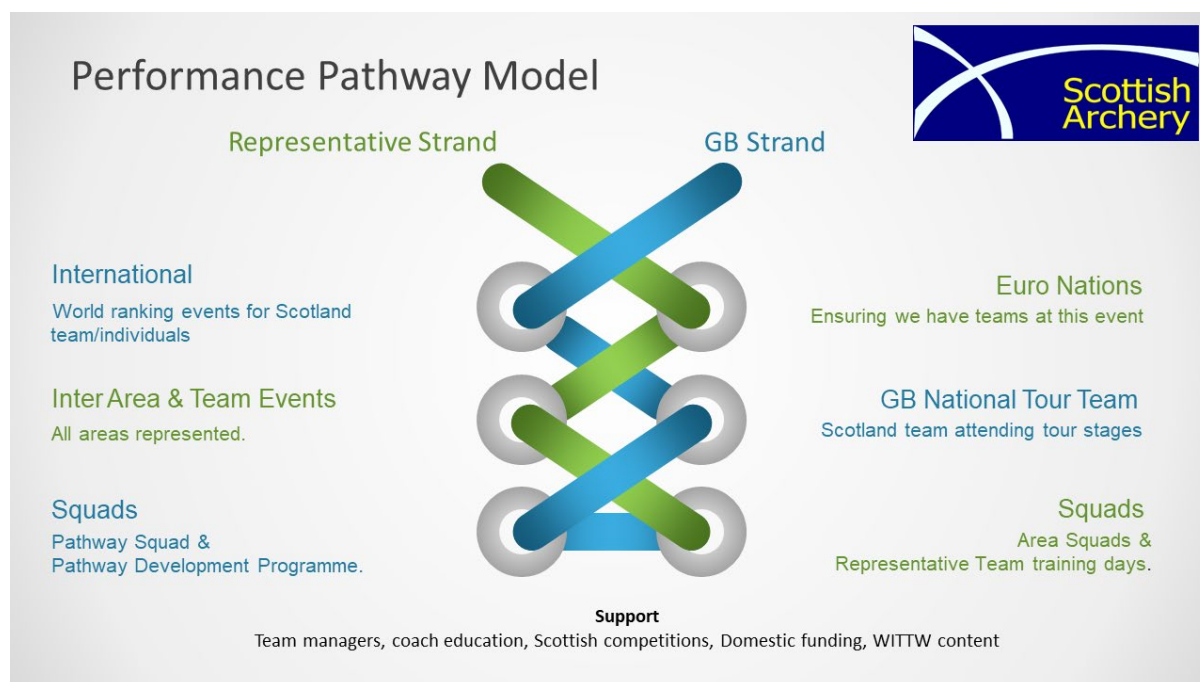


Pathways Squad 2021-22 Selection

Pathway Squad sits as part of our GB strand on the performance model. The aim of Pathway Squad is to prepare and assist athletes with progressing to GB squads and teams.



GB Strand Athletes

The GB strand is designed to provide athletes that have the desire and commitment to progress to GB teams with an opportunity to further develop themselves.

To be on the GB strand, athletes are expected to already be showing performance behaviours in line with our [athlete and coach expectations](#) and our [What It Takes To Win](#) model. This includes athletes taking ownership for their journey within the sport and having clear articulated goals along with a training plan and training diary to help them achieve them.

For athletes that do want to progress on the GB strand but are just at the start of that journey then we have a new programme in place for this year called the Pathway Development Programme. This is specifically suited to those in the Cub or Cadet age groups as well as those that are either new to the sport or want to become more performance focused.

If this isn't your focus or it isn't where you want to be, then that is ok. We have the representative strand that still allows you to represent Scotland at Home Nation and Euro Nations type events.

Commitments

In terms of commitments to the programme we are looking for athletes that attend all sessions and follow the behaviours and expectations as laid out in the link above. We are looking for athletes that are either planning to or are already on the range more than 3 times a week. Athletes should also be supplementing their range time with gym work to ensure they are physically ready to increase their training load.

We are also looking for a commitment to taking ownership and responsibility for your own development and progression, having an overall training plan as well as a training diary are really key to letting you do this.

Commitment to working with and learning from others is also important. Working with a licensed coach to help your progression will support you on your journey.

Selection Criteria

Athletes currently on the Commonwealth Championships Training Squad will automatically be offered a place on Pathway Squad.

Performance behaviour is the main component that will determine whether or not an application is successful. Specifically we are looking for athletes to be able to show the following:

- Clear goals set and working towards a long term goal
- Periodised training plan linked to goals.
- Training diary with thoughts/reflections linked to goals as well as session content and outcomes.

It is vital that these documents exist primarily for the use of the athlete and potentially their coach as well, therefore the format is very specific to you as an individual and what works well for you. These documents should not exist primarily for use in selection applications nor should you need to change the format of it when submitting it. For example if you keep a paper diary just send a couple of photos of the content rather than typing it up.

If you don't currently have these documents in use and you are keen to be a GB strand athlete, we suggest starting to develop them now. We would expect to see something that's been in use for at least 2-3 months when submitting as part of the application process. Some template documents can be viewed on the Scottish Archery [performance page](#).

Scores

We are looking for athletes to be shooting around 90% of the Team GB qualifying scores and submitting 3 scores for 2021:

Recurve Men - WA720 610

Recurve Women - WA720 597

Barebow Men – Please submit scores for WA24, WA3D or WA720

Barebow Women - Please submit scores for WA24, WA3D or WA720

Compound Women – WA720 (50m) 621

Compound Men – WA720 (50m) 632

Junior Recurve Men – WA720 569

Junior Recurve Women – WA720 544

Junior Compound Women – WA720 (50m) 608

Junior Compound Men – WA720 (50m) 616

Junior Barebow Men - Please submit scores for WA24, WA3D or WA720

Junior Barebow Women - Please submit scores for WA24, WA3D or WA720

Please note that Cadet and Cub age athletes should look to our new Pathway Development Programme for support with their journey.

N.B If scores are close to the levels above and there is sufficient clear evidence in the training plan, diary and goals then you can still be considered for selection. If scores are submitted without sufficient clear evidence of goals, training plan and a diary then it will be very difficult to progress the application.

Squad Programme

Delivery of the squad programme will combine online sessions both as a group and as individuals alongside some face to face delivery.

Content is likely to include the following:

- Psychology
- Strength & Conditioning
- Periodisation
- Goal setting
- Support from Pathway Coaching team
- Simulated practice
- Bow setup and tuning

Process

After completion of the [application form](#) athletes meeting the criteria will go through a short interview process. From here successful athletes will be offered a place on pathway squad and unsuccessful athletes will be offered a feedback session. Appeal process.

Closing date for completing the application form is Monday 27th September at 12 noon.

Matters Not Covered

Any matters arising which are not covered within these criteria shall be dealt with by the Performance Group.