



## Open Archer Development Guidelines

Archery ACT is committed to providing pathways for archer development. As such they will implement Open Development Days each year according to these guidelines:

- Events to be held quarterly throughout the year, more regularly if interest warrants it
- Level 2 coaches and Level 3 coaches to support these events
  - Coaches will get a donation of \$80 per day for their time, planning and preparation
  - Coaches must complete a claim form after each event
  - Opportunity to mentor aspiring Level 2 coaches
  - Maintain a ratio of 1:8 as much as possible
  - Coaches expected to provide feedback to every archer and note these in AACT Dropbox
- Supported by all 3 clubs (CAC, TAC, WVAC)
  - Outline and dates to be drawn up in November in preceding year.
  - Events to be run with minimal clashes with other ACT events and major Club events
  - Scheduled to compliment JETS program
- Registrations occur online through Sports TG
  - Recorder to set up event
  - Cost for archers will be \$25 each
  - Promoted via email, on Facebook and with posters at each club
- Focus group
  - Open archers becoming competitive at inter club level
  - Open archers interested in competing at a National Championship
- Opportunity for grant recipients to feed back to the archery community
  - Guest speakers
  - Equipment specialists
- Session format:
  - Technical training at short distance
  - Seminar session
  - Distance shooting & Equipment Tuning
  - Lunch (provided by archers)
  - Pressure games to build mental mastery