Acknowledgments

This revision of "Wildlife: Acknowledgment is also given to the works that preceded it." was revised by Debbie Acknowledgments.

For details and costs, log on to www.ohiophotography.com.

Each spring and fall at various 4-H camps around Ohio, workshops are held to learn how to teach archery skills to youth. Workshops are held.

If you are interested in helping young people learn archery skills?

And Brad Welch,

Canyon, and to archery instructors Ed Clawson, Gene Van Meenen,

Special thanks to the archery class at the 2008 Shooting Education

This 4-H Archer's Member Record Book was revised by Debbie Acknowledgments.
Contents

2 Introduction
3 General Project Guidelines
4 Meeting Experiences
5 Learning Experiences
6 Writing Your Archery Project Goals and Objectives
7 Preparing for Your Archery Project Evaluation
8 How Did You Do? A Self-Evaluation
9-10 Parts of a Bow and Arrow
11 Archery Safety
12 Archery Safety Checklist
13 Archery Range
14-15 The Ten Steps of Bow Shooting
33 Photos of Your Archery Activities This Year
31 Archery Terms You Need to Know
29 Participation in Organized, Competitive Archery Events
28-22 4-H Archery Practice Sessions
26 Project Review: A Performance Evaluation
25 How Did You Do? A Self-Evaluation
24 Preparing for Your Archery Project Evaluation
23 Special Interest Topic Report
22 Equipment Inventory and Financial Record
21 Archery Games
20 Care and Storage of Archery Equipment
19 After the Shoot
Introduction

Using these record-keeping tools will help you achieve the following goals of the 4-H Shooting Sports Program:

- To develop integrity, sportsmanship, cooperation, decision-making skills, and public speaking skills in youth through participation in structured informal learning experiences, including demonstrations, visual presentations, tours, competitive shooting events, community service activities, and exhibitions.

- To develop the development of skills and abilities.

- To enhance the impact of existing safety, shooting and hunting education programs using experiential educational methods and progressive development.

- To enhance families through participation in shooting recreational activities.

- To expose youth to the broad array of vocational and lifelong recreational activities.

- To promote the highest standards of safety, sportsmanship, and ethical behavior.

- To teach concepts that lead to the safe and responsible use of firearms and archery equipment, including sound decision-making skills, self-discipline, and concentration.

- To enhance the development of self-confidence, character and personal growth.

- To encourage participation in natural resources management and related natural science programs through shooting, hunting, and related activities.

- To encourage participation in natural resources management and related natural science programs through shooting, hunting, and related activities.

A 4-H Shooting Sports Project requires instructors certified by one or more programs.

Introduction
Participate in discipline in which you record books for each shooting sports member.

Be sure to obtain additional information and activities about bows and arrows, as well as specific archery project activities.

- Accurately record your practice sessions and archery events (pages 27-29).
- Take part in a project review for each shooting discipline in which you participate (page 26).
- Evaluate how well you achieved your goals for the year (page 25).
- Write a report on an archery-related topic of interest to you (page 23).
- Keep an accurate equipment inventory and financial record (page 22).
- Play popular archery games (page 21).
- Care for and properly store your archery equipment (page 20).
- Learn the Ten Steps of Bow Shooting including what to do after the shot (pages 16-19).
- Become familiar with archery range safety and procedures (pages 14-15).
- Learn about safety equipment and rules with the safety checklist (pages 12-13).
- Identify the parts of a bow and the parts of an arrow (pages 9-10).
- Identify your 4-H Archery goals and objectives for the year (pages 7-8).
- Be involved in at least two service learning and leadership activities (page 6).
- Plan to take part in at least two learning experiences (page 5).
- Attend and participate in your 4-H shooting sports club meetings (page 4).

General Project Guidelines
<table>
<thead>
<tr>
<th>What shooting topics or lessons were taught?</th>
<th>What business did the club conduct?</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Safety review, archery practice</td>
<td>Discussed community service project</td>
<td>3/10</td>
</tr>
</tbody>
</table>

Add additional pages if necessary.

