

# World Archery Coaches Committee Newsletter

November 1<sup>st</sup>, 2018



## INTRODUCTION

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This is the first newsletter from the World Archery Coaches Committee. The World Archery Coaches Committee (WACC) represents coaches and coaching interests within World Archery's membership. Members of the Coaches Committee work in close collaboration with other archery coaching committee around the world, assist member associations by making technical expertise available – both personnel and resources – and produce technical documentation on the training of athletes and coach education.

This year, the committee consists of;

- Ki Sik Lee (USA, Chairperson)
- Wietse van Alten (ITA, deputy chairperson)
- Oh Kyomoon (KOR)
- Göktuğ Ergin (TUR)
- Marcel van Apeldoorn (NED)

## TIMELINE

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The WACC has met regularly during the 2018;

- January 2018; Ad hoc meetings during the Coach Seminar in Lausanne
- March 2018; bi-yearly, 3-day joint committee meeting in Lausanne
- At every stage of the outdoor Worldcup series in 2018, a meeting with other coaches after each TM meeting
- Ad Hoc meetings during most international events

## WACC ROLE

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In the past, WACC's focus was on Archery Development. Since the start of 2018 it was decided to also focus on high-level coaching (in competition) and development of top-level competition. To increase visibility of the WACC and to represent international coaches better, this year, at every World Cup stage, at the end of the TM meeting, WACC members have been present. These coach meetings have been used to clarify WACC role and to invite other TM/Coaches to approach one of the committee members for questions/comments/ideas on anything related to high-level coaching and competition.

## DISCUSSIONS, IDEAS AND ACTIONS

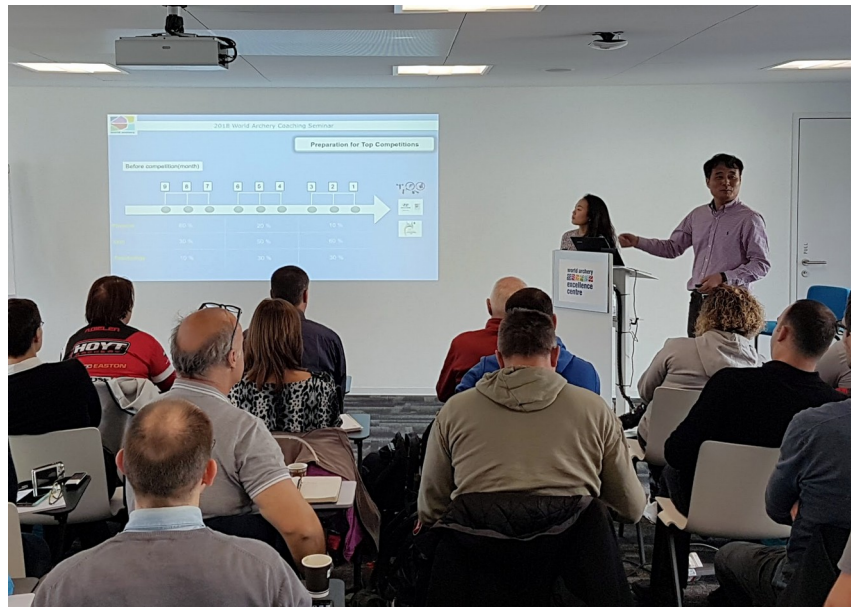
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During the bi-yearly joint committee meeting in Lausanne in March 2018, the WACC has met with representatives from different committees; C&R, Technical, Judges, Target and Athlete and discussed various topics. Together with the feedback we received from individual coaches and after

each meeting at the World Cup stages, the WACC has provided feedback and advice to WA on many issues, like;

The possible introduction of several new target faces for compound and recurve has been discussed and several proposals have been made. The increased performance of the archers at 70m in top-level tournaments might benefit with a reduction of the size of the 122cm target face to 110cm. And the change-proposal for the indoor 18m compound target face (with several alternatives) has been discussed at great length.

With the introduction of the extra mixed team competition rounds and the top-8 protection rule, the World Cup week schedule increases with a day. With official practice starting on Monday, most World Cups now take up two weekends instead of one and become very expensive to attend and difficult to plan. Different scenarios for reducing the number of days per tournament have been discussed with WA. Ideas



brought forward were; splitting compound and recurve, reducing or even removing official practice (and introducing random equipment inspections and/or only prior to entering the finals fields), reducing number of arrows in ranking round, etc.

WACC requested WA to improve the communication on (sometimes Ad-hoc) rule changes and to have these rule changes reviewed or advised upon by several applicable committees (like Athlete and Coach committee), before implementing them. The WACC likes to partly lift the ban on the use of electronic devices on the (target) shooting line. The use of mobile devices (for score keeping) is already allowed, however we would like to see the use of wearables monitoring some of the athletes' vitals like heart-rate, heart-rate variability, etc. to be allowed as well. Nowadays, most archers already wear smart devices like smartwatches (Fitbit, iWatch, Samsung watch, etc.) which are all capable of (and very probably doing so during competition) measuring the athlete's vitals and sending this information (through Bluetooth) to their mobile devices. The WACC would like to allow these and possibly also chest bands to be used during competition for monitoring (e.g. monitoring stress levels) and helping our athletes.

