

4-H

Archery Proficiency Program

A Member's Guide

OVERVIEW

The **4-H Archery Proficiency program** helps you learn what you need to know about your 4-H Archery project. Your project leader will assist you in seeing and achieving your goals. Throughout your project you will obtain the general knowledge of firearms as well as proper Firearm safety. You will also compete in competitions and interact with your community on firearm issues.

There are many resources to help you learn more about your project:

- ♦ The **4-H Publications Catalog** lists a variety of project materials and resources recommended for use in your project.
- ♦ The **4-H Educational Resources Lending Library** at your county 4-H office includes other books, videos and reference materials that can be checked out by members and leaders.
- ♦ Check to see if there are any Archery Clubs in your community that conduct educational activities and shows. Local associations are excellent sources of help and information.

There are five levels in the Project Proficiency Program. You may choose how many levels you wish to complete:

- **Level I – “Explorer”**, you begin to learn about many different aspects of Archery.
- **Level II – “Producer”**, you learn more about the care and safety involved in Archery.
- **Level III – “Consumer”**, you become involved in Archery competitions and lectures.
- **Level IV – “Leader”**, allows you to show your own leadership potential.
- **Level V – “Researcher”**, you carry out a demonstration or experiment on some aspect of Archery.

As you work through the Archery proficiency program, have your leader initial and date each skill item when you have completed it. When you have finished all items in a proficiency level, have your leader sign the Certificate of Achievement and order a medal for you from the 4-H office.

California 4-H Shooting Sports Proficiency Archery Level I - Explorer

Date Completed

- _____ 1. Name five safety rules when shooting.
- _____ 2. Identify parts of a bow.
- _____ 3. Identify parts of an arrow.
- _____ 4. Name the three safety equipment required for shooting a bow and explain why they are important?
- _____ 5. Demonstrate an approved bow stringing method.
- _____ 6. Demonstrate the ten steps of shooting.
- _____ 7. Demonstrate how to pull an arrow from the target.
- _____ 8. Explain dry fire and why is it unsafe.
- _____ 9. What is eye dominance and why is it important when shooting?
- _____ 10. Describe range commands using voice or whistle.
- _____ 11. Explain the range lines and safety areas.
- _____ 12. Shoot a minimum of 20 arrows three times and record your scores.
- _____ 13. Take time to tell one or more of your friends about the things you are learning and doing in the shooting sports project and report back to the leader or group.

Member's Name: _____ Date: _____

Project Leader's Signature: _____ Date: _____

KEEP IN YOUR RECORD BOOK WITH PROJECT RECORD

California 4-H Shooting Sports Proficiency Archery Level II - Producer

Date _____
Completed _____

- _____ 1. Explain how to determine your draw length.
- _____ 2. Explain bow draw weight. What is let-off when using a compound bow?
- _____ 3. Identify the following archery equipment and describe their use:

_____ Bow sight	_____ Bow string & cables
_____ Peep sight	_____ Wheels and cams
_____ Arrow rest	_____ Stabilizer
_____ Releases, finger tab or glove and mechanical	
- _____ 4. Demonstrate and explain how to check for safety of equipment and range before shooting.
- _____ 5. Describe in sequence what occurs from when you release the string to when the arrow reaches the target.
- _____ 6. Demonstrate and explain shooting form. Why is it important to be consistent?
- _____ 7. Teach the ten steps of shooting in detail to a new archer.
- _____ 8. Shoot a minimum of 20 arrows three times and record your scores.
- _____ 9. Review the fundamentals of archery shooting and identify 2 faults in your shooting that are causing missed targets or groups and develop a drill to correct these faults.
- _____ 10. Be able to shoot a group of five arrows at 10 yards.

