



# REGIONAL ELITE DEVELOPMENT

*PROGRAM GUIDE*

## MISSION



To develop recurve and compound athletes, through the USA Archery athlete competencies and High Performance Ethos, who are nationally and internationally competitive.

As a member of the Regional Elite Development Program (**RED**), athletes are expected to develop skills to be competitive at the national and international level. **RED** athletes are expected to take a professional approach to their training and to work with the **RED** Program Coaches to set goals for proficiency training.

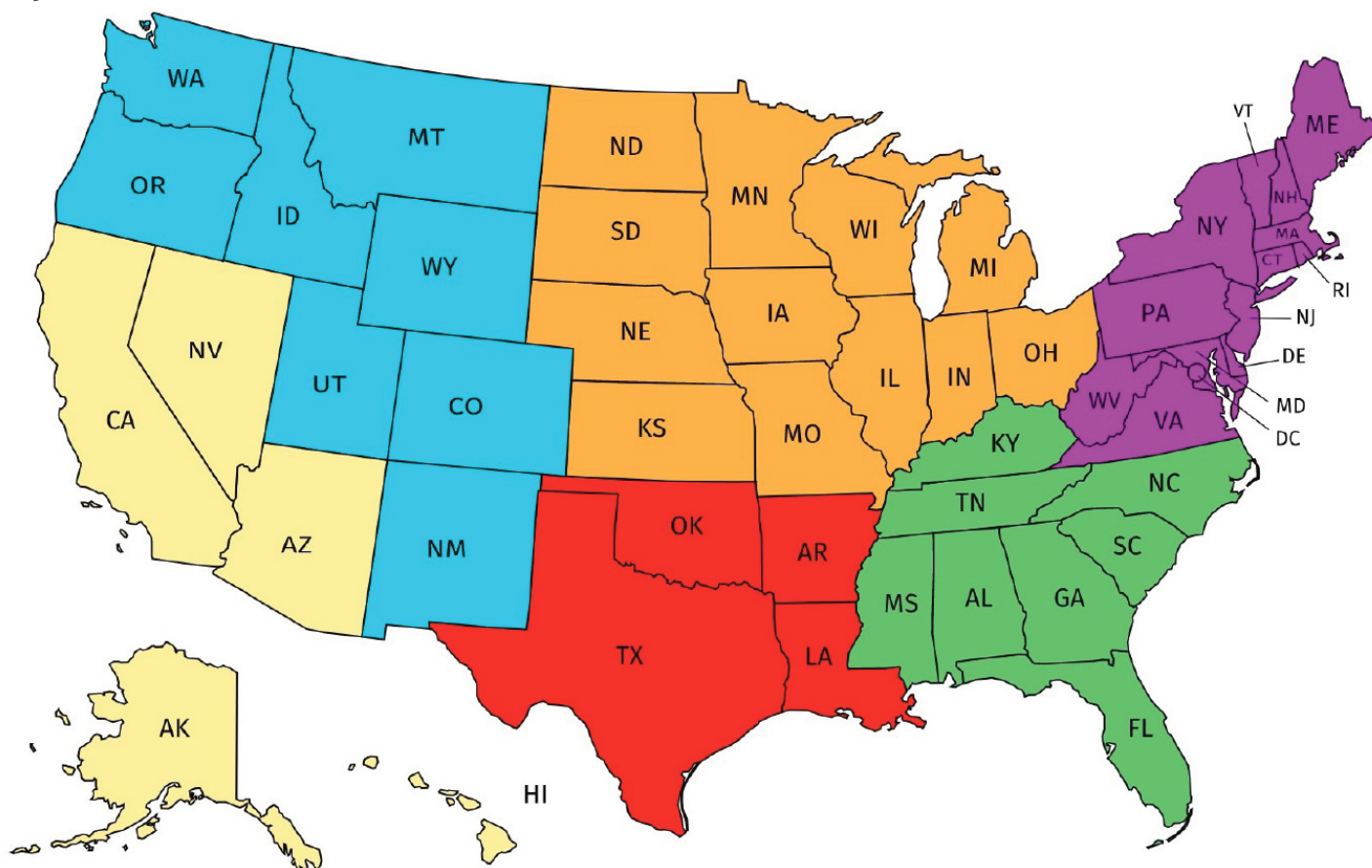
The values of this program are exemplified in [USA Archery's High Performance Ethos](#):

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

Members of the **RED** Program hold themselves to the highest standard. USA Archery has extremely high expectations for the athletes, coaches and staff. USA Archery's expectations are guided by our High Performance Ethos and our Athlete Development Competencies.

## RED Program Overview

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



- 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 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

Each regional team will host 2-4 camps per year to identify and develop athletes of great potential for the sport. All camps will be hybrid (recurve and compound) and 2-4 days long. Additionally, two athletes per gender and discipline from each region will be invited to attend the annual National RED High Performance Camp.

