

GOLD MEDAL ARCHERY CLUB POLICIES AND RULES

The mission of Gold Medal Archery JOAD and Adult Achievement Club is to promote the sport of archery among youth and adults, encourage sportsmanship and volunteerism, and to provide youth and adults with positive and enjoyable opportunities to excel in the sport of archery. GMA Club endorses a friendly, respectful, goal-oriented environment for growth as a human and an athlete. GMA Club is associated with USA Archery JOAD and Adult Achievement Programs and strictly follows their guidelines. Coaches and members of GMA, as part of USA Archery, are covered by General Liability Insurance Certificate sponsored by USA Archery. GMA Club is privately owned and run by Elzbieta Tworek, USA Archery Coach level IV, NTS; MBA Logistics; MA in Physical Education; MA in Sport Science, and Jerzy Tworek USA Archery Instructor level II, MA in Physical Therapy, Integrative Manual Therapy Certified. Gold Medal Archery is registered with USA Archery, the State of Tennessee, County Business Agencies, and is located at a private property: 2549 Poppywood Rd. Knoxville, TN 37932.

Code of ethics:

GMA Club and its members are committed to the highest levels of ethics, integrity, compliance, and sportsmanlike conduct in connection with training, practice, and competition in the sport of archery. Participating at an event, training camp, or competition and competing as, or traveling with, a member of a GMA team is an honor. Each such participant, as a representative of GMA and the sport of archery, must be committed to maintaining this high standard of conduct. GMA closely follows The USAA Code of Ethics and defines USAA's expectations for athletes, coaches, trainers, managers, judges, officers, and parents/volunteers.

In addition to the Code of Ethics, GMA/USAA members and volunteers are required to comply with all applicable local and state laws, statutes, ordinances, and USAA rules, policies and procedures including the USAA policies regarding: Harassment and Sexual Abuse, Drugs and Alcohol, and Sportsmanlike Conduct.

PARTNERS IN CLUB' ACTIVITIES: Parents, Archers, Coach, Instructors and Volunteers

PARENTS

Sports provide an excellent opportunity to teach young athletes about the realities of competitive situations. We believe that parents along with the coach must teach their child how to be a cooperative team member, how to make use of both positive and negative feedback, how to cope with adversity, how to achieve mental toughness, and how to be a gracious winner or loser. We expect parents to act with a higher set of standards than we expect from our archers. Parents are the role models, therefore

- Value your child's commitment. Get your kids to practice and tournaments on time.
- Act in a respectful manner. Nothing is worse for a player than hearing a parent using foul language, booing, taunting, screaming, or making comments at, or about, players, coaches, spectators, or officials. Good sportsmanship means playing fair and safe, controlling negative emotions, and keeping the spirit of competition a healthy endeavor.
- Never question an official or express your feelings at a call vocally. Remember that archery officials are an important part of the sport of archery and add to the overall experience for your child. It is important that you distinguish between bad calls (human error) and wrong calls (when an official doesn't know the rule). In either case, it is important that you respect all officials and develop tolerance skills for when bad calls are made (which will happen – officials are human and like all of us, will occasionally make a mistake!). Bring any concerns at a competition to the coach.

- Leave the coaching to the coach. Although parents mean well, coaching from the sidelines only causes confusion to the archer.
- Try and identify a positive from every competition or practice to help build confidence. An archer's sense of achievement is the greatest motivator.
- Allow the game to be fun. Encourage enjoyment and participation over results. Enjoy the journey and put winning and losing into perspective.

ARCHERS, groups of archers based on the level of commitment and skills:

- Private Archers** are students that meet Coach during private meetings and recognize Coach Elzbieta Tworek as a leader of the club's program. They learn about all aspects of archery as a sport including safety, shooting skills, and way of competing. They are advised about equipment selection and purchasing, set-up and equipment tuning, techniques to repair and maintain equipment. They are actively involved in the shooting techniques development that is depended of their style of shooting. They are coached mental preparation techniques like goal preparation. During these session Coach takes videos for further analysis.
- Beginner Archers**, a group of Archers that learn the basics of shooting techniques and fundamentals of archery safety; recognize Coach Elzbieta Tworek as a leader of club's programs; follow Coach's directives while learning basics of archery skills; have their own equipment or rent it from Coach; beginner may participate, or not, in club's or other local archery competitions.
- Non-regulars**, a group of archers possessing archery skills comparable to Advanced archers; recognize Coach Elzbieta Tworek as a leader of the club's programs; are familiar with advanced shooting techniques; not committing to an advanced training program.
- Advanced Archers** are familiar with advanced shooting techniques like the KSL Shooting Cycle and the BEST method; committed to an advanced training program and its methods; have written archery goals; compete in local and national events; practice on a regular basis using their own equipment; recognize Coach Elzbieta Tworek as a leader of club's programs; closely follow coaching directives and proudly wear club's shirt during tournaments. Advanced archers need to sign the GMA Club Agreement. Appendix B
- Elite Archers** recognize Coach Elzbieta Tworek as a leader of the club's programs; a group of Archers familiar with advanced shooting techniques like the KSL Shooting Cycle/ the BEST method; committed to a **high performance** program, use advanced shooting techniques NTS; have written and verified by Coach archery goals; closely follow Coach's shooting instructions, diligently follow training programs prepared by Coach; keep an archery log; committed to a series of competitions proposed and approved by Coach; they take care of their equipment, maintain and make sure that bow tuning is up to date; proudly wear club's shirt during tournaments; follow the USAA Code of Conduct; participate in at least 6 major (Nationals, and other than TN State) competitions during winter and summer season;
Elite archers need to sign the GMA Club Agreement. Appendix B.

