

Archery

MEMBER RECORD BOOK

Start Date _____ Completion Date _____

Name _____

Age (as of January 1 of the current year) _____ County _____

Club _____

I hereby certify I personally have kept records for this project and completed this record book.

Signed _____

4-H Certified Archery Instructor

Printed Name _____

Signature _____ County _____



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
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Special thanks to **Larry Harris**, Program Coordinator, Ohio 4-H Shooting Sports, and to the Ohio Department of Natural Resources, Division of Wildlife. We are also grateful to the people who contributed to previous editions of this book. Much of that original work remains.

Special thanks also to the archery classes at Shooting Education Camp and to archery instructors, **Ed Clawson** and **Brad Welch**.

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Production

This book was produced by **Ohio State University Extension Publishing** with these team members:

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Are you an adult interested in helping young people learn archery skills? Become a 4-H volunteer through the Extension office in your county. Current volunteers, age 21 and older, are eligible to attend a weekend workshop to learn how to teach archery skills to youth. Workshops are held each winter, spring, and fall at various 4-H camps around Ohio.

For details and costs, go to ohio4h.org/shootingsports.

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Note to the Instructor

The 4-H Shooting Sports program is dedicated to teaching the safe and responsible use of firearms to 4-H members interested in shooting sports. A 4-H shooting sports project requires that educational activities are organized and conducted by one or more 4-H certified shooting sports instructors. A 4-H certified shooting sports instructor trained in the named discipline **MUST** be involved in the completion of this project.

This member record book is intended to help shooting sports members document their growth, development, and progress. A separate record book should be completed each year for each discipline in which a project is taken. Using these record-keeping tools supports these goals of the 4-H Shooting Sports program:

- To encourage participation in natural resources management and natural science programs through shooting, hunting, and related activities.
- To enhance the development of self-concept, character, and personal growth through safe, educational, and socially acceptable involvement in shooting activities.
- To teach concepts that lead to the safe and responsible use of firearms, including sound decision-making skills, self-discipline, and concentration.
- To encourage an understanding of the historical context of American shooting sports.
- To promote the highest standards of safety, sportsmanship, and ethical behavior.
- To support youth as they explore the broad array of vocational and lifelong avocational activities related to shooting sports.
- To strengthen families through participation in lifelong recreational activities.
- To complement and enhance the impact of existing safety, shooting, and hunter education programs using experiential educational methods and progressive development of skills and abilities.
- To develop integrity, sportsmanship, cooperation, decision-making skills, and public speaking skills through participation in structured, informal learning experiences, including demonstrations, visual presentations, tours, competitive shooting events, community service activities, and exhibits.

Not a 4-H certified shooting sports instructor?

If you are interested in helping young people learn shooting sports skills, please consider joining the ranks of the 4-H Shooting Sports program by becoming a 4-H certified shooting sports instructor. Adult 4-H volunteers (age requirements vary by discipline) attend a weekend workshop to learn how to teach youth about pistol, rifle, shotgun, muzzleloader, archery, crossbow, hunting and wildlife, and more. In Ohio, workshops are held each spring and fall at various camps around the state. For more information, go to ohio4h.org/shootingsports. For information about the program in other states, go to 4-hshootingsports.org.



Member Project Guide

Welcome to the 4-H Shooting Sports program! This book is intended to be a record of this year's progress and experience as you learn about shooting sports and archery. Be sure to complete a separate record book for each year and for each discipline in which you participate.

You are learning about and experiencing something that requires great care and attention to safety. By enrolling in the 4-H Shooting Sports program, you are agreeing to follow the Rules for Safe Bow Handling, any other additional rules and safety precautions, and the direction of your shooting sports instructor. Read and sign the pledge below every year you take a shooting sports project.

A 4-H shooting sports project requires the direct involvement of one or more 4-H certified shooting sports instructors. A 4-H certified shooting sports instructor trained in the named discipline **MUST** be involved in this project.

I PLEDGE

To follow these Rules for Safe Bow Handling and Shooting:

- Wear safety glasses, arm guard, and finger protection.
- Safety check all equipment before shooting.
- Be sure there are no people, animals, or objects around or beyond the target.
- Always point the arrow in a safe direction.
- Nock the arrow only when ready to shoot at an appropriate target.
- Never dry fire a bow.

