlete/coach can then do the
- Training / Monitoring / Testing - i.e. the doing, with the prime objective of
- Peak Performance in competition.

“ Claiming to want to be a champion is the easy part. Understanding what is actually required to be a champion requires more work. The will to do what is necessary to become a champion is the greatest stumbling block. ”

GERALD LAFON



“ Champions do not become champions when they win the event, but in the hours, weeks, months and years they spend preparing for it. The victorious performance itself is merely the demonstration of their championship character. ”

T. ALAN ARMSTRONG

ANNUAL CYCLE/PLAN



What:

- A high level calendarised plan showing the main phases and activities for the 12 month training and competition period.
- The plan culminates with the athlete's main objective for the year e.g. the outdoor competition season, so helps with its preparation.



When:

- Produced after completion of the last annual cycle e.g. in September.
- Produced following reflection and review of the last 12 months performances and plan and analysis of what improvements could be made across all areas.



Why:

- To help with the planning and prioritisation of the main training and preparation activities.
- To give focus and direction to the athlete.



How:

To construct a plan, carry out the following:

- Review experiences, learning and insights from the last year.
- Evaluate where you are now and where you would like to be.
- Carry out a performance profiling exercise across all areas.
- Define goals and a goal plan.
- Identify a competition schedule and objectives.
- Define time frames for the four periods (preparation, pre-comp, competition, recovery) along with objectives within those periods.
- Define detailed training programme for each period.



The year is broken into four phases:

Preparation/Improvement phase:

- Make improvements to all TEMPO areas (Technique, Equipment, Mental, Physical, Organisation).
- For those whose prime focus is outdoor competitions, then this phase is over the winter/indoor period.

Recovery phase:

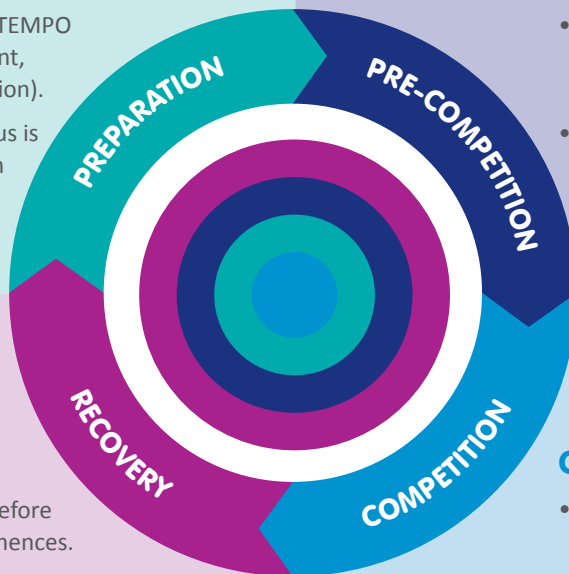
- Rest both body and mind before the next annual cycle commences.
- Review and reflection on the previous year.

Pre-competition phase:

- Assurance of all improvements under outdoor competition conditions.
- Event and Pressure Simulation.

Competition phase:

- Perform to your best (over the summer competition season).
- Broken down into shorter cycles/plans around Key Events.



Other factors:

The amount of detail increases as the athlete progresses up the pathway. Initially this can be simply identifying the start and end of the periods. Developing athletes spend longer in winter preparation phase as they have more (complex) improvements to make. Elite athletes making only minor refinements will use competitions over the winter period for assurance and experimentation.

Priorities and the order of tasks are increasingly important higher up the pathway. E.g. if a goal is to be shooting a higher poundage next summer, then this may entail purchasing new/stronger limbs, which may result in purchasing new stiffer arrows, which will result in the need to re-tune the bow and spend time on tuning for groups and clocking the new arrows. Stronger limbs should not be obtained until the archer has improved their strength and stamina by first progressing their strength and conditioning programme.

The annual plan is a starting point which can be broken into monthly phases then smaller ones again to provide bite size chunks of work in the required areas.

- The plan will not have the same duration for all activities.
- There will be links and dependencies between and across TEMPO areas and activities.
- It needs to be easy to understand and manage.

Example outline annual plan for intermediate athlete



Example TEMPO improvements

TECHNIQUE

- Improve string clearance by keeping ribs down more.
- Improve draw elbow alignment when coming into anchor.
- Improve power of the execution to give stronger shots and stop low arrows.

