



The National Archery Association of Bermuda (NAAB) has created a Long-Term Archer Development model to be the plan for all stakeholders involved with archers of all ages. We have created this sport-specific document to ensure we meet the needs of athletes who want learn the sport of archery.

The implementation of Long-Term Archer Development is a milestone for archery and for Bermudian sport. We are building this plan around a common framework which aligns with the National Sports Policy, integrating health and education with sport and physical activity. The document was developed by Bermuda archery certified Coaches with the assistance of International archery coaches, sports psychologist, and the World Archery Americas Development Committee.

The document outlines the key principles of the NAAB LTAD Model. It details how LTAD will be implemented and developed in the next phase. The successful implementation of the LTAD model has lead us to have better and more skilful archers, a thriving sport supported by quality coaches, officials and volunteers at all levels in Bermuda.

*The following club supports and agrees this LTAD plan will be the basis for Archery development in Bermuda.*



## INTRODUCTION

The National Archery Association of Bermuda (NAAB) was established in 1969 as the governing body for archery in Bermuda. In 2015, two individuals who formed Gold Point Archery in 2009 set out to re-established this dormant association to allow individuals with a goal for the Olympics, an opportunity to achieve this. The Association operates from 65 Southside Road, St. George's DD 02 which is the primary range of Gold Point Archery.

An Executive Committee was established and a five year plan written in 2015 through to 2019. The primary objectives were to re-associate the association with the International Federation, National Sports Organization and National Olympic Committee. To provide a "grass roots" structure to introduce male and females with diverse abilities to a sport that has not been socialized in Bermuda.

While the governance structure was important to progress establishing the bylaws, constitution, establish standards, develop safesport guidance, compliance guidance, re-establish a charitable status, have certified Coaches & Instructors, obtain developmental equipment, training materials, introduce membership and commence local events, an athlete development pathway needed to be created. To prepare people to become professional archers as well as giving them a recreational sport to be active, developmental appropriate training and competition standards were needed. This required our identified coaches to attend seminars, specific archery certification courses and engagement with other coaches to hear their experiences, shortcomings and how to address them.

A plan to build a national team requires membership, investment in coaches, introduction into schools, create local events in preparation to introduce archers to international events - USA Archery Series, Island Games and then onwards to more prestigious and festival events - World Cup, World Championship, Commonwealth Games, Central American & Caribbean Games and Pan American Games. Archers obtaining qualifications to compete in the Central American & Caribbean Games and Pan American Games opens the opportunity towards the Olympic Games. The mentioned events are open to both Senior and Junior athletes. There are age requirements for some of the games and where juniors are unable to compete in Senior Events, there are some specific festival games for Juniors - Pan Am, Youth Championships, Youth Commonwealth and Youth Olympics. Archery is a sport that has no age cap and athletes competing in festival events for Bermuda are able to compete providing they meet the qualification criteria.

In October 2020, one of our coaches completed an Introduction to Long-Term Development in Sport and Physical Activity through Sport For Life Canada. The draft of our plan was started in December 2020. In March 2021 through to November 2021, our coach then completed the PANAM High Performance Coach Certificate which was inline with our development plans. We continued to build on our plan through 2023 and in 2024 we were ready to fully execute the **LONG TERM ARCHER DEVELOPMENT** plan for Long Term Athlete Development.

As the National Governing Body for the Olympic sport of archery in Bermuda, we recognize the responsibility to develop athletes through physically, psychologically, and emotionally healthy means so they can participate and enjoy the sport for life.

NAAB's **Athlete Development Model (ADM)** provides a road map for athletes, parents, coaches and administrators to participate and lead athletes with long-term development in mind. The model takes into consideration training levels, coaching focus, biomechanics, motor learning, sport psychology and physical training levels for athletes on a spectrum of ages. It is our aim to transform the sport of archery in Bermuda developing archers of all ages. The goal of the ADM is to:

- Develop healthy, successful athletes
- Promote physical literacy, athleticism, and archery development
- Enhance participation and enjoyment
- Improve athlete retention
- Ensure psychosocial development and well-being of participants
- Foster talent and competitive success
- Promote physical/recreational activity across the lifespan
- Guide physical training and conditioning
- Aim to prevent archery related injuries
- Appreciate archery as a lifelong sport