

# 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 project. Archery is an exciting project. Through this project, you will better understand the functions and safety that goes along with handling archery equipment.

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

- The University of California Davis has free resources available online by visiting: <http://anrcatalog.ucdavis.edu/4HYouthDevelopment/>. This site lists a variety of project materials and resources recommended for use in your project.
- The Lassen County 4-H Resources and Lending Library at our county 4-H Office includes other books, videos, and reference materials that can be checked out by members and leaders.
- Stores that sell archery supplies may offer classes and other educational activities as well as equipment. Many communities have local archery groups or clubs that can be a great resource to you.

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 your archery project.
- ◆ Level II – “Producer”, you practice and refine the many skills involved in archery.
- ◆ Level III – “Consumer”, you become experienced in archery.
- ◆ 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 proficiency program, your leader will date each skill item as you complete it. When all items in a proficiency level are completed, your leader will sign the Certificate of Achievement.

# 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 it is unsafe.
- \_\_\_\_\_ 9. What is eye dominant 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 Name: \_\_\_\_\_ Date: \_\_\_\_\_

Project Leader's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# 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
  - Peep sight
  - Arrow rest
  - Releases, finger tab or glove and mechanical
  - Bow string and cables
  - Wheels and cams
  - Stabilizer
- \_\_\_\_\_ 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 Name: \_\_\_\_\_ Date: \_\_\_\_\_

Project Leader's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# 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 on 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 Name: \_\_\_\_\_ Date: \_\_\_\_\_

Project Leader's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**ARCHERY**  
**Level IV - Leader**

Date  
Completed

- \_\_\_\_\_ 1. Serve as Junior or Teen leader in this project for one year.
- \_\_\_\_\_ 2. Prepare teaching materials for use at project meetings.
- \_\_\_\_\_ 3. Assist 3 younger members in selecting a bow, arrows & safety equipment that is appropriate for them to use.
- \_\_\_\_\_ 4. Assist 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 your 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 Name: \_\_\_\_\_ Date: \_\_\_\_\_

Project Leader's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# 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 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
  - Ecology 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 score cards 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 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 Name: \_\_\_\_\_ Date: \_\_\_\_\_

Project Leader's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# Certificate of Achievement

*This certifies that*

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*has completed the Archery Proficiency  
in Lassen County.*

*Explorer*

*Producer*

*Consumer*

*Leader*

*Researcher*

\_\_\_\_\_  
*Date*

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