



HIGH PERFORMANCE PROGRAM

Purpose:

Archery Nova Scotia (ANS) is working towards becoming one of the top archery provinces in Canada. The High Performance Program will provide Nova Scotia's youth archers who wish to compete at an inter-provincial, national or international level the skills and support necessary to achieve that goal. It is also a mechanism to identify candidates and to select a team to represent Nova Scotia at major national competitions. The program will enhance the participants understanding of what is needed to compete at the "next level" whatever they deem that to be. Under the program, clinics will be held which provide both training/coaching and competition.

Benefits:

- Access to clinics covering competition skills (i.e. mental training, nutrition, etc.)
- Opportunities to provide feedback concerning archery training in the province. This will assist ANS with correcting any deficiencies within our program.
- Participants under the age of 21 will be eligible for selection to Team Nova Scotia and represent Archery Nova Scotia at the major events such as the Canadian Outdoor Championships and Canada Winter Games.

General Criteria:

High Performance Program is open to all ANS Members aged 21 and under in good standing provided they meet all the criteria listed below.

- All Team Nova Scotia members will be selected from the High Performance Program.
- Athletes are required to participate in fund raising activities to assist with offsetting costs for team jerseys, equipment, training camp, etc.
- Athletes are expected to be active members of the Nova Scotia archery community. They will be required to volunteer their time to a number of activities. Such as competition/practice set-up and take down and assisting with try-it events.
- Athletes must compete in both seasons (indoor and outdoor).
- Although no minimum age is in effect, program members must compete at a minimum of cadet or age appropriate distances (whichever is greater) and vertical triple face 40cm targets during the indoor season.
- Athletes may join at any time. This program is designed to be ongoing.



- Minimum score requirements from ONE of the following categories (cadet distances or age appropriate, whichever is greater) has been achieved or is realistically able to be achieved in the next 6 months at a nationally registered event:

Category	Indoor 18m (40 cm target) Canadian Record	Indoor 18m (40 cm target) 85%	Outdoor Target (720) Canadian Record	Outdoor Target (720) 85%
Male Compound	Junior 599 Cadet 586 Cub 568	Junior 509 Cadet 498 Cub 483	Junior 709 Cadet 706 Cub 699	Junior 603 Cadet 600 Cub 594
Female Compound	Junior 584 Cadet 584 Cub 504	Junior 496 Cadet 496 Cub 428	Junior 699 Cadet 699 Cub 678	Junior 594 Cadet 594 Cub 576
Male Recurve	Junior 588 Cadet 578 Cub 577	Junior 500 Cadet 491 Cub 490	Junior 651 Cadet 662 Cub 652	Junior 553 Cadet 563 Cub 554
Female Recurve	Junior 585 Cadet 585 Cub 566	Junior 497 Cadet 497 Cub 481	Junior 637 Cadet 634 Cub 622	Junior 541 Cadet 539 Cub 529

The above qualifying scores are for the 2018 season only. In an effort to improve the competitiveness of Team Nova Scotia at interprovincial, national and international competitions, the qualifying scores will increase annually until they reach the program's preferred level of performance. The current qualifying scores are set at 85% of the current Canadian Record for each class. The goal that the High Performance program wants to obtain are qualifying scores set at 90% of each class' current Canadian Record. Qualifying scores will increase by 5% annually. So that the 2018 qualifying scores will be 85% of the current Canadian Record and 2019 will be 90%

.Yearly Performance Criteria and Athlete Responsibility:

- All scores and training plans must be submitted monthly to the Provincial Coach Coordinator.
- If an archer does not complete the requirements for a given season (i.e. indoor or outdoor) they will be ineligible to participate in the High Performance Program for a period of 6 months.
- A written request for an exception outlining the reasons for not completing the requirements and the steps the athlete has been taking to substitute the missing training or competition(s) may be presented within 30 days of the missed event(s). The



request will be reviewed by the Provincial Coach Coordinator, ANS President, and ANS High Performance VP and it will be their sole discretion if the exception will be granted.

Indoor:

(Inner ten scores on 40cm vertical three-spot target for all ages in compound and outer ten scores on 40cm vertical three-spot target for all ages in recurve)

1. Athletes must compete in two nationally registered World Archery or Archery Canada competitions with at least a provincial level judge officiating.
2. Athletes must compete in the ANS Indoor Championships.
3. Athletes must compete in the Archery Canada Indoor Regionals.
4. In Canada Games Years competition scores from the Canada Games will be eligible for the AANS Indoor Provincials or Archery Canada Regionals in the case of conflicting schedules.
5. Athletes are strongly encouraged to compete in the Multi Site Indoor Championships of the Americas (MICA) annually.

