

### 3. Getting Started

Archery is a fun activity that can be taught to the young and the young at heart. While this activity is great for individuals it is also great for groups.

Our programs are designed to be safe, fun, and structured based on archery principles. We encourage parents to learn the sport with their young children and adults to learn with other adults. Good competition develops great archers.

The Discover & Explore Archery Program is a three-week program which introduces the participant to the equipment, safety on the range and how to use the equipment. These athletes should focus on skill development and participate in age-appropriate activities and games.

The Progress & Experience Archery Program is the next development process which occurs after an athlete has been engaged in archery and wants to explore a more organized training option. We focus on refining the skills needed to be successful in archery, and then furthering skill development through challenges such as club competitions and some national championship competitions.

The Apply & Develop Archery Program is where athletes begin to train and compete in a program that matches their personal interests, goals, and developmental needs. Archery specific training allows the athlete to fully develop - Technical, psychological, tactical, physical, and social development is important for the archer.

The Growth Archery Program/Excel Program is for athletes that are on a path that is dedicated to maximizing their athletic potential and committed to an ongoing periodized long-term training program in archery.

The Mastery Archery Program is to promote excellence within the highest level of performance at the National, World, Olympic and Paralympic levels. This is where we build winning strategies with the athletes, individualize training and recovery programs to prevent over-training.

The environment we create is important to our instructors and participants. We want to ensure participants are getting the best instruction and feel comfortable with the instructors. Our instructors are provided with the best training materials and equipment to teach. We encourage a family orientated atmosphere and care for the well-being of our members.



### 3.1 Stages of Development

#### STAGE 1

##### ACTIVE START/FUNDAMENTS

(discover & explore)

AGES 8 – 11 or mature adult

This is the first step of involvement with archery at a young age. Discovery of key concepts and motor skills of archery is critical to learn the fundamental posture and coordination of archery.

#### STAGE 4

##### TRAIN TO COMPETE

(growth & excel)

AGES 17 – 22 or mature adult

Athletes will choose the pathway that best represents their interest and abilities.

#### STAGE 2

##### LEARN TO SHOOT

(progress & experience)

AGES 12 – 15 or mature adult

This stage focuses on refining the skills needed to be successful in archery, and then furthering skill development through challenges.

#### STAGE 5

##### SHOOT TO EXCEL

(excel program)

AGES 18+

The focus of this stage is to promote excellence with the highest level of performance at the National, World and Olympic and Paralympic levels.

#### STAGE 3

##### TRAIN TO SHOOT

(apply & develop)

AGES 15 – 17 or mature adult

Maximizing potential becomes an option for athletes as they start to grasp the commitment necessary for archery.

#### STAGE 6

##### SHOOT FOR LIFE

(mastery)

AGES 21+

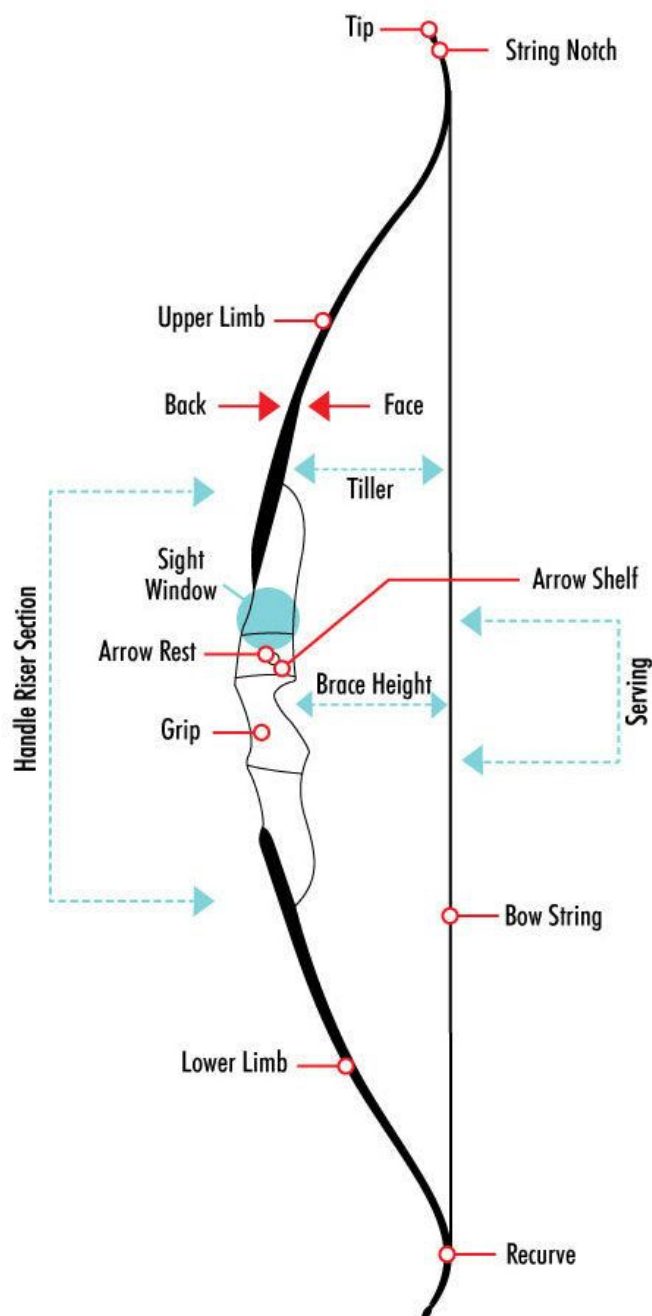
As individuals mature, they can continue to participate in the sport in recreational or high-performance pathways. Many may serve in multiple roles as athletes, coaches, judges, leaders and/or administrators.

