

# ALVORD ISD ARCHERY TEAM HANDBOOK

Welcome to the Alvord Archery Team. Our mission is the advancement of the Olympic sport of archery by nurturing existing archers, cultivating new archers and advancing the sport through caring coaching and leading by professional example. Our team members consist of Alvord students 4th – 12th grade who consistently display academic excellence with a commitment to exhibiting sportsmanship like conduct on and off the range.

The purpose of the archery team is to give students an opportunity to participate in an alternative sport program other than the standard football or basketball. Students will learn the basic fundamentals of shooting Olympic style archery.

Throughout the season coaches will refer to items in our Alvord Archery Team Handbook. All archers and parents are required to read and understand the contents in the archery team handbook. It is of particular importance that all archers read and understand all range and procedure rules.

Items in the handbook are subject to change at any time and new information will be added as each season progresses.

**You must turn in your signed waiver before you can participate in team practices. ALL ARCHERS and PARENTS are required to sign the team agreement form indicating you have read and understand ALL content under this "Team Handbook".**

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## AISD ARCHERY and Dues

AISD Archery utilizes the **NATIONAL ARCHERY IN THE SCHOOLS PROGRAM (NASP)**. Please click this link <https://www.naspschools.org/> to learn more about this program, the rules, and the regulations. It is open to 4th through 12th graders at AISD. AISD has 3 head coaches. Sharon Sackett for Alvord H.S. Archery, Shana Worthington for Alvord Middle Archery, and Stephanie Coldwell for Alvord Intermediate Archery. We have many BAI volunteer coaches that assist with the team as well. Without them and other volunteers, this program would not be successful. We will have a parent/archer meeting the first week of October. The following 3 weeks of October will be

"Intro To Archery". This will be for all brand new archers to determine eye dominance and train with string bow before shooting a Genesis bow. It is a soft start to learn the basics of archery success and seasonal refresher.

**"INTRO TO ARCHERY"** will run in the month of October.

**"TOURNAMENT TEAM ARCHERY"** will run from November - March.

Alvord Archery program dues will be \$80.00. This will cover the cost of t-shirt/jersey for each archer as well as help with two 10/15 Meter Range tournament fees and state entry fee. Additional t-shirts may be purchased. Please make checks payable to Alvord ISD.

In addition to AISD 10/15 meter bullseye teams we will be forming a high school and middle school 3D archery team. These teams will be for veteran archers. These teams will be optional due to having additional costs. There will be no fees to join but will be responsible for all tournament entry fees. It would be the responsibility of the parent or guardian to get them to and from the tournament, as well as, cover all fees. These tournaments can include weekends. More information will be given on tournament entry as the archery season begins.

#### **GENERAL RULES AND EXPECTATIONS:**

- All NASP safety rules will be followed at all times.
- We follow UIL eligibility.
- The 11 steps to successful archery will be followed at all times.
- Olympic style shooting will be the main style utilized.
- Absolutely NO Broadheads!! Field/target points only.
- Team members can use their own equipment after inspection by the coaches, but it must be NASP approved equipment.
- Those members that do not have their own equipment will be able to use the school equipment.
- No cellphones and absolutely NO horseplay!!
- Coaches have the immediate and final authority to remove students from the team, and there will be NO second chances. Safety is the top priority.

- Only team members are allowed to use the equipment.
- **Only archers and BAI instructors will be allowed past the Waiting Line during practices or tournaments.** All volunteers, guests, parents, and friends must remain behind the Waiting Line.
- Coaches have the right to refuse students from joining or participating in the program if deemed necessary.
- Alvord Archery program condemns hunting in any city limits. We are a target only program.

### GOALS:

- Practice will take place once a week for high school, once a week for elementary, and once a week for middle school. Team members are encouraged to practice at home.
- We will compete against other schools in NASP tournaments.
- We will prepare as a team for all tournaments.
- Develop a love of archery and improve our skills as archers.

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## ATTENDANCE AND BEHAVIOR

Please understand the expectations for this archery team are set for the safety of all involved and the integrity of the program itself. Your child must be able to be in control of themselves and not be a distraction or safety concern. If this is an issue for your child, they will be asked to stop or sit out. This is a one-time occurrence. If a behavior continues to be disruptive or a safety concern, your child will be asked not to return, and your session fee will be forfeited to the team.

Since we will only practice once or twice a week the majority of the season, full attendance will be important. If there is a conflict in your schedule with practice times please let the coach know, and they will make every attempt to come up with a workable solution. If you have 3 or more unexcused absences from practice you may be removed from the team.

Archery Practice will be held on Monday for 9th – 12th grade 5:00 p.m. to 6:00 p.m., Wednesday for 6th – 8th grade from 4:00 p.m. – 5:00 p.m. and on Tuesday for 4th – 5th grade from 4:00 p.m. – 5:00 p.m. All archers will be expected to attend practice or they will not be allowed to compete at the tournaments. Archery DOES NOT start till 4:00 p.m. Parents or Guardians are responsible for getting their archer/s to and from practices.

