

The purpose of this newsletter is to try and help some of our Archers who have no coach, and to help some of our coaches who wish to advance their coaching with some thoughts and ideas that have come through success and failure with my athletes. The sharing of information that can help improve athletes we already have and expand our potential for the future. I welcome feedback, questions and concerns as well as any ideas for discussion. I would like this to become the basis for open communication between athletes and coaches. It will be out there if you wish to use it, and to ensure easy access I will have these posted at <http://www.archeryassociation.bc.ca/AthleteResources/ResourceHome.htm> where you can view it at anytime.

Well, it seems that the outdoors season has come to an end for the large part of you. With the starting of the indoor season we will now focus on some of the things that we learned about our shooting over the outdoor season.

For those of you with coaches you are welcome to take this newsletter to them and the both of you go over it and see how this information can be of benefit to you the shooter. Also know that just because your coach does not follow this plan does not mean that they do not have a plan for you. It would be a good idea for you to talk to our coach and see what they are planning and for you to express your plans and ideas. But know this, you must start to plan for next summer or even the next BC Indoor Championships. You are here at this time, what do you want to do, and most importantly how and with what tools are you going to get there? You must ask these questions if you are to build the blocks to accomplish a realistic goal for yourself. No matter who your coach is, this is your responsibility in the equation. Your coach nor I can do this for you, we can only help with the planning and supply the tools. Let us begin with the basic terms.□

**Planning:** If we were going to go on a trip, we would have to know where we were going, how we were going to get there, how long it we would be away, etc. The same is true for participating in a sport. If you are to achieve any goals that you set you need to know where you are going and what you have to do to get there. You decide what the priorities are, how to act on them and when you should act on them.

**Goal Setting:** This is the concept of when and what. There are short-term goals, e.g. In September you decide that you would like to shoot the B.C. Indoor Championships in March. Further to that you have decided that you would like to finish with a score that is a personnel best, or very close to it. There are also intermediate goals, e.g. goals for the next year at the B.C. Indoors and there are long term goals, e.g. being at the Olympics or the World Championships.

**Monitoring:** Once goals have been set, now we need to check and make sure that we are moving in the right direction. From time to time the plan may need to be adjusted in order for the goals to be realized.

**Commitment:** This is a tough area - how do we commit to our goals? The best way is to put it them writing; state it somewhere, a diary, a journal. An athletes diary is a good place to start. Write your goals on the inside cover and read them to yourself once in a while to stay motivated. It is also a really good idea to share them with your family or your coach.

So with the above terms laid out the first thing that we all need to do is be more aware of writing down what we are doing, a journal of activity to keep track of where we are in the training. You will not all advance at the same pace and it is important to be responsible for your own records. As some of you are not close to me and some of you do not have coaches this will be even more important. ***So get a notebook if you do not already have one.*** It doesn't matter what kind of book just as long as you can write notes about your shooting, your goals, and debriefing after tournaments, I cannot stress this enough.

Again, with the outdoor season ending now is a good time for some of you who have been shooting a good deal to take a break. A REST in the periodization cycle is always a good thing. But a rest does not mean do nothing. Now is the time to establish a new training program. Why is this important? This is important because as some of you learned this year, travel, change in food, and disruption of sleeping patterns all contribute to your shooting performance. When our bodies are in fair to good condition we are less likely to yield to these factors when looking to perform our average or better at major events.

So now let us add to our list two more things. 1<sup>st</sup> we are going to start some sort of cardio activity. In order to do that you need to first establish your resting heart rate. Find a quiet place to sit down and spend a couple of minutes getting your heart rate. Find your pulse in the neck or in your wrist, which ever is easier. Then count the heart beats over a 1 minute span. Do this a couple of times and get a constant resting heart rate. Now **WRITE IT DOWN.**

2<sup>nd</sup> I don't care what it is to start with, all I ask that it is at least 30 minutes and that you do this a least twice a week. If you are shooting 6 to 7 days a week now, remove 2 of those days of shooting and put in the cardio. It can be walking, jogging, swimming, rowing, horseback riding. What ever it is write it down in your journal.

3<sup>rd</sup> I have attached a small flyer with some stretching exercises, this will help with range of motion and flexibility. They are not hard and do not require a large amount of time. You can do these before or after you walk, also before and after your shooting.

All of the things I have spoken about are not hard and they can be done by athletes of all ages. This is just the beginning of a new season. There will be success and failure along the way. However by building a good foundation we can together realize some basic building blocks that can be used throughout your archery experiences.