

## COACH AND INSTRUCTOR TRAINING

### PREPARATION FOR TEACHING AND COACHING

There are many books available on coaching and working with youth. The NAA Instruction Manual and the FITA Constitution and Rules books are available from the NAA office. Archery manufacturers offer catalogs, brochures, and pamphlets about bows, arrows, string material, arrow tuning, stabilization, and other archery topics. These can prepare you and your assistants for questions from your archers and parents. Local archery shops can provide valuable support and assistance.

The NAA offers instructor and coach certification courses throughout the United States at different times of the year. **Certification is good for four years.** Re-certification can be done by application for those coaches that have remained active as a coach or have attended a re-certification course. Applications may be obtained by contacting the NAA office at 719-866-4576. The coaching developmental levels are as follows:

### LEVEL 1 CAMP INSTRUCTOR

This is a service course designed to train and certify archery instructors for short-term camp and youth instructional programs. The minimum age is fifteen for the eight-hour course. For detailed information on how to schedule a course or to locate a course already scheduled in your area, please contact Doug Engh at the National Alliance for the Development of Archery (NADA) at 352-332-9984 or [NADAemail@aol.com](mailto:NADAemail@aol.com).

The National Archery Association, the national governing body for Olympic archery, developed the Level 1 and Level 2 course as a way to train first time archery instructors to teach archery to newcomers, particularly to youth. The Level 1 course is an 8-12 hour session covering the basics of range set-up and safety, proper shooting techniques, working with newcomers, proper equipment maintenance and how to manage a short-term archery program. The course is conducted by an advanced level course instructor, and is popular amongst summer camp staff, youth organizations, recreation departments and school systems as well as archery pro shop dealers. Anyone over the age of 16 can be certified as level 1, which is valid for 3 years. The cost to attend a course includes \$20 for materials and certification fee, plus the cost of the visiting course instructor.

The National Alliance for the Development of Archery ([NADA](#)) is the official producer and distributor of Level 1 and Level 2 course materials for the NAA, and actively assists groups wanting to host Level 1 courses by finding course instructors, supplying course materials and in providing temporary archery equipment to be used during the course.

#### Level 1 Certification Course Information

You and your friends can become certified to teach basic archery programs in as little as 8 hours. You'll learn how to set up and operate a safe short-term archery program, how to teach new archers, how to maintain your equipment, and how to create fun games for your new archers.

NADA can help you find a course instructor (for a minimum of 6 participants), provide the course materials, and even provide a rental archery equipment kit for use during the course (certain standards apply).

For NADA to coordinate your course, fees are \$150 for up to 12 participants, and \$225 for more than 12, payable to the course instructor, and \$20 for each participant for materials payable to NADA.

You provide a safe archery range to conduct the course, food and lodging for the visiting course instructor (if needed), and collection and payment of fees.

## **Course Outline**

### **1. Introduction**

Introduction of Staff & Participants  
Course Requirements

### **2. Safety/Orientation Class**

### **3. Archery Safety**

Review the Safety/Orientation Class  
Safety Rules and Procedures  
Outdoor Archery Range Setup

### **4. The Steps of Shooting**

"9 Steps to the 10 Ring"  
ACTIVITY: Shooting Practice

### **5. Teaching a New Archer**

Teaching the First Shots  
The "Gumby Technique"  
ACTIVITY: Coach & Pupil New Archer  
Test and Course Evaluation  
Closed Book Final Examination

### **6. Developing Archery Skills**

Shooting Form Development  
The Oreo® Technique  
Coaching Positions  
Form Development - Shooting Steps  
ACTIVITY: Skills Development

### **7. Equipment**

Parts of the Bow and Arrow  
Equipment Selection  
Ordering Equipment  
Repairing and Improving  
Caring for and Storing Equipment

### **8. Archery Program Development**

Class Instruction/Planning  
Variety and Fun  
Scoring Rounds  
Tournaments  
Achievement Programs  
Games

### **9. History of Archery**

### **10. Archery Terms**

Activity: Group Instruction

Teaching a Safe Orientation Class

## **LEVEL 2 ARCHERY INSTRUCTOR**

This course is designed to qualify instructors to teach group archery classes, JOAD programs and Level 1 Camp Instructor Courses. Participants must be NAA members and be eighteen years of age or older. This is a thirty-hour course scheduled by request to the NADA (see phone number above). A certified Level 3 or higher coach or an Instructor Trainer can teach the Level 2 course. Forms for hosting a course are included in the Appendix.

