



Our Program is fostered and generously supported by our parent club, the Calgary Archers Club.



The Calgary Archers Junior Program

Further information and our registration form can be found at www.jrarchery.com.

Questions can be emailed to our Junior Program Director at junior.director@jrarchery.com



Visit our Facebook page for photos.
Calgary Archers Junior Program



Our Mission:

To enhance the understanding of archery for junior athletes while encouraging athletes to challenge themselves and have fun.

Classes and Costs

Our program runs every Sunday for 16 lessons starting on the first week in October to approximately the last weekend in February with some Sundays being missed due to tournaments and other events.

Our program offers 4 classes that breakdown as below. We acknowledge that there will be athletes that don't fit into any of our classes as described. In those cases we try to keep the athletes with their peer group rather than their skill level and work to catch the athletes up in skill level of the rest of the class.

High Performance Class— 9:30-11:00—in this class we help athletes to master the technical and practical skills of archery that will allow athletes to compete. We bring in special guests to assist in the understanding of mental toughness, proper physical training and nutrition in sport. This class is by invitation only as a position in this class must be earned. (Age: 15-21)

Junior Class - 11:00-12:00—In this class we teach the basics to new archers and encourage their skills with basic target recurve bows. We emphasize good form and help the athletes to track their scores with badges that will continue with them for the duration of their time with our program. Athletes also get a taste of competition with our Provincial Mail Matches that allow Juniors across the Province to compete in a category of peers without leaving our range. (Age: 6-12)

Senior Class— 12:00-1:00—This class is designed to work with athletes who have some past archery experience and are interested in honing their skills to compete in some form of this sport. We introduce some training for mental toughness and the use of journals. Athletes continue to earn badges and compete in Mail Matches but also have the opportunity to tryout our local club shoots to gain the experience of shooting in pressure situations. (Age: 12-16)

Fourth Class— 1:00–2:00—This class was created several years ago to meet the overwhelming interest for our program. Athletes learn the basics just like in the Jr. and Sr. class and are encouraged to learn how to compete as the age range for this class is eligible for competition at the Alberta Winter Games. . (Age: 12-16)

COST BREAKDOWN

Our fees are broken down into Club Fees + Daily Lane Fees = Total Fees. An explanation about each of the fees is listed below.

CLUB FEES: This fee is either \$110.00 for a single athlete or \$165 for 2 or more athletes. These fees go toward paying for Provincial club dues, insurance fees, purchasing targets, maintaining equipment and other office costs. This fee also entitles our athletes to be members for 1 year with the Calgary Archers Club. Our most recent registration form shows both the single and the family rates.

LANE FEES: A daily lane fee is charged for the use of the range per athlete. Lane fees will be collected when registering. CAJP will not collect on a daily basis. Lane fees are based on a per athlete basis so more than 1 family member in the program will result in paying more than 1 lane fee.

EQUIPMENT RENTAL FEES:

If your child has no equipment, 6 arrows and a bow can be provided for a deposit. The deposit is fully refundable at the end of the program, providing the equipment is returned in repairable condition. If the equipment is not repairable some or all of your equipment deposit will be used to complete repairs.

PAYMENT OPTIONS:

Please note that the Program is only able to accept cash or cheque to pay for program fees. No debit or credit cards will be accepted. Payment plan options are available for athletes who require it. Please notify the Jr. Director upon registration if you wish to discuss a payment plan.

Equipment & Our Program

Archery equipment is a general term that usually refers to a bow, arrows and any body protection (such as an arm guard or a finger tab). There are three general types of bows used in archery. The Compound, the Recurve and the Longbow.

A **compound bow** is a modern bow that uses a levering system, usually of cables and pulleys, to bend the limbs.

A **target recurve bow** is a bow that does not use a levering system. A recurve bow has tips that curve away from the archer when the bow is strung and uses the string and the shooters draw to bend the limbs.

A **longbow or traditional bow** is most easily explained as Robin Hood's bow which is made with a simple "stick" and a string. There is relatively little curve to the limb and is shaped like a D when strung.

