

## Iceland Trip 2019 Selection Criteria

Scottish Archery will be sending a fully funded Scottish team to Iceland from the 19<sup>th</sup> to 22<sup>nd</sup> July. The selection criteria will be based against our 'what it takes to win' model. This will take account of the scores being shot as well as personal practice, mental approach, non-archery training, and lifestyle etc.

The closing date for submitted evidence is Tuesday 21st May with an announcement expected in early June. Evidence can be submitted [here](#).

The team will consist of:

1 male recurve

1 female recurve

1 male compound

1 female compound

### Scores

The below scores are calculated by taking the GB minimum qualifying standards for outdoor selection then taking off 6% of the round total. At least four scores should be submitted shot between the 25<sup>th</sup> May 2018 and 24<sup>th</sup> May 2019 with one being shot above the score below:

Male Recurve - WA720 608

Female Recurve - WA720 588

Female Compound – WA720 (50m) 638

Male Compound – WA720 (50m) 650

N.B If scores are close and there is sufficient evidence around 'What it takes to win' then you can still be considered for selection.

### Other factors

In order for selections to be made athletes should look to provide:

- Extract from a training diary to highlight – lifestyle and personal practice sections in the what it takes to win model
- Progression made over previous years in terms of scores, competitions attended and any significant changes in training patterns
- Details of non-archery training such as strength and conditioning and any instances of resilience etc
- Competition scheduling and any basic understanding of periodisation
- Show what has been done specifically to work on the archer's mental approach, looking at coping strategies, visualisation, post analysis etc
- Share your long-term goals and what short term goals will get you there
- Tell us about any injuries or adversity that you have had to overcome

Examples – Some ideas of what we are looking for within the evidence

- Taking part in at least 4 purposeful archery sessions each week
- Supplementary sessions that focus on non-archery aspects each week
- Training plan that shows 'peaking' for key events during the season
- Long term goals that are Specific, Measurable, Achievable, Realistic, Time bound (SMART)

### **Process**

After online submission of scores and evidence against the what it takes to win model, archers meeting the criteria will be passed to the performance subcommittee for final selection of places. There may be a requirement for some face to face conversations with archers to discern between candidates at similar levels.