

to be inspired is great,
to **inspire** is incredible



WBHC 2015

"TALENT WINS GAMES
BUT TEAMWORK AND
INTELLIGENCE WINS
CHAMPIONSHIPS"

-michaeljordan
kushanawizdom.tumblr



YOU **DON'T** GET
WHAT YOU
WISH FOR

YOU GET WHAT YOU
WORK FOR

EVERY
CHAMPION
WAS ONCE A
CONTENDER
THAT
REFUSED TO
GIVE UP

-ROCKY BALBOA

A Protea Archer must be committed to archery and not just involved!

What is the difference between involved and committed?

According to Larry Wise the difference is explained in a simple bacon and egg breakfast.

The Chicken is involved in making the bacon and egg breakfast. Because she laid the egg. Then she went to on her merry way to lay another

The pig on the other hand was COMMITTED in making the breakfast because he gave his life for it.

**You are a Protea Archer –
You are committed!!!**



09 AUGUST 2015

- ❖ **Team Manager's Rules**
- ❖ **Etiquette on the range**
- ❖ **Warm-up Exercises**
- ❖ **Nutrition**
- ❖ **Anxiety**
- ❖ **Exercises**
- ❖ **Diaphragmatic Breathing Technique**
- ❖ **Tournament Rules**



TEAM MANAGER'S RULES

- **Concept of Team**
- **Respect and Dignity**
- **Representing South Africa**
- **Neat Appearance of Team**
- **Be On Time**
- **Unsportsmanlike Behavior**
- **Use of Alcohol and Tobacco**
- **Where Abouts**
- **Table Manners**
- **Ask Before You Act**



ETIQUETTE on the ARCHERY RANGE

- **Keep laughing, talking to a minimum.**
- **Pay attention to where you place your equipment.**
- **Do not leave your equipment unattended!!!!**
- **Remove arrows by “worrying” them out.**
- **DO NOT handle or touch anyone’s equipment.**
- **Control your temper.**
- **Faull language.**



Warming up before shooting seems like a good idea but how many of us actually do it?



When commencing an activity being it archery or hiking or hunting or whatever, your body needs to make a number of adjustments to cope with the stressors placed on the body. These includes:

- increasing your breathing and heart rate;
- increasing the energy-releasing reactions in the muscles; and
- promoting blood flow to the muscles to supply them with more oxygen and to remove waste products.

These adjustments does not occur straight away, but require a number of minutes to reach the necessary levels.

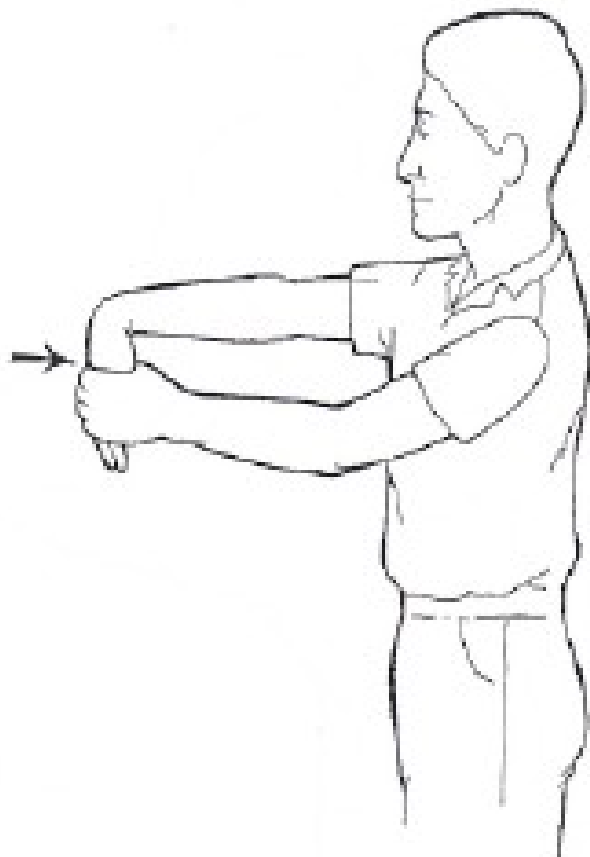
WARM-UP
EXERCISES

The purpose of a warm-up is to encourage these adjustments to occur gradually. It is aimed at:

- Increases blood flow to the muscles, which enhances the delivery of oxygen and nutrients;
- warms your muscles, which promotes the energy-releasing reactions used during exercise and makes the muscles more supple;
- prepares your muscles for stretching;
- prepares you mentally for the upcoming exercise;
- primes your nerve-to-muscle pathways to be ready for exercise; and to
- prevents injuries.



