

Pathways Squad 2019 Selection

For Pathways Squad 2019-20 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. If your scores are not quite at the level below please still apply as if you can demonstrate significant evidence against our 'what it takes to win' model you may still be considered. After feedback from those on Pathways Squad this year we will release the content for 2019-20 sessions in early August along with costs. The closing date for submissions is the 18th September with an announcement taking place soon after.

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 from the most recent outdoor season on or before 18th September 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

Junior Male Recurve – WA720 578

Junior Female Recurve – WA720 548

Cadet Male Recurve – WA720 (60m) 578

Cadet Female Recurve – WA720 (60m) 558

Junior Female Compound – WA720 (50m) 635

Junior Male Compound – WA720 (50m) 648

Cadet Female Compound – WA720 (50m) 623

Cadet Male Compound – WA720 (50m) 639

Cub Recurve – Stepping stone round 550

Cub Compound – Stepping stone round 625

*Due to the new age group and round cubs may submit scores shot under competition conditions and signed off by a judge who was present.

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 or nutritional planning for example
- 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.