

# Mount Vernon Shooting Sports

## 2019 Archery Season Kick-off Parents Meeting

10-10-19

## Introductions

- **Head Coach** – Jason Robinson
- **Board Coach Representatives**- Bill Grudzinski, Ani Snyder,
- **President** – Joel Denes
- **Vice President** – Kevin Manternach
- **Secretary** – Angie Cannon
- **Treasurer** – Michele Grudzinski
- **BAI Trained Coaches** – Bill Grudzinski, Darin Vig, Don Cannon, Lane Gaffney, Jeff Hunt, Joel Denes, Michele Grudzinski, Jason Robinson, Chad Kelly, Corey Benn, Jeremy Kunz, Ellis Burge, Rhonda Miller, Ani Snyder, Josh Morris, Jason Kaiser, Kevin Manternach, Angie Cannon

## What is NASP

- The **National Archery in the Schools Program (NASP)** is a joint venture between state Departments of Education and Wildlife. Several archery equipment manufacturers and organizations are also partners. The program promotes **student education and participation in the life long sport of Archery**. The program's focus is to provide International style target archery training in physical education classes, for grades 4-12.
- **Department of Natural Resources Objective:**  
Declining participation in the shooting sports threatens financial and public support for wildlife conservation. Since its inception in 2002, more than 4 million students in over 5,000 schools located in 49 states and 5 countries have participated in the NASP. We expect many of these young people to make Archery a life sport.
- **Department of Education Objective:**  
Engage more students in the educational process to improve classroom performance and reduce dropout rates. The national school dropout rate is 10%. Most students (88%) who drop out of school indicate they were not involved in extra-curricular activities. Archery taught by the NASP is accessible to all students of nearly all age groups. Educators are reporting that the NASP "engages the unengaged" and inspires students to greater achievement in school.

## Registration

- Bullseye Registration Fee - \$90
  - Helps defer the costs of uniforms, string bow, tournament fees, practice facility, equipment, etc.
  - If the registration fee would cause a financial hardship on your family please contact Michele Grudzinski.
- 3D Registration Fee - \$100 (In order to register for 3D you must be registered for Bullseye)
  - Helps defer the cost of the targets, tournament fees, practice facility, etc.
- Registration documents can be found at [www.mvtraparchery.org](http://www.mvtraparchery.org)
- New Archer First Practice Opportunities will be November 5<sup>th</sup>, 14<sup>th</sup>, or 18<sup>th</sup> (6:00 pm or 7 pm)
- Open Gym Practices start November 5<sup>th</sup> and are both Tuesday and Thursday every week (6:00 or 7:00 pm)
- All archer practices start December 10<sup>th</sup> and are both Tuesday and Thursday every week (5:30, 6:30, or 7:30 pm)
- 3D practice will be Thursday's at 7:30 or 8:30 pm
- Registration Deadline – Postmarked no later than Monday, October 28<sup>th</sup> (**\$25 Late Fee after Oct. 28<sup>th</sup> until Nov. 4<sup>th</sup>**)
- Practice Schedule will be sent out on November 15<sup>th</sup>.
  - Assigned to a practice to balance attendance (48 spots per time slot available)
  - If you CAN NOT make practice at your assigned time, you may make up at either 5:30 or 6:30 time on another day. (note: attendance requirements to shoot at State and Nationals)

## Family Apparel Orders

Information will be emailed out by November

## Equipment



- Genesis Bow – original and unmodified
- Club has 52 bows archers can use if they choose.
  - Will not be able to check them out to use outside of practice or tournaments.
- Purchase your own bows
  - Palo Outdoors is an option for purchasing a bow
- MV Archery buys some replacement equipment in bulk and sells to archers at cost

## Costs

- Tournament
  - 6-12 local tournaments
  - State
- Practice Space
- Equipment (52 bows in club)
  - Strings (\$35 each)
  - Cables (\$35 each)
  - Rest (\$10 each)
  - Targets (\$185 each)
  - Bows (\$150 each)
  - Arrows (\$4.50 each)



## Fundraising

- All archers are encouraged to participate in all activities for the club.
- Fundraising planned for this year:
  - MV Tournament – January 11<sup>th</sup>
  - Soup Supper – TBD (looking into late January or Early February date)
- Watch for Sign up on the web site

## Become a Sponsor

- **Bullseye** - \$1,000 and up (recognized on the back of the team shirts)
- **Red** - \$500 – A second banner at home tournament
- **Blue** - \$250 – One target banner at home tournament
- **Black** - \$100 – Recognition at fundraisers and year-end banquet
- **White** - \$50 - Recognition on the website and a banner flown at all club events
- Sponsor recognition is cumulative from lowest level to top level.
- Sponsor Deadlines – November 1st

## Volunteer Opportunities

- Practice support
  - Adults interested in coaching and/or support help please contact Joel Denes
- Volunteer
  - Attendance Help at Practice
  - School Archery Units – HS, MS, ES
  - Soup Supper TBD (Late January – Early February)
  - MV Archery Tournament January 11<sup>th</sup> (12<sup>th</sup> is the snow date)
  - Summer Archery Camp
  - North Linn Fish and Game Clean Up Day – October 19<sup>th</sup> at 8 am
  - Whitetails Unlimited Banquet – January 16<sup>th</sup> 3:30 to 6 pm
- Volunteer sign ups will be emailed when we get closer to the events.

