

GB Strand

Scotland Teams + Pathway Squad 2022-23

Athlete/Coach Behaviour and Attitude Expectations

For athletes in Scotland Teams and on the pathway programmes and the coaches supporting them the following are the **expectations** of Scottish Archery. We believe that these expectations are a big part of what's required for athletes to progress to GB teams and for coaches to achieve their goals.

We at Scottish Archery believe

1. That squad members have a responsibility to improve yourself in line with our 'What It Takes To Win' model, support your squad/club mates, progress your sport.
2. In being somewhere at least 15 mins before start time – This means being there ready to start when the session is scheduled to. If you are going to be late then please let the Head of Pathways know via text or call as soon as possible.
3. If you are invited to take part in a session then please always RSVP a least 48 hours in advance to say you are going – If you can't go please text or call the Head of Pathways to explain why. This is for both face to face and online sessions.
4. That participating fully in all sessions is crucial to getting to where you want to be – Whether this is online or face to face it is vital that you are contributing and learning in each session.
5. Show a growth mindset and challenge yourself. Sessions aren't designed to be easy, to get better you need to be willing to be uncomfortable.
6. Togetherness and teamwork are crucial for success – We have a squad slack group, so please use it to share and learn with other squad members or ask questions.
7. In showing yourself and your sport in a positive light – Be a role model at your club, at competitions and online.
8. Being open minded is critical to learning and progression – You can always learn something from everyone you meet. Aim to stay teachable.

If you feel you are unable or unwilling to commit to these expectations then we believe this won't be the right place to progress yourself and others.

If you are willing and able to make these commitments then pathway squad will support you on your journey as an athlete/coach.

There will be regular check ins to ensure you are getting the most from the squad and that you are still committed to these expectations. Poor results aren't the immediate factor that leads to deselection, however failure to commit to the behaviours and expectations will.

Overall the squad programme is here to help you as an athlete to progress to GB level and succeed at the top level. As coaches on pathway squad we want to help you to achieve your own goals and shape your journey within a coaching framework to help improve yourself and others. Ultimately, it is up to you whether or not you achieve these goals, you are the driver. So it's up to you to take control.