## **LEVEL 3 ARCHERY COACH**

This course is designed to prepare coaches to teach and coach individuals, as well as team archers. Participants must be NAA members, at least twenty-one years of age and must have held Level 2 certification for at least one year. The course is an intensive six-day event scheduled once or twice a year at one of the U. S. Olympic Training Centers. Level 3 certification is a prerequisite for enrollment in the Level 4 course. (The course may be taken during the calendar year of the 21st birthday).

## **LEVEL 4 NATIONAL COACH**

This course is designed for experienced coaches who want to extend their coaching activities and skills to the National Team level. Participants must be NAA members and must have held Level 3 certification for at least two years. The course is an intensive, six-day event scheduled annually at one of the U.S. Olympic Training Centers. Level 4 certification is required for participation in the National Team Coach Development and Selection Program.

Dates and locations for Level 3 and Level 4 courses are published in Nock-Nock and on the NAA website at least four months prior to the confirmed dates. For information on the above certification programs and the National Team Coach Development Program, please contact the NAA office.

## **JOAD ACHIEVEMENT PROGRAM**

### **QUALIFICATION ROUNDS**

The JOAD Qualification Rounds and Achievement Levels are designed to motivate and challenge youth to develop their archery skills. Each archer advances at his or her own pace.

To progress through the achievement program, the JOAD archer must pass each level, starting with Yeoman (or Qualified Archer for younger archers), shooting the required score under tournament - like conditions. A qualification round requires a minimum of three JOAD archers and one adult JOAD Leader.

The indoor qualifying and tournament rounds may be held outdoors when space or safety is a factor. When archers are attempting qualifying scores, recurve bows shall be used for the Recurve Bow Division and compound bows will be used for the Compound Bow Division. An achievement chart is included in the Appendix.

Qualifying scores are shot in rounds of 30 consecutive arrows. Indoor rounds consist of ten ends of three arrows each. Outdoor rounds are ten ends of three arrows or five ends of six arrows. After an archer has achieved a qualification level, he or she may start scoring the next level with a new 30-arrow round. Levels are passed in consecutive order.

The Indoor Qualification Rounds provide levels at 9 meters for archers who are not yet able to reach 18 meters. An archer may pass those levels at either distance, but if passed at 9 meters the archer does not need to repeat that level at 18 meters. There is no age requirement for either distance for JOAD Qualification Rounds, but archers who complete a qualification at 18 meters should continue to shoot at 18 meters.

The Indoor Qualification Rounds can also be shot at the JOAD target or the NAA target. For recurve shooters, the JOAD target is the 60-cm target and the NAA target is the 40-cm target using the outer 10 ring. For compound shooters, the JOAD target is the 40-cm target using the outer 10 ring; the NAA target is the 40-cm target using the inner 10 ring. Three spot targets can be used when they are available if desired.

Qualifying scores may also be achieved in NAA or JOAD tournaments. In the Indoor JOAD or NAA round, both the first and second 30 scoring arrows may be used as separate qualifying scores. In the outdoor JOAD Tournament round, only the first 30 arrows of a 36-arrow round are used.

### **JOAD ACHIEVEMENT AWARDS**

Achievement awards for each level in the program are sold by the NAA. There are certificates, patches and pins available for both the indoor and outdoor qualification rounds. The club leader may distribute these awards during club gatherings. (Order forms are available in the appendix).

## **JOAD OLYMPIAN ACHIEVEMENT REQUIREMENTS**

JOAD Olympian, Silver Olympian, and Gold Olympian awards are awarded through the NAA Director of Programs' office. The archer must be an NAA member and JOAD Club member to receive the Olympian Awards. The following information is required with the request for these awards:

- \* Original scorecard (or clear copy) signed by the archer and a witness
- \* Archer's name, complete address, and date of birth entered on the card
- \* Rank earned and discipline (recurve or compound)
- \* JOAD Club name and where to send the awards if other than directly to the archer.
- \* If it is a first time Olympian the size of jacket that is being requested.

## **JOAD OLYMPIAN AWARDS**

**After January 1, 2003** athletes who achieve Olympian rank will receive a lightweight jacket, a patch, and a certificate along with being recognized in the NAA official publication.

The Silver Olympian achievement is recognized with a certificate, a patch, and a sports bag. Both indoor and outdoor patches can be obtained, but only one sports bag for this level is received.

The Gold Olympian achievement is recognized with a certificate, a patch and a wristwatch. Both indoor and outdoor patches can be obtained, but only one wristwatch for this level is received.

