

What is Expected of JOAD Archers?

Safety:

JOAD archers **MUST** follow safety rules at all times. Any archer thought to be unsafe by the coaches will be asked to sit out a round. If the behavior continues after the first offense, he or she will be asked to sit down for the rest of the practice.

On the range there is a lot of equipment, **DO NOT touch equipment that is not yours or was not given to you to use by the coaches.** This is for safety and courtesy. Many of the bows in the range are not ours and could be easily damaged; please respect the other archers in the range.

Time:

JOAD archers are expected to arrive for practice with enough time to get their equipment set up and be ready to shoot promptly when practice starts. This means that you may need to **arrive 5-15 minutes early** for practice. We've got very little time on Saturday mornings, and if you are ready to go on time, you get to shoot more.

On Saturdays:

We encourage archers to learn about the equipment they are using from the Demmer Center, and when they come in on Saturday mornings they should get their safety and archery equipment set up. All archers with their own equipment are responsible for setting it up themselves (unless physically unable, in the case of smaller children). If they have any questions about equipment, please see one of the coaches. We also ask archers to put up their own targets on the indoor bales. That way they know where they're shooting and they know that they have a space.

Part of JOAD practice is making sure we have a good learning environment. For this reason, we are instituting a **dress code**. Shirts must cover all undergarments (but you're all wearing your JOAD shirts anyway...right?), leggings will not be allowed as pants unless a shirt is sufficiently long (for those of you that have JOAD shirts down to your knees, you're fine), and close-toed shoes must be worn on the line. These rules are in accordance with USA Archery Dress Code.

We also highly recommend eating **breakfast** before coming to practice on Saturdays (especially in the summer)! Your body works better when it has fuel, just like a car, so feed it in order to do your best shooting!

Attitude:

JOAD archers are part of the MSU Demmer Center JOAD team. As a team, we support each other. There will be **no negative comments** about any archer in JOAD from one archer to another. If a coach hears an archer putting another team member down, they will be asked to sit out for one round. If the behavior continues, they will be asked to sit down for the rest of the practice. We want everyone to feel comfortable when shooting, so encourage each other! If you see a fellow shooter doing well, tell them; they're your teammate and everyone likes encouragement.

Good attitude also includes attitude towards oneself. We don't want to hear people saying they are bad, they can't do it, or they're never going to get better. With that attitude, you can't improve. You have to stay positive and encourage yourself. Look at it this way, how can you get better or expect a coach to help you get better if all you say is that you can't do it?

Part of becoming a good shooter is listening to coaching advice as well. If a coach asks you to try something new, at least try it. After you've given it a decent shot, you can then decide if it's better for your shooting form or not, but at least you can say you tried. If you are having difficulty, seek out a coach and ask for help. We may not always be able to see if you need help, or may think you'd like to work through it yourself, if we don't hear otherwise from you. If we are working on drills, make sure you are paying attention and doing the drill to the best of your ability. We draw from many sources for our drills—other coaches, past shooting experience, and former Junior Dream Team members—so although they may seem silly at times, the drills and games have worked for other people, and they can work for you too. The drills are often also used for teambuilding as well.

One other major thing to remember is line etiquette. We don't always get a chance to teach it to you, but if you are stepping up to shoot or stepping off the line once you're done, please do not do so if a shooter on either side of you is at full draw. It can be distracting, and this is a common courtesy that archers follow when at tournaments, so it's a good thing to get in the habit of doing.

Attitude is very important in archery. For this reason, even archers that may be shooting well may not be asked to shoot on the advanced line if the coaches feel the archer is either too negative or will not actively listen to coaching.

Dedication:

We suggest that archers complete at least one scorecard at every practice, even if they are working on form, unless otherwise directed by a coach. These scorecards should be filled out completely, including the date, and turned in to a coach at the end of each practice. At the end of the season, an archer will be awarded "most dedicated." Scorecards are one of many ways that the coaches keep track of an archer's progress and the only definitive way for us to tell who attends practice regularly, so the "most dedicated" archer will in part be based on scorecard completion. Other factors include participation in drills and games, active listening to coaching, keeping a shooting journal, and attitude towards other archers.