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## EQUIPMENT

We will provide practice arrows, and we will have practice bows available. You will not be required to have your own bow or arrows; however, they will be necessary for any shooting outside of team practices or tournaments.

The Genesis Original compound bow is what we use, which can be reviewed at <https://www.naspschools.org/equipment/>. You can go to <https://genesisbow.com/> for all your equipment needs. There are many local archery facilities as well that you can utilize to practice and get equipment.

Nock It Archery Center: Call: 940-627-6622 or Email: [nockitarcherycenter@gmail.com](mailto:nockitarcherycenter@gmail.com)

Cinnamon Creek Archery: Call: (817) 439-8998 or Email: [info@cinnamoncreekranch.com](mailto:info@cinnamoncreekranch.com)

Fort Grard Guns and Archery: Call: 871-360-4015 or Email: [fortgrard@gmail.com](mailto:fortgrard@gmail.com)

IMPORTANT: An eye dominance test is required before purchasing a bow to determine if you need a right or left handed bow. Here is a link on how to perform a simple eye dominance test.

[https://youtu.be/NYdi\\_SxJ-2U](https://youtu.be/NYdi_SxJ-2U). If you need further assistance with this please let us know and we can walk you through it or we can perform the test.

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## Archery Team Fitness

We encourage our archery team athletes to stay mentally and physically fit. We expect every archer to “shoot proud”. One way to do that is making sure you are standing tall, shoulders back and down with chest out looking directly at your target. We shoot one arrow at a time while always

staying confident. Listed below are some warmups, exercises, and cool downs that will assist you on your journey of being an archery athlete.

“Under pressure, you don’t rise to the occasion, you sink to the level of your training. That’s why we train so hard.” - Anonymous US Navy Seal

### Warmups

- Head turns 1+1 5x
- Head tilt, side to side 1+1 5x
- Head tilt, front to back 1+1 5x
- Across the chest Arm swings, alternating 1+1 10x
- Arm circles, back, alternating 15x (staying in T-formation)
- Arm circles, forward, alternating 15x (staying in T-formation)
- Over the head arm flings forwards 10x
- Over the head arm flings backwards 10x
- Jumping jacks or squat jacks 25x

### Pushing Movement Exercises (The Push, or Press, in Archery (Pre-draw and Onward)).

- Plank (Regular & Modified)
- Plank with rotation and shoulder taps
- Side plank
- Pushup (Regular, Archer, Modified)
- Lateral Shoulder Raises
- Upright Row
- Seated Dips
- Parallel Bar Holds

### Pulling Movement Exercises (The Pull in Archery (Draw, Shot Setup/Transfer to Hold)).

- Curls (regular, hammer)
- Pullup (assisted, step ups - modify as needed)
- Banded Pulls, Overhead or facing (hold, safety, ect.)
- Australian Pullup/Row (benefit, safety, hang, elevated foot positions, ect.)
- Seated Rows

### \*\*Bonus Movements

- Renegade Row
- Cable Machine “Draw” (Banded draws, include stance)

### Cool Downs (Active Recovery and Stretching)

Stretching for 60 seconds 2x per stretch is the standard with 2-4 stretches per push and pull movement. This will help increase range of motion and avoid injury.

- Hands over head and hang, :60 seconds 2x
- Hands over head and fly, :60 seconds 2x
- Reverse chest stretch, :60 seconds 2x
- Chest fly (doorway, frame, ect.), :60 seconds 2x per side
- Arm Across the chest, :60 seconds 2x per side
- Wrist Stretch, palms in, :60 seconds 2x per side
- Palms out forearm stretch, :60 seconds 2x
- \*Neck Stretch, can have benefits, but high risk. Use the weight of the head or at most the weight of the hand on the head, do not pull. : 60 seconds 2x per side

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## SIGN-UP

Registration for the 2023 - 2024 season will take place during the first week of October. Due to the growing number of participants, we may have a limited number of spots available. The sign-ups will be done on a first come first served basis. Thank you so much for your interest!

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## TEAM SIZE

### 10/15 Meter Bullseye

For most tournaments, in order to be scored as a team, the minimum team size is 12 archers with a minimum 4 of each gender. The maximum team size is 24. Most invitational tournaments allow multiple teams from a single school to enter as well as individual archer entries. Due to these limits, we will have an advanced team and a beginning team depending on the number of participants.

### 3D Team

For most tournaments, in order to be scored as a team, the minimum team size is 6 archers with a minimum 2 of each gender. The maximum team size is 24. Alvord ISD will have a middle school team and high school team made up of our top 12 archers from our 10/15 meter bullseye teams with 2 alternates. Due to these limits, we will have these teams based on participation.

