

## Cowichan Bowmen Junior Olympic Program



The Cowichan Bowmen are proud to once again offer an enthusiastic Junior Olympic Program for Club members under the age of 21. We have enjoyed many successes over the years and have consistently placed well in all Regional and Provincial level competitions. Credit for these successes extend to all of our Junior Athletes as well 2014-5 JOP Director Carlee Howard, Bryan Harper, Club Vice-President, Roger Walker, Club President, Penny Howard, Membership Director, and all of the countless parent volunteer partners in the program.

The Cowichan Bowmen is committed to following the NCCP athlete development program supported by the BC Archery Association as well Archery Canada. In response to the overwhelming enthusiasm so far for this year's program we have made some changes. To ensure we provide the training to our higher level athletes as well provide on-site coaching to our new up and coming athletes we are extending our JOP program.

Starting at 7:00 pm and continuing on to 8:30 pm on Monday nights barring statutory holidays, we welcome all JOP's to attend. Athletes participating during this time period must have their own equipment.

Scores and results will be submitted to the BC Archery Associations JOP Program on all provincially scored events, including the Mail Match, Regional Indoor and Outdoor Competitions and Provincial Indoor and Outdoor Competitions. Individual achievements will also be recorded to proceed through the various badge levels for both indoor and outdoor skill levels.

We look forward to another great year in the Junior Olympic Program and welcome any questions or offers for assistance. If you do have questions, please feel free to contact any of the Director or Coaches and we will be more than happy to assist you.

To join the JOP program, you must first start at family night. One of the coaches will evaluate your level and confirm by signature on your application, that you should move up to the JOP Program. We would expect that the participant is able to shoot at least 60 on a 80 cm target.

All JOP must be members of Cowichan Bowmen and BCAA. As well as being able to participate in the JOP program, BCAA membership includes insurance for its members.

JOP members must have 6 arrows and should have their own equipment.

All our coaching staff are volunteers, we expect the parent/guardian to be on site while your children are at JOP.

Application for JOP Membership

Name of JOP \_\_\_\_\_ Name of \_\_\_\_\_

Parent/Guardian

Age on Dec 31 \_\_\_\_\_ Phone # \_\_\_\_\_

BCAA Number \_\_\_\_\_ Email Address \_\_\_\_\_

Type of equipment \_\_\_\_\_

Signature of JOP \_\_\_\_\_

Signature of Parent/Guardian \_\_\_\_\_ Print Name \_\_\_\_\_

Signature of Family Night Coach \_\_\_\_\_ Date \_\_\_\_\_

Print Name \_\_\_\_\_

JOP Director - Carlee Howard 250-701-1680

Coaches - Bryan Harper 778-356-3294

Penny Howard 250-743-1619

Roger Walker 250-748-1775

