

The goal of our Competitive Academy Program is to help students develop into well rounded athletes. We expect a commitment to training, because we are committed to help you grow as an athlete. Our goal is to teach athletes about all facets of sport development; technical, tactical, mental, physical, nutritional and lifestyle. By focusing on becoming a balanced athlete, archers can learn to push past previous limits and reach new levels of performance.

**Program Benefits:**

* Group Training Classes
* 4-6 Month Athlete-Coach-Parent Meetings
* Performance Tracking
* Training Plans
* Discount on all ENAC Programs

**Program Eligibility**

To be eligible for the program a student must demonstrate a commitment to training and the values upheld by the program. Eligibility in the program will be reviewed and reassessed every 6-months from the time student is first enrolled.

**To Be Eligible You Must:**

* Demonstrate an enthusiasm to train
* Achieve a Competitive level KPI for two consecutive class sessions
* Demonstrate good conduct, sportsmanship, and the Easton Foundations core values
* Average 3 days of shooting per week
* Sign Competitive Program Athletic Agreement below

**Athlete’s Responsibility:**

* Attend all scheduled lessons
* Schedule 4–6-month meetings
* Turn in assignments, promptly and completely, including:
	+ Weekly Training Log
	+ Bi-monthly Performance Log (Scoring Log)
	+ Goal Setting and Review Worksheet
	+ Training Plan Worksheet
	+ Pre/Post Performance Reviews
	+ Other assignments per coach’s instruction
* Commit to established training plan. General weekly training will include:
	+ Physical Training (1-3 days)
	+ Mental Training (2-6 days)
	+ Technical Training (1-6 days)
	+ Bow Training (3-6 days)
* Compete regularly, as discussed with coaches. Minimum expectation:
	+ 2 State level competitions per year
* Demonstrate good conduct, sportsmanship, and the Easton Foundations core values
* Maintain a Competitive level KPI

I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ have read and understand this athletic agreement. I know if I do not uphold my responsibilities; the coach has the right to take appropriate actions including removing me from the academy and placing me in the appropriate class.

Student Name: Signature:

Date: / /

**Parent’s Responsibility:**

As the parent to a competitive athlete you are responsible for supporting your athlete. Assisting them by any means within your power, while upholding the values of the program.

* Support your athlete regardless of outcome or circumstance
* Help your athlete understand that mistakes are a natural part of learning and growing
* Cheer for your athlete in competition and enjoy watching them play
* Set an example of good sportsmanship and fair play
* Allow your athlete to take responsibility for their own work, goals, and training
* Be open to feedback from the coach and your athlete on how to improve their experience and performance
* Allow the coach to do the coaching
	+ If you have any suggestions or concerns, please bring them up with a coach in private
* Be present and aware of your athlete’s training

I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ have read and understand this athletic agreement. I know if I do not uphold my responsibilities; the coach would have my cooperation to take appropriate actions including requesting I leave the field of play or step away from the training area.

Parent Name: Signature:

Date: / /