



| Archery Victoria | | | |
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0106. Archery Victoria – Athlete Pathway – 2017-2020

1. Objectives

It is often difficult to explain the pathway an athlete might take from their first taste of the sport of archery to becoming an elite athlete. This document has been issued to provide support to AV members, Member Clubs and other stakeholders, by providing a clear pathway for athletes to follow to ensure their progression in Archery.

2. Pathway Diagram



3. The 10 Step Archery Pathway

- 3.1 Learning to shoot an arrow (Blue Stage, steps 1-3 of the Pathway Diagram).
- 3.2 Learning to compete (Red Stage, steps 4-6 of the Pathway Diagram).
- 3.3 Development and High Performance (Gold Stage, steps 7-10 of the Pathway Diagram).

4. The Pathway Steps Explained

- **Step 0 - Come 'n' Try** A visit to a club for a come 'n' try. List of clubs available here;
<http://www.archeryvic.org.au/customdata/index.cfm?fuseaction=CustomData&CategoryID=14361>
- **Step 1 - Start Archery.** The first level of archery. You have identified an interest in the sport and now engage in programs such as Ozbow or club introductory courses.
- **Step 2 Equipment and Membership.** Your first purchase of individualised equipment and membership to an Archery Victoria/Archery Australia recognised club. You will learn from qualified coaches how to assemble and maintain your equipment.
- **Step 3 Better Archery.** Instruction from a club coach and furthering of technical knowledge. As well as learning some basic drills to assist with your development. You will be shooting approx. 1-2 sessions per week and at a short distance of around 30 meters. Once you can keep all your arrows consistently within the red, you will advance further.
- **Step 4 Introductory Competing.** Simulating competition rounds in practice with other club members to build a better understanding of what's involved in a competition, how to score, timing etc. You will be shooting 2-3 sessions per week and beginning to move into competition distances.
- **Step 5 Club Competition.** You will start to become involved in regular competition within the club and build confidence around competing and shooting etiquette. Inclusion within these events, also assists you with meeting other archers within the club and building lasting relationships.
- **Step 6 Interclub/State Competition.** You will begin competing in events run at different clubs and also state events, thus allowing you to experience a higher level of competition and gain an understanding of what's required to compete at this level. You

will be shooting 3-5 sessions per week and demonstrating competency at competition distances.

- **Step 7 State Development.** For youth/senior archers, wanting to progress to the highest level of competition, at either a state, national or international level. State development programs will provide coaching to you, and support your campaign to be selected in a State High Performance Squad. You will also begin to understand how to analyse your own technique and become more independent.
- **Step 8 State High Performance Squad.** You have demonstrated you are one of the best in the state! And have the potential to podium at a national level. You will receive some level of financial support and access to higher levels of support providers. You will be regularly shooting 4-6 days a week at this stage.
- **Step 9 AA RDP.** Involvement in the AA Regional Development Program (RDP), where you will gain access to further development and the opportunity to travel.
- **Step 10 AA HPP.** Selection to the Archery Australia High Performance Program (AAHPP) and involvement in national teams and international competition.
- **Step 11. International Podium Finish!**