Outdoor:

1. Athletes must compete in two nationally registered 720 Competitions or one 1440.
2. Athletes must participate in a minimum of one Field competition (if scheduled) and the ANS Field Championships.
3. Athletes must compete in the ANS Outdoor Target Championships.
4. Athletes are strongly encouraged to compete in one of the following major tournaments in a two year period:
 - FCA Outdoor Championships (Target and/or Field)
 - Other Provincial Outdoor Championships (example: New Brunswick, PEI, etc.)

Athlete Ranking

- The athletes' two best scores from the indoor competitions will be combined and given an overall percentage.
- The athletes' two best scores from the outdoor competitions will be combined and given an overall percentage.
- Overall ranking will be given on the combination of indoor and outdoor percentages.
- A ranking list of archers participating in the High Performance Program will be created and posted on the ANS website semi-annually (one for indoor, one for outdoor). After the ANS provincial championships a combined indoor and outdoor ranking list for the season (October to September) will published on the ANS website.



Example:

Archer 1

Indoor Event	Score	Outdoor Event	Score
Indoor 18m	515	Outdoor 1440	1128
Indoor 25m	505	Outdoor 1440	1035
AANS indoor Champs.	565	Major Event 1440	1020
FCA Regionals	555	AANS Outdoor Champs.	965
		FCA Outdoor Champs.720	464
Total Indoor (2140/2400)	89.2%	Total Outdoor(5076/6480)	78.3%

Ranking Percentage 80.1%

Archer 2

Indoor Event	Score	Outdoor Event	Score
Indoor 18m	439	Outdoor 720	1212
Indoor 18m	450	Outdoor 720	1198
AANS Indoor Champs.	525	Major Event	1038
FCA Regionals	535	AANS Outdoor Champs.	1010
		FCA Outdoor Champs.720	525
		FCA Outdoor Champs.1440	1060
Total Indoor (1949/2400)	81.2%	Total Outdoor(6568/7920)	76.3%

Ranking Percentage 78.8%

Athlete's Responsibilities:

1. Athletes must send in scores and attend the appropriate competitions and clinics
2. Athletes must recognize they are seen as role models and act in a manner that is consistent with a role model at all times.
3. Archers are expected to share what they learn with other members of their clubs to help develop the next generation of High Performance Athletes.



Provincial Coach Coordinator Responsibilities:

1. High Performance Program should be reviewed every 4 years to ensure criteria is up to date.
2. Provincial Coach Coordinator is responsible for publishing ongoing results to all athletes and ANS Executive members on a semi-annual basis via email.
3. Provincial Coach Coordinator will publish results and rankings of all High Performance Program Participants yearly.
4. Provincial Coach Coordinator will provide members of the High Performance Program with access to presentations, programs and coaching to assist in their development to their respective next levels of competitions.



TEAM NOVA SCOTIA MAJOR COMPETITION SELECTION PROCESS

1. Candidates must be a member of the High Performance Program for a minimum of 6 months prior to Team selection.
2. Participation in both the indoor and outdoor seasons is required.
3. Teams will be chosen by the High Performance Director, ANS President and Provincial Coach Coordinator
4. Teams will be selected 3 months prior to the competitions.
5. The Team Nova Scotia is open to all High Performance Program members aged 21 and under.
6. Criteria: The Team Nova Scotia will be chosen based on:
 - a. Attendance (25%): all camps/clinics are considered mandatory for those wishing to be eligible for team Nova Scotia selection.
 - b. Commitment (25%): based on attitude, maturity, participation in other events
 - c. Performance (25%): Scores achieved at mandatory camps, clinics and outlined competitions.
 - d. Training Performance (25%): Submission, completeness, and adherence to monthly training plans.
7. It is the Archer's responsibility for submitting scores.
 - Inner ten scores for will be used for compound shooters.
 - The Provincial Coach Coordinator will not look for the scores in any publications.
 - Any archer not able to attend an event/clinic must submit a written notice (email is acceptable) including reason for absence to the High Performance Director prior to the event.
 - Archers attending post-secondary education in or out of province must make special arrangements with High Performance Director for attendance at other events for qualification purposes. Example: Another Province's Indoor Provincials instead of the ANS Indoor Provincials.
 - Indoor scores to be submitted must be shot on vertical triple face 40cm targets regardless of age or equipment.