

Cassidy Cox

Born: June 18, 1998, Albuquerque, NM

High School: Manzano High School

College: Central New Mexico Community College, Capella University, Grand Canyon University

Cassidy Cox is a professional archer and member of the United States Archery Team. She has been on the USA Archery Team for nine years and counting, and has had great success throughout those years. Cassidy is also very involved in her community, and loves to share her knowledge about the sport of archery whenever she can. Along with her career as a professional athlete, Cassidy is currently working towards her doctoral degree in performance psychology, as she wishes to be able to work with high level athletes to help them improve their performance through a stronger mental game. Some highlights of Cassidy's athletic career and personal life that led to this point in her profession are mentioned below.

High School

- Cassidy attended her freshman year of high school at Sandia High School, where she played for the junior varsity softball team.
- She attended Manzano High School for 10-12th grade.
- Cassidy gave up softball to pursue archery at a higher level. She was able to do this with the support of her teachers and the school administration.
- Cassidy also was the manager of the baseball team at Manzano High School, and she participated in other extracurricular activities such as student senate and the National Honor Society.
- Maintained a cumulative GPA of 3.8.

College

- Cassidy attended CNM from 2016-2018 and earned her Associates Degree in Applied Sciences.
- She then continued on to Capella University to earn her Bachelor's Degree in Psychology, and Master's Degree in Sport Psychology.
- Cassidy is currently working on her PhD in Psychology with an emphasis in Performance Psychology from Grand Canyon University. She plans to graduate in 2024.
- Cassidy's goals after graduation include working as a mental performance consultant for high level athletes.

Archery Career

- Cassidy's dad taught her how to shoot a bow and arrow when she was six years old. While Cassidy took up the sport easily, she didn't have much of an interest until she was a

teenager. However, Cassidy still competed in a few state and national level competitions starting when she was eight years old.

- When Cassidy was 13, she began practicing archery more. She began attending more tournaments, and started to see improvements in her scores and rankings.
- Two years later, in 2014, Cassidy shot in a series of national ranking tournaments across the United States throughout the summer in an attempt to make the USA Archery Team. Cassidy ended up qualifying for the team in the 1st place position.
- Cassidy has been on the USA Archery Team for the past nine years and counting, with the exception of 2020 in which tournaments were postponed due to the COVID-19 pandemic.
- Being on the USA Archery Team has given Cassidy opportunities to compete in prestigious international tournaments and earn medals for Team USA. Cassidy competes in the Compound Women's division. Cassidy doesn't currently have Olympic aspirations since compound bows are not allowed in the Olympic Games; however, she is still able to compete in other very important events including World Championships, World Games, World University Games, World Cups, and Pan Am Championships.
- Some of Cassidy's international medals she earned for Team USA are bulleted below.
 - 2015 World Archery Youth Championships (Yankton, SD) – Team Gold Medal
 - 2016 World Archery Indoor Championships (Ankara, Turkey) – Individual Silver Medal
 - 2017 Archery World Cup (Salt Lake City, UT) – Team Bronze Medal
 - 2017 World Games (Wroclaw, Poland) – Mixed Team Bronze Medal
 - 2017 Archery World Cup (Berlin, Germany) – Team Gold Medal
 - 2017 World Archery Youth Championships (Rosario, Argentina) – Team Bronze Medal
 - 2018 World Archery Indoor Championships (Yankton, SD) – Team Gold Medal, Individual Gold Medal
 - 2018 Pan Am Championships (Medellin, Colombia) – Team Bronze Medal
 - 2018 World Archery Field Championships (Cortina d'Ampezzo, Italy) – Individual Silver Medal
 - 2018 Kings of Archery Indoor Tournament (Eindhoven, Netherlands) – Individual Bronze Medal
 - 2019 Archery World Cup (Antalya, Turkey) – Team Gold Medal
 - 2019 World Archery Championships (s'Hertogenbosch, Netherlands) – Team Silver Medal
 - 2019 Archery World Cup (Berlin, Germany) – Team Bronze Medal
 - 2023 Archery World Cup (Antalya, Turkey) – Team Gold Medal
- Cassidy also competes in the professional division in other archery federations within the United States, including the Archery Shooters Association (ASA) and National Field Archery Association (NFAA). Cassidy earns money from sponsors through her podium achievements,

which she uses as a form of income. Some other notable results and achievements that Cassidy has had as a pro are bulleted below.

- 2017 USA Archery Indoor Nationals – 2nd place
 - 2017 NFAA Indoor Nationals – 3rd place
 - 2017 U.S. Open – 1st place
 - 2017 NFAA Outdoor Target Nationals – 2nd place
 - 2018 USA Archery Outdoor Nationals – 3rd place
 - 2018 SoCal Showdown – 3rd place
 - 2019 Midwest Open – 2nd place
 - 2020 ASA Foley, AL – 2nd place
 - 2020 USA Archery Indoor National Finals – 3rd place
 - 2021 USA Archery Indoor Nationals – 3rd place
 - 2021 ASA Ft. Benning, GA – 2nd place
- Cassidy has won countless state and local level tournaments throughout the past 17 years.
 - While the results listed above are from Cassidy’s time as a professional archer, she also had great success during her years competing in the youth divisions, including becoming a multiple time national champion for both indoor and outdoor archery.
 - Cassidy has set multiple state, national, and world records throughout her time competing as a high level archer.

Honors

- 2014 New Mexico Games Female Athlete of the Year
- 2015-2016 National Honor Society at Manzano High School
- 2015-2024 USA Archery Team member

Community Involvement

- Cassidy teaches archery camps, classes, and private lessons for people of all ages and skill sets in New Mexico.
- Cassidy has coached various youth archers from New Mexico, many of whom have gone on to win state and national titles in archery.
- She has taught archery classes to resort guests at Bishop’s Lodge in Santa Fe, NM for the past two summers.
- Cassidy has taught archery to established personnel, including professional wrestler Stone Cold Steve Austin as part of his reality TV show, Stone Cold Takes on America.
- Cassidy currently teaches weekly archery classes at Penasco Schools as part of their after school program.
- Aside from archery, Cassidy has participated in various volunteer work throughout her life, including assisting at the Storehouse homeless kitchen, The Rock homeless assistance and

shelter, Joy Junction homeless shelter, and volunteering at UNM hospital, nursing homes, schools, and sporting events.

- Active member of Immanuel Lutheran Church.
- Cassidy worked as a lift operator Ski Santa Fe for the past three winter ski seasons, where she got to help people on and off the ski lift safely and provide crowd control and engagement.
- Cassidy recently began working part time at La Mesa Elementary School in Albuquerque, where she works as a behavior redirector. Cassidy loves mentoring children and finds great joy in playing a role in the students' progress.

Family

- Quintin Cox - Father
- Ruth Cox - Mother
- Jory Cox - Brother
- Magnolia, Mini, BG, Finn – Beloved dogs