List below all the 4-H Shooting Sports club meetings you attended. For each meeting, describe club business conducted, shooting topics, and what lessons taught by your instructor. Be sure to list any shooting practice or competitive events held during club meetings on pages 27-29.

Meetings of Your 4-H Shooting Sports Club

Planning and Reporting Your 4-H Archery Activities
<table>
<thead>
<tr>
<th>Date Completed</th>
<th>What You Did</th>
<th>Plan to Do</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9/16</td>
<td>Range courtesy, toured local shooting range, learned safety rules and...</td>
<td></td>
</tr>
</tbody>
</table>

**Report of Learning Experiences**

- Radio/TV Presentation
- Tour
- Camp
- Field Trip
- Speech
- Skill/Art Demonstration
- Workshop
- Illustrated Talk
- Exhibit
- Project Judging
- Clinic

Experiences may be added or changed at any time. Enter your two choices in the "plan to do" column as soon as you have completed an activity. Record what you did and the date. Learning experiences may be added at any time. At the beginning of the year, take part in two or more of the following learning experiences. Plan your involvement using the chart below. For the information in the chart below.
<table>
<thead>
<tr>
<th>Date</th>
<th>Plan to Do</th>
<th>Activity</th>
</tr>
</thead>
</table>

- Help with a display or presentation on shooting/gun safety at a mall show, county fair, a 4-H day, or a similar event in your community.
-Arrange for and help set up a hunter education course for your club or community.
-Volunteer to help with a competitive shooting event.
-Organize a field trip or a visit by a guest speaker for your club.
-Help organize a community service project for your club.
-Work as part of an awareness team to recruit new members to your club.
-Serve as an officer in your club.
-Serve as a Junior Leader in your club.

Do or list an activity of your own design in the space provided. Record the date when you complete each chosen activity. Place an "X" in the box beside the activities you plan to do or at least two of the following: service learning and leadership activities.
Writing Your Archery Project Goals and Objectives

Objectives are the plan of what you want to do while working on your project. An objective is a statement that tells a goal a goal is a statement of what you want to learn or a task to complete. A goal needs to be specific and realistic. Because of writing goals so broadly it becomes a choice to complete them. Several smaller goals will serve you better and keep you on track in your project. The goal needs to be specific and realistic. Because of writing goals so broadly it becomes a choice to complete them. An objective is a statement that tells an action you will do while working towards your goal. Objectives are better when written with action verbs and a few details.

Objective 1: Learn the proper safety checks and teach them to someone else.

Objective 2: Learn the terms on the safety checklist and teach them to someone else.

Objective 3: Do an equipment check before every shooting session.

Objectives should be written at the start of your project. Objectives are individual steps you use to complete your goals. Goals help you focus on and define the task to finish. Objectives are individual steps you use to complete your goals. Goals and objectives provide guidelines for accomplishing new tasks. Objectives are an important part of your project evaluation. Before your project evaluation, use the chart on page 7 to evaluate how well you followed your additional goals and objectives as you work on your project. If you choose to do this, write additional goals and objectives on the space provided on the page. If you make good progress on these goals written on page 1, you have the option to develop more goals. If you make good progress on these goals written on page 2, you have the option to develop additional goals and objectives. Write your goals and objectives on the space provided on your project book. There is space to include more objectives if needed. Write the final draft of your goals and objectives before you write the final draft of your project. Write a rough draft of your goals and objectives. Ask an adult to review the goals and objectives. An objective is a statement that tells an action you will do while working towards your goal.
Archery Goals and Objectives for This Year

Once you are satisfied that your goals and objectives are on target, record them on this page.

Goal 1:

Goal 2:

Goal 3:

Objectives 1:

Objectives 2:

Objectives 3:

Objectives 4:
Use these words to label the parts of the bows pictured here.

