

B · A · S · I · C

ARCHERY



Project Sample



Name

Address City County

Club Name

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Member Project Guide

Project Background

This beginning-level project is for 4-H members in the third to twelfth grades with little or no experience in archery. If you are a younger member, you may need assistance from an adult to complete this project. This project should only be taken with the approval of your parent or guardian, and your shooting activities should always be supervised by a knowledgeable adult.

The purpose of this project is to introduce you to the sport of archery. Through this introductory 4-H archery project you will learn the basic rules of safety, proper equipment selection and care, and beginning shooting techniques.

General Project Guidelines

1. Complete the Planning Your Project section of this Guide.
2. Explore each of the six Interest Areas (each of the six chapters is an Interest Area).
3. Complete all Review Questions and Things to Do in each Interest Area.
4. Participate in at least two Organized Project Activities.
5. Be involved in at least two Citizenship/Leadership Activities.

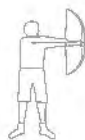
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Planning Your Project

Interest Areas

Plan to explore each of these six Interest Areas (or chapters of this book). As you begin an Area, place the current date next to it. When you complete an Area, have a parent or 4-H advisor initial and date your record. Plan to complete review questions and Things to Do in each Interest Area.

Date Started	Date Completed	Initials	Interest Area
_____	_____	_____	1. Introduction to Archery, page 9.
_____	_____	_____	2. The Language of Archery, page 11.
_____	_____	_____	3. Archery Equipment, page 15.
_____	_____	_____	4. Equipment Selection, page 19.



Leadership/Citizenship Activities

Plan to do at least two of the following Leadership/Citizenship Activities. Place an "X" in the space beside the activities you plan to do, or design your own activity in the space provided. Keep track of your progress by marking the date when you finish each chosen activity.

Plan to Do	Date Completed	Leadership/Citizenship Activities
<input type="checkbox"/>	_____	Demonstrate archery safety at a club meeting
<input type="checkbox"/>	_____	Organize an archery clinic for your club
<input type="checkbox"/>	_____	Help another person with an archery project.
<input type="checkbox"/>	_____	Help teach archery at 4-H camp
<input type="checkbox"/>	_____	Invite someone to speak about archery at a club meeting.
<input type="checkbox"/>	_____	Serve as an officer in your club
<input type="checkbox"/>	_____	Encourage a friend to take the archery project.
<input type="checkbox"/>	_____	Enroll in a Hunter Safety Course
<input type="checkbox"/>	_____	Help someone prepare for archery project judging
<input type="checkbox"/>	_____	Help with an archery tournament or competition
<input type="checkbox"/>	_____	Plan your own activities here:
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____



Project Review

Once you have completed your project as planned, arrange for a project review. This can take place with a parent, project advisor, or interested adult. The project review may also be part of a more comprehensive member evaluation at a time agreed upon by your club. Reviews are designed to measure what you learned, as well as your growth as a 4-H member. Members who participate in this level of evaluation are eligible for achievement awards, such as ribbons, pins, and certificates.

You may also want to take part in county project judging. This level of evaluation measures how well you did on your project. Your achievements will be compared with the achievements of others to determine the best in your project area, and to determine possible State Fair participation. For more information, contact your county Extension office.

1. Introduction to Archery

The principle behind the bow was probably discovered by accident, but it was an important discovery in human history. When the bow string is drawn, energy is stored; when it is released, the stored energy is transferred to the arrow, which is hurled forward. Before this discovery, throwing was the only way known to project a missile. The bow allowed prehistoric hunters and warriors to keep a safe distance from potentially dangerous animals or enemies.

Archery is no longer used in modern warfare, except among some tribes of South America and Central Africa. Millions of people around the world, however, enjoy the sport of archery, whether as a fierce competition, a popular form of hunting, or a relaxing backyard hobby.

Archery is a sport for people of all ages. Strength is not necessary for you to enjoy the sport. Being a proficient archer involves hand-eye coordination, consistency, and practice, practice, practice.

Things To Do

1. Read archery books and magazines to learn about the sport and its history. List the books and articles you read, and write a brief summary about what you learned from each book or article.
2. Write a one- or two-page report on the history of archery or another archery topic of interest to you.
3. Begin a scrapbook for your archery project. Include your list of books and articles and/or your written report.