EQUIPMENT

- When advised to...
- Purchase spare tab and shoot in.
 - Purchase two new strings and shoot in.
 - Purchase limbs matched to size, strength and ability.
 - Optimise arrow length then tune bow.

MENTAL SKILLS

- Practice breathing exercises every week to relax and recover faster.
- Create new affirmations and read/live them every day.
- Create new mental warm-up and integrate with physical warm-up.
- Keep record of emotional state every time I score.

PHYSICAL FITNESS

- Do strength programme four times per week to get strong enough to purchase new limbs.
- Go running in lunch breaks as new cardiovascular programme.
- Experiment with new foods and drinks to increase choice when at competition.

ORGANISATION

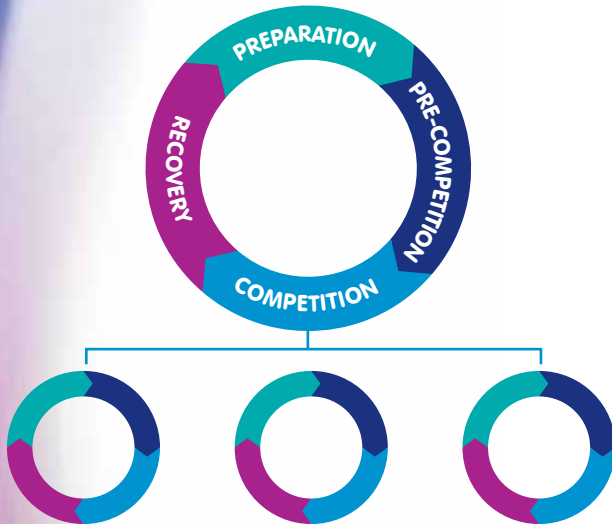
- Update performance log/diary every day and keep coach updated more often.
- Identify some problem scenarios; prepare and practice coping strategies.
- Monitor goal plans more closely to measure progress and take action earlier.
- Revise Competition Plan and associated checklists after every competition.

COMPETITION PLAN



What:

- A generic plan for any competition which covers all detailed training and preparation activities including lifestyle.
- It can also include a way of looking at the competition season as a series of cycles each leading up to a key event.



When:

- A living document that is constantly being revised/refined as the athlete learns from experience in competition e.g. is potentially refined after every competition then re-run for the next competition or key event.



Why:

- To help the athlete learn from experience and remember what they need to do (or not do) in the lead up to and during a competition.
- In addition, to help the athlete learn how many and what type of competitions are needed as preparation for a key event.
- The aim of the plan is:
 - To help with your mental and physical preparation.
 - To reduce stress and to be one of your coping strategies.
 - To help you become more professional and serious about how you compete.



How:

Covers the following separate time periods:

- During the week prior to the event.
- The journey to the event.
- From arrival up to the 1st scoring arrow.
- Time between ends and distances or other down time e.g. between matches.
- Immediately after the last end/match (end of event).

Includes all detailed checklists for things to take and things to do e.g.:

- How much strength and conditioning training 1-2-3 days before?
- Type of shooting 1-2-3 days before?
- Arrow volume 1-2-3 days before?
- Types and volumes of food & drink before, during and after the event?
- How much sleep 1-2-3 nights before?
- What mental routines work, before, during and after?
- Lists of all archery equipment, tent and clothes etc.
- What changes when staying in a hotel?

Other factors:

The plan and checklists should be fairly basic/simple for an athlete starting out on the Pathway, but will develop and become more detailed as the athlete gains experience and is seeking to improve in all TEMPO areas.

Includes the Key Event cycle information. As every athlete is an individual, the duration and content of the key event cycle will vary, but essentially has four elements:

- Health check on physical and mental shot plus tweaks to other areas e.g. equipment.
- Experimentation/simulation event(s).
- Preparation/rehearsal event(s).
- Peak event.



COMPETITION SCHEDULE



What:

This is an essential planning tool that:

- Is a calendarised schedule of all competitions to be entered over the competition season.
- Includes any key family and school/work events/factors that might impact the season.



When:

Produced before start of pre-competition phase of the annual cycle

- E.g. in December/January as the dates for events start to become fixed.