### 3.2 Archery Equipment

There are two types of bows used for archery which are the recurve bow and the compound bow.

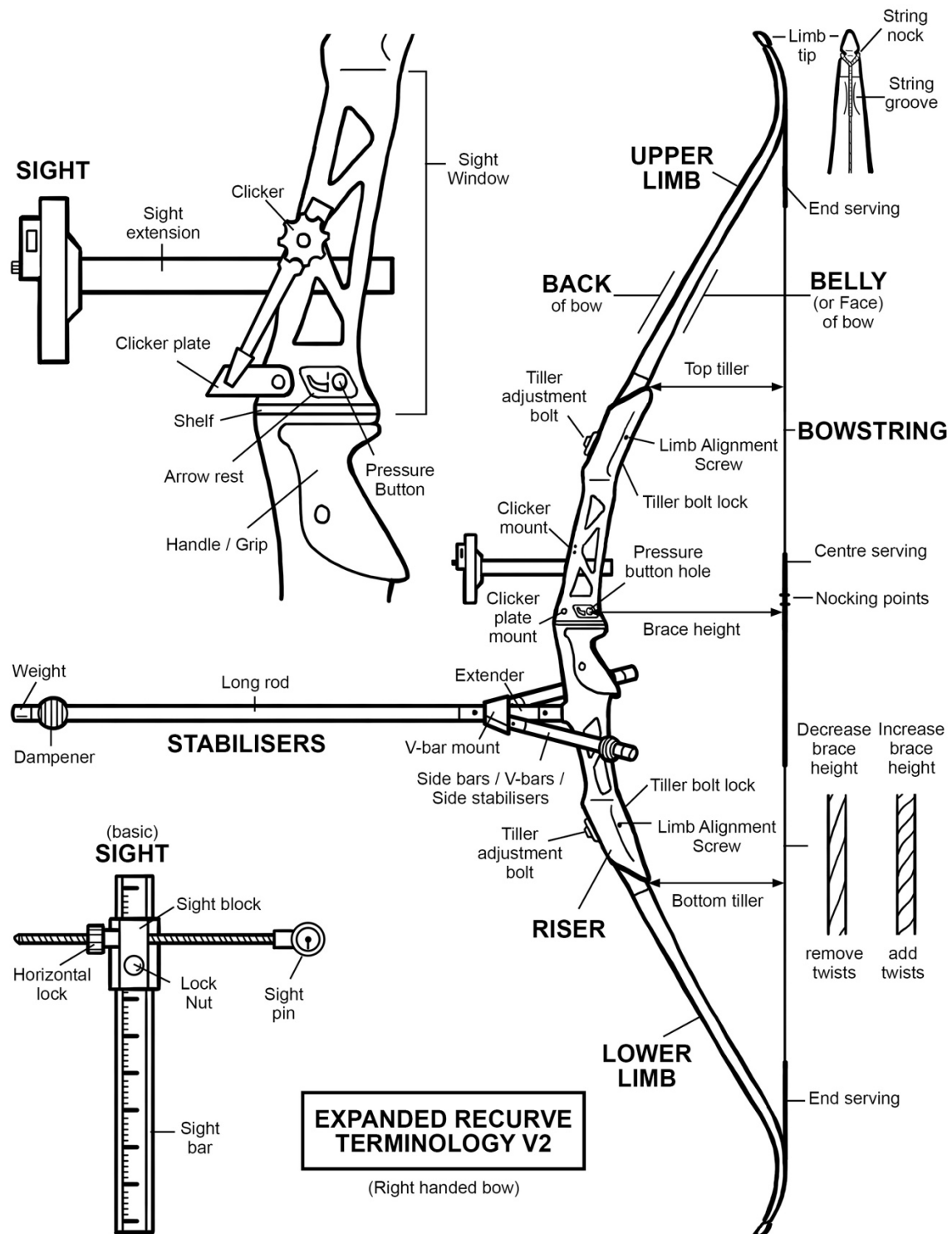
The recurve bow or bare bow is shown below in the diagram. It is a three-part bow with a riser with top and bottom limbs. Once the string is attached, the bow may need to be tuned for the student and then it's ready to shoot. All students are introduced to archery using this type of bow.

