

# THE STATE I'M IN

*From the Federation of Canadian Archers Level 3 Training Manual*

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## ***Athlete's version***

***Make a couple of copies, take them out to practices and tournaments then answer these questions about how you feel at the time of shooting..***

- |   |     |    |
|---|-----|----|
| 1. I can feel my heart beat speeding up fast than usual.            | YES | NO |
| 2. I realize that I keep holding my breath.                         | YES | NO |
| 3. I feel like I'm going to throw up.                               | YES | NO |
| 4. My muscles in my back and neck are tight today.                  | YES | NO |
| 5. It seems like I can't sit still very long today.                 | YES | NO |
| 6. I feel like I'm in control of my shooting today.                 | YES | NO |
| 7. I'm really looking forward to this training session/competition. | YES | NO |
| 8. I'm not sure I can shoot good arrows today.                      | YES | NO |
| 9. I'd rather be doing something else today than shooting arrows.   | YES | NO |
| 10. My hand is extra sweaty in the bow grip.                        | YES | NO |
| 11. Other things than archery are bothering me today.               | YES | NO |
| 12. It's easy to concentrate on my shooting today.                  | YES | NO |
| 13. Everyone around me today is friendly and helpful.               | YES | NO |
| 14. I don't feel very organized today.                              | YES | NO |
| 15. I don't have enough time to get ready for the next tournament.  | YES | NO |
| 16. My form feels really good today.                                | YES | NO |
| 17. My heart rate seems normal today.                               | YES | NO |
| 18. I feel ready and confident today.                               | YES | NO |

## THE WAY I SEE IT

***Coach's version (can be given to support group member e.g.. Family members)  
Ask them to observe you while shooting and have them fill out the questions for  
the same events. Then get together and compare your outward appearance to  
your inward feelings.***

What do you see right now?

Name: \_\_\_\_\_

Date: \_\_\_\_\_

The archer is:

- |  |     |    |
|--|-----|----|
| 1. Talking faster than usual.                                      | YES | NO |
| 2. Appears to be breathing irregularly.                            | YES | NO |
| 3. Pale.   | YES | NO |
| 4. Looks tight through the back and neck area.                     | YES | NO |
| 5. Moves around more than usual/faster than usual.                 | YES | NO |
| 6. Appears distracted easily.                                      | YES | NO |
| 7. Looks relaxed at this training session/competition.             | YES | NO |
| 8. Has inconsistent form.  | YES | NO |
| 9. Did not warm up in the regular way.                             | YES | NO |
| 10. Appears to be sweating more than usual.                        | YES | NO |
| 11. Doesn't seem interested in picking up the bow and shooting.    | YES | NO |
| 12. Doesn't seem to be able to answer my questions about shooting. | YES | NO |
| 13. Seems to interact with others well.                            | YES | NO |
| 14. Seems forgetful.   | YES | NO |
| 15. Seems worried about little things.                             | YES | NO |
| 16. Has a nervous fidgety habit with hands/hair, etc.              | YES | NO |
| 17. Aggressive towards people, especially fellow competitors.      | YES | NO |