

Program Start Information

This year's 2010-2011 indoor season will start Sunday October 3.

After registration on Sunday September 6 you will be contacted by phone or email to inform you of placement for classes.

For a start time please see the class descriptions on the other side.

Our Program was fostered by and is generously supported by the Calgary Archers Club



&

by The Alberta Target Archers Association



The Calgary Archers Junior Program



Our mission:
To enhance the understanding of archery for junior athletes while encouraging athletes to challenge themselves and have fun.

Our Classes

High-Performance Class - 9:00 - 10:55 -

In this class we help athletes to master the technical and practical skills of archery that will allow athletes to compete.

We bring in special guests to assist in the understanding of mental toughness, proper physical training and nutrition in sport. This class is by invitation only as a position in this class must be earned. (Age: 15-21)

Junior Class -11:00-12:00

In this class we teach the basics to new archers and encourage their skills with basic target recurve bows. We emphasize good form and help the athletes to track their scores with badges that will continue with them for the duration of their time with our program. Athletes also get a taste of competition with our Provincial Mail Matches that allow Juniors across the Province to compete in a category of peers without leaving our range. (Age: 6-12)

Senior Class - 12:00 - 1:00

This class is designed to work with athletes who have some past archery experience and are interested in honing their skills to compete in some form of this sport. We introduce some training for mental toughness and the use of journals. Athletes continue to earn badges and compete in Mail Matches but also have the opportunity to tryout our local club shoots to gain the experience of shooting in pressure situations. (Age: 12-16)

Dates

Our program runs for 16 lessons starting on the first week in October (**October 3, 2010**) to approximately the last weekend in February with some Sundays being missed due to tournaments and other events.

Cost Breakdown

First, choose one of the following:

- ***Single** - \$110.00, or
- ***Family** (2 or more) - \$165.00

then add lanes fees as below:

- ***Lane fees** = \$130.00 x # of children

Are you borrowing equipment????

- * \$40.00 deposit for equipment
(This is usually returned at the end of the year.)

Are you a Calgary Archers Club member already?

- *If you are, you save \$21.00 per athlete
(to a max of 2)

Equipment

Bring your own equipment, or rent some from us. We will provide basic target recurve bows and 6 arrows to each athlete. Cost for these rentals is a \$40.00 deposit.

Parent Involvement & Shooting Supervision

During their lesson time archers will be supervised by the coaches. The archers are asked to remain in the upstairs (second floor) range. If athletes must leave they are asked to inform a coach.

Parents are asked to remain at the archery range during the class. It is well known that athletes will enjoy their sports if their parents take an active interest in what they are doing. There are few things that can compete with a supportive thumbs up from mom or dad.

Who Runs the Show?

The Calgary Archers Junior Program is a program run through The Calgary Archers Club (on Hwy. 8 to Brag Creek). We are very fortunate to be able to operate out of the Calgary Archery Centre (4855 - 47th. St. SE) when the weather requires us to move indoors.

The Junior Program is carried solely by its volunteers who work tirelessly giving up their time to ensure success and enjoyment of all the athletes.

Our Coaching Approach

A Program of this size takes a lot of work. Our program is very fortunate to have a dedicated team of coaches that can boast over 80 years of collective experience.

All of our Senior coaches are certified through the Coaching Association of Canada. Several of these coaches can boast an Olympic level of certification and experience coaching pre-Olympic and international events such as the Alberta Winter Games, the Canada Winter Games and Indoor and Outdoor Worlds.

Our Program also has a number of "coaches in training". Some of these new coaches are parents who want to become more involved in their child's activity and some of them are shooters from our High Performance Class looking to gain a new aspect of understanding to their sport. All of these coaches are very knowledgeable and are a very valuable asset to our program.

Whether a coach in our program is certified or trying to earn their wings, all of the coaches in our program are held to the very highest moral, and ethical standards set out by the Coaching Association of Canada. Please visit their website if you would like to see more information on their Codes of Conduct and Ethics.