



## **2015 USA Archery Camp Series Intermediate Camp Schedule**

### **Day 1:**

**1:00 PM – Check In**

**1:10 PM – Go to Range/ Warm-Up and Stretching**

**1:30 PM – Individual Shooting/ Base-Line Video**

**3:00 PM – Video Critiques**

**4:00 PM – USA Archery/ National Training System Presentation**

**5:00 PM – Parents Pick up**

### **Day 2:**

**9:00 AM – Go to Range/ Warm-Up and Stretching**

**9:15 AM – Steps of Shooting Drills- Stance/Nock/Hook and Grip/Set**

**10:30 AM – Teambuilding Activity/ Game**

**11:00 AM – Steps of Shooting Drills – Setup/Draw to Load-Drills and Skills**

**12:00 PM – Lunch**

**12:30 PM – Mental Preparation Presentation and NTS Review**

**1:30 PM – Go to Range/ Warm-Up and Stretching**

**1:40 PM – NTS On-Field Review**

**2:00 PM – Teambuilding Activity/ Game**

**2:30 PM – Group Rectification/ Technical Refinement**

**3:30 PM – Goals Class/ Tournament Preparation Presentation**

**5:00 PM – Parents Pick up**



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### **Day 3:**

**9:00 AM** – Go to Range/ Warm-Up and Stretching

**9:15 AM** – Steps Shooting Drills- Anchor/ Transfer to Hold

**10:30 AM** – Group Rectification/ Technical Refinement

**11:00 AM** – Steps of Shooting Drills – Expand/ Aim, Release/ Follow Through, Feedback

**12:00 PM** – Lunch

**12:30 PM** – Specific Physical Training Techniques

**1:30 PM** – Go to Range/ Warm- Up and Stretching

**2:00 PM** – Group Rectification/ Technical Refinement (Video 2<sup>nd</sup> Critique)

**3:00 PM** - Teambuilding Activity/ Game

**3:30 PM** – Video Critiques

**4:30 PM** – **Pizza Party**

**5:00 PM** – **Parents Pick up**

### **Day 4:**

**9:00 AM** – Go to Range/ Warm-Up and Stretching

**9:10 AM** – Group Rectification

**10:30 AM** – Individual Meeting on Next Step/ Review Goals

**11:00 AM** – USA Archery Team Round Tournament

**12:30 PM** – **Award Ceremony**

**1:00 PM** – **Check Out**