**WARM-UP
EXERCISES**



Exercise 1 of 8
WRIST FLEXION



Exercise 2 of 8
WRIST EXTENSION BILATERAL



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ARMS OUT TO THE SIDE: ROTATION

Aim: To warm up arm and shoulder muscles through a range of motion. Also reinforces 'upright' posture.

How to do it: Stand upright and hold your arms out to the side. Rotate arms slowly in small circles, gradually making the circles bigger, until you are making a large circle. Attempt about 5-10 rotations. Stop with your arms right up in the air, and go back the opposite way, starting with big circles and slowly making them smaller.

Tip: Keep these rotations slow and controlled at all times.



SKI POLES

Aim: To warm up arm and shoulder muscles through a range of motions.

How to do it: Standing upright imagine you are holding ski poles, and 'bring the poles forward and then push backwards'. Bend your knees each time you push backwards, or you can take a step forward. This helps to warm-up the legs. Repeat this about 5-10 times.



SIDE-TO-SIDE

Aim: To warm-up arm and shoulder muscles on the back of the body, and imitate some of the movements of shooting a bow.

How to do it: Standing upright link your middle three fingers together, with your arms up level with your neck, and gently apply pressure by pulling elbows backwards. Focusing on the muscles on the back of your arms and shoulders, twist your arms around to the left, and then round to the right.

Repeat these about five times, trying not to hold the positions.

Tip: Keep these movements slow and controlled at all times.

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ROUND-A-BOUT

Aim: To warm up the arm and shoulder muscles on the back of the body, and imitate some of the movements of shooting a bow.

How to do it: Follow the guide for 'side-to-side'. Instead of moving left to right, move the hands in a circle around the face, maintaining pressure across the linked fingertips.

Tip: Keep these movements slow and controlled at all times.

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ROTATE ARMS FORWARDS AND BACKWARDS

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Aim: To warm up the shoulder muscles through a range of motion, rotating arms forwards and backwards. Important for warming up the small 'rotator cuff' muscles of the shoulder.

How to do it: Stand upright and hold your arms out in front of you, the backs of your hands touching. Slowly move your arms backwards, rotating your hands if you wish. You should feel the shoulder blades squeezing backwards as part of the warm up. Then bring your arms forward back to the starting position. Try to repeat this about 5-10 times.

Tip: Keep these movements slow and controlled at all times.

ROTATE YOUR HIPS

Aim: To warm up your core and enhance the sensation of balance.

How to do it: Hold your hands on your hips, and swing your hips in a circular direction, as if you were hula-hooping. Start in one direction for about five 'hulas', and then change direction for another five.

Modification: If needed, for extra balance hold your arms out to the side.



ROTATE YOUR FEET

Aim: To warm up your ankle joints and enhance the sensation of balance.

How to do it: Standing on one leg, hold the other leg forward and rotate the foot five times in each direction.

Modification: If needed, for extra balance hold onto someone else or a hand rail.



FORWARD STEP

Aim: To warm up your legs, feet and ankle joints and enhance the sensation of balance.

How to do it: From a standing position step forward with the left leg, hold for a second and then return back to standing. Step forward with the right leg, hold for a second and then return back to standing. Repeat about five times for each leg.

Modification: Extend the 'lunge' forward for an increased level of warm-up. Make the steps smaller if too challenging.

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NUTRITION

When you compete, you make sure you have the equipment you need!

You couldn't compete well without this equipment, could you?

But how do you help your performance from the inside out ensuring optimum concentration?

EATING RIGHT FOR ARCHERY SUCCESS

Top athletes in the Olympic sport of archery know that when it's time to compete, your entire body plays a part.