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## TOURNAMENT ENTRY

### 10/15 Meter Bullseye

Most invitational style tournament entry fees will run between \$15 - \$25 per archer. The NASP State Championship Tournament fee is a little higher, but each archer also gets a commemorative T-Shirt with their entry. Our team is not guaranteed a space at that tournament. All AISD Archery teams will be guaranteed 2 10/15 Meter Range state qualifying tournaments. This is due to the students' availability to miss class without interrupting their academic schedules. There is an option for additional tournaments with principal approval. These tournaments will have additional costs, so they will be optional. Also, parents/guardians can request for the archery coach to register their archer for a weekend tournament. It would be the responsibility of the parent or guardian to get them

to and from the tournament, as well as, cover all fees. More information will be given on tournament entry as the archery season begins.

### 3D Teams

Most invitational style tournament entry fees will run between \$15 - \$25 per archer. The NASP State 3D Championship Tournament fee is a little higher. Our team is not guaranteed a space at that tournament. 3D teams will not be guaranteed a state qualifying tournament due to these teams being optional and based on participation. As well as, this is due to the students' availability to miss class without interrupting their academic schedules. There is an option for additional tournaments with principal approval. All of these tournaments will have additional costs, so they will be optional. Also, parents/guardians can request for the archery coach to register their archer for a weekend tournament. It would be the responsibility of the parent or guardian to get them to and from the tournament, as well as, cover all fees. More information will be given on tournament entry as the archery season begins.

### Tournament Advancement Qualifications

#### Team Qualifications

State Tournament - All teams who qualify in the state qualifier will be allowed to participate.

Nationals Tournament - Intermediate teams will not participate at this level. For middle school or high school teams they must place in 1st place at state or be within 5 points of the first place team for them to participate in nationals. This tournament is normally held in Utah.

World Tournament or further - If qualified in top 5 teams at nationals. These tournaments will have additional costs, so they will be optional. These tournaments will require principal approval. It would be the responsibility of the parent or guardian to get them to and from the tournament, as well as, cover all fees.

#### Individual qualifications

State Tournament - All who qualify in state qualifier results will be allowed to participate.

National Tournament - Intermediate school level and middle school level will have the option to go if the individual qualifies in the top 5 of the State tournament. These tournaments will have additional costs, so they will be optional. These tournaments will require principal approval. It would be the responsibility of the parent or guardian to get them to and from the tournament, as well as, cover all fees. The High school level will have the option to go if the individual qualifies in the top 5 of the State tournament. The coach and the school will assist in this advancement. Again

this will be optional as there may be additional costs. This tournament will require principal approval.

World Tournament or further - If qualified in top 5 individuals at nationals. These tournaments will have additional costs, so they will be optional. These tournaments will require principal approval. It would be the responsibility of the parent or guardian to get them to and from the tournament, as well as, cover all fees.

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## ADDITIONAL ACHIEVEMENTS

### Academic Archer

NASP establishes the NASP® Academic Archer program to promote and recognize academic excellence among student archers. It has been proven to be a powerful motivational force for millions of participating students.

Alvord requirements for Academic Archer is to maintain a semester grade of 80% or better in each subject.

### Letter Jackets (H.S. Only)

In addition to being a consistent and reliable member of the Alvord Archery H. S. team, students must meet the following criteria.

1. Advance to the State Archery Tournament. (Or) Compete in a January archery tournament plus 4 other meets per year, for 2 years.
2. Attend 90% of practices.
3. Must be recommended by H. S. archery coach.
4. All cases are subject to the discretion of the H.S. archery coach and principal.

### Award Announcements

AIS - Archery awards will be presented at Rise and Shine

AMS - Archery awards will be presented at the end of year awards ceremony

AHS - Archery awards will be presented at the end of year awards ceremony



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## TEAM APPAREL

Students on the archery team will automatically receive a team shirt/jersey for competition. This jersey will be used throughout our tournament season. If you are interested in purchasing a team shirt/jersey for you to keep please see the order form in the archery packet that will be distributed at the parent/archer meeting or get with your designated team coach.

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## CONTACT INFORMATION

Alvord Archery will use ParentSquare for the 2023-2024 season to keep parents up to date on all happenings with the archery program. We will have one ParentSquare group for the elementary, one for the middle school, and one for High School. If you have a student in multiple campuses, please sign up for each one of those ParentSquares.

Please log on to ParentSquare and search groups to join per campus:

AHS Archery

AMS Archery

AIS Archery

If you have any questions or concerns please contact Shana Worthington, Sharon Sackett or Stephanie Coldwell.

[sworthington@alvordisd.net](mailto:sworthington@alvordisd.net)

[ssackett@alvordisd.net](mailto:ssackett@alvordisd.net)

[scoldwell@alvordisd.net](mailto:scoldwell@alvordisd.net)

If for any reason your questions or concerns are not answered/resolved by the head coach, please contact the principal of your archer's campus.

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