



Archery Victoria			
Title:	Policy and Procedures Manual		
Subject:	Coaching Hierarchy		
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0230. Coaching Hierarchy

The following is a guide to the successful implementation of professional coaching.

Title	Program	Suggested Pricing
OzBow Come'n'Try Instructor	OzBow Come'n'Try Program (AA's community come'n'try program)	\$20 (90 minute session)
OzBow Archery Instructor	OzBow Archery Instruction Program (AA's come'n'try program)	\$75 (3 x 90 minute sessions)
Archery Coach	Challenge Coaching	\$30 (90 minute session)
High Performance Coach	One on one coaching	\$35 (90 minute session)
National Head Coach		

1. The Recommended Timeline

Mr. Public tries archery for the first time in a OzBow Come'n'Try Program. This can be conducted at a club, an indoor centre, a school, a corporate party, a holiday resort or a community group such as the YMCA.

In a club environment they may return to do this several times. At that point they may decide to tick the "I've always wanted to do that" box and move on or they may decide to do the next level of coaching, the OzBow Archery Instruction Program. The fee charged should be around \$20 per 90 minute session.

If they decide to improve their skill and knowledge then their next appointment should be with an OzBow Archery Instructor to go through the OzBow Archery Instruction Program (AIP). This is a flexible program that is conducted over a 3 week period. Traditionally known as the Beginners Course it is designed to teach someone how to shoot a particular style of bow rather than the generic technique of the OzBow Come'n'Try Program. The recommended price of the AIP is around \$75 for 3 weeks of 90 minute sessions.

We recommend that adults and youth all get charged the same fee. The more clubs change the fee structure the harder it is for Archery Victoria to advertise a fixed price session.

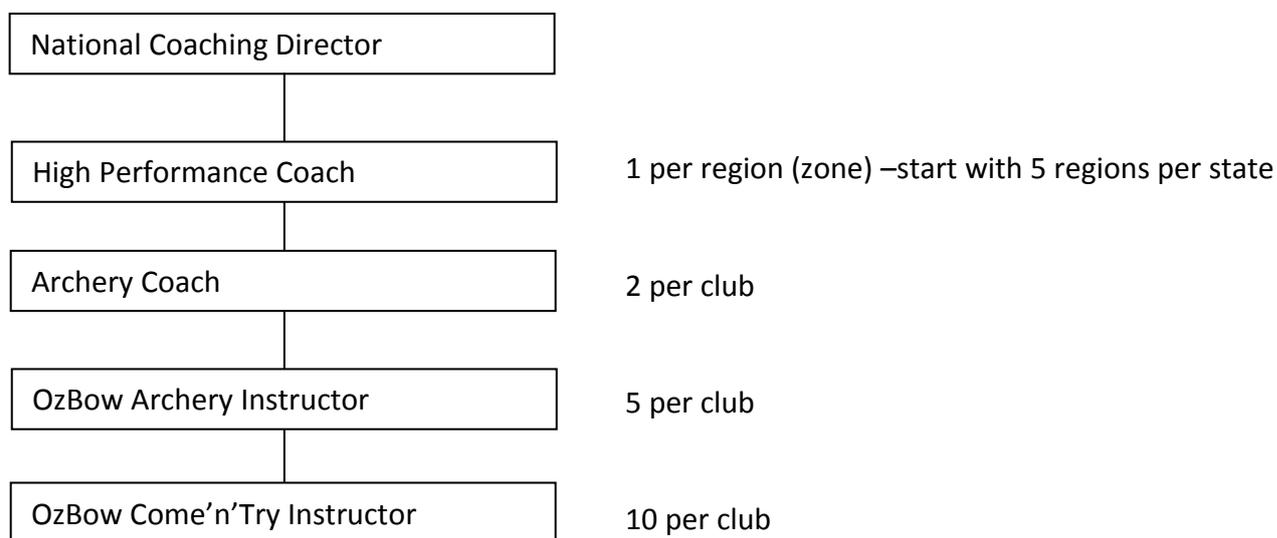
Over the period of the AIP you may get them back shooting as far as 30 metres. Once they have completed the course they should go through the OzBow Qualification period. Starting at 10 metres they shoot 30 arrows on a 122 cm face and are required to reach a certain score based on their bow type. Once they have achieved this they move onto 20 metres and so on.

Coaching should not stop at this point but the OzBow Qualification period is designed to let the archer find their own feet so more of a distant eye is required to ensure they are still progressing.

Once they have qualified at 40 metres they can get into the Challenge Coaching Program. This is advanced coaching conducted at 40 metres on a 122 cm face.

The purpose here is to ensure the archer does not aim too tightly but is more focused on the execution of the shot. Every few ends you take 2 archers and have them go head-to-head in a 12 arrow matchplay whilst everyone else “critiques” their technique with the appropriate jeering and/or applause.

Part of the Challenge Coaching Program is mental discipline, bow tuning, biomechanics, nutrition, aerobic fitness, etc.



2. How The Hierarchy Works

Archery Australia shall appoint a National Coaching Director (NCD). It is envisioned that the NCD shall have a coaching committee. It is envisioned that one (1) High Performance Coach (HPC) from each RGB shall be on this committee.

The HPC then disseminates information from the committee to the other HPC's in their RGB. From there the HPC's share this information with the Archery Coaches who in turn share with the OzBow Archery Instructors who in turn share with the OzBow Come'n'Try Instructors.

In terms of training and self-development it is important that the hierarchy is maintained.

The NCD shall organise, facilitate and conduct those courses that shall improve the knowledge of the HPC's.

The HPC's shall conduct the Archery Coach training sessions.

The Archery Coaches shall conduct the OzBow Archery Instructor training courses.

The OzBow Archery Instructors shall conduct the OzBow Come'n'Try Instructor training courses.