Why:

- To improve the chances of meeting goals in the competition season.
- To help with the prioritisation of events and goals.
- To inform the logistics planning and budgeting for the competition season.



How:

Goals and objectives drive everything

- E.g. which rounds to shoot, which competitions to enter; so goals and objectives need to be defined first.

Format the schedule either around:

- Goals e.g. section per goal, as this helps focus on them and makes it easier to see which events are feeding into which goal.
- OR
- The Key Event cycle.

Making the difference

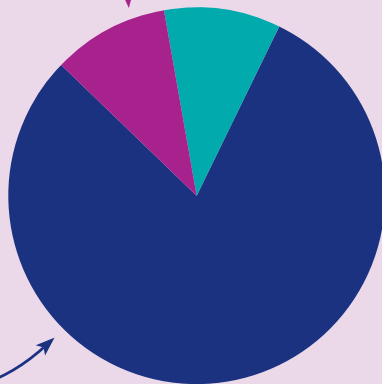
When choosing competitions, work on improving mental toughness by choosing:

10% that you expect to do well in

(E.g. win or at least come in top three positions) – to gain experience of dealing with high expectations.

10% where the competitors are a much better standard to you

To get a reality check and gain experience of the standards you need to be working towards.



80% where the competitors are at a similar standard to you

To gain experience of having to perform well to beat your peers and also get experience of failing.

- Refine or define objectives for every competition in the lead up to it e.g.: score, checking technique improvement holds up, change to equipment, experimentation, use of new/modified mental programme, revised competition plan.
- Peak performance can't be maintained every day/week throughout a long competition season, so take a break or use "fun shoots" to provide some rest and recovery.
- The event cycle will vary between Key Events, depending on the time interval between events and the priority of the event.

Making the transition to a longer distance

When is the right time to start transition, how long could it take and what should it look like/what should you be thinking about?

1

Developing or younger athletes: stay at the shorter distances to build confidence, only increase competition distance when fully capable e.g. all arrows typically within the red scoring area.

2

Compete in a variety of environments and conditions e.g. go to competitions in different parts of the country.

3

Progress to larger or bigger events within your county, then region, then nationally.

4

Set yourself the target to achieve the scores necessary to enter the selection process to shoot for GB and then the scores necessary to be considered internationally competitive (and thus able to be selected). These scores are published on the AGB website.



Event timeline

This is an example of a Time Line showing how you can plan your competition season in a series of smaller cycles which allows you to demonstrate what it takes to win at the right time. Each cycle is a series of Process Events and Supporting Event leading up to either Key, Main or International Events.

