



2018 Archers' Crest Elite

Team Handbook

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**Let it be known that throughout this document Athletes' Crest Elite Athletes will be referred to as ACE.*

Vision & Mission Statement:

The vision of Archers' Crest Elite is to develop and facilitate an elite level of archery training and practices throughout the Denver Metro, the State of Colorado, and surrounding regional areas.

Our mission will be to promote a safe and ethical environment that supports and encourages the art of archery through a high standard of sportsmanship, with unsurpassed excellence in physical training, technical sport coaching, and mental management. An emphasis will be placed on superior education with the intent to build character within a competitive environment that strives to reach the highest level of success in the sport of archery. Moreover, importance will be placed on high achievement in national and world archery events by providing leading level athletes with professional coaching, continuing support, and team practice opportunities all to create a competitive agenda with superlative sport training, high quality equipment, as well as, prominence placed on athlete physical and mental wellness.

Furthermore, training programs and practices will include an affiliation with USA Archery and World Archery, their philosophies and the National Training System (NTS).

To finish, this team will be conducted with all ends to the glory of God.



“Transformation is not a future event, but a present activity!”

Team Structure:

Team structure will consist of inaugural members as one team with a continuing plan to grow this team in the future.

The inaugural members will be leading level competition athletes in the Region who have demonstrated the skill, ability to learn, openness to coaching and competition experience required to compete at high-level competitions. Athletes will display the motivation, dedication, and sportsmanship required to not only compete at a very high level, but to also be a supportive and encouraging teammate in the sport of archery.

Practice regimens will consist of monthly group training sessions at various geographic locations within the Denver Metro area to be determined by Coaching Staff. Athletes are expected to attend a minimum of 75% of team practice sessions. These sessions will be held on the 4th Sunday afternoon of each month (March through September) from 1-5pm unless otherwise notified.

Weekly or bi-weekly individual lessons via Skype, Facebook, or in-person will be conducted by the athletes' personal/private coach and as a separate fee to this ACE high performance program. Athletes will be required to turn in practice logs and complete Mental Management Performance Analysis journal, as well as, any other assigned work to Head Coach, Dream Team Coach, or assigned Personal Coach.

Goals & Program Responsibilities:

It is the goal of ACE to create an environment in which athletes are able to develop the confidence necessary to compete in high level national and international archery competitions and to progress the necessary skills through mental rehearsal and deep practice sessions. It will be of the utmost importance to create a positive team atmosphere where each athlete can excel and enjoy the sport of archery. Whether it is youth, collegiate, open, or professional divisions, ACE will strive to prepare our athletes for the highest level of success in the field of competitive archery.

Coaching Staff-

ACE will be led by Coaches Mike and Teresa Perrego, both are USA Archery Level 4 NTS Coaches and USA Archery Regional Dream Team (RDT) Coaches. In addition to their Level 4 NTS and RDT Coach roles, Mike is an equipment tuning expert, and a USA Archery Certified Judge; while, Coach Teresa is a Certified Personal Trainer through the National Academy of Sports Medicine (NASM). Both coaches hold Mental Management and Safe Sport Certifications. Coaches will create an individual training plan for their athlete, set goals and do what is necessary to help the athlete reach those goals, while maintaining a positive, encouraging, and productive relationship with team members.

Coach-

- Will be willing to devote sufficient time to administer and oversee the ACE program
- Set direction and goals for athletes both independently and as a group
- Set criteria and review applications for qualified athlete participants
- Evaluate training plans and progress of athletes
- Keep training records/progress reports and logs of each athlete
- Develop training plan for each athlete based on skills evaluation
- Hold annual meeting with Coaching Staff, Athletes, and Parents to discuss team goals & progress
- Prepare a written evaluation with recommendations of each athlete's equipment & shooting skill
- Prepare and submit an agreed upon training plan within thirty (30) days of starting program
- Submit monthly progress report along with any proposed changes for each assigned athlete
- Recruit Level 2 Instructors or Level 3 NTS Coaches as assistants, if necessary