Practice (or reducing the possibility to...) at World Cups and other international events - What is considered sufficient practice time at large events? As this is becoming a massive challenge and a great expense for the LOC's, practice time and a fully equipped practice field will become harder and harder to organize. Especially, for those that are out of competition. With events taking longer, more and more archers will be out-of-competition for multiple days, losing training volume if there

is no practice field available. As coach committee we feel that all archers should be able to practice at events. This includes athletes that are out-of-competition. A ticket system or time-slot system would be an acceptable solution.

Competition format, rules and regulations - Feedback on current status and what to improve. Review what works and what doesn't. E.g. study the effect of the introduction of the set-system for recurve; does it work as expected, and can it be further improved?

Scoring – still there are many cases where score cards are wrong, increasing the time and workload for the results-teams. On the other hand, the penalties (disqualification) is in our view too severe. Together with IANSEO, the WACC proposed an addition to the scoring tablet software to prevent (at least a bit), scoring errors and to reduce the workload of the results team.

Team Managers – a need for teams to provide knowledgeable team managers at events to ensure safety, good duty of care and a proper/professional management/operation of national teams and athletes

Correct Data – coaches to have copies and an understanding of what their member association has organized in WAREOS with the LOC, what payments have/need to be made, flight details, checking athlete data (names, date of births are correct).



Athlete monitor - Is there a need for athlete monitors on the finals FOP? Athlete report they are not using them, mostly of the time the sun is shining in them, making them unusable. Should we take away these monitors, cleaning the FOP possibly enhances the interaction between coach and athlete?

How to appoint/select the Mixed Team for Tokyo 2020? - For example, those athletes with the highest score are by default in the mixed team elimination (without the possibility to change). This makes the ranking round a lot more attractive to media, competitive, challenges athletes more, potentially more Olympic and World records. Or do we keep the current procedure; coaches select (up to an hour before actual competition) who competes in the mixed team. Third option is to select (before the Tokyo competition starts) the mixed team so the names of the mixed team can be used in press releases and/or media events. This is still an on-going discussion.

World Outdoor Championships - Getting very large, which is of course a great and encouraging sign that archery is growing. However, with the event getting so big, it is making it harder for organizers to fund, find large enough venues and to a point, it is reducing the amount of organizer we could

have bidding for the event due to its size and cost. Already for 2019, we will not be able to have an ABC shooting line but require an AB-CD line if we have the amount of entries we experienced in 2015 Copenhagen. It is particularly a problem for recurve and compound men. (In future, do we limit the number of participants in each category to ensure the event will fit in the venue provided? Do athletes need to be in the top 100 of the world ranking to be eligible to go to the world championships? Do we have a qualification event prior to the world championships to make the cut for the world championships?)

Gender equity – the WACC currently is a men only committee. We need to balance the committee and (perhaps more importantly) balance the gender equity on the coaching line itself.

Professional judges – in a more and more professional sport, a professional (payed) judge should be considered as well.

Coaching positions and workshop/seminar requests - How do coaches find new coaching opportunities or open coaching positions. And how do they find member associations that are seeking coaches for seminars and/or workshops. WACC has started a discussion with WA to get a coaching section (including these requests) on the WA website.

## WACC ACHIEVEMENTS IN 2018

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So, what has been achieved in 2018?

We have grown from 3 to 5 members and have presented a 2-year plan for the WACC at the joint committee meeting in Lausanne

The new shoot-off rule has been implemented, a rule-change that originated from the coach committee.

Two different Worldcup week schedules were proposed by WA at the beginning of 2018. These schedules were supposed to be tested equally during the four stages. The Shanghai 2018 schedule was found to be

unfavorable and this has been discussed between WACC and WA and brought to a vote at the TM meeting in Antalya, where the most favorable was picked and has been adopted by World Archery for the remainder of the season.

During the WA coach seminar in Lausanne in March, members from the Coach Committee have held presentations on different subjects ranging from team management and the planning of high-performance programs to shooting form, physical training, and competition responsibilities.





A study has been performed on the set-system. This study was set out to answer questions on how does the set-system perform compared to the cumulative system and where can it be improved and possibly become more fair on athletes, and does it need to be?

At every TM meeting at Worldcups in 2018, members from coach committee have been present and available for questions / remarks / ideas and discussion about the future of our sport.

Together with IANSEO, the WACC has promoted the idea to improve the tablet scoring system in order to safeguard athletes from making mistakes (and as a consequence, risk disqualification). This has resulted in the addition of a checkbox that pops-up at the end of each session, where the archer is expected to enter the correct (sub)total, 10's and X's before the system lets the archer continue.

## FUTURE



As our sport is growing and changing, there are still many open questions and topics for discussion in WACC, other committees and WA in general. One of those questions is a fundamental one; How to develop more good quality coaches? We need more studies on topics like target panic, clicker freezing, injury prevention, etc. And we should include compound more in the different educational programs.

As World Archery Coach Committee, we will keep representing coaches and coaching interests within World Archery's membership and help to grow our sport even further. Any coach can help. If you have any remarks, ideas, questions, etc. Contact us at: [Coach@archery.org](mailto:Coach@archery.org).

World Archery Coach Committee