

# ARCHERY

## CADETTE BADGE



FROM

HOLLINGSWORTH OUTDOOR CENTER

GHS YMCA



## ARCHERY ACTIVITY STATIONS

1. GET TO KNOW ARCHERY EQUIPMENT
  - a. Supplies: Recurve and compound bows, arrow, arm guard
  - b. Action: Explain the parts and uses of each piece of equipment (see diagrams below).
  - c. Follow Up: Mention how the two types of bows are different (size, draw strength, etc.)
2. ARCHERY SAFETY
  - a. Supplies: None
  - b. Action: Go over range safety. Include commands (nock arrow, release arrows, retrieve arrows, etc.) and why each is important. Include proper way to remove arrows from target.
  - c. Follow Up: Ensure all understand the importance of following safety rules at all times.
3. PRACTICE FIRST
  - a. Supplies: None
  - b. Action: Explain proper form for stance, holding the bow, drawing, and releasing the bowstring. Have participants practice without arrows to get comfortable with their form.
  - c. Follow Up: Explain not to “dry fire” as this can damage the equipment.
4. SHOOT ON A RANGE
  - a. Supplies: Recurve and compound bows, arrows, arm guard
  - b. Action: Participants will rotate through shooting at the targets.
  - c. Follow Up: Monitor and critique participants form and adherence to safety rules using reminders and suggestions as necessary.
5. ARCHERY CHALLENGE
  - a. Supplies: Same
  - b. Action: After everyone has had at least one turn, divide into two groups. Keep score by points, most bullseyes, most arrows in the target, or any other system as an archery competition.
  - c. Follow Up: Have a brief explanation of care and storage of equipment (see waxing instructions below). Participants should gather arrows and equipment and store properly.

**Nock:** Place arrow onto string

**Set:** Get your position in place

**Set-up:** Raise your bow arm and drawing arm to nose level

**Draw:** Pull the bowstring back

**Anchor:** Place your drawing hand in a position on the face, mouth, or jaw

**Transfer:** Move all the power to your back

**Aim and expand:** Align arrow to target

**Release:** Let go of arrow

**Follow through:** Maintain your upper body muscles after releasing the string

### Waxing the Bowstring

The simplest thing you can do to maintain your string is to wax it. How often should you wax it? That depends on many factors – humidity, how often you shoot, the presence of dirt, etc. Basically, you should be able to touch your string at any time and feel a slight tackiness to it. That's a well-waxed string. If it feels slick and dry, give it a shot of wax.

\*When you see "hairs" start to stick up from the strands of the bowstring, like the string is getting furry, it's time to apply some wax. If you see individual strands sticking out, that's a damaged bowstring, and it has to be replaced.

\*Applying wax to a bowstring is simple. Most bowstring wax comes in a stick, like deodorant. Just rub the stick up and down the string to apply wax, and then rub it into the string by running your thumb and forefinger up and down the string. Use enough pressure so that your fingers heat up. That will cause the string to melt between your fingers as you work it up and down the string.

\*When you're done, there should be no visible chunks of wax. Be sure you don't over-wax your string. This can adversely affect performance.

### Arrow Parts



### ARCHERY

An athlete prepares to use his bow to launch an arrow from behind the designated line towards the archery target.

#### HOW TO SHOOT

- Assume the stance
- Load
- Nock the arrow
- Hold
- Rise and draw bow
- Draw string hand towards face and rest
- Hold out bow arm to form 'T'
- Release arrow

Bow length  
1.57 - 1.82m

Modern recurve bows are made of fibreglass, graphite and carbon composites. These bows fire arrows at speeds of more than 150mph.



