



THUNDERHAWKS ARCHERY TEAM HANDBOOK

Welcome to Thunderhawks Archery!

Mission Statement

The club's mission is to develop honest and committed archers under the guidelines of the National Archery in the Schools Program (NASP). Certified Coaches (NASP BAI) teach safety, proper shot execution, teamwork and the mental orientation required to be successful.

Philosophy

We are glad your child has chosen to join the team! Coaches will do their best to develop your child's skills as an archer and teammate. Archery is a sport for people of any background and physical abilities, and can become a lifetime activity. The team welcomes any students to participate, become accepted in the social group with a common interest. Individuals learn that focusing on the NASP 11 Step process leads the student to a successful result. Students challenge themselves to improve their personal performance, self-discipline, and confidence.

The team is most successful when families and coaches work together. Purpose of this handbook is to establish standards for all parties to ensure a successful season.

Archers

Students in grades 5th through 12th, who attend Robert J. Elkington Middle School, or Grand Rapids High School, are eligible to participate in Thunderhawks Archery, with specific exceptions. Practices are usually held from December through March, with approximately seven to eight tournaments. Archers

are expected to attend all practices, unless they have a valid excuse. Students that have missed the day of school due to illness are not allowed to attend practice on that same day. If there is no school due to weather or scheduling, there will be no practice that day. Archers must act appropriately at practice sessions, tournaments, and while waiting before and after practice. Archers will be held accountable for following the code of conduct section. **INAPPROPRIATE BEHAVIOR WILL NOT BE TOLERATED.**

Archers that are not able to attend at least 50% of the practices will be allowed to shoot under our team name if they are eligible but will always shoot as individual shooters at tournaments.

Archers are placed in three divisions, according to their age; Elementary (Grade 5), Middle School (Grades 6-8), and High School (Grades 9-12). Each division is separated into smaller groups of 12-24, formed by archers' average score (drop low). This statistic is published continuously on the coach's portion of NASP tournaments website. These will be printed off and available for viewing after each tournament. Your archer's scores are available for viewing, plus much more statistical information is available at www.nasptournaments.org.

Practice Expectations: Archers are expected to participate in practices. It is understandable that archer may choose to not shoot each line that is offered; however archers are expected to shoot/practice skills the majority of the time. It is not appropriate for Archers to sign into practice and leave the practice area repeatedly throughout a practice session.

Electronics: Electronics on the shooting line is prohibited. This includes music with headphones. Electronics within the practice area will be permitted for homework use only or if approved by a coach.

Video Coaching: Coaching staff would like parents to be aware that we do utilize video coaching during practices. Video coaching consists of the use of "Coaches Eye" App which is a free app that anyone can use. Videos are not kept but can be forwarded to archers upon request.

Archers are encouraged to set goals and be patient to reach them. At times, improvements may be quick, and slow at other times. Coaches are there to help, so listen and practice their advice. Being in archery is about more than just your score. It's about learning self-discipline, focus, self-confidence, making friends, and having fun while practicing, or competing, in archery.

Parents

Thank you for supporting your child's decision to join the Thunderhawks Archery program. Parents of archers have the opportunity to make this a positive experience for your child and others. Parents are encouraged to attend tournaments and cheer for all archers. Look for the **successes of your child**, and avoid comparing them to others. Let the coaches do the coaching of the archers and the team.

Parents/Guardians are responsible for all activity fees and transportation to and from all tournaments.

Parents are not allowed to help with coaching. If a parent wishes to become an official coach, please talk directly to the coaching staff as to how this can be arranged. Coaches have been trained and they want to maximize their time helping your child without distractions. **For this reason, parents/guardians are not allowed in the gym during practice times without approval.**

Equipment is provided for all archers who need it. The program uses the Mathews Genesis **Original** bow exclusively. They also only use the Easton Genesis arrows. This assures no archer has an equipment advantage over any other. This equipment can't be modified in any way! Any archer caught with a modified bow will be disqualified, along with their associated team, from any tournament. Private bow ownership is encouraged. This will assure your archer has their own bow that is not shared with others. School bows are not allowed to be taken home, so private ownership will allow practice outside of our scheduled practice times. Archers are not allowed to bring personal arrows into the school for practice. **In accordance with ISD 318 school rules, personal arrows cannot be brought into the school except for tournaments. Personal arrows are only permitted to be in the school for tournaments.**

The team will maintain all school owned bows to a safe and usable condition. We will work on private bows at no labor charge, but you will be responsible for any parts we need to use. Example: arrow rest costs us \$10. Parents will be billed if we do approved repairs on your student's bow and taken as a donation since we already have parts on hand. Reminder: strings should be changed out every 2 years. Talk to the coaches on ordering them and we can put them on for you.