- Compound Bow
- Recurve Bow
- Cable guard
- Cable
- String
- Pulley (wheel or cam)
- Limb bolt
- Lower limb
- Riser
- Upper limb
- String
- Notch
- String or brace height
- Tip
- Sight window
- Shorter
- Riser
- Longer
- Riser
- Back

(parts of a bow and arrow)
Use these words to label the parts of the bow and arrow pictured here:

- Shaft
- Nock
- Nock point
- Nock locator
- Grip
- Crest
- Fletching
- Vane

Parts of a Bow and Arrow (continued)
Your Bow and Arrow

Draw your own bow or club bow and an arrow below. Label the parts of each.
Archery Safety

Safety Equipment

- Safety glasses
- Finger tab
- Shooting glove
- Armguard

Outfitted for Safety

Your clothing, besides making you comfortable in various weather conditions, contributes to a safe and fun shooting experience.

- Wear close-toed shoes with backs. Tennis or athletic shoes or boots work best.
- Wear shorts or skirts that are at least as long as where your fingertips reach when you are standing straight with your arms by your sides.
- If you have long hair, tie it back from your face and ears or tuck it under a hat.
- Remove hoop earrings, necklaces and lanyards, bangle bracelets and watches, facial piercings, name tags, and anything else that might interfere with the bowstring.

Archery Safety Rules

1. Always wear your safety glasses, arm guard, 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.
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.

Whistle Commands

Whistle commands are part of a system that uses a specific number of whistle blasts to indicate range shooting instructions.

<table>
<thead>
<tr>
<th>Number of blasts</th>
<th>Instruction</th>
</tr>
</thead>
<tbody>
<tr>
<td>Two blasts</td>
<td>Archers to the shooting line</td>
</tr>
<tr>
<td>One blast</td>
<td>Archers begin shooting</td>
</tr>
<tr>
<td>Three blasts</td>
<td>Walk forward to retrieve arrows</td>
</tr>
<tr>
<td>Four or more</td>
<td>CEASE FIRE</td>
</tr>
</tbody>
</table>

12 4-H Archery Member Record Book
Are arrow tips securely laced or lashed? Are they in good condition?

Are nocksmissible or cracked?

Are any Helicores missing, broken, or separated from arrow shafts?

Are arrow shafts straight and free from cracks, stress marks (fiberglass and carbon), or crimps (aluminum)?

Are arrows the proper length for you?

Your Arrows

Are wheels or cams moving freely and free of nicks, cracks or looseness of bolts (compound)?

Are cables laying or separating (compound bows)?

Is the string securely seated on the sling nock (recurve and longbows)?

Are any strands broken?

Are limb bolts tight on take-down bows?

Are bow limbs cracked, warped, twisted, or delaminating at any point?

Are bow limbs properly drawn and length for your:

Your Bow

The Archery Equipment

Consider removing all metal from your clothing interferes with the bowstring.

Is your belt worn around your collar bone? If so, adjust your collar and use the safety belt's safety buckle.

Is there any line back? Is your bow loose or loose of loose of other rubber, leather or plastic pieces?

Are you wearing an armband and is your shooting glove or longer hand properly fitted?

Are you wearing safety glasses? Prescription glasses are okay?

Are you alert and ready to follow all safety procedures?

You, the Archer

Use this checklist before shooting every time.

Archery Safety Checklist
The Outdoor Range

The Waiting Line is about 3 yards (9 feet) to the rear of the shooting line. The shooting line should be a distance that ensures success for handcrafted arrows. The target line is about 2 yards (6 feet) from the target. It is used to control traffic in and from the targets to pull arrows.

People or animals are within this safety zone. Hard objects as possible. When you shoot, make certain that no brush within the safety zone and remove as many rocks and other debris within the range line and 15 yards (15 feet) on each side. To prevent losing or breaking arrows, clear tall grass and weeds. To prevent losing or breaking arrows, clear tall grass and weeds. Your outdoor range should be located in front of buildings. Targets in front of a deep hillside or bank is ideal but not essential. Place your outdoor range should be located with safety in mind. Place the target where you will shoot your bow is a range. You might:

The Outdoor Archery Range
Range Officer: *Anyone may shoot*. "Case of Fire" in a dangerous situation.

Range Officer: Always wear your safety glasses, arm guard, and finger tab.