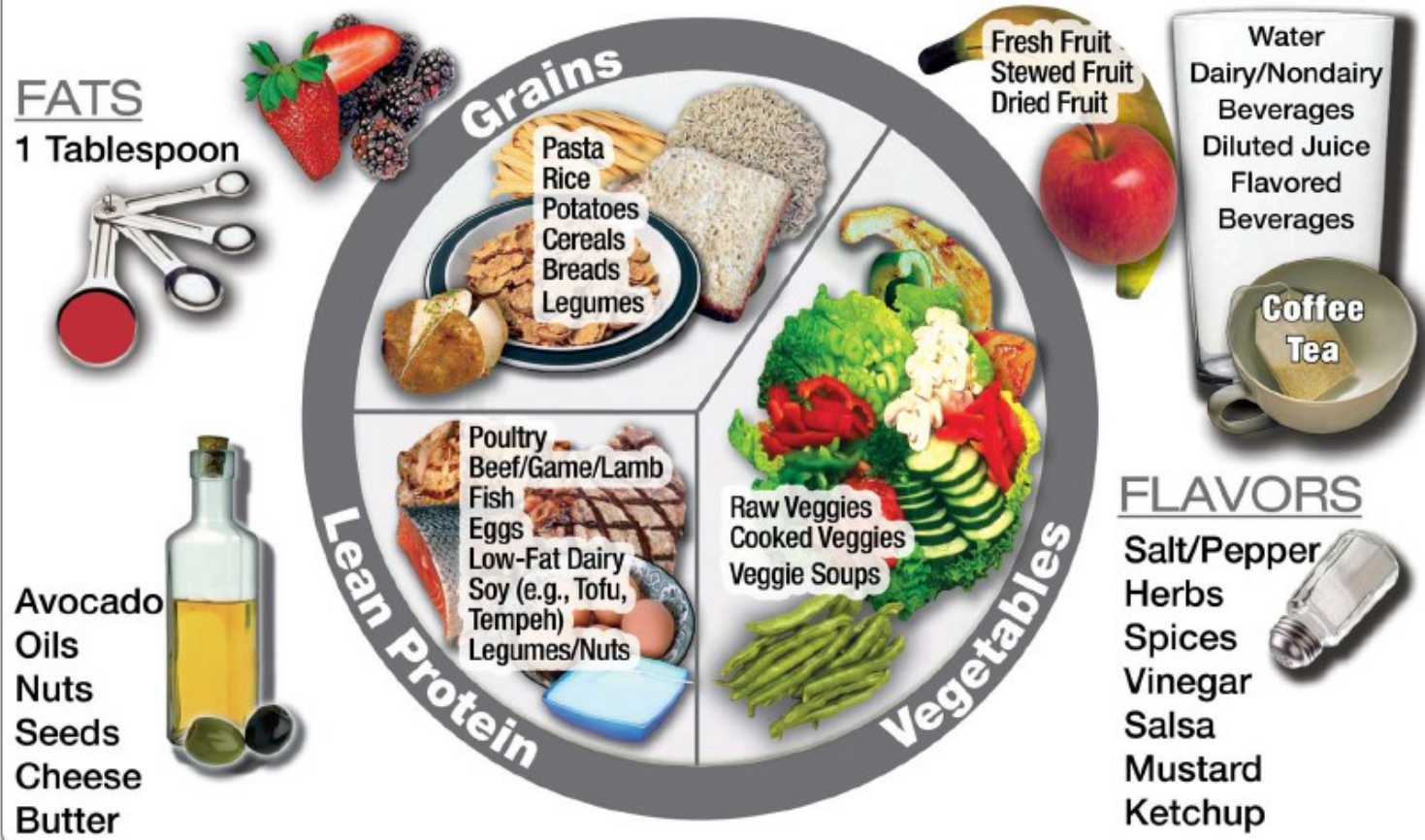
Whether it's keeping your mind sharp, your muscles strong or your foundation stable, competitors have to fuel their bodies for optimum archery performance.

In general, it means balance is important, and the distribution of fruits and veggies, carbs, and proteins varies based on what you're doing.

EATING RIGHT FOR ARCHERY SUCCESS

ATHLETE'S PLATE

MODERATE TRAINING:



This guideline should be followed on the day before, during and after your competition.

Meal Planning.....



BREAKFAST
Pre-match meal
(within 1hr of waking up)

2 -3 hours prior to event

Low GI

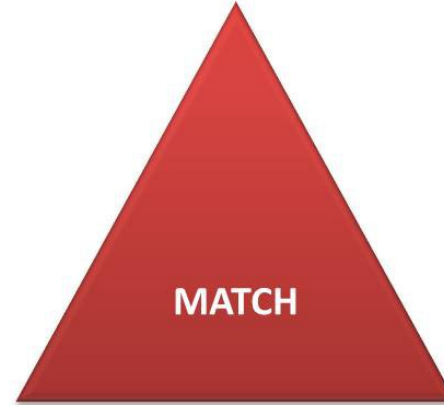
Hydrate

Water / Juice (Fruit)
Cereal (Carbohydrate)
Milk (Protein)

Fluid intake
after warm up



Water / Sports
Drink / Juice



MATCH

Water

After Match
(Within 30 minutes)

Refuel
High GI
Carbohydrates

Rehydrate
Fluids
Electrolytes

Recover
Protein
Carbs

Sports drink, energy bar, flavoured milk, yoghurt, sandwich

Lunch box



2 eggs
Provita
Low fat cheese
A protein
Raw Almonds
Bananas
Dried mango
Apple
Naartjie
Water

Remember that your need for hydration will increase based on the type and amount of training you're doing.

Make water your go-to beverage, followed by limited amounts of sports drinks, diluted juices, flavored drinks and coffee or tea.

As an archer, limit your caffeine intake, and keep the water flowing.

Proper nutrition – and hydration – are two of the best tools you'll have for optimum performance on the archery field.

HYDRATE

HYDRATE

AND

HYDRATE

AGAIN!

