

Mental Training Seminar

Medellin, Colombia, September 14-17, 2017

World Archery Americas is pleased to announce the First Continental Seminar on Mental Training in Archery to be held in Medellin, Colombia, on September 14-17, 2017.

The purpose of this seminar is to contribute to solving a problem that has been identified by most National Federations in the Americas, and was singled out in the questionnaire completed at the end of 2016: *“Our archers’ mental preparation is, in most cases, weaker than the technical execution of their shots. This causes their results at international events to be lower than expected when shooting under pressure, mainly in individual and team matches”*.

To run this seminar, World Archery Americas has invited two experts in sport psychology who have worked directly with the Archery Federation of the United States in the mental preparation of their archers and in developing professional skills in US coaches and psychologists to deal with their archers’ mental training.

Seminar Professors:



Doctor Alison Pope-Rhodium is the Chair of the Sport Psychology Department at JFK University. She is originally from England and has been at JFKU in Northern California since 2000.

She is certified through the Association for Applied Sport Psychology, and is a member of the Sport Psychology Registry of the United States Olympic Committee.

Dr. Pope-Rhodium is a usual presenter at conferences, and has recently co-authored chapters in several books on Sport Psychology.

She is also the host of one of the first podcasts in sport psychology called ‘Wee Chats with Brilliant People’, www.WeChats.com @WeChats

She has her own private practice in the San Francisco Bay Area. She works with athletes and coaches from all sports, and specializes in understanding elite individual performance needs. She worked with the British archery team for many years in the 1990's and has worked with both the U.S. team and the team from India since moving to the U.S. in 2000. She has traveled the world working with athletes and coaches. 2004 was a monumental year for Alison, and involved traveling to India, Thailand, Italy, Turkey and Greece to work with elite archers from three different countries at the same time. At the Olympic Games in Athens, she worked



with the US team and the British top archer (Alison Williamson), who won the bronze medal. She has continued to work with world class athletes, primarily from individual sports.



Professor Fernando Lopez has been a Master of Arts in Sports Psychology since 2012. He is an assistant professor at the Sport Psychology Department at John F. Kennedy University in California.

He has been Teambuilding Consultant for USA Archery at the training center in Chula Vista, CA since 2012. He worked exclusively with the 2012 Olympic Archery hopefuls over the course of four camps, and successfully helped the archers qualify a team for the Olympics as well as increase trust, respect, communication, and purpose. Prof. Lopez spoke and worked individually with the archers in creating an individualized mental skills training plan.

With the 2012 Olympic Archery Team, he worked with both men and women's team in creating a strong cohesion amongst the archers before the Olympic Games. He traveled with the team to continue creating a high functioning team by having discussions and engaging in team focused activities which promoted trust and respect for each other. In addition, he worked with coaches to uphold an environment of honesty and trust.

He travelled with the 2012 Paralympic Archery Team to multiple archery events while holding individual sessions with the archers. Skills included visualization, confidence, attention, and emotion management.

Prof. Lopez has lectured at a number of symposia for archery coaches since 2012 on topics related with team cohesion, increasing the mental strength of youth archers, using video feedback and biofeedback as an assessment tool for archery, creating an environment of psychological safety, and resilience in archery

Participants

Archery coaches involved in high performance programs, and sport psychologists with a connection with archery are invited to attend. Candidates wishing to participate need to send their CV to worldarcheramericas@gmail.com for review and eventual acceptance as seminar participants. Application forms and CVs need to be submitted by July 10. World Archery Americas will publish the list of participants accepted on July 20. There is a limit in the number of seminar participants. Each application form must be signed by the applicant's National Archery Federation.



Schedule

There will be two sessions per day on September 14-17 at the Unidad Deportiva Andres Escobar (Belen) with the following Schedule:

Morning Sessions: 08:30 – 12:30
Afternoon Sessions: 02:30 – 17:30

Accommodation and Meals

Accommodation has been arranged at the Bolivariana Plaza Hotel <http://www.hotelbolivarianaplaza.com/>. The rate below covers accommodation in single or double occupancy, breakfast, and hotel-venue-hotel transportation.

Single room - 45.00 USD per night.

Double room- 72.00 USD per room per night (50% to be covered by each participant sharing the room).



Confederación Panamericana de Tiro con Arco – World Archery Americas
Carrera 66B No. 31A – 15 | Unidad Deportiva Andrés Escobar
Tel: +57 4 265 95 10 | Cel: +57 304 669 6755 | worldarcheryamericas@gmail.com
Medellín - Colombia



Lunch will be offered at a restaurant near the conference room for 8.00 USD per day to be paid to the seminar organizers. When completing the hotel booking form, it should be indicated whether the participant wishes to take this lunch offer or not. In any case, each participant should make sure s/he complies with the seminar schedule and is punctual to every session.

Dinner will not be provided by the organizers. There are several restaurants around the hotel where dinner is served at reasonable prices.

Transport

Airport-Hotel and Hotel-Airport transport will be made available to the participants for 25.00 USD per person per ride. Payment for this service should be made to the organizers upon arrival in Medellin. Transport reservations must be made through the hotel booking form and must be submitted by July 31. The ride from and to the airport usually takes about 50 minutes to one hour when traffic is not heavy.

Forms

Application forms to be accepted as seminar participants must be submitted no later than July 10, and must be accompanied by the candidate's CV. These forms must be signed by the President or Secretary General of the National Archery Federation concerned. As the number of participants is limited, it is recommended that the applications be submitted within the timeframe announced herein.

Hotel, Lunch and Transport booking forms must be sent to Sergio Font worldarcheryamericas@gmail.com by July 31.

Payment

All payments related to accommodation, lunch and airport transport must be made in cash (NO CREDIT OR DEBIT CARDS) to the organizers on the day the participant arrives in Medellin.



Participation Application Form

To be submitted by July 10

worldarcheryamericas@gmail.com

Applicant's name: _____

Archery Federation of: _____

Function: Coach _____ Psychologist _____

Years of experience: _____

Email: _____

Name of National Federation Representative _____

Signature of National Federation Representative _____

Date: _____

(CV is attached)



Booking Form To be submitted by July 31

worldarcheryamericas@gmail.com

Participant's name: _____

Roommate's name (if in a double room) _____

National Federation of: _____

Room booking:

Single: _____ (45.00 USD x person x night)

Double _____ (72.00 USD per room - 36.00 USD x person x night)

Number of nights to book: _____

Are you taking the lunch offer? Yes _____ No _____
(8.00 USD per lunch)

Arrival in Medellin:

Date: _____

Time: _____

Flight: _____

Departure from Medellin:

Date: _____

Time: _____

Flight: _____

Are you booking airport – hotel transport? Yes _____ No _____
(25.00 USD per person)

Are you booking hotel – airport transport? Yes _____ No _____
(25.00 USD per person)

Total amount to pay: _____ (to be confirmed by the Organizing Committee upon reception of the form).