Barebow Recurve Bow



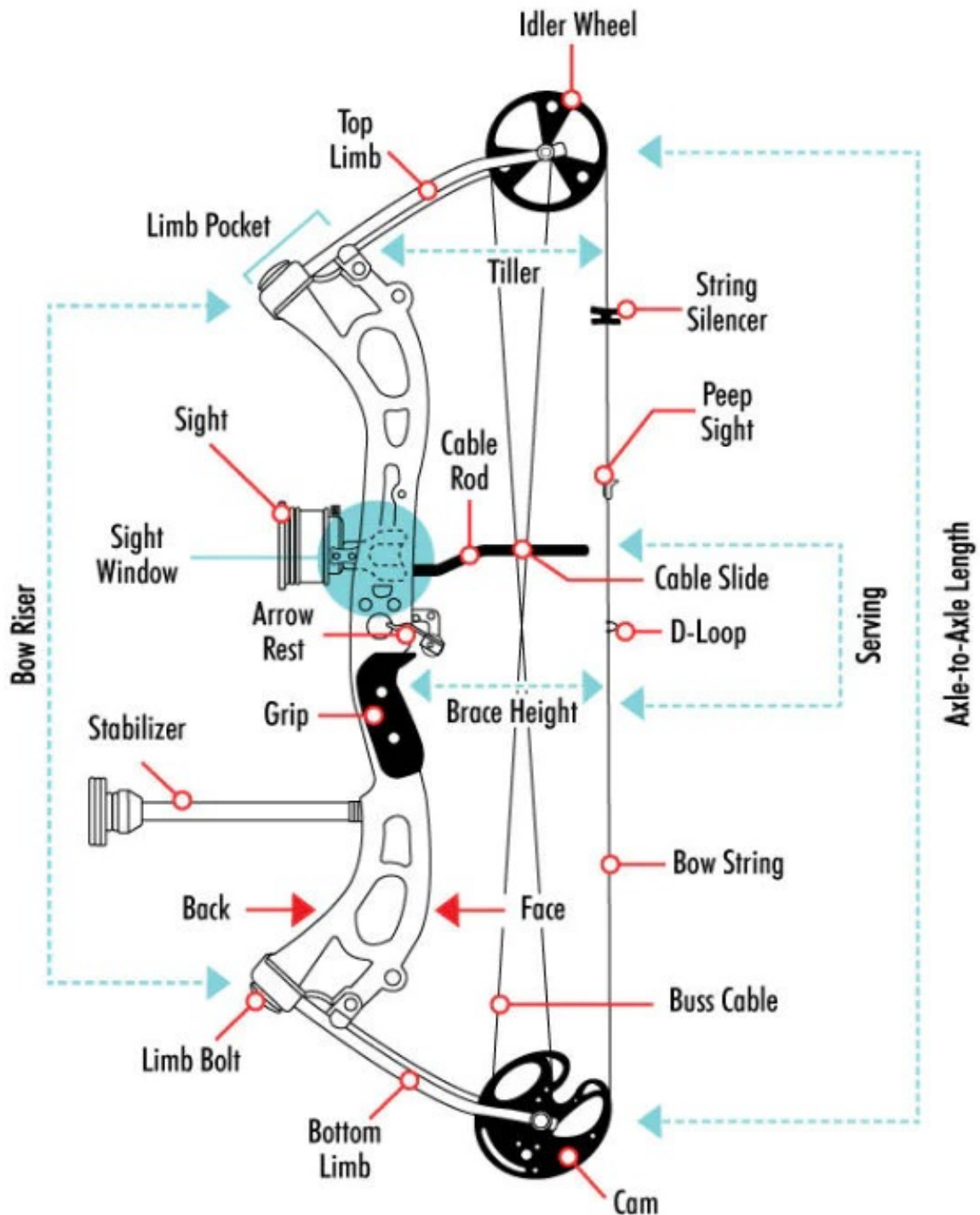
## Olympic Recurve Bow

Once an archer is comfortable shooting the barebow and prefers a recurve bow, they will purchase their own equipment and start to gradually add some of the key components shown below in the diagram. By adding a sight, clicker, stabilizer bar sides bars and weights then transforms it into the Olympic Recurve Bow. The recurve bow is the only bow used at the Olympics and the distance for that event is 70 meters. we allow them the option to choose which bow they prefer to shoot.



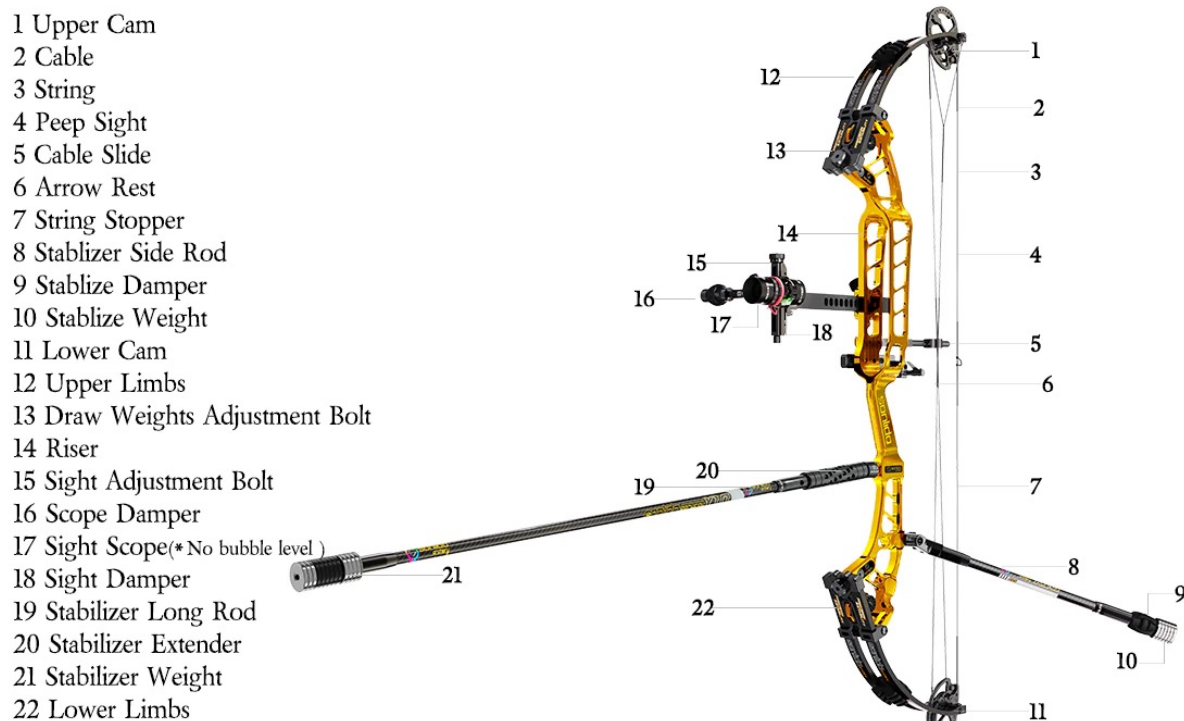
## Compound Bow

Another bow option is the compound bow. Once an archer understands the basic shooting technique they can make a decision if they want to try shooting a compound bow. While this bow looks quite complicated it makes shooting an arrow easier than a recurve bow. Unlike the recurve bow, an archer does not need to hold the full draw weight. To release the arrow on a compound bow a release switch is used.



## Advanced Compound Bow

While the compound bow is not used in the Olympics it is still shot at a maximum distance of 50 meters in World Cup and other national or international events.



\* No bubble level (contain the liquid) included in the kit according to the Air Transport Safety Ordinance.



The items listed below are used for safety when shooting the bow, stringing the bow, and carrying the arrows.