1. Always wear your safety glasses, arm guard, and finger tab.

2. Know and obey all range commands.

3. Keep your arrows in your quiver until you are told to shoot.

4. Only use the arrows the instructor gave you. Remember what they look like.

5. Always keep your arrows pointed down or towards the target.

6. If you drop an arrow, leave it on the ground until you are given permission to pick it up and shoot it according to instructions. Pull your arrows.

7. Always walk at the archery range.

8. Keep quiet and attentive on the line. Retain from horseplay and loud talking while waiting so as not to distract archers.

Archery Range Procedures

A. Pull on your safety glasses, arm guard, and finger tab.

B. Stand behind the shooting line until you hear two whistle blasts.

C. Pick up your arrows in your quiver and shuffle the shooting line.

D. Keep your arrows in your quiver until you hear one whistle.

E. After shooting all your arrows, set your bow on the holder and stop behind the waiting line.

F. When you hear the whistle blast, walk forward to the target.

G. Pick target should pull arrows at a time.

H. After pulling all arrows, return to the target line. When all arrows are present at the target line and range officer gives permission, walk to the shooting line and return arrows to the range officer. Follow all range officer instructions.

I. If you hear your or more whistle blasts of "Case Fire", let off tension on the bowstring immediately. Un-nock the arrow.

J. Ground quitters if necessary. Then step behind the waiting line.
The Ten Steps of Bow Shooting

1. Stance and Posture
2. Nock
3. Set
4. Set-up
5. Draw
6. Anchor
7. Transfer and hold
8. Aim and expand
9. Release
10. Follow-through

1. Stance and Posture: Stand sideways to the target. Find a comfortable and even stance with your feet shoulder-width apart. Your elbows should be close to your sides.

2. Nock: Attach the top of your arrow to the nock of the bow. Keep a loose grip on the bow with your left hand. Your fingers should be next to each other, forming a weak web of flesh between them. Keep your right hand on the bow grip.

3. Set: Release your fingers on the bow grip. Keep your fingers next to each other, forming a weak web of flesh between them. Keep your right hand on the bow grip.

4. Set-up: Position the arrow with the nock facing away from the bow. The arrow should be perfectly aligned with the sight and the bow. Press the sight onto the string until the arrow is shooting exactly in line with the sight.

5. Draw: Pull the bowstring back to your cheek, maintaining a loose grip on the bow. Keep your thumb and index finger on the bow grip. Keep your right hand on the bow grip.

6. Anchor: Place the arrow until the index finger (or vale) is facing away.

7. Transfer and hold: Transfer your right hand to the bow grip. Keep your left hand out of the way.

8. Aim and expand: Aim at the target. Expand your right hand on the bow grip.


10. Follow-through: Follow through with your right hand. Keep your left hand out of the way.

For each arrow that you shoot, practice these steps using correct form and technique until you have mastered your shooting skills. Shooting arrows can be divided into ten steps. The key to being an accurate archer is doing exactly the same things, in the same order.
5. Draw:

Draw the string back. The drawing arm should be raised to the level of your nose. Drawing arm will be held vertically and will clear the path of the string. The elbow of your drawing arm will be held to the target. The elbow of your bow arm until it is halfway perpendicular (90 degrees) to the target. Shoulders and hips should also be perpendicular to the target. Shoulders and drawing arm level and hold the bow. Target keep your bow elbow relaxed. Looking at the target keep your ear, shoulder's down and your eyes on the target. Keep your bow arm lowered.

4. Set-up:

- Archer's point (A) Always use the same lower your anchor point to your shoulder to begin using. You may wish to raise your anchor point to the center of your shoulder. This is a key to shooting consistency. If you are a right-handed archer, your elbow will be lower than your non-dominant hand.

- Anchor:

A skilled archer will draw with one finger over and two fingers under the index finger of your non-dominant hand. As you develop your skills and are able to shoot longer distances you may wish to adopt the underside of the arrow rock (B) page 16. As you develop your three fingers under the arrow, with the top finger barely touching.

