



REGIONAL ELITE DEVELOPMENT

PROGRAM GUIDE

MISSION



To develop recurve 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.

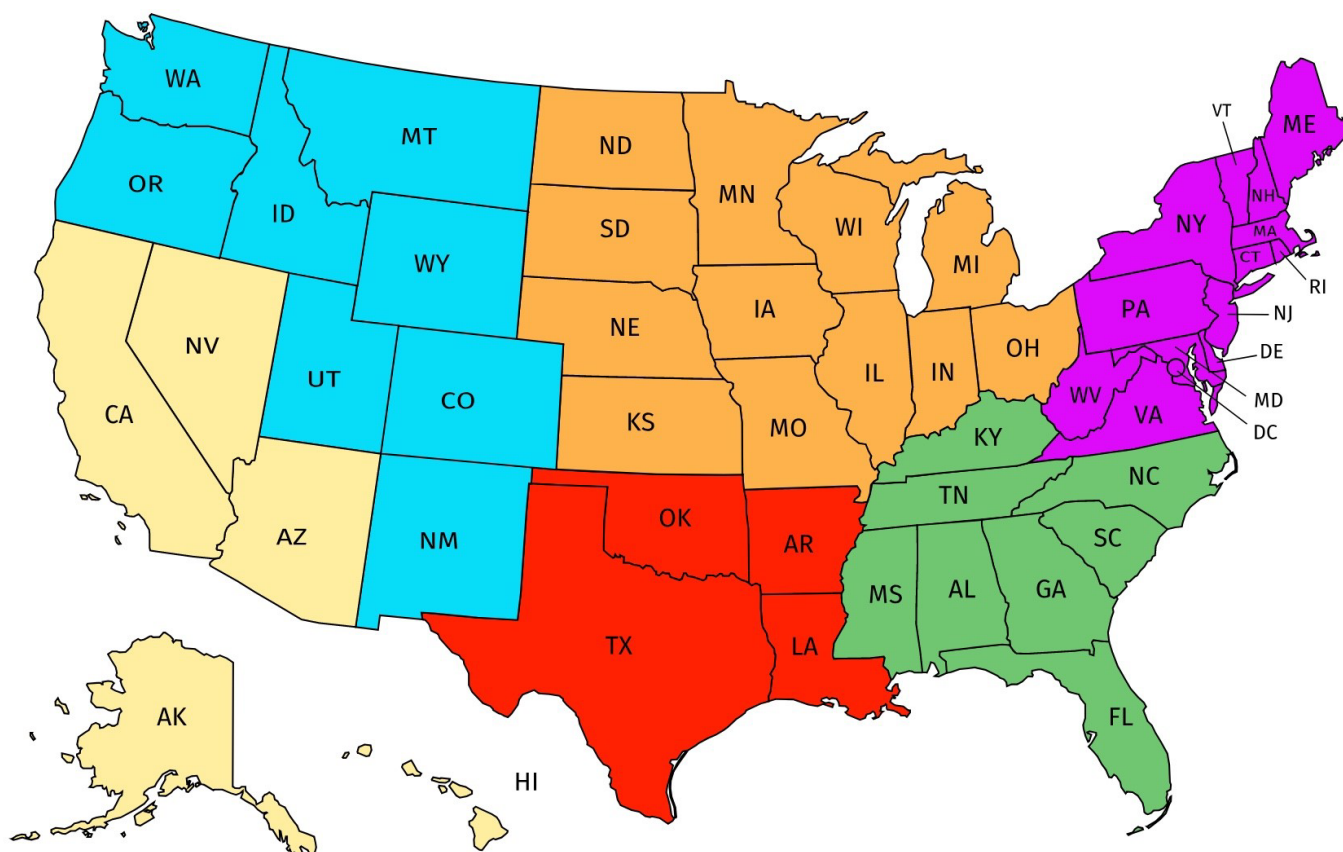
The values of this program are exemplified in USA Archery's High Performance Ethos:

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| 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. |

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 3-4 days long. Additionally, two athletes per gender from each region will be invited to attend the National RED High Performance Camp led by USA Archery's National Head Coaches.

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.

