

ARCHERY

Sonoma County 4-H

Name: _____ Date: _____

Guidelines for Project Proficiency Award

Beginning

	<u>Date</u> <u>Completed</u>	<u>Leader's</u> <u>Initials</u>
1. What is your draw length and pull weight? Explain how these two items are measured.	_____	_____
2. Name three types of archery bows.	_____	_____
3. Explain what a peep sight is and how to use one.	_____	_____
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 are fletchings and 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 out the parts of a compound bow:	_____	_____
A. Arrow rest		
B. Cable		
C. Nock		
D. Sight		

Activities

1. Give a demonstration related to archery.	_____	_____
2. Display a still exhibit related to archery.	_____	_____
3. Watch an archery competition league shoot.	_____	_____
4. Participate in an archery competition league shoot.	_____	_____

Project Leader's Signature of Completion: _____

Date: _____

Club Leader's Signature of Completion: _____

Date: _____