



## 2023/24 Program

Applications accepted until March 15<sup>th</sup>, 2023

The program year will begin May 1<sup>st</sup> 2023 and will conclude at the end of March 2024.

Max program size is 32 (16 compound, 16 recurve/barebow)

The Outdoor season begins May 1<sup>st</sup> and will end approximately September 11<sup>th</sup> 2023. No sessions on May 29<sup>th</sup>, July 3<sup>rd</sup>, September 5<sup>th</sup>

All members of CA will train together on Mondays at Thelma Spenser Park in Rochester Hills, MI during the outdoor season.

Participants are required to train additionally at a supervised but not coach led practice session

Session times are available Tuesday and Thursdays for group practice. (Subject to change)

- Tuesdays at Marsh view park from ?? to ??
- Thursdays at my outdoor range from 5pm to 8pm

The program fee includes four (4) 1hr private sessions with your assigned coach.

**Mandatory Outdoor Events:** (1 Event can be substituted but new event must be of a higher classification: State Championship, National Event (National Championship, USAT etc.)

Double 900 – Ohio May 20 & 21

Competitive Advantage Showdown June 24 & 25

MAA Outdoor Target Championships @ OCSC – August 5<sup>th</sup> & 6<sup>th</sup>

Highly recommended events:

State Games of Michigan – June

JOAD Nationals. – July

Buckeye Classic for Cadets and Older – Aug

Outdoor program is 17 weeks long. Cost is \$600 for Outdoor portion. Billed in installments like regular programming.

The Indoor season begins October 23<sup>rd</sup> and will conclude March 31<sup>st</sup>, 2024

Members of CA will train in discipline specific groups unless team size is less than 16.

Indoor Training sessions will be: (Subject to Change)

Mondays for Compound

Tuesdays for Recurve Barebow

Participants are required to train additionally at a supervised but not coach led practice session

Session times:

Tuesday 5pm to 9pm (if we have only a team size of 16 or less)

Thursday 4pm – 9pm

Additional options to be determined.

### **Mandatory Indoor Events**

Winter Classic - November (Shoot 1 day)

Ohio Indoor Championships – February (2 Day shoot)

MAA NFAA – March (1<sup>st</sup> and 2<sup>nd</sup> weekend of March, shoot only 1 day of the 4 options)

Highly recommended optional events

TCAA FITA - January

Lancaster Classic - January

Vegas Shoot – February

Meijer Winter Games - February

NFAA Indoor Nationals - March

Indoor program is 20 weeks long. Cost is \$660 for Indoor portion. Billed in 5 week installments like regular programming.

The program fee includes four (4) 1hr private sessions with your assigned coach.



## 2023 Team Application

Name: \_\_\_\_\_ DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_

Bow Style: (Circle):    Compound    Bowhunter    Recurve    Barebow

Current Average Score at Practice: \_\_\_\_\_.    Distance Shooting: \_\_\_\_\_

Personal Best Indoor: \_\_\_\_\_ Distance: \_\_\_\_\_.    Target Size: \_\_\_\_\_

Personal Best Outdoors: \_\_\_\_\_ Distance: \_\_\_\_\_ Target Size: \_\_\_\_\_

Events Participated in last 12 months:

Event Name	Score	Distance
1.)		
2.)		
3.)		
4.)		
5.)		

Why are you interested in Competitive Advantage?

---

---

---

---

What do you expect from being on the team?

---

---

What are your goals for this season?

---

---

How many days a week do you currently practice? Weekly arrow count?

---

- \_\_\_ I recognize that is an outdoor sport and I commit to training outdoors as often as possible.
- \_\_\_ I am committed to practicing multiple days per week, to improve my skills.
- \_\_\_ I understand that class is where I will learn, and I am to apply what I learn in my personal practice.
- \_\_\_ I understand that I must attend all required tournaments to keep my spot on the team.
- \_\_\_ I understand that my scores must improve each year to stay on the team. Goal scores will be set upon acceptance to the team.

Minimum Qualifying Scores (MQS) for consideration

Indoor

Compound 250  
Recurve 225  
Barebow 200

Outdoor

Compound.	Senior 300.	Cadet 275.	Cub. 300.	Bowman 300
Recurve	Senior 250.	Cadet 250.	Cub 250.	Bowman 250
Barebow	Senior. 200	Cadet 200	Cub 175	Bowman 150

Additional things that we should know:

---

---



## Competitive Advantage Elite Development Program

### Determination & Commitment

As a member of the Competitive Advantage Program (hereafter, "CA" athletes are expected to be committed to excellence and continuing to learn, grow and improve. Athletes are expected to not only participate as an individual athlete in "CA", but also as a team player. Athletes should strive to be the best in the United States, not just the best in Michigan.

The following is the minimum commitment for a "CA" athlete:

- Must participate in all team selected tournaments. Some of which may require travel. We require three (3) specific events for outdoor and three (3) specific events for indoor.
- Attend all scheduled trainings and assigned practice sessions unless excused by the head coach or a medical professional. This includes a minimum of 1 individual practice session per week outside of regularly scheduled training and 1 private lesson per month.
- Follow prescribed training plans, as applicable. Work on skills learned in training sessions, during individual practice sessions.
- Show continual progress in developing in the areas of the Athlete Competencies. Individual progress requirements must be achieved to remain in good standing.
- Be a team player and adhere to the core values of Rising Phoenix.
- Always display exemplary sportsmanship and respect to others.
- It is recommended that athletes shoot a minimum of 300 arrows per week while training to excel at the state level and 500 arrows per week for the National level. International teams require over 1,000 arrows per week.
- Maintain a current USA Archery Membership.

**Provisional Status.** Any athlete admitted to "CA" on a "Provisional Status" must achieve the required MQS by the specified date in their offer letter or they be dismissed from the "CA".

**Dismissal from “CA”.** Any athlete may be dismissed from participation in the “CA” at any time at the reasonable discretion of the RPA coaching staff; or for violations of the “CA” Athlete Determination and Commitment Agreement or Athlete Agreement. Prior to dismissing an Athlete from “CA” RP Archery will: (i) provide Athlete with written notification of the specific breach that is the basis for termination of this Agreement or sanction to be imposed, (ii) identify the nature of the any proposed sanction, if any, up to and including termination from “CA” (iii) give Athlete an opportunity to respond which is reasonable under the circumstances, and (iv) inform Athlete of the actions which must be taken by Athlete (if any) to avoid termination or imposition of the sanction. Athletes who are dismissed from “CA” will be provided a reasonable time to depart the premises.

**Other “CA” Costs.** Athletes who accept this commitment to be in “CA” will have to cover all expenses for travel to the training or event location. RP Archery is not responsible for any travel or other associated costs to be part of “CA” including if an athlete is dismissed from “CA”.

**Minors in “CA”.** Athletes that are Minors (below 18 years-old) will also be expected to follow the rules and regulations set forth for minors by USA Archery to include but not limited to night- time dorm curfews, training curfews, off-site campus permissions and study hours. Minor Athletes **will be required** to complete the FREE U.S. Center for SafeSport course – Safe Sport for Youth Athletes (Age 13+) which requires parental consent.

By signing below, I understand that a violation of the “PROGRAM” Determination and Commitment and/or the terms set forth in the Athlete Agreement may result in dismissal from the “PROGRAM”.

Athlete Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Minor Only:

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

---