## MV Club PRACTICE Guidelines/Rules

- Bullseye Practice: Tuesdays and Thursdays
    - 5:30 pm – Elementary School Division Focused
      - Middle and High School could participate, just need to recognize what the practice focus will be at this time.
    - 6:30 pm – Middle Division Focused
      - Elementary School and High School could participate, just need to recognize what the practice focus will be at this time.
    - 7:30 pm – High School only and advanced archers by invite
      - High School only
  - 3D Practice: Thursdays at 7:30 Elementary and Middle School; 8:30 pm High School
  - Attendance records kept
  - Questions: Email - mvarchery1@gmail.com
  - Fully engaged in practice – NO ELECTRONIC DEVICES this includes PHONES or other distractions during practice.
  - Clean, closed-toed shoes – same as those for tournament day
- For full list of guidelines and rules check club website or ask for paper copy.

## Practice Site



Bullseye Practice Times – Tuesday & Thursday  
 5:30 pm  
 6:30 pm  
 7:30 pm



## MV Club SHOOT Guidelines/Rules

- Practice – 15 practices, one practice the week of tournament you are registered to attend, four practices prior to attending first tournament, behavior/academic eligibility (18 practices between 12/10/19 and 2/20/20)
  - League shoots are on Saturdays during December, January and February and are prioritized based on 3D offering and tournament capacity.
    - 8 tournaments in January and February used for State Team Qualification.
    - Must participate in at least 6 of Jan/Feb scheduled tournaments
  - A current team uniform top (included with club dues), black pants & closed toed shoes must be worn to all events.
  - Tournament Check in with the designated COACH
  - We EXPECT excellent conduct from our club members
  - Parents: Bring binoculars to see target rather than asking archer for score updates
- For full list of guidelines and rules check club website or ask for paper copy.

## MV Club Guidelines for STATE

- STATE TOURNAMENT: **MARCH 7<sup>TH</sup> AND 8<sup>TH</sup> 2020**
- All archers may shoot in any league tournaments
- State NASP - team is a max of 24 per division
- 3D team – team is max of 12 per division
- Coed rules – min of 4 opp. gender/team for Bullseye and min of 2 opp. gender/team for 3D.
- For state: Top 2 leagues scores
- For club: Team designation based on ...
  - 15+ practices and 6+ tournaments attended and archer conduct
  - Number of times an archer's score was included in a team score
  - Archer's league scores improvement or archer's ability to maintain scores
- State team announced on or shortly after February 24<sup>th</sup> 2019, once state registration confirmed, based on team state rank. Practices start 2/25/20. State archers MUST attend 4 practices and 2/29/20 tournament.

## MV Club Guidelines for NATIONALS

- Announcements made after the State Tournament about costs and teams
- Same NASP rules apply
- State scores for team must meet registration standards for Nationals (Tiers)
- Club Board will determine which teams will be registered
- Practices start end of March (for national team)
- Commitment to practices and costs
- We EXPECT excellent conduct of archers and coaches at Nationals

## Winning viewed TWO ways

- |                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                              |
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| <ul style="list-style-type: none"> <li>• Score Card Definition           <ul style="list-style-type: none"> <li>• Results (score)</li> <li>• Comparison with others</li> <li>• Mistakes are not OK</li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>• Mastery Definition           <ul style="list-style-type: none"> <li>• Effort</li> <li>• Learning</li> <li>• Mistakes are OK               <ul style="list-style-type: none"> <li>• As long as we learn from them</li> </ul> </li> </ul> </li> </ul> |
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## Positive Coaching

(we are not perfect but this is what we strive for)

- Positive Coaching Alliance Principles:
  - Double Goal Coaching approach
    - Prepares athletes to win and teaches life lessons through sports
- **ELM**
  - Effort: What does it mean to you?
    - Each archer has specific things they wish to improve on and demonstrate action towards those goals
    - Coaches will look for archers who are seeking help in practice
    - Archer using their string bow consistently, can communicate their aim point, are on time to practice and tournaments, willing to seek help
  - Learning: How often do we compare ourselves or kids to others?
    - Focus on self improvement. Am I better than I was yesterday? Will I be better by the end of the season?
    - Archers who are open to suggested changes and try them will improve.
  - Mistakes: Everyone makes them and the only time they are bad is when we don't learn from them

## We need your help to succeed

- Don't ask for scores when at tournaments
- Ask your archer what skill they worked on in practice
- Praise them for improvement based on skill advancement
- Body Language
- Don't coach from the stands
- Make it fun for them.