To always follow any and all additional rules and safety precautions on the range.

To always follow the directions of my shooting sports instructor.

Signature of 4-H Member _____ Date _____

Signature of 4-H Certified Shooting Sports Instructor _____ Date _____

This is my _____ (first, second, third, etc.) year in this project.



Project Guidelines

- Step 1:** Attend and participate in your 4-H shooting sports club meetings.
- Step 2:** Keep track of your progress as you learn about archery, complete activities in this book, and keep records.
- Step 3:** Take part in **at least two** learning experiences.
- Step 4.** Become involved in **at least two** leadership/citizenship activities.

Step 1: Shooting Sports Club Meetings

List below all the 4-H shooting sports club meetings you attend. For each meeting, describe club business conducted, shooting topics, or lessons taught by your instructors. Be sure to list any shooting practice held during club meetings on your practice record. Add additional pages if necessary.

Date	What business did the club conduct?	What shooting topics or lessons were discussed?
3/10	<i>Discussed community service project</i>	<i>Safety review, archery practice</i>

Sample Pages



Step 2: Topics, Activities, and Records

Keep track of your progress as you learn about archery, complete activities in this book, and keep records. Date each accomplishment below, and then ask your instructor to initial.

Topics, Activities, and Records	Date Completed	Instructor Initials
A. Project Goals and Objectives		
B. Safety First		
Outfitted for Safety, Safety Equipment, and Archery Safety Rules		
Archery Safety Checklist		
C. Know Your Equipment		
Parts of a Bow and Arrow		
Kinds of Bows		
Kinds of Arrow Points		
Your Bow and Arrow		
Care and Storage of Archery Equipment		
D. On the Range		
Archery Ranges		
Archery Range Rules		
Whistle Commands		
Archery Range Procedures		
The 10 Steps of Bow Shooting		
After the Shot		
Scoring		
Archery Games		
E. Archery Terms You Need to Know		
F. Archery Resources		
G. Project Records		
Equipment Inventory		
Financial Record		
Archery Practice Record		
Special Interest Report		
H. Preparing for Review		
How Did You Do?		
Preparing for Your Project Evaluation		



Step 3: Learning Experiences

Learning experiences are a way for you to learn more about something that interests you. At the beginning of the year, identify **at least two** experiences in the “plan to do” column. Then, describe what you did in more detail. Ask your instructor, advisor, or other supervising adult to date and initial in the appropriate spaces below.

Learning experiences may be added or changed at any time. Here are some ideas:

- Attend a clinic, workshop, demonstration, or speech related to shooting sports.
- Go on a related field trip or tour.
- Participate in a competition.
- Attend a shooting education camp.
- Prepare your own demonstration, illustrated talk, or project exhibit.
- Participate in county judging.

Want some more ideas? Are you repeating this project? If you want to do more for your learning experiences, check out the Appendix: Expanding Your Horizons.

Plan to Do	What You Did	Date Completed	Instructor or Adult Initials
Camp	Attended 4-H Shooting Education Camp	7/13/YR	K.S.

Sample Pages

Ohio 4-H Shooting Education Camp focuses on safe, responsible, and ethical use of firearms and archery equipment. Campers learn about shooting safety, shooting fundamentals, and beginning marksmanship, and select a discipline (archery, living history/muzzleloader, pistol, rifle, shotgun, or crossbow) for hands-on range experience. Because it is camp, it also includes fishing, canoeing, paddle boats, nature trails, and more. Find out more at ohio4h.org/shootingsports.



Step 4: Leadership and Citizenship Activities

Choose **at least two** leadership/citizenship activities from the list below (or create your own). Record your progress by asking your instructor, advisor, or other supervising adult to initial next to the date as each one is completed. You may add to or change these activities at any time. Here are some examples:

- Serve as a junior leader in your club.
- Serve as an officer in your club.
- Help recruit new members to your club.
- Help organize a community service project for your club, such as cleaning up a local community range.
- Organize a field trip or a visit by a guest speaker for your club.
- Volunteer to help with a competitive shooting event.
- Arrange for and help set up a hunter education course for your club or community.
- Help with a display or presentation on shooting sports or archery safety at a mall show, county fair, field day, or similar event in your community.