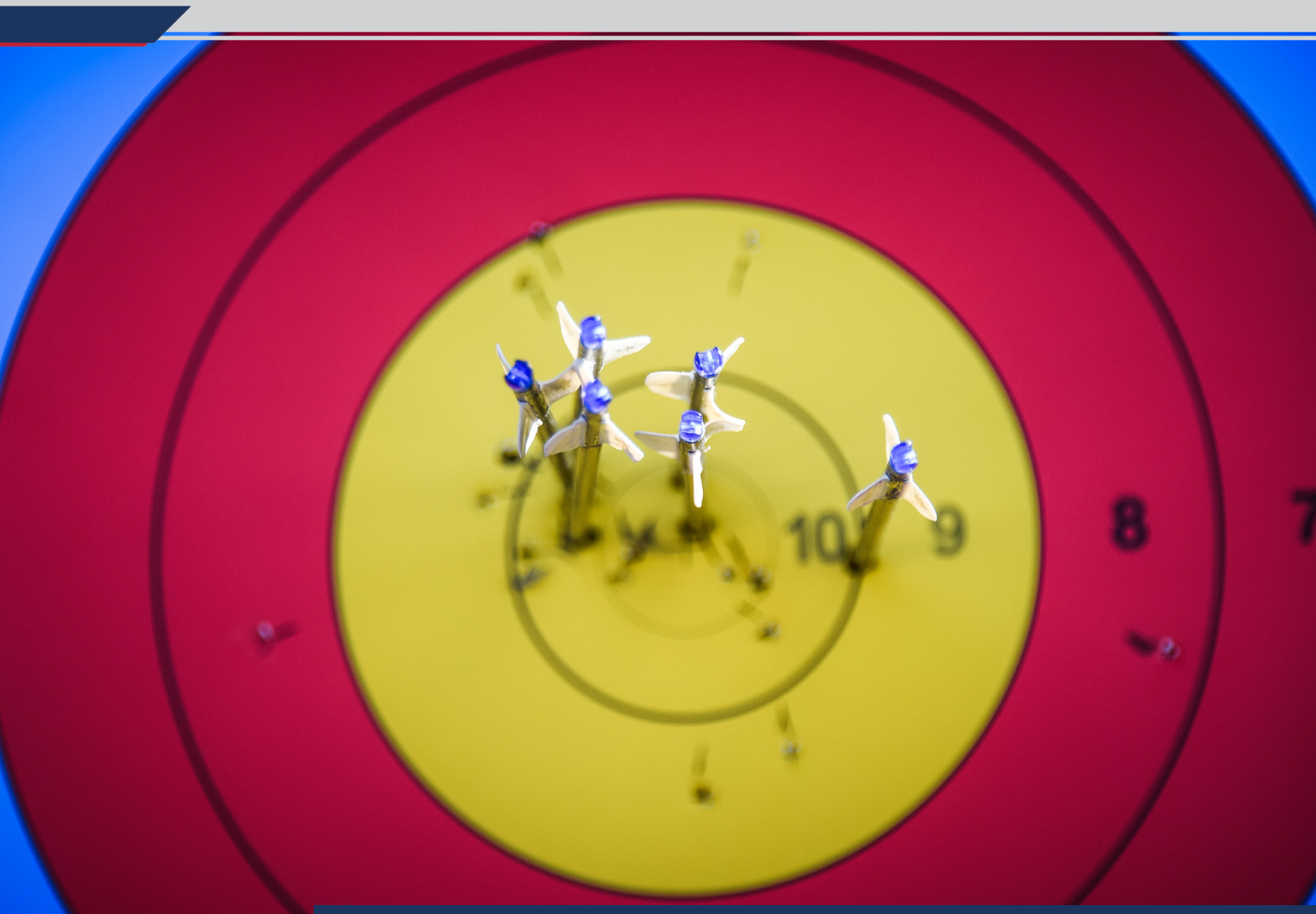
Competencies include:

- 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

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|---|--------------------------|----------------------------|----------------------------|--|--|
| 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 | |

Pricing

The **RED** Program is completely self-funded. Camp registration will include the cost of coaching, lodging, local transportation, and meals.



Coaching

The **RED** Program Coaches will be expected to coach, teach and lead in accordance with USA Archery Code of Conduct, High Performance Ethos and SafeSport and USADA 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. **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

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

At the end of each year, all archers will need to re-apply for the **RED** Program for the following year. Applicants will be ranked and selected by score by region at the discretion of USA Archery.

National RED High Performance Camp

Annually, two athletes of each gender 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 qualification round at the most recent JOAD National Championships. Preference will be provided to in order of Cadet and then Cub. Ties will be broken by the athlete's placement in the Elimination Round. Selected athletes will have an opportunity to attend the National **RED** High Performance Camp in Chula Vista, CA led by USA Archery's National Head Coaches.



1. Be between the ages of 13 and 17 at the time of the camp and a current member of USA Archery.
2. Be a U.S. citizen.
3. Fill out and submit the RED Application form (including signatures from the archer and parent/ legal guardian).
4. Have shot a minimum qualifying score (MQS) during the 2018 calendar year. The MQS for each category is listed on the RED Program Application Form. These scores may be obtained at any United States Archery Team (USAT) or USA Archery sanctioned events listed as State, Regional, National, or International. Proof of obtaining the score must accompany the application for membership. This proof can be in the form of 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. After all applications have been reviewed by USA Archery and RED Program Coaching Staff, a final selection will be made to determine who will receive invitations to join the RED Program.

