

Next Step Archery TRAVEL TEAM (Adult) Application COVER^{v.4}



Please complete this application/interest form and return to NSA office. Team members for the travel teams will be selected after applications are received and screened by the coaching staff. The participants will be assigned to a coach/mentor at the discretion of the lead coaching team. These assignments can be changed and revised as the season progresses based upon the archers needs and the team development. Please see selection procedures contained within this packet. Archers must have their own equipment prior to being accepted into the program.

Name: _____

Gender (Please Circle) **Male** **Female**

Please list the names of your instructors you have worked with at NSA.

A101: _____

A102: _____

A103: _____

A104: _____

Private Lessons: _____

Contact information:

Mobile phone number: _____

Home phone number: _____

e-mail address: _____

Style of archery preferred, circle one (Barebow – no sights or stabilizers, Olympic Recurve, Compound, Longbow)

What equipment do you shoot (please specify)?

Bow:	Sight:	Mechanical Release:
Arrows:	Stabilizer	

How long have you been shooting? _____

What are your goals for participation on this team?

Office Use	Date	By (initials or signature)	Notes
Application Received:			
Contacted with Decision:			
Confirmed:			Will be joining: Y or N Start Date:

Next Step Archery Adult Travel Team

Purpose: Facilitate advanced education, training, and competition preparation to adult individuals (18+) in the sport of archery using the WSAA/NFAA/ USA Archery competition calendars.

Duration: 8 Weeks, (8- 2 hour training sessions)

Days/Time: TBA

Cost: \$220

Selection Procedure:

- 1) Archers wishing to become a member of the NSA Adult Travel Team must fill out team application for consideration.
- 2) Priority for team spaces will be given to adults who have successfully completed the NSA courses wishing to compete at the state or national level.
- 3) Consideration for team placement from individuals who have not gone through the NSA courses will be done on a case-by-case basis at the discretion of the mentor staff.

Archer Benefits:

- 1) Training sessions in a fun team environment.
- 2) Access to knowledge of protocols and procedures of tournament style archery.
- 3) Help in registering for events.
- 4) Feedback from coaches/instructors.
- 5) Advice on effective equipment selection, set up, and maintenance.
- 6) Reduced Costs of private lessons (up to 30% off)
- 7) Discounts at The Nock Point (up to 10% off purchases over \$100)
- 8) Up to two hours use of training room per week at no cost. (\$240 value)
- 9) Eligibility to apply for the NSA Excel Program.
- 10) Video Analysis of form twice during the training session.
- 11) Training logs filed weekly documenting student form changes, equipment adjustments and overall progress.
- 12) Use of Weight room located next to the Nock Point. (Members under the age of 18 must have constant supervision by an adult.
- 13) Access to team sponsors for reduced costs in equipment or clothing.
- 14) Family discounts of 15% for families with 2 or more archers registered with the team.

General Program Guidelines:

- 1) Mentor to archer ratio will be no more than 1:5
- 2) Two hour training room privileges are not transferable from week to week and must be scheduled in advance through NSA office.
- 3) Shooting shirts are required to be worn at tournaments on awards day. (Typically the last shooting day.)
- 4) Archers will read, agree, and follow NSA team code of conduct.

ATHLETE CODE OF CONDUCT

In consideration of the participation in the activities of Next Step Archery, membership on teams organized, sponsored or sanctioned by Next Step Archery, and participation in competitions (international or domestic), camps, clinics, leagues, exhibitions, programs or appearances for, on behalf of Next Step Archery, I acknowledge, understand, and agree to abide by this Athlete Code of Conduct and pledge to uphold the spirit of this Code of Conduct, which offers a general guide to my conduct. Therefore, I pledge and agree to the following:

1. I will at all times display the conduct expected of me as an athlete and a representative of the Next Step Archery and conduct myself in a manner that will not in any way bring disrespect, discredit, or dishonor to either myself, my teammates, Next Step Archery, my country or organizer of an event in which I participate.
2. I will conform to all applicable local, state, and federal laws and regulations, and any rules, regulations, and codes that may be established for events, programs, and activities in which I participate, including those of Next Step Archery, USA Archery, the National Field Archery Association ("NFAA"), the Washington State Archery Association, ("WSAA"), the Federation Internationale de Tir a l'Arc ("FITA"), the United States Olympic Committee ("USOC"), and any organizer of an event in which I participate.
3. I will act in a sportsmanlike manner consistent with the spirit of fair play and responsible conduct.
4. I will maintain a level of fitness and competitive readiness, which will permit my performance to be at the maximum of my ability.
5. I will refrain from conduct detracting from my ability or that of my teammates to attain peak performance. This includes any and all self-promotion or publicity activities unless approved in writing by the Team Director or CEO of Next Step Archery.
6. I will respect the property of others whether personal or public.
7. I will respect members of my team, other teams, spectators and officials, and engage in no form of verbal, physical or sexual harassment or abuse.
8. I agree to not to receive coaching or instruction from coaches, instructors or others not affiliated with Next Step Archery unless such instruction is approved in writing by the Team Director or CEO of Next Step Archery.
9. I agree to wear my team attire at tournaments and/or on the podium during awards.
10. I agree to refrain from consuming alcoholic beverages while wearing Next Step Archery Team Attire.
11. I realize that if I choose to take actions other than those described herein, I will be subject to disciplinary action and that the consequences of my actions could possibly affect my opportunities as an athlete and Next Step Archery Team membership in the future. In addition to the foregoing, but not by way of limitation, the following could result in disciplinary proceedings:
 - A. Transporting, possession, or unauthorized use of alcoholic beverages, illegal drugs, any IOC or FITA banned medication or substances, or any substances or procedures in violation of the USADA Protocol.

B. Any physical damage to facilities, equipment, furnishings, or loss of items in a room where I am lodged, which will be paid for by those individuals assigned to the room in which the damage or loss occurs, including destruction of property (including that caused by horseplay, fighting, or willful misconduct etc.).

C. Any act considered to be an offense under federal, state, or local laws; or a violation of the applicable rules, regulations, or codes of the USA Archery, FITA, the USOC, USADA or the organizer of an event in which I participate.

D. Misconduct (i.e., inappropriate horseplay, theft, fighting, etc.).

I recognize that this Code does not establish a complete set of rules, which prescribes every aspect of appropriate behavior.

Signature of Archer

Date

Next Step Archery TRAVEL TEAM (Adult) Application

1/28/13tph revised 5/27/14 tph



Congratulations and thank you for your interest in the Next Step Archery (NSA) Travel Team! You are encouraged to join a group of archers who love the sport, want to improve their skills, follow directions, have a great attitude, and are enjoy competitive archery. The Travel Team includes many of our top archers at NSA, so you will have a more rigorous curriculum and travel to archery competitions during the year.

Although archery is sometimes viewed as an individual sport, the NSA Travel Team functions and supports each other as part of a unified team. Team members encourage and respect teammates while working together and supporting each other. During practices and training, the NSA Travel Team members are assigned to smaller squads (Training squads) of up to five archers. Team squads may/will be remixed during the year at the discretion of the mentors, based upon scheduling and need. The squad system fosters friendly competition against other squads as the team prepares for upcoming events. Due to the training and preparation, attendance is a critical component to participation on this team.

EXPECTATIONS OF NSA TRAVEL TEAM MEMBERS

1. Please read, sign and comply with the NSA and USA Archery Code of Conduct.
2. SAFETY - Archery is a sport that uses weapons, so safety is a primary concern. You must follow safety guidelines at all times. You are experienced enough that you will follow range safety rules for each event/practice at all times, no exceptions. Keep your equipment in good working condition—bad/broken equipment can lead to poor shooting and injuries. If you have equipment challenges, the NSA mentors will help you. Safety is not a matter of interpretation and safety is not a choice--safety is a requirement. Your mentors can help you with concerns or questions you might have.
3. PARTICIPATION – There are a few guidelines to getting the most out of being a member of the NSA Select team:
 - a. Attendance is pivotal to success. Sessions for the Travel Team are grouped in to 8-week sessions and you should attend as many practices and competitions as possible. We are looking for at least 6 scheduled practices during each 8-week session, including 5 required competitions. Take advantage of the training at practices and the available mentoring. Please list the tournaments you intend to participate in for the next year:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

(If there are more please list on a separate piece of paper.)

