

# Saskatchewan Archery Association Inc. Policies and Procedures

Approved by the SAA Board of Directors (Jan 2025)

## HIGH PERFORMANCE PROGRAM (Youth)

### Purpose:

Saskatchewan has a history of being one of the top archery provinces in Canada. The goal of the High Performance Program is to ensure this tradition continues and to give archers who wish to compete on an inter-provincial, national or international level some of the skills necessary to achieve that goal. It is also a mechanism to identify candidates and to select a team to represent Saskatchewan at the Canada Games. The program is not designed to replace the SAA's JOP program, the SAA Target Team, or the SAA 3D Team. It is intended to 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.

### Minimum Benchmark Arrow Scores

Benchmark Scores	Recurve					
	Female			Male		
	U15	U18	U21	U15	U18	U21
Indoor	394	380	394	400	415	454
Outdoor	349	349	349	334	452	456
Distance outdoor	60m	60m	70m	60m	60m	70m

Benchmark Scores	Compound					
	Female			Male		
	U15	U18	U21	U15	U18	U21
Indoor	448	458	460	448	466	460
Outdoor	532	528	536	508	458	552
Distance outdoor	50m	50m	50m	50m	50m	50m

Benchmark Scores	Barebow					
	Female			Male		
	U15	U18	U21	U15	U18	U21
Indoor	156	245	280	164	208	280
Outdoor	224*	264*	288*	224*	264*	288*
Distance Outdoor	40m	50m	50m	40m	50m	50m

\*-indicated no provincial record at time of publishing

### General Criteria:

- Archers must apply to become a member of the High Performance Program
- High Performance Program is open to all SAA Members ages 13 to 20 good standing provided they meet all the criteria listed below.
- Athletes are required to submit a \$200 fee per year as a self-help initiative for the High Performance Program to assist in offsetting the cost of obtaining experts to enhance the value of clinics. Fee includes a t-shirt and an Exercise band (or subsidize a training aid). Athletes joining after June 1<sup>st</sup> will be required to pay \$100 for the remainder of the calendar year (shirts not available).
- Athletes **must** compete in both seasons (indoor and outdoor).
- Members must compete at a minimum of U18 or age appropriate distances (whichever is greater) and use vertical or Vegas triple face 40cm targets during the indoor season. Barebow archers can use a single face 40cm target (to be reviewed in 2027)

- Archers are encouraged to be members of the Provincial Target Team, Provincial 3D Team, or both.
- Athletes may join at any time. This program is designed to be ongoing.
- Minimum score requirements from ONE of the following categories (U18 distances or age appropriate) has been achieved or is realistically able to be achieved in the next 12 months at a nationally registered event:

#### Program Outline

- All HP Athletes will have access to a high performance certified coach working towards their comp development certification.
- Training sessions would be a minimum of six per year. Sessions may be in person or online.
- Sessions will include but are not limited to technical training, strength and conditioning, mental performance and nutrition.

#### High Performance Coach Responsibilities

- Be a respectable and a responsible role model/ambassador of the sport of archery.
- Communicate with athletes' personal coach directly to ensure athletes work on the right things in training and can be supported by the program and/or personal coach at competitions.
- Prepare individual training plans tailored to the athlete.
- Will provide the athletes access to presentations, programs and coaching to assist in their development to their respective next levels of competitions along with the Coordinator.
- Must commit to completing their National Coaching Certification Program (NCCP) Competition Development Coach Certification.
- Be available to discuss problems or concerns with both the athlete and the coordinator when required.
- Other responsibilities as outlined in the High Performance Contract (Appendix I Team Athlete Agreement - <https://saskarchery.ca/saa-policies-%26-procedure>)

#### High Performance Coordinator Responsibilities

- Be a respectable and a responsible role model/ambassador of the sport of archery.
- Will provide the athletes access to presentations, programs and coaching to assist in their development to their respective next levels of competitions along with the Coach.
- Should review High Performance Program after every Canada Games to ensure criteria is up to date.
- Responsible for publishing ongoing results to all athletes and SAA Board of Directors on a minimum quarterly basis via a online tracking sheet, using First Name and Last Initial only. Email copy to the board will contain full last name.
- Other responsibilities as outlined in the High Performance Contract (Appendix I Team Athlete Agreement - <https://saskarchery.ca/saa-policies-%26-procedure>)

#### Athlete Responsibilities

- Must send in scores and attend the appropriate competitions and clinics.
- Must recognize they are seen as role models and act in a manner that is consistent with a role model at all times.
- Are expected to share what they learn with other members of their clubs to help develop the next generation of High Performance Athletes.
- Must adhere to the code of conduct. All scores and training plans as directed by HP Coach must be submitted as required to the High Performance Coach and/or Coordinator.
- If an archer does not complete the requirements for a given season (i.e. indoor or outdoor) they may 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 what steps the athlete is being taken to substitute the missing training may be presented within 30 days of the Indoor or Outdoor Provincial Championships. The request will be reviewed by the High Performance Coordinator, SAA President, and a third person chosen by the SAA President and it will be at their sole discretion if the exception will be granted.
- Indoor: (Inner ten scores on 40cm vertical or vegas three-spot target for all ages in compound and outer ten scores on 40cm vertical or vegas three-spot target for all ages in recurve, barebow outer ten scores on a single face 40cm).
- Must compete in two nationally registered Archery Canada competitions (Target or 3D) with a provincial level judge officiating.
- Must compete in the SAA Indoor Championships (note: this is not the JOP Championships).
- Must compete in the Archery Canada Indoor Regionals and/or MICA (MultiSite Indoor Championship of the Americas)
- Outdoor: (Members of the High Performance Team are strongly encouraged to compete as U18 during the outdoor season).
- Must compete in two nationally registered Archery Canada 720 events or outdoor 3D events with a provincial level judge officiating.
- Must participate in a minimum of one Archery Canada Registered Field event or the SAA Field Championships.
- Must compete in the SAA Outdoor Target Championships.
- Athletes are strongly encouraged to compete in one of the following major tournaments in a two year period:
  - a) Canada Cup;
  - b) Archery Canada Outdoor Target/Field Championships;
  - c) Archery Canada Indoor/Outdoor 3D Championships;
  - d) Other Provincial Outdoor Championships (example: Manitoba, Alberta, etc.).
- Other responsibilities as outlined in the High Performance Contract Contract (Appendix I Team Athlete Agreement - <https://saskarchery.ca/saa-policies-%26-procedure>)