



**NORTHERN ILLINOIS ARCHERY ORGANIZATION**

## **JOAD / AAP Handbook**

**2019 Edition**



## NORTHERN ILLINOIS ARCHERY ORGANIZATION

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## NORTHERN ILLINOIS ARCHERY ORGANIZATION

### About



Welcome to Northern Illinois Archery Organization. Comprised of dedicated volunteers, individuals, families, partners and community supporters, this organization was founded to promote the sport of archery for children and adults. Archery is a sport that just about anyone can participate in and is a lot of fun. We provide ongoing coaching to develop archer-athletes for enhanced recreational experiences in archery and competitive archery.

Our organization is a 501(c)(3) non-profit public charity and is dependent upon you to help us keep going strong by being a member, making and finding financial and equipment contributions, volunteering, supporting fundraising activities, being creative in forming new and supporting existing partnerships within our communities, and being part of our mission in your community. As a member, you are an ambassador for this organization and the sport of archery.

### OUR MISSION

“Our mission is to promote archery awareness in communities we serve and to expand participation in the education, programs and safe practice of indoor and outdoor archery”

### OUR PURPOSE

Our purpose is to:

- Promote education in the safety and use of archery equipment
- Provide progressive advancement programs in local communities we serve
- Enhance archery knowledge and skill levels for adults and children
- Provide a scholarship program for underprivileged adults and children
- Provide physical education requirements for home-schooled children



## NORTHERN ILLINOIS ARCHERY ORGANIZATION

# Benefits of Archery

### **What you and / or your child can gain from belonging to a JOAD / AAP club...**

The main skills you and / or your child will pick up from practicing archery are discipline, independence and maturity. You and / or your child will also develop focus, flexibility, attention skills, concentration and hand-eye coordination, especially with depth of vision. The intricate details of the sport also develop fine motor skills and the constant lifting and pulling will develop arm and back strength. Archery is particularly useful for youngsters as it teaches them the benefits of patience.

Archery is a sport that will mentally challenge and encourage enjoyment of an active lifestyle. If you are looking for an interesting activity, archery will be an excellent choice.

Archery is an sport that will require thinking while physically moving. As well as boosting numerical skill through score keeping, archery will help provide tactical thought, promote better hand-eye coordination, planning ahead plus evaluate and enhance individual skills.

Archery is one of the best activities for strengthening upper body muscles that may not be used much when playing other sports.

While opportunities exist to compete if chosen, archery is mainly about improving individual performance. This means that those who don't normally enjoy competitive team sports can thrive in the more relaxed yet highly structured environment of archery.

Because of the focus on self-improvement, those who practice archery can develop more confidence and self-esteem. Getting better at hitting the target will result in further challenges to perform just as well while progressing towards further distances.

Every time a shot is made, focus and concentration on shooting form and shot execution is required along with mental discipline, memory of body position, and overall feeling throughout the shot cycle in order to succeed.

Focusing carefully on individual shots develops patience. When practicing or competing, it is often necessary to have to wait for the next turn to shoot along with being able to attain a best score. Waiting for the right moment to let the arrow loose is a key part of archery. Development of individual performance also requires patience as great shooting does not happen over night.

Archery involves caring for equipment and learning how to follow important safety rules can help to become more responsible. Learning how to handle personal bows and arrows, learning to think about the safety of yourself and others. are important lessons that they can be taken into other areas of personal lives, and archery class can provide a safe environment in which to learn it.

By joining a JOAD or AAP club a person can also enjoy the social side of the sport which provides them with plenty of opportunities to make a new circle of friends. JOAD / AAP club involves plenty of socializing with other people who enjoy the same sport. Although archery is often an individual sport, individuals may also get to work as part of a team, particularly when competing.



## NORTHERN ILLINOIS ARCHERY ORGANIZATION

# JOAD / AAP Member Expectations

### What is expected of JOAD / AAP Archers?

#### What are the benefits of the program?

JOAD / AAP provides specific training for those who are looking to compete and move up in archery. They will learn discipline, confidence and dedication. Archers will have the opportunity to learn, improve and compete. They will get the whole experience.

Archery provides a positive environment for a young person to learn a variety of life skills. Among them; patience and responsibility, self-discipline and personal accountability, ability to focus and perform under pressure, learn to follow and implement a scientific method (shoot, evaluate, hypothesize, re-shoot, analyze, etc.), and good sportsmanship. It can help develop a sense of accomplishment and a positive self-image. Archers will practice and reinforce math skills plus develop physical strength, balance and stamina.