- b. Physical presence: If you cannot be at the training session or an event, please let the mentor staff know as soon as possible. You need to get confirmation from one of the mentors that they know you will not be there. That means you speak with a mentor on the phone 425-977-2770, or if

you leave a voicemail. Repeated (more than 2) unexplained absences may result in loss of position. Schedule conflicts will arise and will be addressed on an individual basis with the NSA mentor staff.

c. Please respect the time you are training and behave accordingly.

d. Practice: Travel team archers are encouraged to shoot a minimum of two times per week. There is your training session plus you can come in to the training room for the Travel Team, or you can practice on your own. Similar to other competitive sports, you need to practice to keep up your archery skills.

e. Be Prepared: Set a great example – think about being prepared, and do it! Dress appropriately for archery. You will have a team shirt to wear to all competitions. Arrive at practice and competitions early enough (before the start time for warm-ups) that you have all of your archery equipment unpacked, in good condition and ready to use so you can get to the shooting line when called. Have all your tools together to help you have a great day of shooting!

4. ATTITUDE AND SPORTSMANSHIP

Have a positive attitude. Remember that there is a huge mental component to archery – a good attitude and positive thoughts can improve your archery. Also, your behavior and attitude is being observed at all times – by fellow teammates, coaches, parents and family, as well as other archers and the community. There will be days that are frustrating or tiring, but your attitude and willingness to focus on something positive will help you overcome your challenges. Focus on the fun of the sport and support your team. The NSA mentors offer suggestions to help you maintain your focus and concentration. Although sportsmanship is the responsibility of everyone, athletes and coaches have the biggest responsibility. Please exhibit integrity, fairness and support of other archers. Show respect to others by being courteous, responsible, and respectful.

REMOVAL/ REAPPLICATION

The sport of archery and the interest in the NSA travel teams are increasing. In order to maintain training team standards, archers who do not participate in travel squad activities will forfeit their position on the team after 2 simultaneous meso-cycle sessions (16 weeks). Archers will then need to reapply for a position on the team. Prior exceptions can be made at the discretion of the team mentors.

You are a member of an elite team. There are high standards for behavior along with the training, skill and fun. If you act in a way that reflects negatively upon you or NSA, you will be subject to discipline, which may include suspension or removal from the team. You are responsible for your behavior/conduct, and will uphold high standards for the group and accept the consequences for inappropriate behavior.

As a member of the NSA Travel Team, if you do not meet expectations there are three disciplinary steps that will be followed*:

- i. You will get one verbal warning.
- ii. You will get one written warning to you.
- iii. At NSA's discretion, your participation on the Select Team will be terminated.

*If the infraction is severe (i.e., safety) steps 1 and 2 may be omitted.

We look forward to a very fun and rewarding year of competitive archery with you.

Requests of Travel Team archer summary

- Attend as many events and practices as possible

- Accept the results of each day of shooting. There will be great days and good days. Remember that the mentors are the instructional voices for the team. Please respect training time –extraneous conversation or distractions during team time are not helpful.

- Be a role model, not a critic. Poor sportsmanship is not acceptable.

- If you have questions or concerns, please speak with mentors outside of team time.

I have read the NSA Travel Team Application. I understand and agree with the responsibilities outlined. If selected for this team, my signature signifies that I have read, understand, and agree to the terms of team participation.

Please sign and date this form and turn in to NSA office

Athlete (Archer) Name

Date

Athlete Signature Name

Date

Here are the WSAA/NFAA/USAA/WA events as well as the R-100.

WSAA Multi Color
NFAA Multi Color ID Sectional
WSAA Blueface
NFAA Blueface ID Sectional
NFAA Indoor Nationals
WA Vegas
USAA ID Nationals
WSAA Safari
NFAA M3D Nationals Redding
WSAA State 3D
USAA Nat Field
WSAA Field
NFAA OD Sectionals
Capital City R-100
USAA JOAD/OD Nationals
WSAA Target
NFAA OD Nationals
WSAA FITA Field
WSAA OD JOAD
USAT QUALIFIERS

There are additional local tournaments listed on the WSAA website:

<http://www.washingtonarchery.org/>

NSA Select Team Archer Goals

Name _____ Today's Date

1. What is/are your goal(s) for the next 8 weeks (during this session)?

2. Write down two medium range (meaning 1 year) goals

3. Write down at least two long range (meaning 3-4+ years) goals

In the next year I want to compete in (please check all that apply):

- Multiple national/international tournaments
- One national tournament
- State archery tournaments
- Local archery tournaments
- I don't really care about tournaments; I just want to have fun shooting