



REGIONAL ELITE DEVELOPMENT



NATIONAL ELITE DEVELOPMENT



The Regional Elite Development Program and the National Elite Development Program were established to identify and develop high performing athletes to represent the United States of America in both U.S. and World competitions. These programs give athletes the opportunity to train, with their peers and personal coaches, throughout the year at various regional camps and/or national training centers under the direction of regional or national head coaching staff.

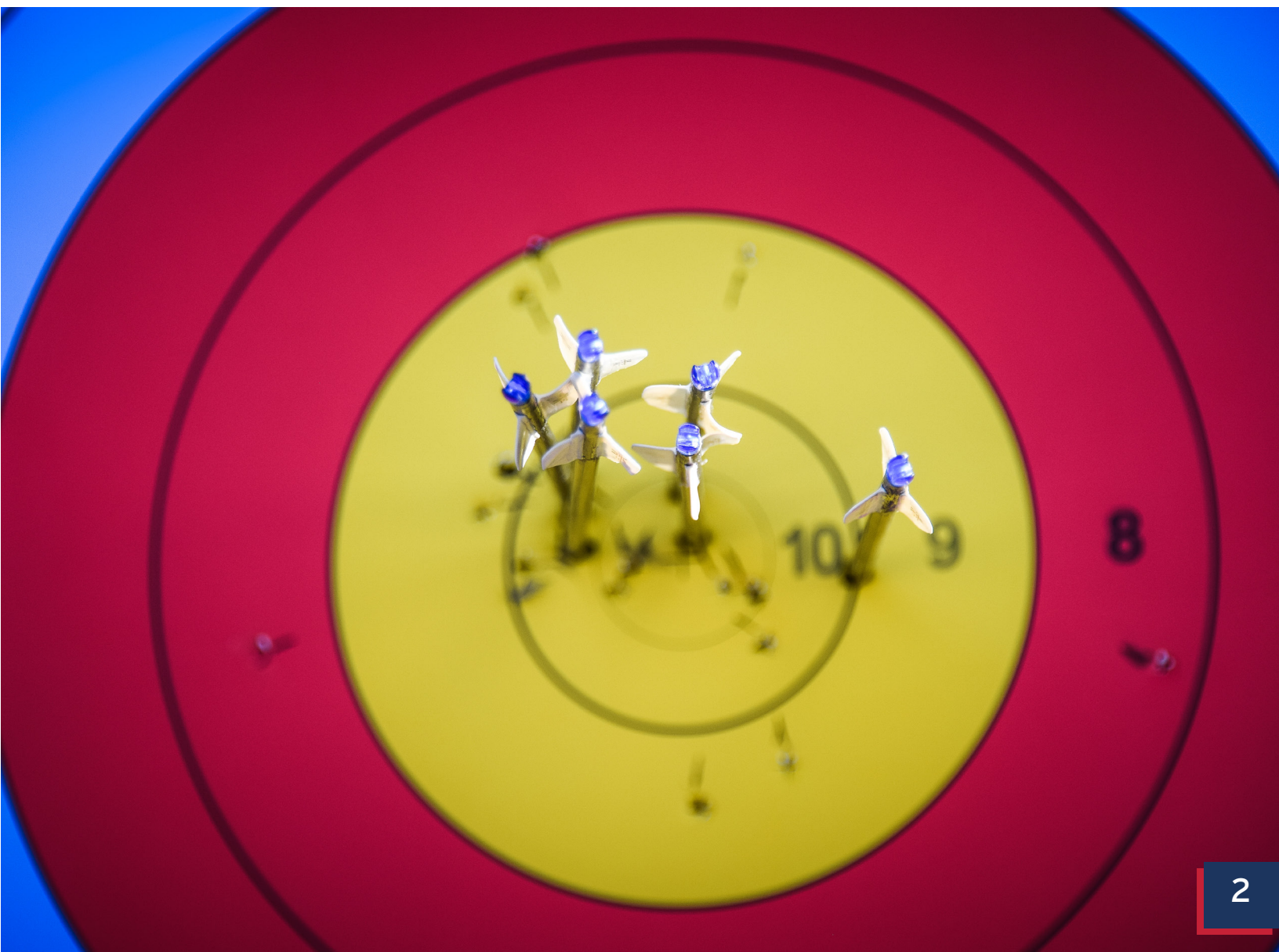


PROGRAM MISSION

To develop athletes, through the USA Archery (USAA) athlete competencies and High-Performance Ethos, who are nationally and internationally competitive.