Leadership and Citizenship Activities	Date Completed	Instructor or Adult Initials

Sample Pages



A Project Goals and Objectives

How to Write Goals and Objectives

Goals and objectives provide guidelines for accomplishing new tasks. Use these tips to write your goals and objectives at the beginning of your project.

A goal is a statement of what you want to learn or a task you want to complete. Make sure your goals are SMART:

- **Specific**—names a specific area for improvement
- **Measurable**—includes a quantity that shows progress, such as time spent or accuracy
- **Attainable**—identifies something reachable for your age and experience
- **Relevant**—names something related to your learning
- **Time-bound**—includes a realistic deadline

For example, the goal “Learn to use a bow and arrow” is too broad. Written as a SMART goal, it becomes “Learn all the safety rules for handling a bow and arrow before using them.” It describes exactly what you want to do and when you want to do it.

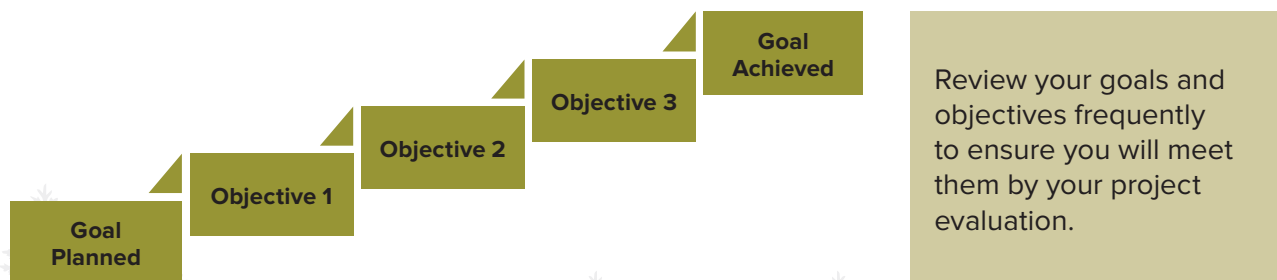
Objectives are individual steps that help you complete your goals. An objective describes one action that supports a specific goal. They are written with action verbs and a few details. The following objectives, for example, support the goal “Learn all the safety rules for handling a crossbow and arrow before using them.”

- Objective 1: *Always wear safety glasses when shooting a bow and arrow.*
- Objective 2: *Learn the items on the safety checklist and teach them to someone else.*
- Objective 3: *Record the results of my archery equipment check before every shooting session.*

Objectives are also measurable. At the end of the year, you will be able to say “Yes, I did that,” or “No, I did not do that.” For example, your instructor can verify that you wore safety glasses when on the range. You can recite the safety checklist. Whoever you teach the safety checklist to can talk about each item on it. You can demonstrate how to do an equipment check.

Write a rough draft of your goals and objectives. Ask an adult to review them with you. Are the goals and objectives reasonable for your age and experience level? Older or more experienced members should have goals and objectives that are more involved than younger or inexperienced members. You might want to adjust your goals before writing the final version in your project book.

If you make good progress on your original goals, you have the option to develop more. If you choose to do this, simply write additional goals and objectives on another piece of paper and staple it to the page. **Remember, the quality of your work is more important than the quantity.**



My Goals and Objectives for This Year

Your goals and objectives provide the guidelines for your archery project. Complete them by following these steps: 1) Look through this entire member record book before deciding on your specific goals and objectives. 2) Review the information on page 8 about writing goals and objectives, and write a rough draft on a separate page. 3) Discuss them with your archery instructor. 4) When you are satisfied that your goals and objectives are on target, record them on this page.

Goal 1: _____

Objective 1: _____

Objective 2: _____

Objective 3: _____

Goal 2: _____

Objective 1: _____

Objective 2: _____

Objective 3: _____

Goal 3: _____

Objective 1: _____

Objective 2: _____

Objective 3: _____

Sample Pages



B Safety First

Outfitted for Safety

Your clothing, besides making you comfortable in various weather conditions, is essential to the safety and fun of your archery experience.

- Wear close-toed shoes with backs. Tennis shoes, athletic shoes, or boots work best.
- Wear pants, or shorts or skirts that reach mid-thigh or longer.
- If you have long hair, tie it back from your face and ears or tuck it under a hat.
- If you are wearing a sweatshirt or other top with hood strings, tuck them in. Remove hoop or dangle earrings, facial piercings, necklaces and lanyards, name tags, and anything else that might become caught in the string of a bow.
- Experienced archers place the armguard as shown, to protect the forearm. Beginning archers place the armguard further up the arm to protect the inside of the elbow.

