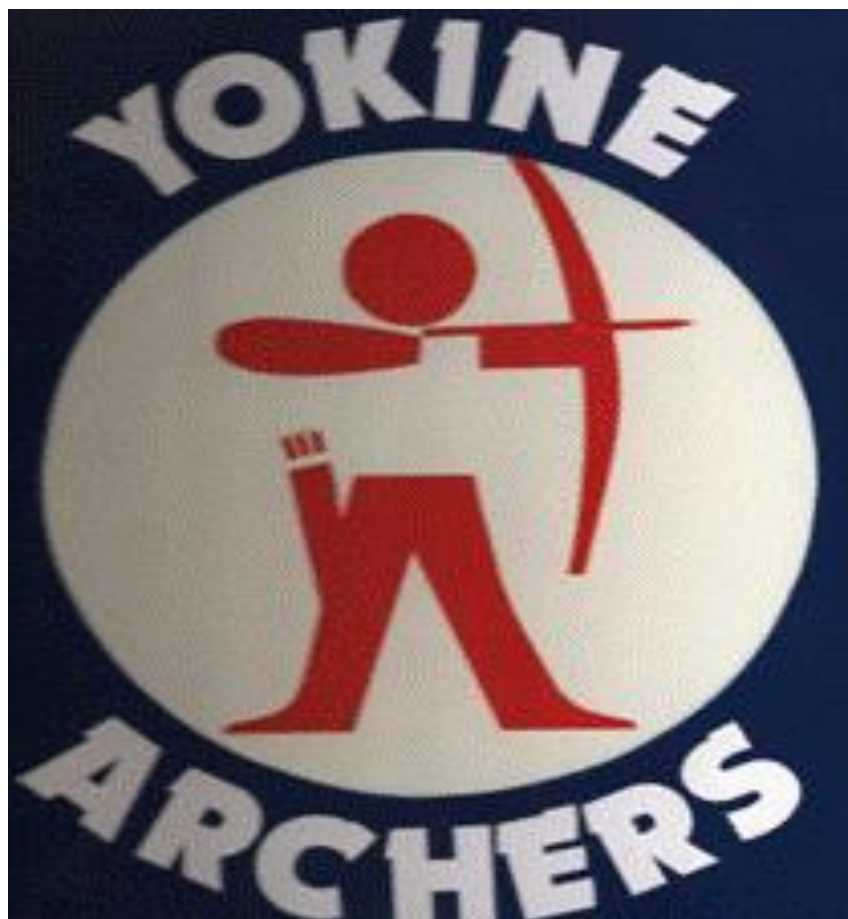


# Yokine Archery Development Program

## Athlete Induction Manual



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## President's Welcome

For nearly 40 years, Yokine Archery has provided a safe, fun and relaxing environment for people of all ages to enjoy the wonderful sport of archery. Over the past decade, the focus of the club has shifted to developing youth archers as the next generation of state, national and world champions.

While we continue to support social members, our training priority will be on young archers (10-25) who want to actively compete. Adults (over 25) who want to compete are welcomed as 'second priority' members. (That is, youth will gain first priority for available membership vacancies). These adult archers will train alongside the youth members. As the program takes only its first steps, Yokine Archery members already comprise over 50% of the state youth team (recurve) and the club boasts two each of both male and female recurve archers in Australia's top ten. Not bad for under 25s and one of Australia's smallest clubs!

Our club is unique in providing regular, high level training and coaching. We secure guest speakers in fields such as sport physiotherapy, sport psychology, biomechanics, and nutrition. We conduct not only coaching sessions, but physical fitness training and we organise high level coaching and friendly competitions with our Asian partners.

We are also in the process of seeking sponsors to support our young members with additional training and meeting the costs of equipment, travel and accommodation.

These are the reasons youth membership at Yokine Archery is growing faster than ever. At the end of 2012, more than half (25) our members were under the age of 20, and a further seven members were under the age of 25 – and this trend continues to grow with burgeoning youth interest in the sport.

