

THE OLYMPIC ARROW ARCHERY CLUB POLICIES AND RULES

The mission of The Olympic Arrow 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. The Olympic Arrow Archery Club endorses a friendly, respectful, goal oriented environment for growth as a human and an athlete. The Olympic Arrow Archery Club is associated with USA Archery JOAD and Adult Achievement Programs and strictly follows its guidelines. Coaches and members of TOA, as part of USA Archery, are covered by General Liability Insurance Certificate sponsored by USA Archery. The Olympic Arrow Archery 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. The Olympic Arrow 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:

The Olympic Arrow (TOA) 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 TOA team is an honor. Each such participant, as a representative of TOA and the sport of archery, must be committed to maintaining this high standard of conduct. TOA 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, TOA/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

I. PARENTS

- a. Respect the game, including your child, his or her teammates, and opponents. This means ensuring that your child attends, and comes prepared, for all practices and archery tournaments, and treats both teammates and opponents with dignity and respect. Good sportsmanship means playing fair and safe, controlling negative emotions, and keeping the spirit of competition a healthy endeavor.
- b. Respect the officials. 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!).
- c. Refrain from coarse and threatening language, as well as all forms of physical aggression. There is never a place in youth sports to use vulgarities, to threaten or intimidate anyone, or to use physical aggression.
- d. Watch for the safety of all athletes always, including physical and emotional dangers. Be sure to pay attention to injuries, and respond to them in a timely manner. Additionally, pay attention to signs of youth sport burnout and be sure to respond to your child if he or she needs help.

- e. Cheer whenever possible, and stay away from booing and another negative fan behavior. Youth sports provide a great opportunity for positive fan support, including cheering. Booing and other negative gestures and language from the sidelines are never appropriate, so be sure to stay focused on positively supporting your child's team always.
 - f. Let the Coach to coach. The job of being a coach is an incredibly challenging task, so be sure to support your child's coach as much as possible by respecting his/her decisions, not counteracting them.
- II. **ARCHERS**, groups based on the level of commitment and skills:
- a. **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 and shooting skills. They are recommended about equipment selection and purchasing, set-up and equipment tuning, techniques to repair and maintain equipment; developed shooting techniques-dependent of their style of shooting, learned mental preparation techniques like goal preparation and reviewing. videos taking and analyzing.
 - b. **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.
 - c. **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 programs.
 - d. **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 TOA Club Agreement. Appendix B
 - e. **Elite Archers**, 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; have written archery goals; take care of their equipment, maintain and make sure that bow tuning is up to date; recognize Coach Elzbieta Tworek as a leader of the club's programs; 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; 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 TOA club agreement. Appendix B.
- III. **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.
- IV. **VOLUNTERS**, a group of club followers willing to support club's activities during practice, competitions, Summer Camps or other club gatherings.
- a. 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 "The Olympic Arrow" JOAD and Adult Achievement club and become USA Archery members. Elite, Advanced and any other Archers that plan to participate in tournaments outside The Olympic Arrow 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 The Olympic Arrow club membership is \$50.00-individual or \$75.00family; it is payable to Elzbieta Tworek. Club membership expires at the same day when USA Archery membership expires. 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. 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.
- III. Archers that were absent for medical reason longer than a month need to provide Coach with a medical release.
- IV. 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.
- V. 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.
- VI. 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 one shared private lesson per month. Tuition rate is enclosed in Appendix C.
- VII. 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.
- VIII. 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 stars on the beginning of October ends before Christmas. During each Semester about 30-33 classes are offered.
- IX. Archers can participate only in classes they are registered for. Archers can change her/his schedule only with Coach's permission.
- X. 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 or more. As much as school is important, a homework is not an excuse for missing classes.

- XI. 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. See exclusions in Appendix C
- 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. See Exclusions Appendix C
- 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:
 - a. If Coach is not participating in a tournament, then 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. 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 be right with each archer at all times, 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.
- XVI. Club Members have 20% discount on the payment for Summer Camps for Beginners, as well as for taking any Instructor Certification Course.

APPENDIX A: TOA membership form

APPENDIX B: TOA Club Agreement

APPENDIX C: Tuition Rates and Packages

Date of update December 29, 2017