COACH and INSTRUCTORS are certified by US Archery or NFAA and held current license, active membership of US Archery or NFAA as well as have updated background check.

VOLUNTERS, a group of club followers willing to support club's activities during practice, competitions, Summer Camps, or other club gatherings. Parents, Family Members, and Others are asked to follow the Parent's Code as well as US Archery Code of Ethics, need to sign US Archery activity waiver, and have Range Pass from US Archery when work with minors.

REGISTRATION AND PAYMENT RULES

- I. Due to liability insurance requirements, all participants must join "Gold Medal Archery" JOAD and Adult Achievement club and become USA Archery members. Elite, Advanced and any other Archers that plan to participate in tournaments outside Gold Medal Archery club need to have an individual or a family membership other need to have a recreational membership of USA Archery. □
 - i. The annual fee for Gold Medal Archery club membership is \$75.00-individual or \$100.00 family; it is payable to Elzbieta Tworek. Club membership has the same day of expiration as USA Archery membership. Appendix A. □
 - ii. The fees for USA Archery memberships are payable to USA Archery and can be completed online via USA Archery's website; <https://webpoint.usarchery.org/wp/Memberships/Join.wp>, the annual cost varies from \$15-\$50.
- II. **Beginner** archers can sign for FALL, WINTER, SPRING, SUMMER SEMESTER, Summer Camps, or register for private lessons and any group lessons designed for beginners that fit their schedule; occasionally they can get permission from Coach to sign for advanced lessons. Tuition rates depend on the number of class registered for a Semester. Tuition fee Appendix C.
- III. **Advanced** archers can sign for FALL, WINTER, SPRING, SUMMER SEMESTER, Summer camps, and must participate in a minimum of 24 classes per semester to maintain their status; a private lesson can count for 2 group lessons. Tuition rates depend on the number of lessons archer is signed for. Appendix C.
- IV. **Elite** archers can sign for FALL, WINTER, SPRING, SUMMER SEMESTER, Summer camps or register for minimum 30 classes that fit their schedule during entire semester including at least two shared private lesson per month. Tuition rate is enclosed in Appendix C.
- V. Adult Archers with kids can register for any classes designed for Beginners or for Advanced with a Coach's permission. Tuition rates depend on the number of lessons archer is signed for. Appendix C.
- VI. Winter Semester Starts on the beginning of January, ends on the end of March; Spring Semester Starts on the beginning of April, ends on the end of June; Summer Semester Starts on the beginning of July, ends on the end of September; Fall Semester starts on the beginning of October ends before Christmas. During each Semester about 30-33 classes are offered.
- VII. Archers can participate only in classes they are registered for. Archers can change her/his schedule only with Coach's permission.
- VIII. If an Archer has a REAL emergency and cannot come to the class (car accident, illness with high fever, or hospitalization), and the archer/parent notifies Coach about the emergency before the class starts, the archer may reschedule the class within ten days. This emergency may not exceed 4 times per Semester and a makeup class once scheduled cannot be rescheduled. If an Archer misses the class for a non-emergency reason, there is no refund/credit or rescheduling available. This policy applies ONLY to Archers paying a semester tuition for 24 classes and does not apply to package "Y" and "E" owners. As much as school is important, a homework is not an excuse for missing classes.
- IX. In case of Coach's absence due to archery competitions, seminars, business meetings, or illness, class can be led by an assistant - Archery Instructor level II or Coach can cancel the lesson. If class is cancelled, the amount paid by archer will be credited to future payments or refunded.
- X. Archers that were absent for medical reason longer than a month need to provide Coach with a medical release.
- XI. New archers or regular archers absent in the program for more than 6 weeks, need to make an appointment with Coach for a private lesson before joining a group.

- XII. Group classes may have to be canceled due to inclement weather. Coach will offer make-up classes if more than three classes were canceled per Semester.
- XIII. If there are only three registered participants in a class, Coach can cancel the class. Different time slots can be given to these registered archers based on their convenience.
- XIV. If there are two group lessons in one day that each has low enrollment, Coach may combine these two groups into one-time slot. See exclusions in Appendix C
- XV. Coach's fee for tournaments is \$50.00 per hour with a maximum charge of \$150.00 per day per team. The Coach is there to provide technical support as well as professional and emotional support to the archers. The final cost is to be divided between the archers evenly. Archers may be assigned targets at opposite ends of the shooting range, meaning she cannot always be right with each archer; however, she will be present and ready to support, if needed. Needed or not, Coach is reserving her time to be available and is bringing some back up equipment.
 - a. If Coach is not participating in a tournament, so boarding and travel allowance may apply for all groups, including Elite archers.
 - b. If Coach is shooting during the time you or your child is shooting, there will be no fee.
 - c. If Coach is not shooting and is present while you or your child is shooting, the fee will apply.
- XVI. Club Members have 20% discount on the payment for Summer Camps for Beginners, as well as for taking an Instructor Certification Course.

APPENDIX A: GMA membership form

APPENDIX B: GMA Club Agreement

APPENDIX C: Tuition Rates and Packages

Date of update July 2, 2020