Member's Name: _____ Date: _____

Project Leader's Signature: _____ Date: _____

KEEP IN YOUR RECORD BOOK WITH PROJECT RECORD

California 4-H Shooting Sports Proficiency Archery Level III - Consumer

Date _____
Completed _____

- _____ 1. Show how to check your bow, arrow rest and nock for correctness using a bow square.
- _____ 2. Explain how to adjust a pin sight ... if shooting low, high, left and right.
- _____ 3. Learn how to bare shaft or paper tune your bow, make adjustments and show results to your leader.
- _____ 4. Practice advanced shooting form. Explain why stance, posture, anchor point, and release are important.
- _____ 5. Be able to shoot a group of five arrows at 20 yards.
- _____ 6. Participate in one tournament of 28 or more targets.
- _____ 7. Participate in one field visit to an archery sports provider of some sort in your community and report on what you learned.
- _____ 8. Participate in an archery range set-up and clean-up.
- _____ 9. Shoot a minimum of 20 arrows three times and record your scores.
- _____ 10. Review the fundamentals of archery shooting and identify 2 faults in your shooting that are causing missed targets or groups and develop a drill to correct these faults.
- _____ 11. Give a demonstration, talk or poster presentation on some aspect of archery.

Member's Name: _____ Date: _____

Project Leader's Signature: _____ Date: _____

KEEP IN YOUR RECORD BOOK WITH PROJECT RECORD

California 4-H Shooting Sports Proficiency Archery Level IV - Leader

Date _____
Completed _____

- _____ 1. Serve as a Junior or Teen leader in this project for one year.
- _____ 2. Prepare teaching materials for use at project meetings.
- _____ 3. Assist at least 3 younger members in selecting a bow, arrows & safety equipment that is appropriate for them to use.
- _____ 4. Assist at least 3 younger members in setting shooting specific goals and developing a plan on how to achieve them.
- _____ 5. Assist the leader in observing and evaluating other member's fundamentals and shooting technique and recommend actions for improvement.
- _____ 6. Demonstrate proficiency in detecting and correcting archery shooting errors.
- _____ 7. Invite a guest speaker to one of your meetings and introduce them to the group.
- _____ 8. Speak on an archery related subject before an organization other than your 4-H group.
- _____ 9. Assist a leader/adult in developing, organizing and/or putting on a shooting sports activity in the community. (hunter safety, youth day for NWTF, NFAA, etc.)
- _____ 10. Develop your own special archery event. Create a plan, chart progress, analyze successes and/or problems and report results.

Member's Name: _____ Date: _____

Project Leader's Signature: _____ Date: _____

KEEP IN YOUR RECORD BOOK WITH PROJECT RECORD

California 4-H Shooting Sports Proficiency Archery Level V - Researcher

Date _____
Completed _____

- _____ 1. Prepare a paper of 300 words or give a 15 minute oral report on one of the following topics:
 - ❖ Evolution of archery techniques or archery games.
 - ❖ History of a specific topic related to archery.
 - ❖ Markets and methods of marketing archery products.
 - ❖ Development of archery and equipment.
 - ❖ Cultural influences in a specific topic related to archery.
 - ❖ Ecological impact of archery shooting.
 - ❖ Other as approved by project leader
- _____ 2. Interview someone whose profession involves or is related to shooting sports and report on an industry related career opportunity that interests you.
- _____ 3. Participate in at least two archery competitions and present your scorecards to your leader.
- _____ 4. Contact a local, state or national association related to archery. Explain to your project group what this association has to offer to its members and other interested individuals.
- _____ 5. Set at least 3 specific goals related to your shooting skills and develop a plan of action to accomplish these goals. Chart your progress.
- _____ 6. Keep a personal reference library of literature (books, magazines, etc,) that will be helpful to you and other members in the archery project.
- _____ 7. Describe four ways to save money and be economical while participating in your archery project.
- _____ 8. Alone or in a group, plan and complete a community service activity related to your archery project.

Member's Name: _____ Date: _____

Project Leader's Signature: _____ Date: _____

KEEP IN YOUR RECORD BOOK WITH PROJECT RECORD

Certificate of Achievement

This certifies that

has completed the _____ Proficiency

in _____ County.

Explorer

Producer

Consumer

Leader

Researcher

Date

Date

Date

Date

Date

Leader's Signature

Leader's Signature

Leader's Signature

Leader's Signature

Leader's Signature