



Norton Archers



Goals

Motivation can be difficult to maintain if you don't have something to aim for, so why not try picking one of the below goals (or make one of your own) for today's session? Goals tend to work best if you write them down and then check at the end of the session that you did what you intended to do – you could even promise yourself a nice reward! 😊

Technique Goals

- Ask a coach to observe my technique and suggest one area for development or explain the importance of any of the below goals
- Keep my posture consistent throughout the session
- Make sure that my hand is positioned optimally on the bow throughout the session
- Ensure that I am using my back muscles every time I draw the bow
- Improve the consistency of my release so that it is the same for every arrow
- Ensure that I warm up at the start of the session and cool down at the end
- Begin using a clini-band to practise my technique at the beginning of the session/between sessions at home
- Use a psychological technique such as imagery or self-talk throughout the session to improve my motivation/focus

Individual Performance Goals

- Shoot a full round with only the permitted number of sighters and remember to submit my score to the Records Officer at recordsofficer@nortonarchers.co.uk
When you have submitted three scores you will have an Indoor Classification and Handicap score and can then aim to improve these, as well as entering the Handicap competition in the Club Championships in February!
- Shoot a total score of ____ over 36 arrows/in a Portsmouth round
- Score an average of ____ per arrow over the course of the session
- Score a total of ____ 10s over 36 arrows/in a Portsmouth round
- Shoot a Personal Best
- *For juniors:* Shoot a score which earns me my White/Black/Blue/Red Archery GB Progress Award badge

Competition Outcome Goals

- Shoot a score higher than my nearest rival in the DNAA Logical League this month
- *On a DNAA Winter League match day:* Shoot a Portsmouth score high enough to make the team (i.e. achieve one of the top three compound, top four longbow or top five recurve scores)

Club Participation Goals

- Volunteer to become a mentor in the buddy scheme
See the Vice Secretary
- Volunteer to organise a new club event or help at an upcoming club event
See one of the committee
- Volunteer to help with the maintenance of club equipment (e.g. fixing arrows, building stands, reserving strings, etc.)
See Equipment Officer
- Ask my mentor or another experienced archer how I go about... [entering competitions, buying new equipment, ordering club clothing, etc.]

Experience Goals

- Shoot a round I have never shot before (e.g. a Worcester, Bray, etc.)
Ask your mentor or another experienced archer for the distances/scoring zones/number of arrows involved
- Try a new bowstyle
See one of the coaching team to organise a time for them to coach you in using the club longbow or compound bow
- Learn how to tune my bow (e.g. set the nocking point, pressure button, bracing height, etc.)
See one of the coaching team (please note they may need to arrange this for a later session as it can be time-consuming) and bring paper and a pen to record your bow setup
- Learn how to fit my own fletchings, straighten an arrow, cut down over-long arrows, etc.
See Equipment Officer (may need to be arranged for a later session)