



Resources for Athletes

Let's use this time to continue to improve and get better. DON'T LET THE COMPETITION PASS YOU BY! We will continue the Train to Win Challenge for archers. The USA Archery *Train to Win Challenge* for archers to compete against other archers regardless of their home training situation. The *Train to Win Challenge* assigns different point totals for repetitions or arrows shot for different training activities. The more difficult or mentally intense the activity, the more points awarded per arrow shot/repetition. This week's activities include:

- Blank Bale
- Holding SPT
- Flexibility SPT
- Power SPT
- Stretch Band Shooting/String Loop Training
- Shot Trainer
- Scoring - Ranking Round (any distance)
- Gold Game (any distance)
- Virtual Elimination Matches - shot against an opponent over FaceTime or Google Duo

Participants will input their daily totals in each category into the [Train to Win Challenge Scorecard](#). Olympian Mackenzie Brown is joining the challenge this week and she shared: "I really miss competing and am excited to join this challenge with y'all! Even though so much has been postponed this season, I'm still training hard every day and will use this challenge to get ready for events later this year." The point total winner of week 1 will receive a free t-shirt of their choice from the [USA Archery store](#) (winner must have a valid U.S. mailing address to claim prize).

To join the competition, participants need to:

- Download the [Train to Win Challenge Scorecard](#)
- Fill out the Train to Win Challenge Scorecard .xls file daily on their computer/mobile device
- Submit their name, email address, your final results, and a copy of your scorecard (as a pdf, jpeg, or png file) and final results [HERE](#) by

Midnight Mountain Time on Sunday May 24th

- Results will be announced in the following week's *At Home* Newsletter.

A complete description of the activities can be found below:

Blank Bale - This encompasses all shooting at a target butt that has no target face on it. Record your daily totals; however, this low intensity activity is worth the least amount of points. Arrows shot at blank bale are worth .5 points each.

Holding SPT

Holding SPT allows the archer to develop strength and endurance bracing the bow. Without an arrow loaded, the archer will simply follow the steps of the shot process using a bow or stretch band until they reach the holding position. They will brace the bow for 10 to 30 seconds. The archer will rest for 40-60 seconds and repeat the process again. It is important that the archer is reminded not to dry fire the bow during this drill. Compound



archers can practice this exercise with a stretch band, string loop, or training aid. **This activity is physically taxing and is worth 2 points per repetition** and athletes should not exceed 45 minutes per day.

Flexibility SPT

Flexibility SPT is similar to a drill that historically been called "clicker drills". This exercise helps the archer build expansion strength. The archer will be on the shooting line with a target mat at 5 meters and will have a small target face to aim at. The archer will have an arrow loaded and will go through the shot process through holding. During the expand/aim step, the archer will continue to expand for up to 10 seconds after the "click" of the clicker. The archer will then set down, rest for 1 minute and then repeat the drill for up to 15 times. It is important to note that aiming is an essential part of this drill. Once the archer can maintain a smooth expansion for the 10 seconds past the click, the archer should maintain their eye focus on the aiming spot/small target. Compound archers can practice this exercise with a training aid such as a Saunders Firing Line or Morin Trainer band. This drill should not be performed for compound archers or with a compound bow.

This activity is worth 1 point per repetition and athletes should not exceed 20 repetitions per day.

Power SPT

Power SPT allows the archer to develop strength and power in drawing the bow from the Set-Up position to the Loading position. Without an arrow loaded, the archer will simply follow the shot process to the Set-Up position. The coach will give the archer the command to pull and the archer will draw the bow back to loading, anchor, transfer and hold. After holding for about 2 seconds the coach will give the command to let down to the Set-Up position by saying "down". The archer will do 5-10 reps. The archer will rest for 2 minutes between sets and do a total of 5 to 12 sets. It is important that the archer is reminded not to dry fire the bow during this drill. This drill should not be performed for archers with a compound bow. **This activity is worth 1 point per repetition** and should not exceed 12 sets.

Stretch Band Shooting/String Loop/Compound Training Aid

This activity simply involves going through the shot process with a stretch band, string loop, or other training device such as a firing line for compound. **This activity is worth 1 point per repetition.**



Shot Trainer

This activity involves using a shot trainer or form master and is for recurve/barebow archers only. Compound archers should not use a shot trainer. **Each shot with the shot trainer is worth 2 points.**

Scoring - Ranking Rounds

This activity simply involves keeping track of the total number of arrows shot in ranking round scoring practice. This can be done at any distance. Feel free to download these [printable resizable targets](#) for those of you who only have the option of shooting up close. **This activity is worth 2 points per arrow scored.** Note: you do not have to submit your scores, just the arrow totals shot per day.

Gold Game

Gold Game is a training activity Resident Athletes shoot to prepare for elimination matches, specifically Finals matches. The rules of the game are:

- 15 second time limit on each arrow shot with 15 second break between each arrow
- 6 arrows per end
- Typically shot at Outdoor distances but works at any distance
- Archer scores 1 point for any arrow in the yellow.
- Archer scores 0 points for any arrow in the 8-ring.
- Archer scores -1 point for any arrow that is a 7 or less.
- Archer scores -1 point for any arrow shot after the 15 second time limit.
- Goal is to get to 50 points total.
- If less than 6 points needed to finish, archer may only shoot that number of arrows to finish
- Archer must shoot a 10 to finish.

For this weekly competition, each archer will only input the total number of arrows shot in their Gold Game training. **Each arrow shot is worth 3 points for the Train to Win Challenge.**

Virtual Elimination Match

This can be fun and can be done at any distance. Archers can challenge any friend(s) to any number of elimination matches. Compound archers would shoot the compound round and Recurve and Barebow archers would shoot a Set Play round. If you and your opponent can't shoot the same distance, consider giving a handicap to level the playing ground. **Arrows shot in virtual matches are worth 4 points each!** Consider shooting your match over FaceTime, Google Duo, or other social media apps. Parents should make sure minors are in compliance with the [Minor Athlete Abuse Prevention Policy](#) (MAAPP) if in contact with athletes over the age of 18.

A Correctly Completed Scorecard Example can be found on the next page:

