



ARCHERY CLUB HANDBOOK

created March 2026

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MISSION, VISION, & VALUES

Mission: Preparing all students for a successful life and future.

Vision: To provide experiences, knowledge, and skills in an environment which will enable all students to succeed.

Core Values: Community, Ownership, Responsibility, Empathy

APPLE CREEK SCHOOL RULES & EXPECTATIONS

Participation in the Archery Club is a privilege.

All students are expected to follow school rules, behavior expectations, and safety guidelines as outlined in the Parent Handbook while participating in Archery Club activities.

This includes:

- Demonstrating respectful, responsible, and safe behavior at all times
- Following adult directions and NASP safety procedures immediately
- Using equipment appropriately and only as instructed
- Upholding the school's standards for conduct, language, and sportsmanship

Failure to follow school policies or safety expectations may result in corrective action, up to and including removal from Archery Club, in accordance with school procedures.

FAQS

WHAT IS NASP?

The National Archery in the Schools Program promotes instruction in international-style target archery as part of in-school curriculum, to improve educational performance and participation in the shooting sports among students in grades 4-12.

NASP brings the sport of archery to millions of students in schools across the United States. Designed to teach international-style target archery in 4th-12th grades, the core content covers archery history, safety, technique, equipment, mental concentration, and self-improvement. The NASP archery curriculum is aligned to National Physical Education Standards and can be run safely in a school gymnasium. No prior archery experience is necessary for students.

WHO PARTICIPATES IN NASP?

In the 2011-2012 school year, approximately 2,055,000 students participated in NASP throughout the country. That involves more children than Little League baseball and is three times larger than lacrosse! NASP has taught target archery to more than 10 million students in 47 states and continues to grow. • In New Jersey, teachers in more than 130 schools have been trained to conduct NASP archery in physical education classes.

Fifth graders are invited for the Spring 2025 Archery Club this year, and we hope to add Fourth Grade at a later date.

I'M LEFT-HANDED, IS THERE EQUIPMENT FOR ME?

Yes! We have several left-handed bows available.

WHAT DO WE SHOOT AT?

We will be shooting at stationary circle targets.

WHAT IF I'M REALLY, REALLY, REALLY GOOD AT THIS?

There are additional opportunities in Bismarck/Mandan for archery lessons and practice, such as with NISHU Bowmen and through Parks and Rec, and NASP holds archery tournaments.

WHO IS IN CHARGE?

Ms. Gustafson and Mrs. Brenno are the Archery Club Advisors for Spring 2026.

WHAT IF THE WEATHER IS BAD?

Then we will remain inside, practice with string bows, and do alternative activity. Students in after-care will go to after-care.

I HAVE DANCE/HOCKEY/DENTIST/PARACHUTING/SWIMMING/POGO-STICK LESSONS SOMETIMES. CAN I STILL DO THIS?

Yes, please let the instructors know in advance the dates you will not be on site.

I AM NOT A FIFTH GRADER, BUT I AM A REALLY COOL ADULT OF A FIFTH GRADER WHO WANTS TO HELP. MAY I?

Please reach out to the instructor if you are interested in regularly assisting with this activity. Volunteers will be welcomed in alignment with Apple Creek School Volunteer Policy. A background check may be required.

WHAT IS THE PICKUP TIME?

Pickup your student by 4:20 PM.

IS ARCHERY SAFE?

Archery's safety record is better than that of every ball sport taught in schools except table tennis. Equipment used is state-of-the-art and a universal fit so every student can safely use the same bows and arrows.

WHAT EQUIPMENT IS USED? CAN I BRING MY OWN?

Archery Equipment used in NASP® is highly standardized to be safe, durable, economical, and most importantly, universal fit for almost every student. In NASP® learning the “process” of shooting is stressed far more than arrow scores.

The only bow used in NASP® is a “Genesis®” compound which has no let-off and is adjustable from 10-20 pounds in draw weight at any draw length. The only arrow is the Easton 1820 aluminum “Genesis” arrow.

WHERE CAN I LEARN MORE ABOUT NASP?

Please visit the following website for additional information:

<https://www.naspschools.org/>

NASP STUDENT RULES AND EXPECTATIONS

Safety is the #1 priority at all times.

