

Athlete Tracking Tool

Introduction

To assist athletes and coaches with tracking progression, it is necessary to have a tracking tool that is short and simple to use but still provides us with meaningful detail. The new awards scheme has been adapted and provides additional levels above the currently advertised 'Gold' level. This allows athletes to use the tracking tool within club time and potentially at the same time as other club members all working at their own level.

The Tracking Tool

The tool itself follows the awards scheme rules apart from submitting scores for the awards. So it is 3 doz arrows at 70/50m onto a 122/80cm face.

Scores

Level/Bow	Recurve	Compound
Gold (for reference)	300	320
Platinum 1	315	330
Platinum 2	330	340
Platinum 3	340	350
Platinum 4	351	359

Platinum 4 is designed to be in line with the current World Records

Average Arrow Value (AAV)

Level/Bow	Recurve	Compound
Gold (for reference)	8.33	8.88
Platinum 1	8.75	9.16
Platinum 2	9.16	9.44
Platinum 3	9.44	9.72
Platinum 4	9.75	9.97

To measure progression we would ask athletes to track their AAV, this can also be used in formal competition for the ranking round and head to head elements to allow for comparison. It can also be used across a number of events to gauge progression over a longer period of competition.

Analysis

As well as using the tracking tool, it is critical that athletes are able to plot arrows so they know which arrow went where. It is also crucial to be able to video the 3 doz arrows so the athlete and coach can look at technique and note any differences that occur depending on

where the arrow has landed. Differing video angles can be utilised i.e. back, front, above, behind, in front. A smart phone is ideal for this and mounting on a tripod helps provide stability. It would also be helpful for context if the weather conditions were noted so wind speed/distance and rain or sun, temperature can all affect the outcome. Over time this could give a very useful data set to help set realistic goals for events.

Frequency

This could form part of the weekly training programme but should not then become the main focus and take precedence over learning and developing technique. It is also important to remember that during these periods of development and adapting technique that scores could drop significantly. Recording this as part of the training diary is crucial for providing context.