Coaches

Coaches are volunteers. They chose to give their time because of their love of archery and desire to share that passion with your child. Coaches are trained through National Archery in the Schools Program as Basic Archery Instructors. Most of the coaches have many other coaching certificates. Coaches are approachable for questions from archers and parents. They will discuss skills and behavior of your child.

Consequences to Violations of the Code of Conduct

Level 1 offenses will result in immediate removal from practice or tournament. This may or may not require a followed-up meeting between parent/guardian and coaches.

Level 2 offenses will follow ISD 318 Community Ed procedures:

- Strike 1- Coaches will talk with the student to correct behaviors. Improvement plan is made with the student and sent home for parent to sign and return. Parent called if necessary. (Offense 1)
- Strike 2- Parent is called and behaviors of the student are discussed. (Offense 2)
- Strike 3- Student is no longer able to participate in the program. (Offense 3)

All other infractions will be address on a case by case bases.

Conflict Resolution

Step 1 – Student should address the issue directly with the coaches as this is part of the learning and maturing process.

Step 2 – If step 1 did not produce a satisfactory answer, parent and student should set up a meeting with the coaches to discuss the issue no sooner than 24 hours after the incident of concern.

Step 3 - If step 2 did not produce a satisfactory answer, parent and coaches will set up a meeting with the Community Education Director as the final step in the conflict resolution process.

Thunderhawks Archery Association

(Previously known as the Archery Booster Club)

The Thunderhawks Archery Program is only as successful as the involvement of parents and family members. Our archers deserve your involvement and support throughout their participation.

The Thunderhawks Archery Association is separate from the archery program. It exists to support the efforts of the Thunderhawks Archery Program through fundraising and organizational activities. All parents and family members are encouraged to support the team by being an active participant. With your child being a part of the program, that makes parents and family members a member of the Thunderhawks Archery Association. Let's all GET INVOLVED!

Board of Directors

The Board of Directors of the Thunderhawks Archery association is responsible for overseeing the daily operations of the Thunderhawks Archery Association.

Further Reading

Often with a change or addition to the archer's shooting process, the individual shooter's performance will decrease for a while. This is normal and expected and not a cause for worry. This continuing change process can take time often years, not just a practice or two. Every shooter is different regarding the time it takes to progress in shooting form and shot execution. Patience and knowledge of the system is necessary to allow each archer to progress at a rate that is appropriate for them. It is a proven training theory that it takes repeated practice sessions to build or change a habit. With the shortness of the NASP season, we barely get enough practices, so changes take time, often spanning more than one season.

Thunderhawks Archery Code of Conduct

Absolutely no use or possession of tobacco products, products that deliver nicotine, alcohol, illegal drugs or mood-altering substance, at any time, while you are a member of the team. Absolutely no use of vaping devices or vaping products.

This infraction will be punished to the Minnesota High School League standards.

Level 1

- Physical or verbal abuse and bullying to other archers, coaches, officials, spectators, or opponents will not be tolerated!
- Make sure closed toed shoes are worn during all events including practice.
- Archers are expected to follow all rules of NASP as they pertain to safety on the range.

Level 2

- Do not wear clothing that promotes tobacco, alcohol, drugs or in any other way is distracting or disrespectful.
- Clothing cannot be revealing (exposure to stomach/chest areas); no 'crop tops' or low-cut tops. Ripped style jeans must be appropriate.
- Ethical behavior, dignity and respect are expected.
- No Foul Language.
- Do not disrespect teammates, coaches, officials, or other competitors.

General Rules

- Academic priorities will always come before participation.
- Participation is a privilege, not a right.
- Participate for your own enjoyment and benefit.
- Adults must serve as a positive role model to the archers.
- Sportsmanship will always be part of any practice or tournament.
- Follow all rules of NASP.
- Give your best at all times.
- Archers are responsible to handle all equipment properly.
- Electronics on the shooting line is prohibited. This includes music with headphones. Electronics within the practice area will be permitted for homework use only or if approved by a coach.

Level 1 offenses will result in immediate removal from practice or tournament. This may or may not require a followed-up meeting between parent/guardian and coaches.

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