



## Resources for Athletes found in the Member Dashboard

For this week's *At Home* resources for athletes, let's look into the Athlete Development > Results competency. Typically results come from competitions; however, since that is not an option right now, let's use this week to provide more of a challenge. Pick an archer in a video below from the World Championships, World Archery Para Championships, or U.S. Open to compete against either actually shooting the same distance (if you are able to) or mentally with imagery.

Also, take the time to review the three short video clips with some expert advice from some of our top archers. Finally, if you did not read the Insights article published in the High Performance Newsletter last year about the performance level of the world, be sure to check that out and get a gauge of where you should be setting your sights.

### Athlete Development > Results

#### Resource 1:

*Recurve:*

[2019 Recurve Men World Championships Gold Medal Match](#)

[2019 Recurve Women World Championships Gold Medal Match](#)

*Compound:*

[2019 Compound Women World Championships Gold Medal Match](#)

[2019 Compound Men World Championships Gold Medal Match](#)

*Para Archery:*

[2019 Open Compound Men World Para Championships Gold Medal Match](#)

[2019 Open Recurve Men World Para Championships Gold Medal Match](#)

[2019 W1 Compound Finals World Para Championships](#)

[2019 Open Recurve Women World Para Championships Gold Medal Match](#)

[2019 Open Compound Women World Para Championships Gold Medal Match](#)

*Barebow:*

[2019 U.S. Open Men's Barebow Final 2019](#)

[2019 U.S. Open Women's Barebow Final 2019](#)

**Resource 2:**

[Lia Coryell: Shooting from a Wheelchair](#)

[Braden Gellenthien: A long life at the top of the game - Behind the Bow](#)

[Shootlikeme: Olympic Medalist Brady Ellison](#)

**Resource 3:**

[Insights Article: The Level of the World](#)