Team Director-

- Keep records of Coach/Archer assignments as designated by Head Coach
- Assist in preparation of reports and annual budget
- Facilitate communication with Parents and Coaches in a timely manner regarding news and updates
- Assist in ordering apparel/gear
- Collect dues, fees, and other payments for ACE
- Administer bank account/pay bills
- Administer funds for travel and other expenses as defined by Handbook
- Complete administration duties as required
- Assist in travel and registration plans for team and staff
- Assist in fundraising events as needed
- Keep precise records of ACE accounts and report quarterly to members, coaches, and parents
- Maintain ACE Website and Social Media accounts

Parents-

Athletes train & compete~ Coaches coach~ Parents support

The good archery parent will provide unwavering support and positive reinforcement. It is the job of the parent to give emotional support and guidance. All coaching decisions and assigned work for athletes is the responsibility of the Coaches. Parents are welcome and encouraged to discuss training goals with the Coaches as well as ask questions pertaining to the training regimen, progress, and plans of the ACE. It is asked that these discussions be held privately between Coaches and parents, not among parents or in the presence of athletes.

It will be the responsibility of the Parents to inform Coaching Staff of the archer's academic performance or any other concerns relating to the archer's ability to meet the requirements of ACE. Parents or guardian must submit signed Waiver of Liability and permission to participate for applicants under the age of 18.

Athletes-

All athletes chosen as members of ACE will be expected to display the highest level of sportsmanship and integrity at ALL times. Team members must be kind and cooperative, supporting all other ACE team members, staff and parents on or off the competitive field. Negative comments and unsportsmanlike displays will not be tolerated and be grounds for removal from the team.

In order to remain in good standing as a ACE member, the following criteria must be met:

- Required training logs and assignments must be turned in on a timely basis
- Regular attendance and participation at team events and practices
- Agree to a written training plan prepared with Coaching Staff. This plan will be filed with the Head Coach and along with archer's logs will be reviewed periodically
- Maintain a C average in academics
- Maintain an academic average required by parents
- Notify Coaching Staff of upcoming absences and any other program concerns
- Notify Coaching Staff of any medical conditions, allergies, or injuries immediately
- Participate in scheduled lessons with Coaching Staff
- Show improvement in scores/arrow averages
- Display a high level of coach-ability and self-coaching
- Must maintain a good relationship with all ACE members and staff
- Regular participation in required and recommended competition events

Requirements for Qualification:

The ACE Program is open to male and female athletes who meet entry requirements in both the recurve and compound divisions.

Coaches will invite potential founding members based on qualifying scores, competitive experience, and potential to excel in the sport of archery. Future additions will be chosen and accepted based on submitted applications showing qualifying scores and adhering to criteria shown below.

Minimum entry requirements for athletes:

- USA Archery Membership
- Minimum Qualifying Score
 - Youth Divisions: Earned Yellow Indoor or Yellow Outdoor JOAD achievement award pin
 - See the Scoring Matrix for Youth Indoor and Outdoor pins by [clicking here](#)
 - Senior Division: Earned Blue Indoor or Blue Outdoor JOAD achievement award pin
 - See the Scoring Matrix for Adult Indoor and Outdoor pins by [clicking here](#)
- Personal Interview

Expectations & Guidelines:

Athletes must....

- Be a member in good standing with USA Archery (our National Governing Body/NGB)
- Have accomplished a yellow or higher JOAD Indoor or Outdoor achievement award pin
- Must be open and coachable to NTS
- Have high quality/high performance archery equipment approved by ACE Coaches
- Be able to maintain and replace high quality/high performance archery equipment archery gear
- Be able to obtain additional equipment as recommended by Coaching Staff
- Have all equipment hardware and tuning changes approved by ACE Coaches
- Have the availability to compete at required/recommended tournaments (State, Nat'l, Int'l)
- Have ability to participate in at least 75% of ACE practice sessions, lessons, and events

Parents must....