To this end, the club is developing the Yokine Archery Development Program. The program means we will give membership and coaching priority to youth (under 25s) who show enthusiasm for archery and for excelling in competition. Our second priority will be over 25s who show the same commitment. That road is not for the faint hearted. It involves long hours, focus and balance not only while on the range, but in day to day living. For the u18s, it means active parent involvement and support, for their youngster but also for the club, because all that happens in our club is 100% volunteer driven.

This Induction manual goes some way to showing prospective members and their parents just what to expect. At the end of this document, there is an application form for the new member nominee both parents and to sign.

Membership to Yokine Archery and the Development program is by no means guaranteed. Around Australia there is one new club member every two hours, and here at Yokine we also receive many new applications. Our coaching staff, volunteers, grounds and facilities have limits and so as we reach capacity we want to focus our efforts and resources on new youth members who want to succeed and who will appreciate and benefit from our efforts.

...Some clubs claim Yokine is elitist. And they are right! After all, as a member of the Yokine Archery Development Program YOU WILL be among the state and nation's most elite athletes!

# Coach's Welcome

Archery is not the most popular sport in Australia in terms of participation, but it is growing rapidly and here at Yokine Archery, we are very strong and our members show a lot of potential.

At this club, we are committed to developing all of our recurve archers with competitive aspiration at State, National and International and ultimately Olympic level.

This will not happen overnight for you, but we believe that with dedication, you too can become a strong competitor and eventually a world-class archer. It takes a lot of dedication, over several years. You must be willing to work harder than your competitors, and discipline yourself in your approach to your archery.

Simply shooting once a week or less is not enough to become an elite member of Yokine Archery.

Our Development Program is not for social archers, although we acknowledge some people may move in and out of competition as their situation changes.

I am looking for new members that are willing to give 100% commitment towards their training, mental and physical fitness. They must have self-discipline, be honest and friendly, and show genuine enthusiasm.

For the under 18s, parent involvement is also essential. Parents must be prepared to help their son and daughter to develop in many ways, and must be aware in advance that it will not be an easy journey.

We train our competitive archers for at least 6, and up to 12 hours each week, and it does not stop there. Good nutrition, mental focus, physical fitness and role-model support is needed 24/7. Demonstrating that commitment by attending at classes and actively helping out will strengthen your son or daughter's application to join, as this also demonstrates your support for their development. The club is 100% volunteer run, and parents that are ready to help out around the club are important to our development.

Mohamed Fadzil  
Head Coach

## Statement of purpose

### *Mission statement*

The Yokine Archery Development program aims to develop recurve archers capable of winning events on the world stage. Our mission is:

*"To provide young recurve archers with a supportive environment in which to develop toward elite level performance, and as members of excellence in the Western Australian community"*

### *Objectives*

1. To support identified athletes to reach their full potential through high performance pathways and programs
2. To instil a high performance attitude in new archers who show a commitment to developing in the sport
3. To allow archers to improve in a supportive and focused environment
4. To demonstrate to government, state and national bodies that we are serious about producing national and international champions

## Goals

The Yokine Archery Development program aims to be a centre for excellence in youth recurve archery development.

The Program will:

...in the short term:

- Produce WA's top-ranked male and female archers in each age group up to and including Juniors;
- Comprise 50% of state team members for the Australian Youth National Championships

...in the medium term:

- Produce Cadet and Junior division archers ranked within the top 25 of all Australian archers (adults included); and

...in the longer term

- Represent the nation as juniors and seniors at International events, World Cups; World Championships and Olympic competitions and rank within the top 50% of archers competing.