The Calgary Archers Junior Program supports archery in all its forms. CAJP starts all beginner athletes (that do not have their own equipment) with a basic target recurve until they are proficient in the basic skills required in archery. We feel that starting athletes with a recurve builds good shooting form, habits and creates a firm base to build further higher performing skills on as their archery careers progress. We do have a small number of compounds to lend to athletes who wish to try them before deciding what equipment they wish to purchase for themselves.

For athletes who already have their own equipment, our Program will work with them so that they learn good shooting form with their chosen equipment and teach them how to tune and maintain their equipment.



Who Runs the Show?

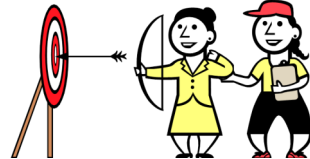
The Calgary Archers Junior Program is a program run by The Calgary Archers Club (on Hwy. 8 to Bragg Creek). The program was created because our club understood the importance of imparting good archery skills to young athletes who would carry on the future of archery.

We are very fortunate to be able to run our Indoor Program at the Calgary Archery Centre (4855 - 47th. St. SE) when the weather requires us to shoot indoors. The Junior Program is run by a Calgary Archers Club member who is elected as a General Director to the Calgary Archers Club Executive Board and is then appointed by the President of the Club to be the Junior Director. The Program is carried solely by its volunteers—each coach gives over 100 hours every year.

Our Coaching Approach

A Program of this size takes a lot of work. Our program is very fortunate to have a dedicated team of coaches that can boast over 100 years of collective experience.

A large number of our adult coaches are certified through the Coaching Association of Canada. Several of these coaches can boast an Olympic level of certification and experience coaching pre-Olympic and International events such as the Alberta Winter Games, the Canada Winter Games and Indoor and Outdoor Worlds.



Our Program also has a number of "coaches in training". Some of these new coaches are parents who want to become more involved in their child's activity and some of them are shooters from our High Performance Class looking to gain a new aspect of understanding to their sport. All of these coaches are very knowledgeable and are a very valuable asset to our program.

Whether a coach in our program is certified or trying to earn their wings, all of the coaches in our program are held to the very highest moral, and ethical standards set out by the Coaching Association of Canada. Please visit their website if you would like to see more information on their Codes of Conduct and Ethics.

Canadian Coaching Association of Canada

www.coach.ca

Parent Involvement & Shooting Supervision

Our Program is happy to have the parents of our athletes become involved with the program. We are always looking for volunteers to help with the administrative work as well as training parents to be coaches or Judges in our sport.

During their lesson time archers will be supervised by the coaches. The archers are asked to remain in the upstairs (second floor) range. If athletes must leave they are asked to inform a coach. We ask that the parents plan to attend every lesson with their athletes to assist them with scoring and to be there to cheer their athlete(s) on. Your enthusiasm and support is an essential ingredient in the full enjoyment of your athlete.

We do ask parents to refrain from coaching athletes on the line during our program unless you have spoken with a program coach and are a "coach in training".

Frequently Asked Questions

1) Do you work with people with disabilities?

The answer is a resounding yes! Archery is a unique sport that can be adapted in many ways to allow anyone to shoot. If you have a disability and want to know if you can shoot, contact our Junior Director and we will work with you to help you try our sport.

2) Do you run any programs other than your fall program?

Sadly no, not at this time. We have a limited number of volunteers who sacrifice a great deal to help with the indoor program. By the end of our fall program our coaches look forward to pursuing their own archery activities and relaxing after a very busy and hard year.

3) Can I pre-register for your fall program before the registration date?

No, our registration must be done on a first come first serve basis when registration opens online.

Any further questions can be directed to our Junior Director at junior.director@jrarchery.com

Program Registration & Start-Up Information

Registration for our upcoming season will take place on the last Saturday in August at 9:00 a.m. and can be done online at our website www.jrarchery.com. A confirmation date is held about 2 weeks after the online registration to handle equipment and program payments. You must attend this date to confirm your space in the program. Keep an eye on our calendar for the official date.

Each year our program accepts a total of 120 athletes. Our athletes from the previous year have the option to renew before we open up to new registrants. The number of new applicants accepted will be based on our total of 120 athletes—number of athletes renewed. Athletes will be placed on a first come first serve basis with consideration placed on ages that line up with our class age ranges. After our spaces are filled we will be creating a waiting list and will fill drop out spaces with our athletes on our waiting list.