The best fluid to consume is *water*, which should be consumed throughout the day, during training, and at meal times.

Choose a sport drink to help replenish fluids and electrolytes lost in sweat.

Water

vs

Sport

Drinks

COPING WITH ANXIETY

You may be great in training and look really good and shoot really well but when it comes to competitive shoot you just seem to fall apart, make silly mistakes or just don't shoot as well as you know you can.

This is mainly down to ***Performance Anxiety***.

Anxiety before or during archery competitions can hinder your performance as an elite archer. If there is a substantial difference between how you perform during practice and how you do during competitions, anxiety may be affecting your performance.



ANXIETY

BUSTER

EXERCISE

Step 1: Score on a scale 1-10 how anxious you feel.

Step 2: Take a small rock and follow the instructions.

Step 3: Imagine a line down the centre of your body.

Step 4: Throw the stone from your left hand to right hand.

Don't cross the line with your hands.

You can speed the movement up.

Step 5: Do this for 30 seconds to one minute.

Step 6: Score how you feel.

How does it work:

Because we are using left and right brain, therefore both hemispheres you are doing bilateral simulation of the brain. So by getting you to do something neurologically different to the anxiety we can start to reshape how we approach the anxiety. You will start to pattern-in a new response to anxiety by interrupting the old pattern behavioural loop. The aim of the exercise is to re-programme the mind that relaxation is the trigger to anxiety. You can do this anywhere.

Allow yourself to feel the feeling..... Identify the mistake – Mistakes does happenIt is OK!!!

But thenGet over itQuickly!! HOW??

Don't think mistake - Think "PROCESS" think 'the now' not future – the target is the future, the current process is what you have control over. What is the process??

Present process thinking

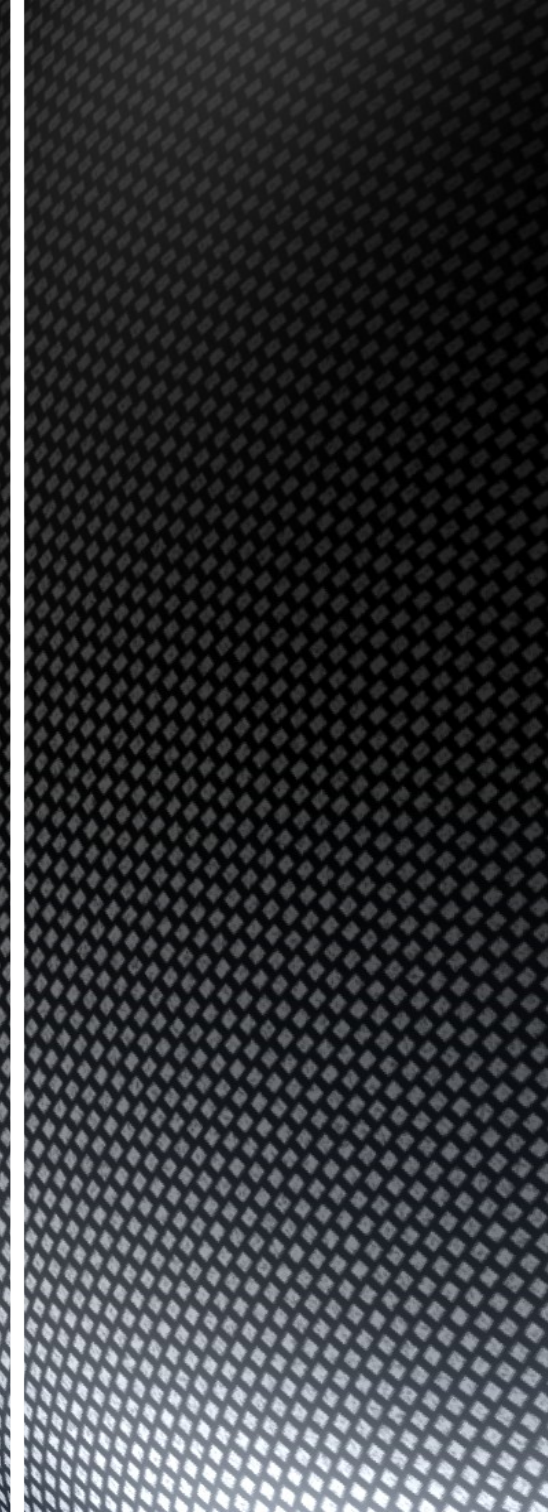
- 1. Process to determine the next distance**
- 2. Your shot sequence – Process**

In thinking this way – it will take your mind away from the past and the future. Thinking in the Present!!!

**DEALING
WITH
A
BAD
SHOT**

Diaphragmatic Breathing Technique

ARCHERY



Positive Mind.

Positive Vibes.

Positive Life.