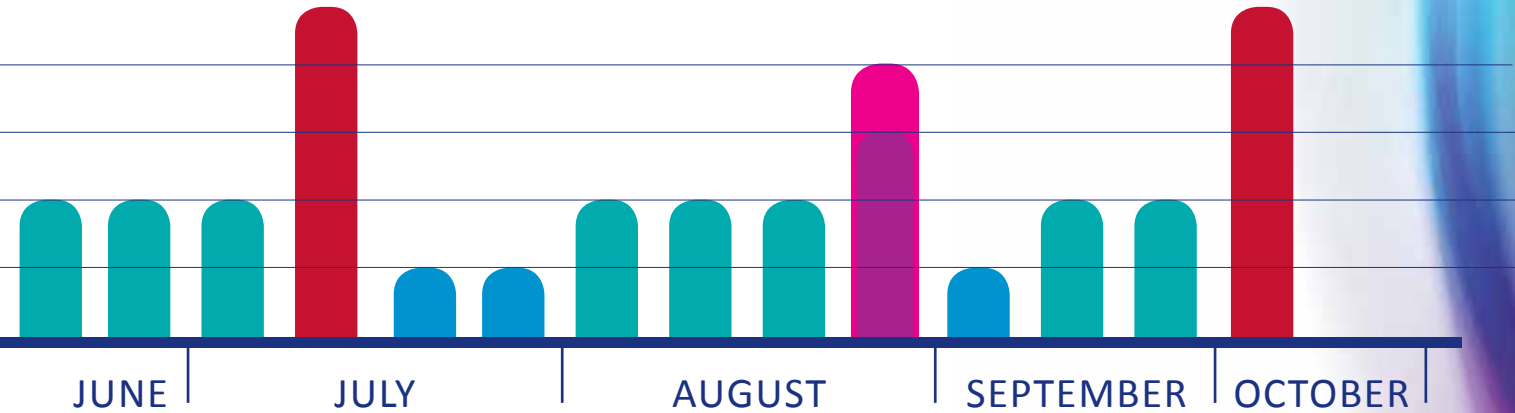


Process event

Early in the season these events are to help test your competition preparation plans and any technical improvements you have made or experiments you want to try out under competition conditions. Later in the season they are there to test learning from previous events especially on the mental side. At this stage competition is not too important, success is measured in delivering your process goals and evaluating these at each stage.

Supporting event

This could be a local competition. Your main focus is to judge if your process goals are working for you to deliver performance and to rehearse everything in preparation for a key or major event. Your competition is your own personal best, success is measured against a performance set against What it Takes to Win.



Key event

Key events mark the end of a cycle at which you wish to peak. Your preparation is a series of process and supporting events leading up to this. Your competition will be challenging; success is measured in delivering a performance likely to secure a medal at this event.

Main event

A main event is where you will plan to peak this year (unless you have an international event). Your preparation is supported by a series of smaller competition cycles leading up to this event. Your competition will be challenging; success is delivering a performance highly likely to secure a medal at this event.

International event

An international event is where you will plan to peak this year. Your preparation is supported by a series of smaller competition cycles leading up to this event. Your competition will be challenging; success is delivering a performance highly likely to secure a medal at this event.

Sample competition schedule

	April							May										June						
Goal and competition schedule	9	10	16	17	23	24	30	1	7	8	14	15	18	21	22	23-27	28	29	30	4	5	8-10	11	12
Obtain cadet qualification scores			2C	Belvoir			1C 1H	2C	Staffs														1C	RR H2H
Perform at peak in key events																								
"Obtain junior qualification scores + <practice for key competitions>"																						1J 1H	UK Masters	
"Test against senior level take part in national series"										1J 1H	1J 1H	NS - Evesham												
"Achieve GMB and improve ranking + <practice for key competitions>"																					1440(L)	Mdlsx	1440(L)	UK Masters
Formal training activity							Academy Camp																	
Family / school events													Exams											Exams

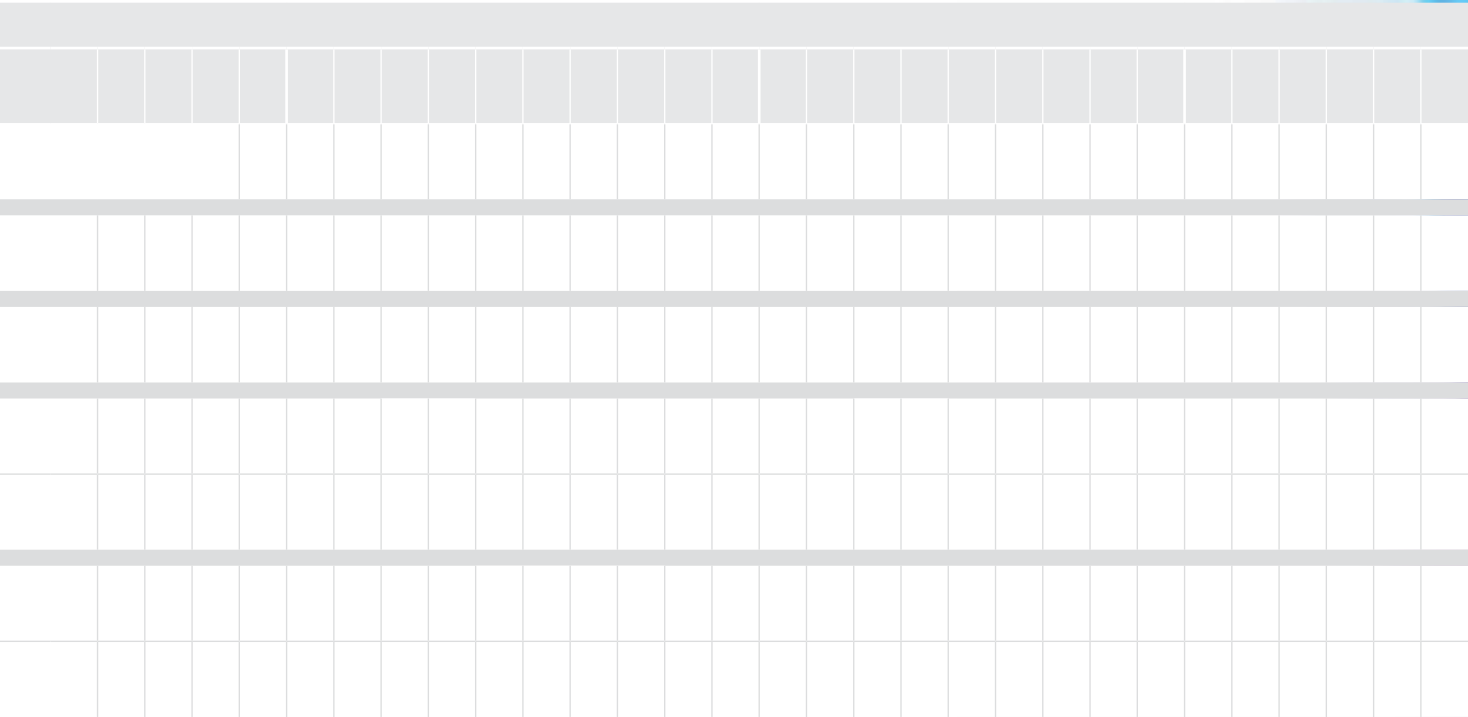
Notation: C = Cadet 720; J = Junior 720; H = Elimination H2H; RR = Round Robin; 1440(L) = WA 1440(Ladies)