These awards are provided to the archer by the NAA. The NAA will send the awards to the JOAD Leader, upon request, for presentation at the club gathering (see Appendix for application form). The archer can only receive one jacket, bag, and watch but will receive a first time patch and recognition for both indoor and outdoor Olympian, Silver Olympian and Gold Olympian.

## DISCIPLINES, DIVISIONS, & CATEGORIES

### DISCIPLINES

The JOAD program conducts tournament rounds in the disciplines of Indoor Target Archery (JOAD Indoor Round) and Outdoor Target Archery (JOAD Outdoor Round).

### DIVISIONS

Competition includes separate divisions for girls and boys, as well as for recurve bows and compound bows. Equipment regulations for these divisions are the same as for the NAA and FITA. Equipment regulations are listed in the FITA CONSTITUTION AND RULES book, which is found on the FITA website at: [www.archery.org](http://www.archery.org).

**CATEGORIES** (These categories are the same for JOAD and NAA)

\* **Junior** (for 2003 those born in or after 1985)

Athletes may compete up to and in the year of the 18th birthday (shoot this class for Jr. USAT: top 5 boys and top 5 girls). Athletes shoot adult distances and target face sizes in both the NAA and JOAD competitions (60 arrows at the 40cm indoor target face, inner 10 ring for compound). In outdoor tournaments ladies will shoot 70, 60, 50, 30 meters; the gentlemen will shoot the distances of 90, 70, 50, 30 meters (recurve and compound score the outer 10 ring).

\* **Archer** (for 2003 those born in or after 1985)

Athletes may compete in this class up to and into the year of the 18th birthday (this is a recreational class). In outdoor tournaments, ladies and gentlemen will shoot 60, 50, 40, 30 meters. Athletes shoot at the outer ten ring in outdoor competition. At indoor tournaments, all athletes shoot the 40cm target; compound shooters use the inner ten ring. Below the regional level, it is the tournament director's choice whether or not to offer this category. *Those who shoot in this category the full season are not eligible for Jr. USAT.*

\* **Cadet** (for 2003 those born in or after 1987)

Athletes may compete in this class up to and in the year of their 16th birthday (shoot this class for Jr. USAT: top Cadet boy and top Cadet girl). Cadets will shoot 60 arrows at the 40-cm target (inner 10 ring for compound) in JOAD and NAA indoor tournaments. In outdoor tournaments, both ladies and gentlemen shoot 70, 60, 50, 30 meters. All athletes shoot the outer 10 ring in outdoor competition.

\* **Cub** (for 2003 those born in or after 1989)

Athletes may compete in this class up and in the year of their 14th birthday. For indoor JOAD competition the recurve athlete will shoot at a 60cm target face (outer 10 ring) and the compound athlete will shoot at a 40cm target face (outer 10 ring). At NAA indoor tournaments, both recurve and compound athletes shoot at a 40-cm target. Recurve shooters use the outer 10 ring; compound shooters use the inner 10 ring. Both recurve and compound athletes will shoot 60 arrow rounds at the JOAD and NAA Indoor tournaments. In outdoor tournaments, all Cub ladies and gentlemen shoot 50, 40, 30 and 20 meters, using the outer 10 ring.

\* **Bowman** (for 2003 those born in or after 1991)

Athletes may compete up to and in the year of their 12th birthday. For indoor JOAD competition the recurve athlete will shoot at a 60cm target face (outer 10 ring) and the compound

athlete will shoot at a 40cm target face (outer 10 ring). At NAA Indoor Tournaments, both recurve and compound athletes shoot at a 40-cm target. Recurve shooters use the outer 10 ring; compound shooters use the inner 10 ring. Both recurve and compound athletes will shoot 60 arrow rounds at the JOAD and NAA Indoor tournaments. In outdoor tournaments, ladies and gentlemen both shoot 30, 25, 25, 20 meters. This category scores the outer ten ring in outdoor competition.

**\*Yeoman** (for 2003 those born in or after 1994)

Athletes may compete up to and in the year of their 9th birthday. There is no National competition for this age group. Indoor JOAD rounds are 30 arrows at an appropriate target (Tournament Director's decision). Outdoor rounds for JOAD and NAA competition are not official for this age class and it is up to the Tournament Director to decide if a category for this age group will be offered.

