



10 ArcherySuccess Features to use for Training

We all lead busy lives so it is important to get as much out of every archery training session as we can. Here are 10 ArcherySuccess features to help keep you motivated and train with purpose.

Set an arrow count goal – In Settings, set your weekly arrow count goal. As you use the app, instantly see how you progress against your goal on the Progress page. Your arrow count includes plot/scored, blank bale arrows and summary scores.

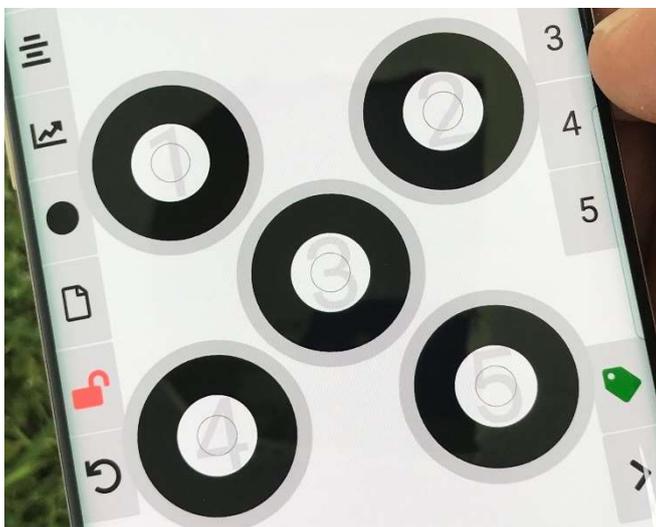


Figure 1: 400 plus supported rounds

Track blank bale sessions – On the Journal page, tap the Note icon. Select Arrow Count / Blank Bale from the menu and optionally complete the training objective under “My plan for this activity”. Set the slider to the number of arrows you shoot in an end. After each end, add to the arrow count total with one tap on the + button. There is also a handy, last updated timer, in case you get distracted and can’t remember whether you’ve added the arrow total or not.

Train with purpose - Tap the Note icon on either Score or Plot pages and complete details like training objective, conditions, shot process metrics and outcome in “My plan for this activity”. Documenting why you are training and the outcome of training activities, helps you train with purpose.

Plot arrows and analyse groups - To analyse arrow grouping, plot and tag arrows, then tap the Analysis icon to see your overall arrow group and tagged arrow groups. Do an arrow accuracy analysis by removing outlying arrows from the overall arrow group. This will help you determine

if a specific tagged arrow is an outlier to be investigated. To see where your arrow group would have been if your sight was correctly adjusted, tap the Centre group button.

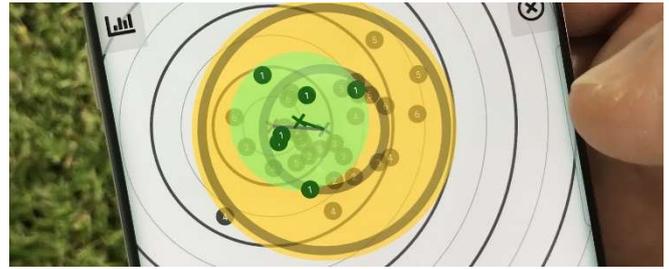


Figure 2: Plot arrows and analyse groups

Create custom rounds - Reduce walking when training, by creating custom rounds with more ends and arrows per end as required.

Make activity notes - On Journal page, tap the Note icon to add Summary scores or Activity notes. You can add Gear, Medical, Nutrition, R&R, S&C, SPT, Travel, Weather or general notes. There are no length restriction on notes. Notes are saved as Journal entries which are included in the weekly progress report.

Keep a training journal - Use ArcherySuccess as your training journal. All journal entries will automatically be added to your weekly progress report. This includes rounds shot, blank bale entries and as many notes as you like.

Track your progress - Tap Progress to see your arrow count total, arrow averages, your archer skill level, personal best scores and journal entries for the week.

Send reports to coach - The Progress page contains a report of all your journal entries as an automatically generated weekly report. Tap Email to send your progress report to your coach.



Figure 3: Arrow group indicator

Share on social media - Use the quick share icon to share your progress or score cards on social media for feedback and support from fellow archers!

Using the mentioned ArcherySuccess features will help keep you motivated and train with purpose. ArcherySuccess is available for Apple and Android devices. See archerysuccess.com

The ArcherySuccess team