Safety Equipment



Safety glasses



Finger tab



Shooting glove



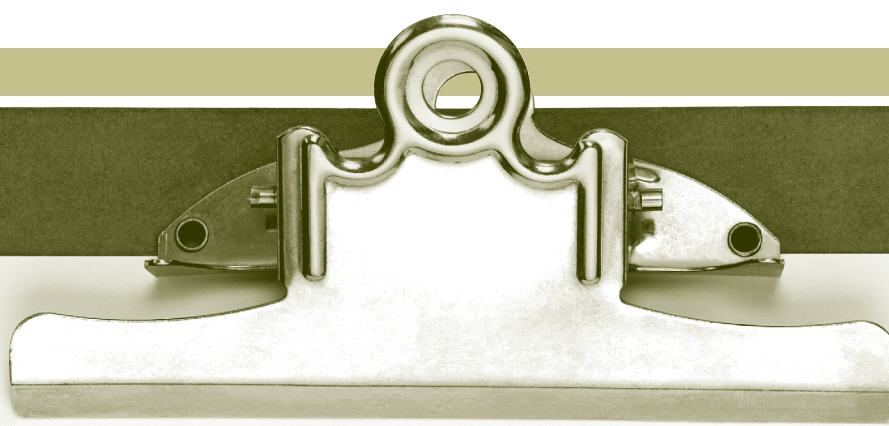
Armguard

Archery Safety Rules

Check off each safety rule after you have studied it and discussed it with your instructor or project helper. These rules should be foremost in your mind **every** time you use a bow and arrow.

1. Always wear your safety glasses, armguard, and finger protection.
2. Inspect equipment for problems each time before shooting.
3. Know and obey all range commands.
4. Identify your target and what lies beyond it.
5. Never dry fire your bow (never release the string without an arrow).
6. Load your bow only when you have a clear shot at a safe target.
7. Always point your nocked arrow downrange.
8. Never shoot an arrow at a flat, hard surface or at water.
9. Never shoot when impaired by fatigue, emotions, alcohol, or drugs—even over-the-counter or prescription drugs.
10. Exercise caution for yourself and others when removing arrows from a target.
11. Always practice good sportsmanship by respecting people, equipment, and facilities.





Archery Safety Checklist

Familiarize yourself with this checklist and use it before shooting **every** time. Work closely with your instructor while you learn all the parts of your bow and arrow.

You, the Archer

- Are you alert and ready to follow all safety procedures?
- Are you wearing safety glasses? Prescription glasses are okay.
- Are you wearing an armguard, and is your shooting glove or finger tab properly fitted?
- Is long hair tied back? Have you removed name tags, loose or large jewelry, earrings (including lip or other facial piercings)?
- Is your hat brim turned around? Your collar tucked in? Long sleeves secured and out of the way? If you're wearing a bulky coat, consider removing it. Make sure none of your clothing interferes with the bowstring.
- Are limb bolts tight on take-down bows?
- Is the string or are the servings fraying? Are any strands broken?
- Is the string securely seated on the string notch (recurved and longbows)?
- Are cables fraying or separating (compound bows)?
- Are wheels or cams moving freely and free of nicks, cracks, or loosening of bolts (compound)?

Your Arrows

- Are arrows the proper length for you?
- Are arrow shafts straight and free from cracks, stress marks (fiberglass and carbon), or crimps (aluminum)?
- Are any fletches missing, broken, or separated from arrow shafts?
- Are nocks missing or cracked?
- Are arrow tips securely fastened or tightened? Are they in good condition?

The Archery Equipment

Your Bow

- Is the bow the proper draw weight and length for you?
- Are bow limbs cracked, warped, twisted, or delaminating at any point?



Know Your Equipment

Parts of a Bow and Arrow

Use these words to label the parts of the bows pictured here.

(See page 35 for answer key.)

- Recurve Bow**
- back
 - face
 - lower limb
 - recurve
 - riser
 - shelf
 - sight window
 - string
 - string or brace
 - height
 - string notch
 - tip
 - upper limb

Recurve Bow

