

Stanford Archery Community Programs



Differences Between the Coaching Levels

All of our private lesson coaches have at least a USAA Level 1 Certification. The majority of our coaches are Level 1 or Level 2 Certified. Also, keep in mind that these are general points that each coach level is knowledgeable about; some of our coaches know well beyond their current certification standard.

If you have any questions, please do not hesitate to email us at stanfordarchery@stanford.edu.

Levels

- 1**
 - Safety
 - Equipped to teach beginner archery lessons for people of ages and abilities in both indoor/outdoor settings
- 2**
 - Familiar w/ National Training System (NTS) steps of shooting for recurve/compound
- 3**
 - More experience working on individual athlete development
 - Familiar with coaching philosophy, tournament prep, mental skills, & training cycles/plans
- 4**
 - Educated in the sports science of archery, psychology, and biomechanics