PROGRAM STANDARDS

As a member of the Regional or National Elite Development Program, athletes are expected to develop skills to be competitive at the national and international level. Athletes and their personal coaches will also be expected to take a professional approach to their training and to work with the Program Coaches to set goals for proficiency training.



ATHLETE DEVELOPMENT COMPETENCIES

The USAA Athlete Development Competencies provide the framework to review the athlete's progress within the program and provide the athlete with a profile of the qualities to be a successful archer. Competencies include:

- Athlete Development - Technical, Psychological, Strength Conditioning and Nutrition, Training, Results
- Leadership - Self Coaching, Ethics, Character Development, Leadership
- Duty - Communication, Team Culture, Professional Work Ethic
- Tactical - Equipment & Tuning, Grit & Mental Toughness
- Purpose - Achieve Success on and off the Field

| | | | | |
|---------------------------------------|-----------------------|-------------------------|-------------------------|--|
| TECHNICAL | | | | |
| PSYCHOLOGICAL | LEADERSHIP | | | |
| STRENGTH, CONDITIONING, AND NUTRITION | CHARACTER DEVELOPMENT | PROFESSIONAL WORK ETHIC | | |
| TRAINING | ETHICS | TEAM CULTURE | GRIT & MENTAL TOUGHNESS | |
| RESULTS | SELF COACHING | COMMUNICATION | EQUIPMENT & TUNING | SUSTAINED SUCCESS ON AND OFF THE FIELD |
| ATHLETE DEVELOPMENT | LEADERSHIP | DUTY | TACTICAL | PURPOSE |

The values of USAA's High-Performance Programs are exemplified in USAA's High Performance Ethos:

| | |
|--|---|
| Communication | We engage in honest, timely, two-way communication. |
| Respect, Integrity and Humility | We respect our peers by speaking and listening to others as equals and acknowledging all opinions, individuality and differences. |
| Trust and Standards of Excellence | We hold ourselves accountable by doing what is right even when no one is looking. |
| Duty, Legacy and Team Player | By acting as leaders and team players on and off the field, we enforce respect, unity and sportsmanship. |
| Engagement and Support | We allow ourselves to be developed through honest, considerate feedback and trust the coaches want the best for us. |
| Priorities and Follow Through | We define and communicate our action plans and follow through on our deliverables to stay the course. |
| Success | We define our successes both on and off the field and our wins and losses are measured as a team. |

USAA has extremely high expectations for the athletes, coaches and staff, which are guided by the USAA High Performance Ethos and our Athlete Development Competencies and program participants are expected to hold themselves to the highest standard.



PROGRAM CRITERIA

**Minimum criteria to participate
USAA High Performance Programs
are:**

- 1.** Be a current member of USAA in good standing and meet the requirements set forth by World Archery to compete internationally for the U.S.
- 2.** Athletes ages 18+ must maintain a current U.S. Center for Safe Sport training and USAA Background Screen
- 3.** All athletes must obtain the minimum qualifying score (MQS) within the last 12 months as required by the program for which they are applying. The MQS may be obtained at any United States Archery Team (USAT) or USAA sanctioned event listed as State, Regional or National. Athletes may also obtain the MQS at a World Archery Sanctioned event. Proof of obtaining the MQS must be submitted with the program application via a link to a website of published scores, a copy of the published results, or a copy of a signed scorecard.
- 4.** All athletes are expected to maintain a USAA National or USAT Ranking through the duration of their participation in the program.
- 5.** All athletes will be required to sign a program agreement and minors will be additionally required to submit applicable Minor Consent Forms, as applicable.

Please carefully review program guidelines as additional requirements may apply depending on the program.



NATIONAL ELITE DEVELOPMENT PROGRAM

PROGRAM OVERVIEW

The National Elite Development Program is designed to provide support to recurve athletes age 18+ who are currently enrolled in a collegiate archery program or pursuing a career, while continuing personal archery training to be internationally competitive. The Program will provide athletes access to the Easton Archery Center of Excellence in Chula Vista, CA led by the USAA National Coaching Staff, a custom training plan, virtual coach support and access to online trainings to further development within USAA's athlete competencies.



Athletes will be provided a minimum of 7 funded bed nights at the Easton Archery Center of Excellence in Chula Vista, CA and will be eligible to request additional self-funded user nights through USAA's short-term training program. Athletes will be expected to train at the same level as Resident Athletes during approved training times at the Easton Archery Center of Excellence and both the athlete and their personal coach must be willing to work with the national coaching staff.

Athletes in the program are expected to maintain a high level of training despite attending school or work. It is recommended that athletes shoot a minimum of 1,000 arrows per week while training at home. Athletes are also highly encouraged to participate in USAA local and state sanctioned events and to participate in at least in one International event (self-funded or funded) per calendar year to gain international tournament experience including performance under pressure.

| MQS | 72 Arrow Round | |
|--------|----------------|---------|
| | 70m MQS | 60m MQS |
| Male | 600 | 610 |
| Female | 590 | 600 |

SELECTION PROCESS

Up to four athletes per gender will be invited to the program annually based on the following criteria:

40% NRS or *U21 Rank (U21 rank will be multiplied by a factor of 1.5)

40% MQS Rank

20% Athlete Potential (based on Video Submission reviews by USAA National Coaches)

Example of Athlete Ranking Process:

| Example | | | | | |
|--------------|------------------|----------------------------|----------|-------------------|------------------------|
| Male Recurve | National Ranking | | MQS Rank | Athlete Potential | Total Selection Points |
| | NRS Rank | U21 Rank Multiplied by 1.5 | | | |
| Archer 1 | 1 | | 2 | 1 | 1.4 |
| Archer 2 | 3 | | 1 | 3 | 2.2 |
| Archer 3 | | 2 x 1.5 = 3 | 3 | 4 | 3.2 |
| Archer 4 | 5 | | 4 | 2 | 4 |
| Archer 5 | 6 | | 5 | 5 | 5.4 |

*Note: In the example above, Archer 3 has a U21 Ranking of 2 so that is multiplied by a factor of 1.5 prior to calculating the 40%.

PROGRAM REGISTRATION COST

Cost \$100 per athlete per year (program jersey included).

PROGRAM BENEFITS

- Easton Archery Center of Excellence Access
- Access to USAA National Head Coaching Staff
- Custom Training Plan
- Athlete Competency Development Resources
- Opportunity for Team Development Activities
- Personal Coach Development Opportunities (Self-Funded)
- Access to Sponsor Discounts/VIK as available



NATIONAL ELITE DEVELOPMENT PROGRAM U18

PROGRAM OVERVIEW

The National Elite Development U18 is designed to provide support to recurve athletes under age 18 who aim to be internationally competitive. The program will consist of three camps at the Easton Archery Center of Excellence in Chula Vista led by the USAA National Coaching staff. Archers will be expected to train at the same level as Resident Athletes during the camps and both the athlete and their personal coach must be willing to work with the USAA national coaching staff.

Camps will be up to five days in length and athletes will be responsible for their travel expenses including airfare, baggage fees and meals unless otherwise specified by USAA. Athletes in the program will be eligible to request additional self-funded user nights at the Easton Archery Center of Excellence through USAA's short-term training program.

Athletes in the program are expected to maintain a high level of training despite attending school. It is recommended that athletes shoot a minimum of 800-1,000 arrows per week while training at home. Athletes are also highly encouraged to participate in USAA local and state sanctioned events and to participate in at least one international event (self-funded or funded) per calendar year to gain international tournament experience including performance under pressure.



| MQS | 72 Arrow Round | |
|------------|----------------|---------|
| | 70m MQS | 60m MQS |
| U18 Male | 600 | 610 |
| U18 Female | 590 | 600 |

SELECTION PROCESS

Up to 8 athletes per gender will be invited to the program annually based on the following criteria:

- 40% U18 Rank
- 40% MQS Rank
- 20% Athlete Potential (Based on Video Submission reviews by USAA National Coaches)

Example of Athlete Ranking Process:

| Example | | | | |
|--------------|----------|----------|-------------------|------------------------|
| Male Recurve | U18 Rank | MQS Rank | Athlete Potential | Total Selection Points |
| Archer 1 | 1 | 2 | 1 | 1.4 |
| Archer 2 | 3 | 1 | 3 | 2.2 |
| Archer 3 | 2 | 3 | 4 | 2.7 |
| Archer 4 | 5 | 4 | 2 | 4 |
| Archer 5 | 6 | 5 | 5 | 5.4 |

