

## Pathway Squad 2023-24 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 their goals.

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 Commonwealth Europe type events.

### Commitments

In terms of commitments to the programme we are looking for athletes that communicate regularly and follow the behaviours and expectations as laid out in the link above. We are looking for athletes that are already on the range more than 3 times a week and committing to training at 50/70m throughout the year. Athletes should also be supplementing their range time with suitable strength and conditioning 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. As part of the entry to Pathway Squad we would be looking for evidence that this has been in place and used to aid progression for at least the previous **12 months**.

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.

If anyone is unable to continue with the commitment level expectations or is unwilling to adhere to the behaviour expectations then continuing with the pathway squad programme might not be the best thing for their progression.

### Selection Criteria

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 and engage with Area squads and the online athlete support programme. We would expect to see something that's been in use for at least 12 months when submitting it as part of the application process. Some template documents can be viewed on the Scottish Archery [pathway page](#).

### **Scores**

We are looking for athletes to be shooting around 95% of the Team GB qualifying scores and submitting 3 scores from the 2023 outdoor season shot in UK or World record status events:

Recurve Men - WA720 632

Recurve Women - WA720 618

Barebow Men – WA720 612 (Based on World Ranking Scores)

Barebow Women - WA720 594 (Based on World Ranking Scores)

Compound Women – WA720 (50m) 665

Compound Men – WA720 (50m) 673

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 Content**

This programme will be non-technical. It is critical that squad members have access to coaching out with the squad programme to aid their technical development. Delivery of the squad programme will be 100% online and will focus on supporting you as an individual, particularly with tracking your progress and reflecting on it.

### **Squad Fee**

In the past this programme has had a monthly fee, this will not be the case this year and the programme will be free for those that are selected. Athletes would still benefit greatly from accessing some of our online athlete support workshops that will have a cost for attending and also being part of any Area programmes that are running.

## **Process**

All athletes keen to be a part of the programme will need to apply even if they have been part of previous squad formats. 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. There is an option to appeal if you feel the process outlined above hasn't been followed. ([Appeal process](#))

Closing date for completing the application form is Monday 13th November at 12 noon.

## **Matters Not Covered**

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