## ROOTS

- Rules: We will follow them and stay true to ourselves
- Opponents: Respect them because without them there is no competition
- Officials: Respect authority
- Teammates: Breakdown Clique's and treat everyone as part of the team
- Self: Be true to yourself and follow ELM principles

## Archer Expectations and Parent Support

- All MV Archers are expected to represent the club in a positive manner, those archers who do not exhibit this expectation will have their parent/guardians called to pick him/her up. The archer there after will need to have a parent/guardian/adult present with him/her at ALL subsequent events including practice.

## Small Group Meetings

- During the month of November, the parents/guardians will be **REQUIRED** to attend **ONE** small group meeting. You must attend in order for your archer(s) to attend the tournaments. A sign up will be sent out the beginning of November. These meetings will take place during the scheduled open gym times (archers may practice as one of their 15 required practices). Some of the discussion topics will include:
  - Uniforms
  - Behavior
  - Attendance
  - Tournaments
  - Fundraising

## Recognition and Scholarships

- Mount Vernon Archery Recognition
  - League shoot team/individual trophies/medals
  - Club recognizes personal records – MVA logo sticker
  - MVHS Letter – 2 years HS team, top attendance (75% attendance & tournaments), state scores for team
  - MV Archery Club scholarship (\$250)
    - Senior each year
    - Sponsored by Hitaga Archery trust fund
- State of Iowa sponsored scholarships (\$23,000)
  - NASP Academic Archer – for archers grades 6 – 12, based on their GPA (3.5 or better) and archery attendance (80%).
  - Haney Family Scholarship – seniors
    - 3 - \$1,000 scholarships
  - Iowa Bow Hunters Association – seniors
    - 2 - \$1,000 scholarships

## Archery AWARDS

- State (\$23,000)
  - Bullseye
    - 1<sup>st</sup> – 3<sup>rd</sup> Place Team – Trophy for each division and medals for each team member
    - 1<sup>st</sup> – 10<sup>th</sup> Individuals – Plaques for each division for male and female
    - Overall Champion Male and Female – Genesis Bow
    - Top individual senior (?) male and female awarded \$1,500
    - Runner up senior (?) male and female awarded \$1,000
    - All State Team – Top 6 male and top 6 female with the highest league score and their state score
  - 3D
    - 1<sup>st</sup> – 3<sup>rd</sup> Place Team – Trophy for each division and medals for each team member
    - 1<sup>st</sup> – 10<sup>th</sup> Individuals – Plaques for each division for male and female
    - Top individual senior (?) male and female awarded \$1,500
    - Runner up senior (?) male and female awarded \$1,000
  - Top High All Around (3d and Bullseye) – \$700

## Nationals Archery Tournament Scholarships

- Bullseye
  - 1<sup>st</sup> Place High School Team - \$1,000 each team member
  - 2<sup>nd</sup> Place High School Team - \$750 each team member
  - 3<sup>rd</sup> Place High School Team - \$500 each team member
  - 1<sup>st</sup> – 3<sup>rd</sup> Place Team – Trophy for each division and medals for each team member
  - 1<sup>st</sup> – 5<sup>th</sup> Individuals – Plaques for each division for male and female
  - Individual Champion Male and Female Genesis Bow
  - NASP Shoot-Off at Open of top 5+ male and female archers overall
    - \$20,000, \$15,000, \$10,000, \$5,000, \$2,500, \$1000
- 3D
  - 1<sup>st</sup> – 3<sup>rd</sup> Place Team – Trophy for each division and medals for each team member
  - 1<sup>st</sup> – 5<sup>th</sup> Individuals – Plaques for each division for male and female
  - Individual Champion Male and Female – Gen X Bow
  - Top male and female overall - \$1,500
  - 2<sup>nd</sup> place male and female overall - \$1,250
  - 3<sup>rd</sup> Place male and female overall - \$1,000
  - 4<sup>th</sup> Place male and female overall - \$750
  - 5<sup>th</sup> Place male and female overall - \$500

## Communication

- [www.mvtraparchery.org](http://www.mvtraparchery.org)
- [mvarchery1@gmail.com](mailto:mvarchery1@gmail.com)