**NOTE: All outdoor classes shoot the two longer distances at the 122 cm target face (outer 10 ring) and the two shorter distances at the 80 cm target face (outer 10 ring). Please note that Bowman shooters shoot 25 meters twice (once at each size target). All archers shoot 36 arrows at each distance.**

### **THREE SPOT (VERTICAL & TRIANGULAR TARGETS)**

At some tournaments three spot targets are available. On these targets, the scoring area is the same size as it is on a single target, but the scoring rings only go out to the 6 ring. These targets are designed to protect arrows from banging into each other. At some outdoor tournaments the three spot target is mandatory at the shortest distance; at others it may be optional. Be sure to read the registration forms and call and get information if you need it.

At indoor tournaments three spot targets may also be available. All achievement levels can be earned on three spot targets of the appropriate size. Availability of three spot and single spot targets at tournaments is up to the Tournament Director or Tournament Committee. A World Indoor Record for Cadet or Junior will only be recognized if shot on a three spot target.

## **TOURNAMENT INFORMATION**

### **JOAD NATIONAL CHAMPIONSHIPS**

Each year, the JOAD Committee seeks a JOAD club (clubs) to host the JOAD Outdoor National Championships. The championships rotate around the United States each year from North to West, to South, to East. The JOAD Committee determines the format, with the approval of the NAA Board of Governors, and lends guidance to the tournament committee. Proposals should be sent to the NAA before February 28 of the previous year for approval at the March Board meeting.

The JOAD Indoor Championships are held in the same locations as the NAA Indoor Championships. There are usually two locations in each region. Regional scores are combined to determine regional champions; the scores from all of the regions are combined to determine the national champions.

### **SANCTIONING**

JOAD tournaments must be sanctioned by the NAA for insurance coverage and publication (for application see Appendix). Sanction of State JOAD tournaments is done by State JOAD Coordinators. Regional Coordinators approve Regional Tournament bids and the JOAD Committee, along with the NAA Board of Governors, approves the National JOAD Championship Tournament.

JOAD tournaments which are hosted by chartered JOAD clubs, must follow JOAD/NAA/FITA tournament rules, and provide for all divisions and classes (except Yeoman and Archer which are optional below the state level) within each discipline.

Sanction of FITA tournaments must be done 45 days prior to the event. The application for sanction can be found on the NAA website and in the Appendix. The application is sent to the NAA for approval along with any necessary fees.

Clubs accepting financial assistance from sponsors for tournaments may not agree to endorse a donor's products or infringe on the terms of NAA sponsored agreements. Details of financial assistance must accompany applications for sanctioning permits.

### **DRESS CODE**

One important issue raised by many NAA members and competitors is the Dress Code for JOAD Clubs. It is important for JOAD Clubs and archers to adhere to the dress code standards of the NAA which are available in the Nock-Nock publication and on the NAA website.

All JOAD competitors must wear navy blue (non-denim) or white bottoms with Club shirts/tops being encouraged. Dress code will be enforced at all National tournaments and should be enforced at other tournaments. Please ask an official if you are uncertain about your attire. Anyone in violation of the dress code will be asked to change to appropriate clothes or to forfeit competition as the judges or officials see fit. If you have any questions you can always contact a member of the Officials and Rules Committee, or the Chairman of Judges at the event.

### **DOUBLE SCORING**

Double scoring is used in JOAD tournaments, NAA tournaments, and qualification rounds. Double scoring means that an archer's score is verified and recorded at the target on two separate

scorecards by two scorekeepers, one of whom may be the archer. A third archer calls the value of the arrows from highest to lowest scoring arrows.

If a scorekeeper writes an incorrect value for an arrow, a judge must witness the arrow in the target and correct the value on the scorecard. Arrow values may not be erased or changed except by a Judge in a tournament round or a JOAD Leader in a JOAD qualification round. During the calling of arrows, no part of the target including target face, target butt, or target stand, may be touched by anyone. Once the arrows have been called, all arrow holes must be marked before pulling arrows. All boxes for hits, tens, X's, and total score must be filled in before the scorecard is given to the tournament director.

Both scorecards must have the same totals in each box and should be signed by the archer and the scorekeeper. It is the scorekeepers' responsibility to complete the scorecard, and it is the archer's responsibility to check the addition on the scorecards and certify the correct score by signing both cards.

### **OLYMPIC ROUND COMPETITION**

Olympic Round competition is the exciting head-to-head match shooting that presently completes many tournament events. The JOAD Committee has acknowledged that youth archers need to train for Olympic Rounds both locally and nationally to prepare for International and World competition. The JOAD National Outdoor Championships provide the opportunity and incentive to practice Olympic Round shooting.