Body will be in the shape of the letter "L." Keeping the bow vertical and the body aligned. As full draw, your body is directly behind the arrow shaft. You are looking at the target. Keep your elbow raised. If you are a right-handed archer, your elbow will be lower than your non-dominant hand.
The Ten Steps of Bow Shooting

1. Anchor
2. Nock
3. Set
4. Set-up
5. Draw
6. Stance and Posture
7. Transfer and Hold
8. Aim and Expand
9. Release
10. Follow-Through

Remember: The key to being an accurate archer is doing exactly the same thing, in the same order, for each arrow.

Stance and posture: Anchoring your feet and keeping them relaxed and your knees slightly bent will help you maintain balance and control. Your body should be in a slightly crouched position, with your back straight and your shoulders relaxed. This will help you keep the bow string taut and ready at all times.

Proper Stance: Your feet should be shoulder-width apart, with your weight evenly distributed. Your knees should be slightly bent, and your hips rotated slightly outward.

Follow-Through: This is the final stage of the shot and involves smoothly releasing the bowstring and allowing the arrow to travel through the air. It is important to follow through with the shot to ensure accuracy and consistency.

Release: The release of the arrow is a crucial part of the shot. It involves the smooth and controlled release of the bowstring. Proper release technique can help improve accuracy and consistency.

Transfer and Hold: This step involves transferring the weight of the bow to your non-dominant hand. It is important to maintain a steady grip on the bowstring while releasing the arrow.

Aim and Expand: This step involves aiming the arrow at the target and expanding your posture. It is important to focus on the target and maintain a steady, relaxed posture.

Release: The release of the arrow is a crucial part of the shot. It involves the smooth and controlled release of the bowstring. Proper release technique can help improve accuracy and consistency.

Set-up: This step involves setting up your shooting position. It is important to choose a comfortable and stable shooting position to ensure accuracy.

Set: This step involves setting the bow in the shooting position. It is important to ensure that the bow is set at the correct angle and that the arrow is perfectly aligned with the target.

Nock: This step involves nocking the string on the arrow. It is important to ensure that the string is properly nocked to prevent slippage.

Draw: This step involves drawing the bow to the anchor point. It is important to draw the bow smoothly and evenly to ensure accuracy.

Anchor: This step involves anchoring the bow to your body. It is important to maintain a steady grip on the bowstring and to anchor the bow to your body in a comfortable and balanced position.

Proper Form: Your form should be balanced and relaxed, with your shoulders slightly elevated and your knees slightly bent. This will help you maintain control and accuracy.

Preparation for Release: Your back muscles should be engaged, your shoulders relaxed and your feet should be shoulder-width apart. This will help you maintain balance and control.

Drawing the String: Draw the string back to the anchor point with a smooth and controlled motion. It is important to keep your fingers relaxed and flexible.

Execution of the Shot: Execute the shot with a smooth and controlled release of the string. It is important to maintain a steady and relaxed grip on the bow.

Follow-Through: Follow through with the shot by smoothly releasing the string and allowing the arrow to travel through the air. This will help ensure accuracy and consistency.

Accuracy: Accuracy is essential in archery. It involves maintaining a steady and balanced shooting position, proper release technique, and proper form.

Consistency: Consistency is key in archery. It involves maintaining a steady and balanced shooting position, proper release technique, and proper form.
When you are moving with them.

Cary Arrows Property

Arrange arrows in this fashion straight out like a “Lucky lady” Carry arrows in this fashion straight out like a “Lucky lady.” Put arrow shafts down at a slight angle, with fletching points facing slightly upwards around points in a left (lease) held position. Wrap your hand and with fletching pointing forward, wrap your hand around points in a right (lease) held position. Adjust position so that your hand is facing the fletching.

Remove Arrows From the Target

Stand near the target line, be careful not to poke yourself or anyone else who is in the area. The target line is their arrows should stand at the correct distance from the target. If the arrows are not returned, they may be damaged, or someone may be injured. Be careful not to poke yourself or anyone else who is in the area. The target line is their arrows should stand at the correct distance from the target. If the arrows are not returned, they may be damaged, or someone may be injured.

