

Warringah Archers



Junior Archery Program **Pathway to Junior Nationals 2009 – 2010**

Goal / Statement / Objective

To be the pre-eminent junior archery development club in New South Wales / Australia.

Achieved by:

- Ongoing / assessable training programme.
- Identify juniors within the club that would like to attend the 2009 Junior Nationals.
- Prepare those archers to be eligible for state team selection.
- Prepare those archers to represent the club as individuals at the Junior Nationals.
- To leave an ongoing programme that also targets the Junior Nationals in 2010.

Develop Archers from Come N'Try / Beginners (utilise current class programmes)

Programme:

Multi Level
Score Based
1000+
850 – 999 & up to 849

Entry:

- Aspire to attend 2009 Junior Nationals
- Commit to a regulated and assessable training programme.
- No minimum score required
- Be a Club Member
- Have own equipment

Training Programme to include:

- Individual Assessments
- Ongoing training programme
- Monitoring of performance
- Reporting back to archers / parents.
- Equipment selection, maintenance,
- Tuning
- Understanding the disciplines of Target / Field / Clout.
- Tournament & Shooting Rules
- Understanding and implementing the specific biomechanical, psychological and physiological aspects of archery

And will involve attending;

- Listed state events
- QRE (Qualification Ranking Events)
- Designated Training / Coaching days

Age Groups as of 1st January 2009;

U12	Cub
U14	Intermediate
U16	Cadet
U18	Junior

Rounds to be shot (1st 2 distances 122cm face, 2nd two 80cm face)

Cub:

Horsham-Target distances 40/35/30*/25* / Yellow Pegs-Field / 100m
Recurve Boys & Girls/ 125m compound Boys & Girls -Clout

Intermediate:

Intermediate-Target distances 55/45/35*/25* / Blue Pegs-Field/
125m Recurve Boys & Girls / 145m Compound Boys & Girls-Clout

Cadet:

Short Fita-Target distances 70/60/50*/30* / Blue Pegs-Field /
125m Recurve Girls / 145m Recurve Boys-Clout
145m Compound Girls / 165m Compound Boys-Clout

Junior:

Long Fita-Target distances 90/870/50*/30* / Red Pegs-Field /
145m Recurve Girls / 165m Recurve Boys-Clout
145m Compound Girls / 180m Compound Boys-Clout

Training Programme

- SPT / One Session / Day
- Number of arrows shot per week / minimum 400
- Coaching minimum 1 session /week
- Wednesday night – club
- Saturday – club
- Sunday afternoon – club
- All squad members should try and shoot the scheduled club round each Sunday.
- Squad management will organise transport to non club events (ie QRE / External tournaments / External training.
- The programme may consist of training weekends away from the club.
- Archers must maintain a training / shooting diary / log

Training attire

- Club Shirts / Club uniform (all official listed events)
- Other times suitable shooting attire & close fitting.
- All archers must wear A HAT.

Involvement / Support

Parents that wish to be involved will undertake the following in conjunction with coaching staff:

- Fund Raising
- Transport
- Accommodation
- Budgets
- Monitoring of training routines – individual parents

Programme to be under the Warringah Archers Development programme and to be lead by Steve Jennison who will assume the role of Leading the Programme.

APPLICATION FORM
Warringah Archers Junior Archery Program

I,.....

Would like to apply for consideration to become a member of
Warringah Archers Junior Nationals Pathway Programme.

D.O.B.....Equipment:.....

Email address.....

Parents Names / Contact Numbers:

.....Tel:.....

.....Tel:.....

Signed:

.....
Archer

.....
Parent

CALENDER OF EVENTS

Programme commences Saturday 23rd May, 2008

From 9.00 through to 12.00 noon - Archery Evaluation

From 1.00pm to 3.30pm: (Ranking Round which will incorporate the equivalent distances for juniors.)

Sunday	1 st June	PM Training (after cub round)
Saturday	7 th June	All Day Training
Sunday	15 th June	PM Training (after club round)
Saturday	21 st June	Training
Sunday	22 nd June	QRE Field at Illawarra
Sunday	29 th June	PM Training (after club shoot)
Saturday	5 th July	Ranking Round
Sunday	6 th July	QRE Target Warringah Archers (FITA round)
Sunday	13 th July	PM Training (after club shoot)
Saturday	19 th July	Training
Saturday	22 nd July	National & State Indoor Championships
Sunday	23 rd July	National & State Indoor Championships
Saturday	2 nd August	Ranking Round
Sunday	3 rd August	QRE Target Warringah Archers (FITA Round)
Saturday	9 th August	South Coast Field – 24T Marked FITA Field
Sunday	10 th August	South Coast Field – 24T Marked FITA Field
Saturday	16 th August	Training
Saturday	23 rd August	Lake Macquarie Field
Sunday	24 th August	Lake Macquarie Field
Saturday	30 th August	Training
Sunday	7 th September	PM Training (after club round)
Saturday	13 th September	Training
Sunday	21 st September	PM Training (after club round)
Saturday	27 th September	QRE Armidale
Sunday	28 th September	QRE Armidale
Sunday	5 th October	PM Training (after club round)
Saturday	11 th October	Training
Sunday	12 th October	Northern Junior Tournament (Perth/Canberra rounds)
Sunday	19 th October	Fred Herbert Clout (incorporates Club Championships)
Saturday	25 th October	State Field Championships
Sunday	26 th October	State Field Championships
Sunday	2 nd November	State Clout Championships
Saturday	8 th November	Warringah KidBow Tournament (Newcastle = 20m)
Sunday	9 th November	QRE Target Warringah Archers (FITA Round)
Saturday	16 th November	Training
Saturday	22 nd November	State Target Championships
Sunday	23 rd November	State Target Championships
Sunday	30 th November	PM Training (after club round)
Saturday	6 th December	Ranking Round
Sunday	14 th December	PM Training (after club round)
Saturday	26 th December	Ranking Round