#### Code of Conduct:

JOAD / AAP archers represent NIAO and USA Archery JOAD / AAP programs and therefore, must show respect and professional sportsmanship. No discrimination of any race, religion, gender, etc. will be accepted. Rules given by the facility, NIAO JOAD / AAP, and any competition shall be followed. Never argue with an official. If there is a discrepancy, inform your coach as soon as you are able and do not take matters into your own hands. Verbal abuse of officials or abuse to other archers, purposely distracting or provoking an opponent are not allowed or permitted behaviors in any sport. Cooperate with the coaches, team-mates, and opponents or you may be in the position to find another club to join. Electronic devices should be turned off or on silent, especially during tournaments. Cameras are allowed by parents but flash must remain off while archers are shooting.

#### Attitude:

JOAD / AAP archers are part of a NIAO JOAD / AAP team. As a team, we support each other. There will be no negative comments about any archer in JOAD / AAP from one to another. If a coach hears an archer putting another team member down, they will be asked to sit out for one end. If the behavior continues, they will be asked to sit down for the rest of practice or leave. Everyone wants to feel comfortable when shooting, so encourage each other. Treat others the way you want to be treated. Good attitude also includes oneself. Maintain a positive attitude and encourage yourself to progress. Part of becoming a good shooter is listening to coaching advice. If a coach asks you to try something new, try it. If you are having difficulty, seek out a coach and ask for help. If we are working on drills, make sure you are paying attention and doing the drill to the best of your ability. Attitude is very important in archery.



## NORTHERN ILLINOIS ARCHERY ORGANIZATION

# JOAD / AAP Member Expectations

### **Line Etiquette:**

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 and etiquette that archers follow at tournaments, so it's a good thing to get in the habit of doing.

### **Dedication:**

It is required 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. Score cards are one of many ways that 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, attitude towards other archers and event participation internally or externally.

This is your sport of choice and you should dedicate yourself to it. Practice as often as you can and stick with it. Top archers practice every single day, they keep a journal, and recognize patterns in their daily lives that can affect how they perform. If you want to be good, you need to practice.

### **Safety:**

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

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.

If there is ever a question about safety, ask a coach.

### **Time:**

JOAD / AAP 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. So be on time!

You need to learn about your equipment in every aspect. What it can do, how it feels, how to maintain it, and how to make necessary adjustments. We also ask archers to participate in range set up and tear down as part of practice for club events.



## NORTHERN ILLINOIS ARCHERY ORGANIZATION

# JOAD / AAP Member Expectations



### USA Archery Dress Code:

The USA Archery Dress Code Policy applies to the following individuals when in front of the Spectator Line at USA Archery Sanctioned Events: athletes, coaches, managers, credentialed media, team officials, tournament officials, and archer agents.

1. Must present a professional, athletic appearance while on the field. (Torn, ripped or heavily soiled clothing articles are not allowed.) Clothing may be of any color, except as noted below.
2. Shorts, skorts and skirts must be at least mid-thigh in length.
3. No camo clothing may be worn. Camo bows are allowed in USA Archery events and accessories such as caps, quivers, armguards, etc., are permitted to be camo.
4. Denim is allowed, but must not be torn, ripped or have holes.
5. Leggings (tight fitting/yoga-type stretch pants) are allowed, but must not be transparent/translucent above the knee.
6. Upper garments must cover the front and back of the body, and the midriff when at full draw. They must also have sleeves.
7. Shoes must cover the entire foot. Sport/athletic shoes are recommended.
8. At no time will any article that bears wording, insignias, innuendo or images determined by USA Archery to be offensive or inappropriate be allowed on the field of play.
9. When participating in the U.S. National Outdoor Collegiate Championships, U.S. National 3-D Collegiate Championships, and Regional Outdoor Collegiate Championships, archers and team officials must wear tops that indicate what school they are representing. Apparel must conform to all university rules regarding school logo usage. During the Team and Mixed Team Rounds, all members of one team by class and division shall be dressed in the same team uniform. The teams of one school may wear different design and color uniforms (i.e. teams in different classes and divisions are not required to match). Team coaches and managers may wear a different style uniform than the team, but should wear the same colors and should be easily identified as the official of their team. Headwear is optional. In the case of inclement weather, exceptions will be made by Chairman of Judges (i.e. raingear, jackets, etc.).



## NORTHERN ILLINOIS ARCHERY ORGANIZATION

# JOAD / AAP Member Expectations

### **NIAO JOAD / AAP Dress Code:**

NIAO JOAD / AAP authorized practice shirt or jersey, black pants, shorts or skirt (meeting USA Archery guidelines) and athletic shoes to be worn at all practices, fundraisers and shooting events. This ensures that USA Archery's dress code is being followed. You are also allowed to wear an archery related shirt at practice as well.

Official NI Archery Jerseys can be ordered through a link on the [niarchery.org](http://niarchery.org) website directly through the [ShirtsandLogos.com](http://ShirtsandLogos.com) website and shipped to you.