PROGRAM BENEFITS

- Camp Opportunities at the Easton Archery Center of Excellence
- Access to USAA National Head Coaching Staff
- Custom Training Plan
- Athlete Competency Development Resources
- Opportunity for Team Development Activities
- Personal Coach Development Opportunities (Self-Funded)
- Access to Sponsor Discounts/VIK as available

REGISTRATION COST

Cost \$150/person per year (program jersey included).



REGIONAL ELITE DEVELOPMENT (RED) PROGRAM

PROGRAM OVERVIEW

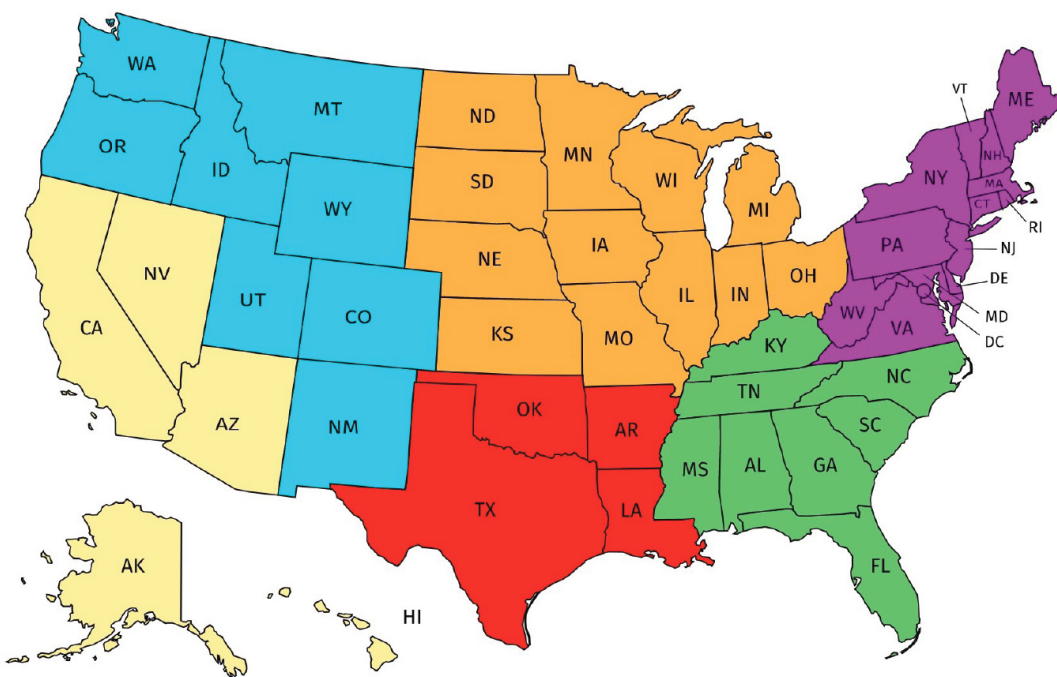
The RED Program is designed to develop recurve and compound athletes ages 13-17, through the USAA athlete competencies and High-Performance Ethos, who are nationally and internationally competitive. The program includes 3-4 self-funded regional camps per year, which are 2-4 days each and include both recurve and compound athletes. Athletes and their personal coaches must be willing to work with the RED Program Coaching staff.

Athletes in the program are expected to maintain a high level of training despite attending school. It is recommended that athletes shoot a minimum of 300-600 arrows per week while training at home. Athletes are also highly encouraged to participate in USAA local, state and national USAA sanctioned events to gain tournament experience including performance under pressure.



