The 4-H Shooting Sports Program enables youth to become responsible, self-directed and productive members of society. The program transfers knowledge, skills and attitudes to develop human capital, using the subject matter and resources of the land-grant universities. The specific goals and objectives of the 4-H Shooting Sports Program include:

- Promoting the highest standard of safety, sportsmanship, and ethical behavior.
- Strengthening families through participation in life-long recreational activities.

The activities above are ideas to inspire further project development. This is not a complete list.

<table>
<thead>
<tr>
<th>Starting Out</th>
<th>Learning More</th>
<th>Exploring Depth</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beginner</td>
<td>Intermediate</td>
<td>Advanced</td>
</tr>
</tbody>
</table>

- Know and understand safety rules when on the range.
- Learn about range lines and safety areas.
- Identify the parts of a bow and arrow.
- Demonstrate the steps of shooting.
- Learn how to bare shaft or paper tune your bow, make adjustments and show results to your leader.
- Explain how to adjust a pin sight.
- Use a bow square to check your bow, arrow rest and nock for correctness.
- Give a demonstration, talk or poster presentation on some aspect of
- Interview someone whose profession involves or is related to the shooting sports and report on an industry related career opportunity that interests you.
- Contact a local, state or national association related to archery. Explain to your project group what this association has to offer.

The brain grows stronger when we try new things and master new skills. Encourage youth effort and persistence to help youth use the GPS system to achieve their goals.

**Goal Selection:** Choose one meaningful, realistic and demanding goal.

**Pursue Strategies:** Create a step-by-step plan to make daily choices that support your goal.

**Shift Gears:** Change strategies if you’re having difficulties reaching your goal. Seek

**Reflect**

Ask project members how they can use their passion for this project to be more confident, competent and caring. Discuss ways they can use their skills to make a contribution in the
Expand Your Experiences!

Science, Technology, Engineering, and Mathematics
- Experiment with distances and trajectories in arrow flight and report on the results.
- Build your own arrows using the basic components of shafts, nocks, and fletching.

Healthy Living
- Learn about eye dominance and why it is important in archery shooting.
- Identify how keeping fit improves your physical stance and muscle development for drawing and shooting a bow.

Citizenship
- Plan and implement a community service activity related to your project.
- Participate in an event where you promote 4-H and shooting sports to the public.

Leadership
- Become a role model for others by taking the position of junior/teen leader.
- Mentor younger members in setting shooting specific goals and developing a plan on how to achieve them.

**Resources**
- National 4-H Shooting Sports [www.4-hshootingsports.org/](http://www.4-hshootingsports.org/)
- California 4-H Shooting Sports [www.ca4h.org/Projects/SET/ShootingSports/](http://www.ca4h.org/Projects/SET/ShootingSports/)

**Connections & Events**

**Presentation Days** – Share what you’ve learned with others through a presentation.

**Field Days** – At these events, 4-H members may participate in a variety of contests related to their project area.

Contact your county 4-H office to determine additional opportunities available, such as a field day.

**Curriculum**
- 4-H Shooting Sports Guide - Basic Archery (Issued to project leaders certified to instruct the project)
- 4-H Shooting Sports Education Project - Member Manual 4-H 950 [//mdc.itap.purdue.edu/item.asp?itemID=19854](http://mdc.itap.purdue.edu/item.asp?itemID=19854)
- National Field Archery Association - Down-