### **Membership and Fees**

A consent/release/membership form will be required to be filled out. USA Archery membership is required to participate in pin shoots and tournaments. NFAA membership is optional, however this membership allows the archer to compete in other national tournaments as well. Please see fee schedule on the JOAD / AAP application. The NIAO JOAD / AAP fees are NOT inclusive of USA Archery or NFAA fees for membership. You will need to join USA Archery and / or NFAA separately on your own and associate your membership to Northern Illinois Archery Organization JOAD as your club of preference in your membership account. At which point, NIAO administrators of the JOAD / AAP club can track your membership details, but NOT your personal information. If you have questions about this process, please ask your coach.

NIAO JOAD / AAP will hold a minimum of 4 two hour sessions per month as contracted scheduled space will allow. Attendance will also be taken. In the event of inclement weather which cancels a practice, an alternate date may be planned IF possible. Acts of nature are beyond control and will not justify or warrant a reduction of fees or refund of paid fees. NIAO has the right to refuse refunds or return fees from the remainder of fees paid for advanced sessions. Your commitment to the sport and to the NIAO JOAD / AAP program should be done through careful consideration and planning. NIAO is not a bank. Refunds are only offered for any remaining fee term IF NIAO is unable to maintain a place or space to hold practices indoors or outdoors.

### **Waiver**

The current NIAO Waiver form is provided in the membership pack you complete. This waiver must be completed annually in January. Please ensure that you complete the waiver in its entirety. A copy of your signed waiver can be provided to you for your records upon request. This organization keeps a copy of this waiver on file for the year.

Other clubs or facilities will require a waiver to be signed as well.





## NORTHERN ILLINOIS ARCHERY ORGANIZATION

# JOAD / AAP Pin Progression

### JOAD / AAP Star Pin Progression

Please see the current requirements for JOAD and Adult Star Pins for Indoor and Outdoor located on the [niarchery.org](http://niarchery.org) website in the Resources area.

### JOAD / AAP Level Progression

For each level it will be recommended to attend one practice per week. However, at least 2 practices per month are required to participate in pin shoots/tournaments unless other arrangements have been made with your coach.

**Beginning:** Archers will be enrolled in Archery 1 and/or Archery 2. Archers will learn the basic range rules and safety as well as stance and posture. Archers will start out at 9 meters shooting at an 80cm target face with recurve class bows (unless archers have their own equipment). Archers will progress to 18 meters shooting at a 40cm target face, refining stance, aim and posture.

**Intermediate:** Archers in this level will have completed Archery 1 and 2 and are required to have the basic equipment (finger tab, arm guard, arrows, and bow). They will then begin learning how to use a sight (if equipped) and the equipment that follow after. Once a score of at least 230 out of 300 for Compound setup, or 200 out of 300 for Barebow setup is obtained, the archer will be eligible to move on to the advanced level.

**Advanced:** Once this level is reached, archers will have their own equipment and have understood the concept of the additions added to the bow. Mental development will be the main focus point at this level, as well as tuning out distractions and background disruptions. Each small detail will be taken into account and a continuous score of 240 out of 300 will be required to start at this level. Score should range between 240 and 300 at a 40cm target face for compound and a range between 220 and 300 for Barebow setups also at a 40cm target face. As progress continues, the archer will move on to various target faces and expected to work back to a score of 240 and keep it or move back to Intermediate level.

### Classes and Divisions

**Classes:** The JOAD / AAP program conducts tournament rounds in the disciplines of Indoor Target Archery (JOAD AAP Indoor round) and Outdoor Target Archery (JOAD / AAP Outdoor Round).

Equipment regulations are listed in the World Archery Constitution and Rules book, which is found on the World Archery website at [www.worldarchery.org](http://www.worldarchery.org). Current classes are; Barebow, Compound, Barebow Compound, Olympic Recurve, Traditional.

**Divisions:** Competition includes separate divisions for girls and boys as well as for Olympic, Novice and Compound bows. Equipment regulations are listed in the World Archery Constitution and Rules book, which is found on the World Archery website at [www.worldarchery.org](http://www.worldarchery.org).

Current Divisions are;

Yeoman, Bowman, Cub, Cadet, Junior. These same divisions are for boys and girls. Boys do not compete against girls, nor do divisions compete against each other. For Adults the divisions are Senior, Master 50+, Master 60+, and Master 70+



## NORTHERN ILLINOIS ARCHERY ORGANIZATION

# JOAD / AAP Divisions

## JOAD

It does not matter when your birthday actually is. The divisions for archers are based on the year of the birthday only, not month or day. So the transition from Yeoman to Bowman, or Cub to Cadet, etc. can and often does occur before an archer actually turns that age. See the JOAD divisions below;

**JUNIOR:** Archers may compete in the junior class from the year of the 18th birthday through the year of their 20th birthday. Junior archers shoot at “adult” distances and target face sizes in both USA Archery and JOAD Competitions.