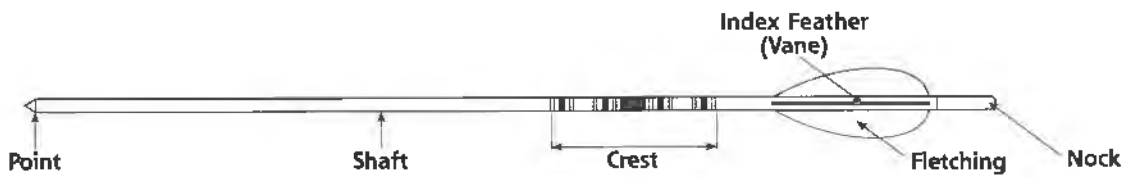
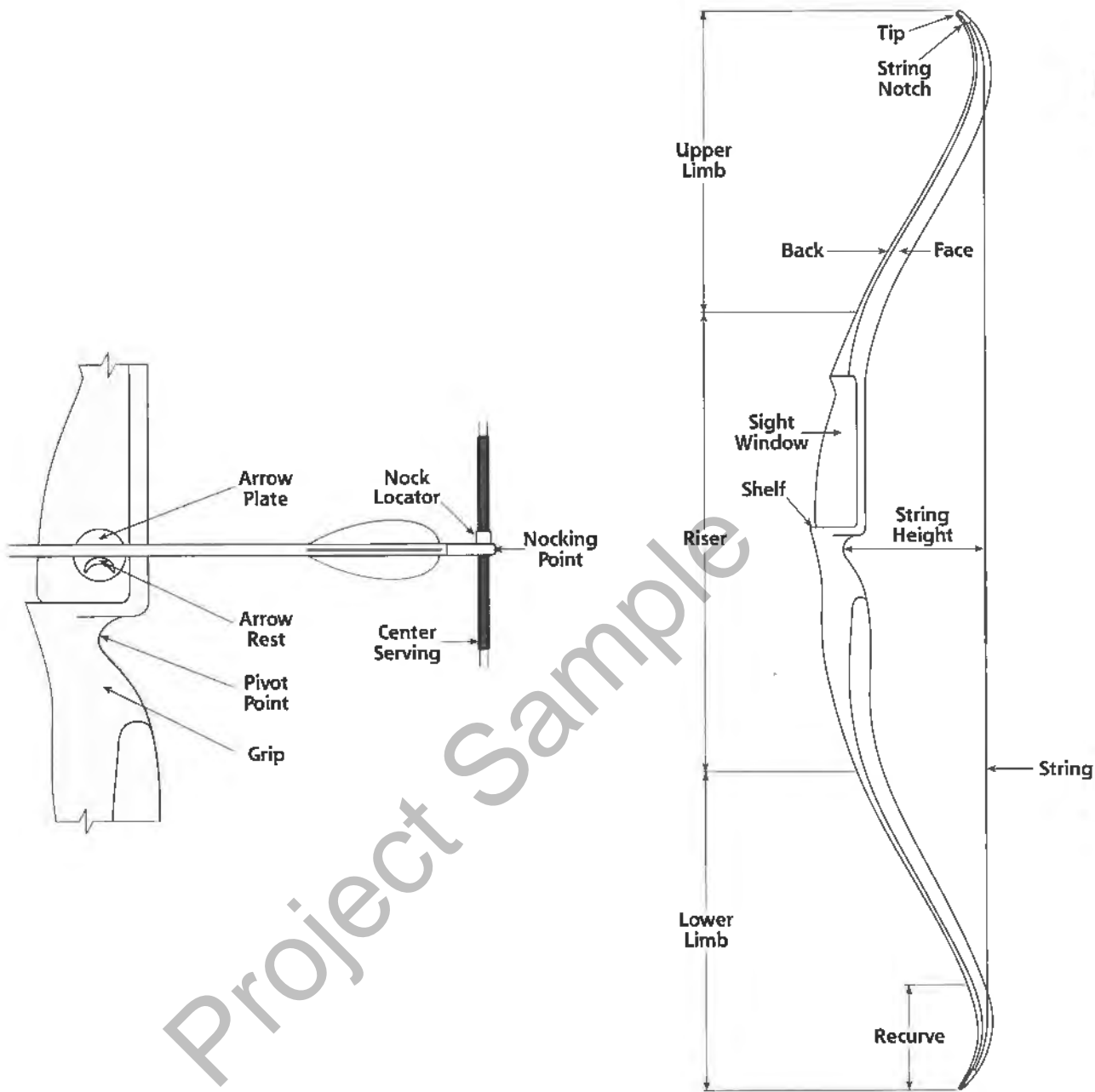
2. The Language of Archery

Being a responsible archer includes knowing and understanding the language of archery. You must know what to call each piece of equipment, as well as each of its parts. Knowing the correct names of the parts makes it possible for you to discuss archery with another person.

A **bow** consists of a **grip**, a center section (**riser**), and two **limbs**. The side of the bow closest to the string is called the **face**; the side farthest from the string is the **back**. The grip is usually shaped to allow the bow hand to seat comfortably. Just above the grip on many bows is a cutout area called the **sight window**. Many archers attach a **bow sight** to the back of their bow, near the sight window. The **arrow shelf** is at the bottom of the sight window. Some archers shoot “off the shelf,” but most install an **arrow rest** just above the shelf. Some bows are designed with the arrow rest built into the top of the grip. The portion of the arrow rest that lies along the side of the sight window is called the **arrow plate**. The arrow plate may adjust in and out if a **plunger** is installed. **Longbows** and **recurved bows** have **string notches** cut in the limbs near the **tips**. This is where the looped ends of the **bowstring** attach to the bow. The string on a **compound bow** attaches to a **cable**, which passes through **wheels** or **cams** at the tips of the limbs. The looped ends of the bowstring are protected by windings of heavy thread or monofilament called **serving**. The center portion of the string has a serving of monofilament line, which protects the string from wear where the arrow and fingers touch it. The center serving should have one or more **nock locators** to locate the arrow at the same place on the string for every shot. The distance between the bow string and the grip on the handle riser where the bow pivots when shot (**pivot point**) is called the **string height** or **brace height**.

The **arrow** attaches to the string at the **nocking point** by snapping (**nocking**) the forked **arrow nock** securely to the string. The arrow nock is located at the opposite end of the **arrow shaft** from the **arrow point**. **Fletching** is attached to the arrow near the nock. Its purpose is to stabilize the arrow as it flies through the air. Arrows commonly have three **feathers** or plastic **vanes** as fletching. They are arranged so that the odd-colored **index feather** or **index vane** faces away from the sight window when the arrow is properly nocked. Arrows may have a decorative **crest**, located in front of the fletching, to help archers identify their arrows.





Review Question

1. Why is it important for you to understand the language of archery?

Things to Do

1. Demonstrate your knowledge of archery terms to your advisor or parent. Have them test you by pointing to various parts of a bow and arrow, and respond with the correct names of the parts. Have them sign their name here when you have successfully completed this:

Name _____

Date _____

Exhibit Ideas

1. Make a poster that shows a drawing of a bow and arrow with the names of the parts listed.
2. Make a smaller drawing of a bow and arrow with the names of the parts listed and place it in your scrapbook.