The following distances are used for Olympic Rounds:

Junior -	70 meters
Archer-	60 meters
Cadet-	70 meters
Cub -	50 meters
Bowman -	30 meters

The archers shoot one-on-one matches of 18 arrows (3 ends of 6 arrows) until the quarterfinals. From the quarterfinals until the final gold medal match, the archers shoot 12 arrows (4 ends of 3 arrows). Archers continue until they win the gold or until they are eliminated. The two archers, who do not win in the semi-final match, shoot again in the bronze medal match. For more details, the FITA rulebook covers the rules governing the Olympic Round.

### **Ideas for Olympic Round Practice**

JOAD coaches may need to be creative in designing practice for Olympic Rounds because there are often not enough JOAD archers to fill even a round of 8 archers. It is helpful to join with another club or clubs and have the archers shoot at their appropriate distance while competing with archers of different age groups. This often is quite evenly matched while making it more challenging for the archers at the greater distances. Another way to give archers competition is to hold a Round Robin, in which each archer competes with all other archers. Rounds of 6 or 8 archers usually work best.

When an archer has no one to compete with, he or she can get scores of 12 arrow rounds from the Olympic results, put them on a card and try to out shoot the archer arrow by arrow.

Whenever possible, however, the best way to prepare for the Olympics is to participate in tournaments which include the Olympic Round.

## INFORMATION AND RESOURCES

Useful sources of information on the World Wide Web (Internet): Note that many times a website will change addresses. If a link below is no longer active, you can often find the new address by using <http://www.google.com> and searching on the name.

National Archery Association (NAA): <http://www.usarchery.org>

Dress Code: <http://www.usarchery.org/naapub/articles/dress.htm>

Junior US Archery Team (Jr.USAT) Info:

[http://www.usarchery.org/naapub/programs/usat/usat\\_jrq.htm](http://www.usarchery.org/naapub/programs/usat/usat_jrq.htm)

International Federation of Archery (FITA): <http://www.archery-fita.org>

Texas State Archery Association's JOAD Resources Site: <http://www.joad.org>

JOAD Division/Age Calculator: <http://www.texasarchery.org/JOAD/age.htm>

Printable Distance Chart:

<http://www.texasarchery.org/Documents/Distances/NAADistancesChart2003.pdf>

FAQ for JOAD Parents: <http://www.texasarchery.org/L1/ClubsJOADs.htm#faq>

TSAA JOAD Message Board: <http://www.texasarchery.org/cgi-bin/mb/mb.cgi>

## TOURNAMENT PLANNING OUTLINE

Tournament Director \_\_\_\_\_

1. Determine reason for tournament
  - a. Fundraiser for club
  - b. To promote interest
  - c. Fulfill state, regional or other requirements
2. Determine who the tournament is for
  - a. Any archer
  - b. JOADs
  - c. Club only or invitational
3. Select a round to shoot
  - a. Warm-up for a future tournament
  - b. JOAD Round
  - c. FITA Indoor
  - d. FITA Outdoor
  - e. Olympic-Round
  - f. Round-Robin
  - g. Field Round
  - h. Clout
4. Select a date (decide if conflicts will affect attendance)
  - a. Check with club members
  - b. Check the NAA National event calendar
  - c. Check the state, college and local calendars
  - d. Check local pro shops for other events
5. Arrange for facility or outdoor venue
  - a. Make sure there are no conflicting Events at facility
  - b. Secure facility - get written Permission from landowner or permit from municipality
6. Sanction and insure through NAA
  - a. Request a bid package for National Tournaments or major events
  - b. Send in registration form to Sanction local, state, regional tournaments
7. Tournament Staff
  - a. Tournament Director
  - b. Director of Shooting (DOS)
  - c. Officials
  - d. Volunteers
8. Select divisions and classifications for awards
  - a. Men, Women, Junior, Archer, Cadet, Cub, Bowman, Yeoman
  - b. JOAD only
  - c. Recurve, Compound, Barebow
  - d. Club members, State, out-of-state
  - e. JOAD achievement awards
  - f. Team awards
9. Awards
  - a. Who will be awarded
    - Awards to first three places
    - One award for each three
    - Awards to all participants
    - Develop your own system
  - b. When will you hand out awards
    - At end of tournament
    - By mail
  - c. Contact dealer to order items
  - d. Confirm number of awards
  - e. Confirm pick up date and time
10. Food and water
  - a. Up to the discretion of the host