**CADET:** Archers may compete in the Cadet class from the year of their 15th birthday through the year of their 17th birthday. Cadet archers shoot at “masters” distances and target face sizes in both USA Archery and JOAD Competitions.

**CUB:** Archers may compete in the Cub class from the year of their 13th birthday through the year of their 14th birthday.

**BOWMEN:** Archers may compete in the Bowman class from the year of their 10th birthday through the year of their 12th birthday.

**YEOMEN:** This class is for young beginning archers from the year of their 8th birthday through the year of their 9th birthday.

As an example, an archer is currently a Bowmen with a birthday of May 6th, 2010. That archer will be a Cub on January 1, 2020 even though the 10th birthday isn't for almost a half a year. Because this archer turns 10 in 2020, for a few months in competitions and JOAD practices, that archer being 9 years old will be competing in the Cub division with 10 to 12 year old archers, and also expected to follow Cub division requirements in practices as well.

## ADULT

Following the same rules as above with the year of the birthday being the only criteria used in determining division, adults are a bit easier to determine.

**Senior:** From the year of the 21st Birthday up to and through the year of the 49th Birthday.

**Master:** From the year of the 50th Birthday and beyond

In some venues, ages may be further segmented to keep age groups more fair in tournaments such as, Master 50, Master 60, etc. Or listed as Senior, Silver Senior, and Master Senior.

Check with the tournament description before signing up to see what your bow class and Division is listed as so you can compete at a level you are supposed to.

Further descriptions of divisions and classes can be found on USA Archery's website, NFAA's website, and the World Archery website. Not all organizations follow WA rules, but if you familiarize yourself with the WA rulebooks, you are most likely going to be able to participate in any tournament as a USA Archery and / or NFAA member.



## NORTHERN ILLINOIS ARCHERY ORGANIZATION

# Fundraising and Volunteerism

Because Northern Illinois Archery Organization is a 501(c)(3) non-profit organization we have the unique opportunity to offset some of the expenses incurred by archers, by participating in fundraisers. All fundraising efforts will also benefit our archery scholarship program which allows underprivileged adults and children to attend archery classes. It is a way to keep costs as low as possible. Without fundraising efforts, membership costs would need to increase to keep up with rising expenses every year.

### **Participation**

Participation in fundraising efforts is completely optional however it is encouraged as it does also benefit the scholarship program. If a family chooses not to participate in fundraising for the benefit of the JOAD / AAP club related expenses they only need make us aware of their choice.

### **Fundraising Efforts**

Fundraising efforts can range from individual shooting/scoring challenges to Fun Shoots open to the public. Volunteering at these events is very helpful to the NIAO mission and ensures that any benefits from the proceeds gained during fundraising efforts keeps costs from increasing. Most fundraising efforts will also benefit outside organizations such as animal shelters and food pantries.

If participation is low or non-existent, NIAO must find ways to maintain its operating expenses as an organization. This may mean membership fees would incur an increase. Everyone wins with fundraising participation. Make room in your lives to help.

### **Volunteerism**

Northern Illinois Archery Organization runs on volunteers and can use all the help it can get. Any archers or family members wishing to serve on the board of directors, fundraising and event planning committee, instructing classes or in any other manner please contact Michelle Helwig at [michelle.helwig@niarchery.org](mailto:michelle.helwig@niarchery.org).

Likewise, there may be opportunities for archers and family members to volunteer in the community as a team. This is not only a great introduction into volunteerism for everyone, but also a great team building exercise and social activity outside of archery. Also, NIAO is a public charity organization, your volunteering is worth credits for college applications, community service, and others. Any current board member can sign off on volunteer time.

# Appendix A

## Equipment Requirements



## Equipment Specifications for Achievement Program

### Bow Classifications

Please see this link on World Archery's website for the definitions of the Recurve and Compound disciplines:

<http://rulebook.worldarchery.org/index2.php?sez=793&up=3>

**Recurve:** Book 3, Chapter 11

**Compound:** Book 3, Chapter 11

Please see this link for definitions of the Barebow discipline:

<http://rulebook.worldarchery.org/index2.php?sez=1759&up=4>

**Barebow:** Book 4, Chapter 22

**Basic Compound:** A bow where the draw is mechanically varied by a system of pulleys or cams. Maximum draw weight will be 30 lbs. No sight, stabilizer, peep or kiss button, and shot only with fingers (glove, tab or bare fingers) are allowed. An arrow rest will be permitted.