

Archery Pre-Camp Prep

Archery instructors are hired with vast differences in their personal skill levels from being involved with competitive shooting to doing some occasional recreational shooting. Our pre camp goal is to have all of our instructors arrive with the same basic knowledge of archery terms and ready to demonstrate the proper basic skills. This will allow us to focus our camp training on interactive ways of teaching kids.

The archery program at Foley is designed to give kids a first look at the sport as well as sharpen their skills. We use recurve bows with sights and the targets are movable so the kids can start at a short distance and work up to longer distances. Staff ensure proper handling of the equipment, reinforce safety, and teach campers, correcting mistakes and helping them with awards.

TASK:

1. Complete the “Archery Home Study,” which follows this page, and return to us.
2. Check out this website to become familiar or refresh yourself with some of the common archery terms, skills, and equipment. <http://texasarchery.info/wp-content/uploads/2011/06/ARCHERY-101-Fundamental-of-Archery-ver2-final.pdf>
3. 48” targets are used at camp. The scoring that is used is as follows:
Starting with inner circle and working out:
Yellow (9 pts.) Red (7 pts.) Blue (5 pts.) Black (3 pts.) White (1 pt.)
4. **Shoot.** It is important to be fresh on what works for you when you shoot. The goal here is for you to have shot at least *100 arrows in the past year*, the more the better! When shooting: Think about the things that you are doing, the position of your body, the way you hold your hands, lean, etc. Remember you are going to have to teach someone to do this soon. Think about how you are going to transfer this information to the different ability levels. ***Come to camp prepared to demonstrate proper stance and form, and be able to shoot and score a round of arrows from 15-20 yards.***

If possible, go to an official indoor or outdoor range to spend time observing the management of the field by the range official. Contact a local range, explain that you will be teaching archery at a camp and ask if you can “shadow” a range official and/or a shooting coach. Shadowing means you’d be following him/her on the range so you can hear what is being said. If they are uncomfortable with that ask if you can just observe from a distance. The goal here is that you have some experience in how to coach and run a range. If you have difficulty finding a range, call a local archery shop and ask.

*If you were able to spend time observing at a local range or shooting facility please email the name of the facility/range and the person you contacted to alli@campfoley.com

Archery Home Study

Name _____

1. Define the following terms you will need to know for Foley's archery program.

aim

anchor

bow hand and arm

draw

follow through

nocking point

proper stance

release

twang

2. Familiarize yourself with the parts of a recurve bow and an arrow. Draw a diagram of each below, labeling all of the parts.

3. Describe your archery practice in the last year:

Return to: alli@campfoley.com