## Athlete Development Competencies

The USA Archery 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 - Technique, Strength, Conditioning, Training and Results
- Leadership - Initiative, Character Development, Ethics, Self-Coaching
- Duty - Professional Work Ethics, Team Culture, Communication
- Tactical - Grit and Mental Toughness, Equipment and Tuning Proficiency
- 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	

## Funding

To participate in the **RED** Program, there is a registration entry fee of \$150 which includes a custom **RED** Program jersey and participation in a monthly virtual **RED** Athlete Development sessions. For an additional \$150, athletes can sign up for three additional personal coaching sessions with a RED Regional Coach.





## Coaching

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

**RED** coaches will also work collaboratively with personal coaches to help them to continue to develop as a coach within the USA Archery 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.

**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. **RED** Program coaches will also be responsible for helping to plan, organize and administer the **RED** Program Camps. Coaches will assist with managing and executing annual athlete goals and reviews.



## Personal Coaches

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Upon athlete request, personal coaches will be allowed to attend camps for a small fee. **RED** Coaches will be expected to communicate with the athletes' personal coaches before, during (if applicable) and after camps.

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.



## How to keep your status as part of the RED Program

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At the end of each year, all archers will need to re-apply for the **RED** Program for the following year and demonstrate they have obtained the MQS. Placement at the most recent Junior Olympic Archery Development (JOAD) National Outdoor Championships will determine an athletes **RED** rank and selection by region. Priority will be given to individuals appointed to Cadet USAT for the following year. **RED** Archers will be required to participate at minimum 2 **RED** Camps in their region per year. Failure to attend **RED** camps will result in ineligibility for the following year, if applicable.

## National RED High Performance Camp

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In 2021, up to two athletes of each gender and bow type per region will be invited to attend the National RED High Performance Camp. Selection to the camp will be based on the athlete's placement in the 72 Arrow qualification round shot at the Cadet distance (Compound - 50M; Recurve - 60M) during the first outdoor RED Regional Camp hosted by each region. Ties will be broken by a one arrow shoot-off at the first outdoor RED Regional Camp after the qualification round has been completed. Selected recurve athletes will have an opportunity to attend the National **RED** High Performance Camp led by USA Archery's National Head Coaches, and selected compound athletes will have an opportunity to attend the National **RED** High Performance Camp led by **RED** Coaches and/or other compound subject matter experts.



# RED Program Athlete Minimum Criteria and Selection Process



## *Minimum Criteria:*

Applicants must meet the following minimum criteria to be considered for the RED program:

1. Be a member of USA Archery and a U.S. Citizen. Be a U.S. citizen.
2. Be a minimum of 13 years of age and a maximum of 17 years of age at the time of the camp. 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.
3. Complete and submit the RED Program Membership Application form (including signatures from the archer and parent/legal guardian).
4. Obtain a minimum qualifying score (MQS) in the last 12 months. These scores may be obtained at any United States Archery Team (USAT) or USA Archery sanctioned events listed as State, Regional or National. You may also obtain the MQS at a World Archery Sanctioned event. Proof of obtaining the MQS must be submitted with your application via a link to a website of published scores, a copy of the published results, or a copy of a signed score card. Applicants will be ranked and selected by score by region at the discretion of USA Archery.
5. Participation at the most recent JOAD National Outdoor Championships. Exceptions will only be made for the following reasons:
  - In the event an athlete is unable to participate at the JOAD due to a serious injury or death in the immediate family, per the Policy for Missing a Required Event.
  - The region in which the athlete applied has openings on the 24 person roster. Remaining positions will be filled according to ranking of MQS scores submitted.





## MINIMUM QUALIFICATION SCORES - RECURVE

MALE AND FEMALE AGE CATEGORY	1440 Arrow Round			72 Arrow Round		
	DISTANCE	MQS	National Camp MQS	DISTANCE	MQS	National Camp MQS
Cub (Age 13-14)	50M	1000	1160	50M	500	580
Cadet (Age 15-17)	60M	1000	1160	60M	500	580



## MINIMUM QUALIFICATION SCORES - COMPOUND

MALE AND FEMALE AGE CATEGORY	1440 Arrow Round			72 Arrow Round		
	DISTANCE	MQS	National Camp MQS	DISTANCE	MQS	National Camp MQS
Cub (Age 13-14)	30M	1240	1300	30M	620	650
Cadet (Age 15-17)	50M	1240	1300	50M	620	650

After all applications have been reviewed, a final selection will be made (based on score) to determine who will receive invitations to join the **RED** Program in each region. Alternates may also be appointed by region and invited to a **RED** Program camp within the calendar year if a position becomes available.