- ✓ Support archers financially, emotionally, and logistically
- ✓ Provide transportation to and from competitions and training
- ✓ Support the ACE Coaching Staff
- ✓ Trust the ACE Coaches to do their best to build the skill of their competitor and the ACE Team
- ✓ Submit signed Contact sheet, Waiver of Liability & permission to participate for applicants

Program Fees and Dues:

Membership Fees and Monthly Coaching Dues-

ACE Team membership fees of ninety dollars (\$90.00) will be paid upon membership acceptance. The training year will begin on March 1st and end on September 30th and this fee is designed to assist in the funding of:

- Administrative expenses incurred by Team Director and Coaching Staff
- Other expenses as deemed necessary

ACE Coaching Dues for monthly training sessions will be sixty dollars (\$60.00) per archer per session for the 1-day a month session; first month's dues (\$60.00) will be paid upon membership acceptance and subsequent month's dues will be paid by the 1st of each month. These dues will help fund the group training sessions held on the 4th Sunday of each month between 1pm-5pm to be held at the No Limits or Empty Quiver archery ranges. Group sessions will incorporate sport training, lecture, competition training, physical training and mental management training.

Private lessons-

- Local private lessons are highly encouraged for all ACE members. Fee(s) for private lesson(s) to be set by the Coaching Staff providing the lesson(s).
- Tournament private lesson and/or coaching fees will be published separately
 - *NOTE: ACE members will have priority booking with discounts available*

Fundraising & Fund Management-

ACE will continually search out opportunities to raise funds for the Team. These funds will be combined in an account exclusive to ACE and administered by the ACE Team Director. These funds will be used to offset documented operating expenses for team, and travel expenses for coaching staff to events such as:

1. Outdoor: USA Archery National Target Championships (US Open) or Easton JOAD Nationals
2. Outdoor: USA Archery 'USAT Qualifiers' (Arizona, Florida, California, Ohio, or Texas)
3. Indoor: USA Archery National Indoor Championships
4. World Archery: World Cup, World Championships, Olympics
5. Indoor: NFAA Target Championship (Vegas Shoot, National Indoors, First Dakota Classic)

Dues will be accounted for separately from fundraising dollars. There may be fundraising events during the year in support of ACE. Parents are expected and needed to take part in planning these events; this support will be extremely necessary to the success of ACE.

Sponsorship-

The ACE will continually search to obtain club sponsors to support the mission of ACE. These sponsors may be local ranges, clubs, individuals, or other entities. Any sponsorship for the entire ACE team related to archery product manufacturers must be discussed and agreed upon by ALL team members, parents, and Coaching Staff or will not be allowed. Team members will be allowed to be individually sponsored by a specific product or manufacturer.

Team Apparel and Gear:

Team members will be required to purchase at least one (1) team jersey. Additional jerseys, and other apparel items and/or accessories, may also be purchased at their own expense unless fundraising efforts produce sufficient funding. Coaching Staff will make all information available to purchase team apparel. It is mandatory that an ACE jersey be worn at least one agreed upon competition day at national/international archery competitions. It is suggested that athletes coordinate other team shooter apparel such as Hoyt, Easton, USA Archery, etc., as appropriate.

Team jackets and sweat shirts may also be available.

Team Requirements and Competitions:

It is strongly suggested that all athletes work toward an end of season National Ranking, or USA Archery Dream Team MQS (Minimum Qualifying Score), to seek and maintain a high level of competition. With that, Athletes and Parents are responsible for all travel arrangements, registration to and from competitions, as well as fees and expenses. Coaches will advise on recommended competitions and divisions for athletes. As often as permissible, all team members will stay at an identical hotel location. If possible and feasible the team may make travel arrangements together. Once at competitions, coaches will arrange meeting and practice times for the team.

Mandatory Competitions-

The mandatory competitions will be as follows:

- Two or more of the following
 - USA Archery Indoor National Championships / JOAD Indoor National Championships
 - USA Archery Outdoor Nationals (NTC/US Open) / JOAD Nationals (EJN)
 - USA Archery USAT (Outdoor) Qualifier Series Event
 - NFAA World Archery Festival (Vegas Shoot)
 - NFAA Indoor Nationals
 - NFAA First Dakota Classic
- State Indoor / JOAD Championship
- State Outdoor / JOAD Championship

~ Thank you for your interest in the Archers' Crest Elite Program. We look forward to an exciting and productive 2018 Outdoor Competition Season! ~