

Trinity County 4-H Archery Proficiency Program

Name _____ Club _____

Beginner

| | Date Completed | Leader Initials |
|---|----------------|-----------------|
| 1. What is your draw length and pull weight? Explain how these two things are measured. | | |
| 2. Name three types of archery bows | | |
| 3. Explain what a peep sight is and how to use it | | |
| 4. Demonstrate and explain what an anchor point is | | |
| 5. Explain how to adjust your sights | | |
| 6. Name two types of bowstring release methods | | |
| 7. What does the term "full draw" mean? | | |
| 8. What is fletching? What is a cock vane? | | |
| 9. What is a bow sling used for? | | |
| 10. What is a stabilizer used for? | | |
| 11. Name two types of archery shooting | | |
| 12. Point to the parts of a compound bow: arrow rest, cable, nock, sight | | |
| 13. Give a demonstration related to archery | | |
| 14. Display a still exhibit related to archery | | |
| 15. Watch an archery competition league shoot | | |
| 16. Participate in an archery competition league shoot | | |

Leader Signature of Completion _____ Date _____

Intermediate

| | Date Completed | Leader Initials |
|--|----------------|-----------------|
| 1. Show your knowledge of different shooting styles | | |
| 2. Demonstrate proper shooting stances | | |
| 3. Explain target scoring | | |
| 4. Demonstrate knowledge of different targets, their purpose and application | | |
| 5. Show your knowledge of range set up | | |
| 6. Show your knowledge of range safety | | |
| 7. Build arrows from components (may include crestring) | | |

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| 8. Make a tab | | |
| 9. Demonstrate equipment safety | | |
| 10. Complete a semi-finished bow | | |
| 11. Enter a project into a local fair | | |
| 12. Give a demonstration about any procedure to a club | | |
| 13. Officiate at an archery competition | | |
| 14. Give a presentation at Presentation Day | | |

Leader Signature of Completion _____ Date _____

Advanced

| | Date Completed | Leader Initials |
|--|----------------|-----------------|
| 1. Demonstrate your knowledge of bow set up | | |
| 2. Show your proficiency at shooting | | |
| 3. Mentor/coach beginning students | | |
| 4. Complete a long bow from a kit or from scratch | | |
| 5. Set up a range for competition | | |
| 6. Organize and put on an archery competition | | |
| 7. As a group, put on a demonstration of archery for other clubs or groups | | |
| 8. Give a presentation at Presentation Day | | |

Leader Signature of Completion _____ Date _____