

Date Received: _____



Next Step Archery TRAVEL TEAM (Junior) Application COVER

Please complete this application/interest form and return to me at NSA. 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/Instructor 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.

Name: _____

Parent/ Guardian Name: _____

Parent/Guardian Contact information:

Mobile phone number:

Home phone number:

email address:

Style of archery preferred (barebow, recurve, compound, bowhunter, freestyle, etc.):

What equipment do you shoot (please specify)?

Bow

Arrows

Sight

Stabilizer

Mechanical Release

How long have you been shooting?

What are your goals for participation on this team?

Next Step Archery Junior Travel Team

Purpose: Facilitate advanced education, training, and competition preparation to junior individuals (less than 18yrs old) 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 Junior Team must fill out team application for consideration.
- 2) Priority for team spaces will be given to juniors 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 coaching staff.

Archer Benefits:

- 1) Up to one hour use of training room per week.
- 2) Training sessions in a fun team environment.
- 3) Access to knowledge of protocols and procedures of tournament style archery.
- 4) Help in registering for events.
- 5) Feedback from coaches/instructors.
- 6) Advice on effective equipment selection, set up, and maintenance.
- 7) NSA Adult Travel Team shooting shirt

General Program Guidelines:

- 1) Coach/Instructor to archer ratio will be no more than 1:5
- 2) One 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 and Parents/Guardians will read, agree, and follow NSA team code of conduct.

NSA Travel Team Code of Conduct

1. **SAFETY** - 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.
2. **EQUIPMENT** - Keep your equipment in good working condition—bad/broken equipment can lead to poor shooting and injuries. If you have equipment challenges, the NSA staff will help you. Safety is not a matter of interpretation and safety is not a choice--safety is a requirement. Your coaches/instructors 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 Travel team.
 - a. Attendance is pivotal for success. Take advantage of the training at practices and the available instruction.
 - b. Physical presence: If you cannot be at the training session or an event, please let your squad coach/instructor know as soon as possible, prior to the training session.
 - c. Please respect the time you are training and behave accordingly.
 - d. Training logs are a requirement. Please ensure that you have your training log completed and submitted to your coach/instructor at the beginning of each weekly training session.
 - e. Dress appropriately for archery. You will have a team shirt to wear to all competitions. Shirts should be worn on awards day (typically the last day of shooting). 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 coaches/instructors offer suggestions to help you maintain your focus and concentration. Although sportsmanship is the responsibility of everyone, athletes and coaches have the biggest responsibility.

- a. Please exhibit integrity, fairness and support of other archers.

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- b. Show respect to others by being courteous, responsible, and respectful.
- c. While in NSA uniform, please remember you are a representative of the NSA organization.

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. There will be no reimbursement of funds to individuals who are removed from activities for disciplinary action.

I have read the NSA Travel Team Code of Conduct. My signature represents that I have read, understand, and agree with the responsibilities outlined.

Athlete (Archer) Name

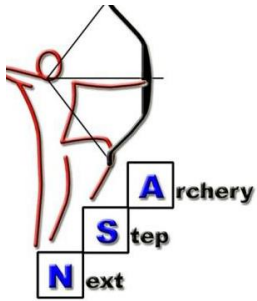
Date

Athlete Signature

Date

Parent/Guardian Signature

Date



Next Step Archery TRAVEL TEAM (Junior) Application

1/28/13tph revised 6/17/13 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 coaching/instructor staff, 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

Please read, sign and comply with the NSA and USA Archery Code of Conduct.

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.

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 coaching/instructor staff knows as soon as possible. You need to get confirmation from one of the coaches/instructors that they know you will not be there. That means you speak with a coach or instructor 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 coaching/instructor 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. Training logs are required to be kept for all junior archers on every day that the archer shoots. Information in the training log should include date, number of arrows shot, what the focus of the day was, and reflections. Reflections should include any question that may come up when shooting, muscle soreness or pain, how the archer is feeling. Training logs are required to be submitted to the coach/instructor at the beginning of every weekly training session.

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!

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 coaches/instructors 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. Inappropriate behavior may include but is not limited to swearing, pouting, verbal or physical outbursts, and deliberate excessive disruption of other archers learning. An easy rule to follow is to remember to be respectful of other archers and their learning styles at all times.

Parents/Guardians are asked to model appropriate behavior for their son/daughter who participates on the team. Inappropriate parental behavior may be reasons for archer's dismissal from participation.

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 an infraction is severe steps 1 and 2 may be omitted.*

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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 coaches/instructors 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

Parent/Guardian Signature Name

Date

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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/>