June					July										August							September							
18	19	25	26	27-30	2	3	9	10	16	17	23	24	30	31	6	7	13	14	15-20	21	27	28	31	3	4	10	11	17	18
Youth Selection Event																													

My competition schedule

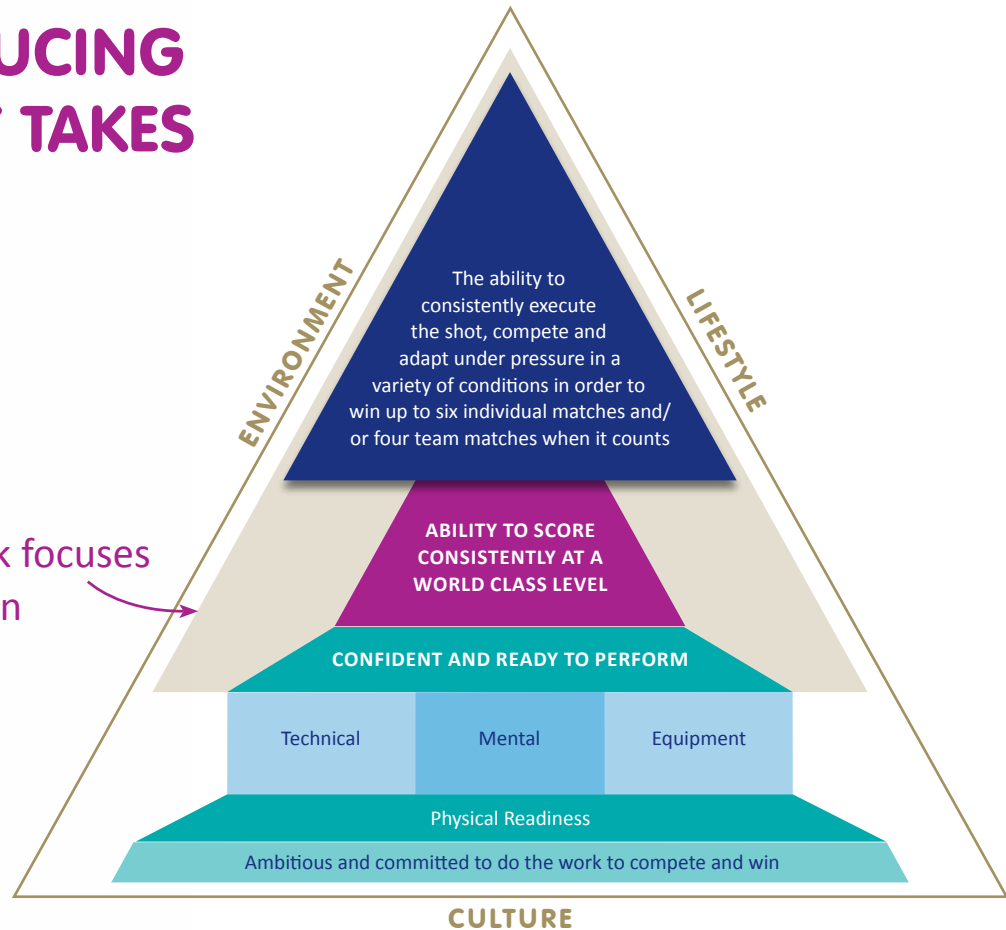
Year:

Goal and competition schedule



INTRODUCING WHAT IT TAKES TO WIN

This handbook focuses
on competition



SCORE BENCHMARK

Measure yourself against an international standard e.g. no matter what round or number of arrows scored, compare your one arrow average against the following table:

International scores and average arrow values

Men			
	Top placing	720 score	arrow value
Senior	1	684	9.50
Junior 70m	1	678	9.42
	3	667	9.26
	8	659	9.15
	16	651	9.04
	32	635	8.82
Cadet 60m	1	680	9.44
	3	674	9.36
	8	664	9.22
	16	655	9.10
	32	645	8.96

Women			
	Top placing	720 score	arrow value
Senior	1	663	9.21
Junior 70m	1	657	9.13
	3	652	9.06
	8	637	8.85
	16	622	8.64
	32	607	8.43
Cadet 60m	1	666	9.25
	3	650	9.03
	8	646	8.97
	16	627	8.71
	32	602	8.36

IMPROVING PERFORMANCE

A key method for improving performance in competition is to follow the Plan-Do-Review process.

PLAN:

Prepare prior to the competition

- See competition plan chapter.
- Visualise the event: the venue and you shooting there.
- Imagine scenarios that could happen and think through what you would do.

DO:

Carry out your Competition Plan

- For periods prior to, during and after the event.
- Make key notes in your performance log/diary throughout the event.
- Shoot and enjoy the experience – live the moment.

REVIEW:

Reflect on your experiences during the event

- Complete a competition report.
- Discuss everything about the event with your coach.
- Identify actions to improve next time (in your preparation and during the event).
- Carry out the actions so you can perform better next time.

KEY COMPETITION ROUTINES AND REFLECTIONS

Always strive to make improvements in all aspects of your preparation and performance.

- Prior to the event, identify some key aspects that you think might make a difference.
- Do not fear failure, this is how you learn and improve.
- After the event, reflect and make an honest evaluation of them, then seek to improve next time.

Visualise - looking forwards			Reflection - looking back
What I will do	What I will think	How I will feel	How effective was it?

COMPETITION REPORT

Event / Location		Date	
Round		Weather	

Objectives / Goals: (define prior to event)			
How was your mental game?			
How was your physical game? (inc nutrition and hydration)			
How was your technical game?			
Any general comments?			
Key learning points and actions:			
Score at each distance + total score (* indicates PB):			



PERFORMANCE GOAL SETTING

Ensure you have a clear sense of direction by defining some performance goals, then choose competitions that will enable you to work towards achieving these goals.

LONG TERM GOAL SETTING			
	This year	Next year	Year after
International goals e.g. top 8 position	▶ ▶ ▶	▶ ▶ ▶	▶ ▶ ▶
GB level goals e.g. Youth Festival Individual medal	▶ ▶ ▶	▶ ▶ ▶	▶ ▶ ▶
Personal best e.g. 30 point increase on 720 score or break 9.0 three arrow average in competition	▶ 720 ▶ 3 Arrow average	▶ 720 ▶ 3 Arrow average	▶ 720 ▶ 3 Arrow average
Selection scores e.g. 2 x 600 (international score for cadet woman)	▶ ▶ ▶	▶ ▶ ▶	▶ ▶ ▶
Supporting events (process goals) e.g. use self-talk for confidence	▶ ▶ ▶ ▶ ▶	▶ ▶ ▶ ▶ ▶	▶ ▶ ▶ ▶ ▶





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