GENERAL BEHAVIOR EXPECTATIONS

Students will:

- Follow whistle commands exactly and immediately
- Never touch a bow or arrow unless told to do so
- Always point arrows toward the target
- Keep arrows in the quiver until shooting time
- Stop shooting instantly if a whistle or “STOP” command is given
- Refrain from horseplay and joking with equipment

SHOOTING LINE BEHAVIOR

At the shooting line, students will:

- Keep both feet behind the line
- Shoot only their assigned arrows
- Shoot only at their assigned target
- Never cross the shooting line until instructed
- Avoid talking or distracting others

WHISTLE COMMANDS

Students are expected to know and respond correctly to these signals:

- 2 whistles → Approach the shooting line
- 1 whistle → Begin shooting
- 3 whistles → Walk forward to retrieve arrows
- 5+ whistles (continuous) → STOP immediately; put bows down

Failing to follow whistle commands = removal from the shooting line.

CORRECTIVE MEASURES

Students who repeatedly break rules may:

- Sit out temporarily
- Be removed from class or the program
- Lose participation privileges (per school policy)

RESPECT FOR EQUIPMENT

Students will:

- Use only NASP-approved equipment
- Carry bows properly (by the riser, never drawn)
- Treat all equipment as real sports gear, not toys
- Report damaged arrows or bows immediately
- Not modify equipment

ARROW RETRIEVAL RULES

When retrieving arrows students will:

- Walk — never run
- Wait for the 3-whistle signal
- Pull arrows out straight back
- Stand to the side of the target when pulling arrows
- Carry arrows tips down

PARTICIPATION EXPECTATIONS

Students will:

- Follow all safety rules
- Listen and respond to adult direction
- Demonstrate readiness and focus
- Assist with set up and clean-up for each practice
- Wear appropriate footwear (closed-toe shoes)

Students who repeatedly break rules may:

- Sit out temporarily
- Be removed from class or the program
- Lose participation privileges (per school policy)

RESPECT FOR SELF AND OTHERS

Students will:

- Show respect to instructors, volunteers, and peers
- Encourage others appropriately
- Accept feedback and correction calmly
- Take turns and share space fairly

Good archers demonstrate self-control, patience, and focus.

PARENT / GUARDIAN CONSENT AND RELEASE FOR NASP PROGRAM PARTICIPATION

I, _____, do hereby consent to allow
_____ to participate in the National Archery in the
Schools Program, and in the event of injury or accident to my child,
do hereby release, discharge, absolve and hold harmless National
Archery in the Schools Program, State of North Dakota, Department
of Environmental Protection, North Dakota Division of Fish and
Wildlife, and Apple Creek Elementary School, its officers,
employees, volunteers, leaders, instructors, and coaches from any
and all liability or responsibility thereof, from this date to the end
of time.

Please fill in forms on both sides.



After-School Archery Program Permission Slip

Apple Creek Elementary School

Student First and Last Name: _____

I have read the Archery Handbook. I understand my student must follow all NASP and Apple Creek School safety rules, staff directions, and behavior expectations. Failure to do so may result in removal from the program.

Medical Information

Please list any medical conditions or concerns.

I give permission for my child to participate in the After-School Archery Program.

Parent / Guardian Name: _____

Primary Phone Number: _____

Primary Email: _____

Signature: _____

Emergency Contact Name: _____

Emergency Contact Phone: _____

I, _____, understand that I must follow all NASP safety rules,
(student name)

staff directions, and school behavior expectations. Failure to do so may result in my removal from the program.

Please fill in forms on both sides.

Name: _____

NASP STUDENT ASSESSMENT A

I think I am

_____ a novice (I don't know anything
about this!)

_____ a beginner

Put the 11 Steps to Archery Success in order.

_____ Shot Set Up

_____ Anchor

_____ Bow Hand Set

_____ Nock

_____ Follow through and Reflect

_____ Pre-Draw

_____ Stance

_____ Draw

_____ Draw Hand Set

_____ Pre-Draw

_____ Release

Name: _____

NASP STUDENT ASSESSMENT B

ADD DISCLAIMER

AND READ DISCLAIMER ALOUD Put the 11 Steps to Archery Success in order.

AND HAVE PHOTOS TO PUT IN ORDER Shot Set Up

_____ Anchor

_____ Bow Hand Set

_____ Nock

_____ Follow through and Reflect

_____ Pre-Draw

_____ Stance

_____ Draw

_____ Draw Hand Set

_____ Pre-Draw

_____ Release

PARTS OF THE BOW

limbs

cable

grip

cam



**cable
wheel**

string

**arrow
rest**

serving

**temporary
nock**

PARTS OF THE ARROW