Point First, put your arrow in the direction that it traveled. If an arrow has crashed under the grass, leaving the fletching property as you come to your quarrel or carry them arrows and pull them in the grass, as you come to your quarrel or carry them arrows and pull them into the grass. Watch the arrows, follow the fletching of the arrow as you come to your quarrel or carry them arrows and pull them into the grass. Watch the arrows, follow the fletching.

Safety Hack Your Bow

Avoid packing your poor on a table, place your bow on a safe table, and pack your bow on a safe table. Place your bow in a safe area, and pack your bow in a safe area.

After The Shot

The most dangerous part of the sport of archery can be what happens after you shoot. Follow these safety guidelines to retrieve your arrows from the target. After the shot, take the time to remove the arrows from the target. After the shot, take the time to remove the arrows from the target.
To protect the lenses from scratches and dirt, store them in a protective case. Close the case and lock it when not in use.

**Tackle**

Keep your cleaning supplies clean and organized in a tackle box or similar container. Store safety glasses in a glass case, chalk bag, or tackle box. Replace parts quickly and organize them in a tackle box or similar container.

**Arrows**

Always handle arrows with care and caution. Avoid handling arrows with bare hands. Unfletch them before cutting or trimming.

**Compound Bows**

Always handle compound bows with care. Do not store a bow in a hot car. Direct heat may cause permanent damage to your bow.

**Storage of Archery Equipment**

When not in use, store your archery equipment in a locked and secure location. This prevents unauthorized use and protects your equipment from theft. Always keep your archery equipment in a clean and organized place. Regular maintenance and proper care of your archery equipment help ensure safety and longevity.
Other Games

and moves to the rear. After one minute, "case-75" is called and teams are scored using the target nothions. Form teams of three to five archers in a line with one target per group. At the whistle, each archer takes one shot. Guesswork and have each archer take one shot. The shot coming closest to the hidden spot wins. This takes less skill than those of other members. Pin the arrow to the playing cards face down to each target. Take five shots and check your "poker" hand against the amounts of powder or straight pins or golf tees. Fill them with Target Games

materials. Get creative and think of some of your own games. Always think about safety first. Your club or local archery clubs may hold "fun" target shoots. Following are some suggestions, which are easy to set up with available 3-D shoots.

- 3-D shoots
- Variety of deer and environment to prepare for actual hunting situations. Many local conservation and archery clubs hold score on fun events, and even the Olympic Field Archery Association (NFYAA) is available. Archeers for competitive local, collegiate, national, and international events. Archeers for competitive local, collegiate, national, and international.

Games should only be played under adult instruction supervision.
### Equipment Inventory

<table>
<thead>
<tr>
<th>Description</th>
<th>Cost</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

It is important to keep an accurate record of the equipment you own. Use this form to list all your 4-H Archery equipment and accessories, such as safety glasses and shooting gloves. Keep this list up-to-date. Use extra pages as necessary.

For the equipment inventory above:

Record any purchases you make this year to support your 4-H Archery activities. Remember to add equipment and accessories purchased.
Preparing for Your Project Interview

- Remember: the judge is most interested in your and in the quality of your project, not the quantity of things you've brought.
- When you're asked, "Why are you interested in archery?" Be enthusiastic. Make your answer interesting and engaging.
- Practice. Practice, practice... Practice for the interview. Be ready to answer questions about your project.
- Review your goals and objectives. Explain briefly how you accomplished each goal.
- Prepare a summary of your project that you can share with the judge.

Checklist

☐ I have reviewed and fully understand the project guidelines for 4-H Archery.
☐ I have completed all project requirements for my 4-H Archery project.
☐ My 4-H Archery project is certified by the 4-H Archery Instructor.
☐ The instructor has signed the project verification form.