## **Core Values**

### ***Pride***

- Proud to represent the club, state and nation
- Proud in your personal achievements and the way you act
- Proud of your team mates, coaches and officials

### ***Respect***

- Treating all archers, coaches and officials as you would want to be treated.
- Respect for yourself, that you are worth it
- Respect for others rights and opinions
- Respect for the decisions made

### ***Integrity***

- Be true to yourself and others
- Accepting the consequences of your actions
- Acting morally and ethically

### ***Commitment***

- Committing to the objectives of the program and the programs laid out by coaches
- Commitment to seize opportunities to develop as an archer and person, physically, mentally and technically

### ***Excellence***

- Leading by example in attitude, words and actions
- Ensuring skill results are always true
- Thinking positive and big
- Being flexible to change
- Good, better, best!

*"Success has a PRICE - are you prepared to pay it?"*

## What is high performance?

High performance in sport is about:

- Change - accelerating your rate of change faster than your opponent
- Consistency - being better in your role than your competitors
- Commitment - to continuous improvement
- Cohesion - teamwork, and working with others even under pressure towards a common goal
- Creativity - seeing and doing things differently
- Concentration - drive and enthusiasm to achieve your goals
- Continual learning - integrating leading sports science into a multidisciplinary and dynamic development environment

*"Sailing the seven C's."*



## **Mental skills commonly used by elite athletes**

- Imagery
- Goal setting
- Thought control strategies
- Self-calming skills
- Communication skills
- Coping strategies, used when facing unforeseen events
- Mental preparation skills

Along with...

- Inner motivation
- High standards
- Self to self comparison

## **Attributes of elite archers**

- High levels of motivation
- Quality coaching
- Trust in the coach
- Regular training
- Challenged to learn
- Possesses inherent ability
- Instinctive competitiveness
- Accepts that losses and mistakes will occur
- Goal driven
- Works hard in training and competition
- Know their current skills and future needs
- Targets PBs in development
- Disciplined
- Has a calendar of events scheduled
- Honesty with regard ability and achievements
- Contented and happy

## **Program attire**

Yokine Archery Youth will have a unique and distinctive uniform, based upon the Yokine Archery uniform colours and bearing the Yokine Archery logo, and featuring logos of major sponsors.

Youth members of the program will wear this uniform to all events at State level and at regional events, other than where representing the state or nation.

The uniform will remain the property of Yokine Archery Club and returned when an archer ceases membership of the program.

## **Selection to the Program**

Selection is by formal application, and will be assessed by the Yokine Archery Club Inc Executive committee on a number of criteria including:

- Age and gender mix – there will be a maximum four archers in each division (two male, two female)
- Coach: archer ratio
- Assessed capability and capacity of the archer
- Demonstrated commitment to the values, goal and objectives of the program
- Level of commitment demonstrated by parents/ guardians
- An athlete contract, where either party may cease the arrangement prior to expiry.

The back page of this manual has a contract, to be signed by both the prospective member and their parent (under 18s)

## **Athlete Coaching Programs**

The main purpose of the Development program is to provide young archers with the best possible on and off field development support. Yokine coaches will develop a program that seeks to:

- Evaluate each archer's unique skills and abilities
- Identify areas for attention
- Provide sports science resources
- Provide individual and group based training
- Provide high level competition, where possible, to demonstrate the need for game plans, tactics and team dynamics associated with high level competition
- Maintain individual records of training progress, achievements, and areas for attention.

## **Application for membership to the Yokine Archery Development Program**

This form is to be completed and returned along with the standard Yokine Archery Club membership application form.

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I, ....., wish to apply for membership to the Yokine Archery Development program.

I have read the Induction Manual and I am ready to give it my best! I acknowledge this will take effort on my behalf and I agree to demonstrate my commitment by turning up to training at least twice a week (or letting my coach know if I can't) and participating in all other events and activities as agreed.

Signed: .....

Date: .....

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(Under 18s)

I, parent/ guardian of ....., support this application for membership. I acknowledge that this will take time and effort for our whole family, and I offer my support to both my child and to the club in the future. I acknowledge I will need to actively participate in training program development, providing support in a variety of ways. This includes volunteering for the club on a regular basis, which I have discussed and negotiated with the Volunteer Coordinator.

Signed: .....

Date: .....