RED PROGRAM REGIONAL MAP

The program consists of six teams throughout the United States, divided into the following regions:



RED Team North - North Dakota, South Dakota, Minnesota, Nebraska, Iowa, Wisconsin, Illinois, Kansas, Missouri, Indiana, Michigan, Ohio

RED Team West - Montana, Wyoming, Utah, Colorado, New Mexico, Idaho, Washington, Oregon

RED Team Southwest - Nevada, California, Arizona, Hawaii, Alaska

RED Team East - Maine, Vermont, New Hampshire, Massachusetts, Connecticut, Rhode Island, New York, Pennsylvania, New Jersey, Delaware, Maryland, West Virginia, Virginia

RED Team Southeast - Kentucky, North Carolina, South Carolina, Tennessee, Mississippi, Alabama, Georgia, Florida

RED Team South - Texas, Oklahoma, Arkansas, Louisiana

RED COACHING

The RED Program Coaches will coach, teach and lead in accordance with the USAA Code of Conduct, High Performance Ethos and U.S. Center for SafeSport guidelines and will teach athletes in a manner consistent with the direction and philosophies set forth in the USAA Regional Elite Development Curriculum and USAA Athlete Development Model (ADM). RED coaches will be responsible for providing coaching instruction to athletes in collaboration with their personal coaches, if applicable, with the goal of developing nationally and internationally competitive archers.

RED Coaches will be expected to work with multiple students and maintain consistent contact with assigned students (and their personal coaches) to evaluate progress on Athlete Development Competencies throughout the calendar year and will assist with managing and executing annual athlete goals and reviews.

PERSONAL COACHES

Upon athlete request, personal coaches will be allowed to attend camps by registering as a “RED Program Coach Observer”. The RED Program is designed to develop both personal coaches and athletes. Personal coaches will be encouraged to work as a team with the RED coaches to maximize athlete development.

RED coaches will also work collaboratively with personal coaches to help them to continue to develop as a coach within the USAA Coach Competencies. RED coaches and personal coaches, collectively, will be responsible for creating a team environment within their region. With that they will also be responsible for creating a healthy competitive mindset within their region’s team with other regions.

PROGRAM BENEFITS

- 3 - 4 RED Program camps per year
- Athlete Competency Development Resources
- Opportunity for Team Development Activities
- Personal Coach Development Opportunities (Self-Funded)
- Access to Sponsor Discounts/VIK as available



PROGRAM REGISTRATION COSTS

To participate in the RED Program, there is a registration fee of \$150 which includes a custom RED Program jersey and access to online virtual Athlete Development educational sessions. For an additional \$150, athletes can sign up for three additional personal coaching sessions with a RED Regional Coach. Camp registration fees will be an additional cost per camp and vary by region.

| RECURVE | | 72 Arrow Round |
|------------------------------|----------|----------------|
| MALE AND FEMALE AGE CATEGORY | DISTANCE | MQS |
| U15 (Age 13 - 14) | 50M | 500 |
| U18 (Age 15 - 17) | 60M | 500 |

| COMPOUND | | 72 Arrow Round |
|------------------------------|----------|----------------|
| MALE AND FEMALE AGE CATEGORY | DISTANCE | MQS |
| U15 (Age 13 - 14) | 30M | 620 |
| U18 (Age 15 - 17) | 50M | 620 |

ADDITIONAL RED PROGRAM REQUIREMENTS

- Athletes must have participated at the most recent JOAD Target Nationals. Exceptions will only be made if the athlete was formally excused from the event per the USAA Policy for Missing a Required Event.
- Athlete must be a minimum of 13 years of age and a maximum of 17 years of age at the time of a RED camp. Note: Archers 14 years of age and younger (unaccompanied minor as defined by airlines) will require a parent or designated representative to accompany them to the camp; RED Program staff will not accept unaccompanied minors at the airport.
- Athletes must submit the RED Program Membership Application form by the required deadline (including signatures from the athlete and parent/legal guardian).
- USAA will send application invites to prospective athletes annually.

SELECTION PROCESS

Up to 12 recurve and compound archers per gender will be selected per region with priority given to the U18 USAT. Alternates may also be appointed by region and invited to a RED Program camp within the calendar year if a position becomes available.

HOW TO KEEP YOUR STATUS AS PART OF THE RED PROGRAM

At the end of each year, all athletes will need to re-apply for the RED Program for the following year and demonstrate they have achieved the required MQS. Placement at the most recent JOAD Target Nationals will determine an athletes "RED rank" for purposes of selection by RED Region. Priority will be given to individuals appointed to U18 USAT for the following year. RED Athletes will be required to participate at minimum 2 RED Camps in their region per year. Failure to attend the required number of RED camps per year will result in ineligibility for the following year, if applicable.