Preparing for Your Interview

- Think ahead about the most important ideas you want to communicate. Remember, only work done in the current 4-H Program Year is practice to be successful.
- Practice! Practice! Practice! Practice Interacting with an adult or older teen leader before your evaluation.
- Highlight: Practice Interacting with an adult or older teen leader before your evaluation.
- Think ahead about the most important ideas you want to communicate. Remember, only work done in the current 4-H Program Year is practice to be successful.
- Practice! Practice! Practice! Practice Interacting with an adult or older teen leader before your evaluation.
- Think ahead about the most important ideas you want to communicate. Remember, only work done in the current 4-H Program Year is practice to be successful.
- Practice! Practice! Practice! Practice Interacting with an adult or older teen leader before your evaluation.
- Think ahead about the most important ideas you want to communicate. Remember, only work done in the current 4-H Program Year is practice to be successful.
- Practice! Practice! Practice! Practice Interacting with an adult or older teen leader before your evaluation.
- Think ahead about the most important ideas you want to communicate. Remember, only work done in the current 4-H Program Year is practice to be successful.
- Practice! Practice! Practice! Practice Interacting with an adult or older teen leader before your evaluation.
- Think ahead about the most important ideas you want to communicate. Remember, only work done in the current 4-H Program Year is practice to be successful.
- Practice! Practice! Practice! Practice Interacting with an adult or older teen leader before your evaluation.
- Think ahead about the most important ideas you want to communicate. Remember, only work done in the current 4-H Program Year is practice to be successful.
- Practice! Practice! Practice! Practice Interacting with an adult or older teen leader before your evaluation.
- Think ahead about the most important ideas you want to communicate. Remember, only work done in the current 4-H Program Year is practice to be successful.
- Practice! Practice! Practice! Practice Interacting with an adult or older teen leader before your evaluation.
- Think ahead about the most important ideas you want to communicate. Remember, only work done in the current 4-H Program Year is practice to be successful.
- Practice! Practice! Practice! Practice Interacting with an adult or older teen leader before your evaluation.
- Think ahead about the most important ideas you want to communicate. Remember, only work done in the current 4-H Program Year is practice to be successful.
- Practice! Practice! Practice! Practice Interacting with an adult or older teen leader before your evaluation.
- Think ahead about the most important ideas you want to communicate. Remember, only work done in the current 4-H Program Year is practice to be successful.
- Practice! Practice! Practice! Practice Interacting with an adult or older teen leader before your evaluation.
- Think ahead about the most important ideas you want to communicate. Remember, only work done in the current 4-H Program Year is practice to be successful.
- Practice! Practice! Practice! Practice Interacting with an adult or older teen leader before your evaluation.
- Think ahead about the most important ideas you want to communicate. Remember, only work done in the current 4-H Program Year is practice to be successful.
- Practice! Practice! Practice! Practice Interacting with an adult or older teen leader before your evaluation.
- Think ahead about the most important ideas you want to communicate. Remember, only work done in the current 4-H Program Year is practice to be successful.
- Practice! Practice! Practice! Practice Interacting with an adult or older teen leader before your evaluation.
- Think ahead about the most important ideas you want to communicate. Remember, only work done in the current 4-H Program Year is practice to be successful.
- Practice! Practice! Practice! Practice Interacting with an adult or older teen leader before your evaluation.
- Think ahead about the most important ideas you want to communicate. Remember, only work done in the current 4-H Program Year is practice to be successful.
- Practice! Practice! Practice! Practice Interacting with an adult or older teen leader before your evaluation.
- Think ahead about the most important ideas you want to communicate. Remember, only work done in the current 4-H Program Year is practice to be successful.
- Practice! Practice! Practice! Practice Interacting with an adult or older teen leader before your evaluation.
- Think ahead about the most important ideas you want to communicate. Remember, only work done in the current 4-H Program Year is practice to be successful.
- Practice! Practice! Practice! Practice Interacting with an adult or older teen leader before your evaluation.
- Think ahead about the most important ideas you want to communicate. Remember, only work done in the current 4-H Program Year is practice to be successful.
- Practice! Practice! Practice! Practice Interacting with an adult or older teen leader before your evaluation.
- Think ahead about the most important ideas you want to communicate. Remember, only work done in the current 4-H Program Year is practice to be successful.
- Practice! Practice! Practice! Practice Interacting with an adult or older teen leader before your evaluation.
- Think ahead about the most important ideas you want to communicate. Remember, only work done in the current 4-H Program Year is practice to be successful.
### How Did You Do? Rating Scale

<table>
<thead>
<tr>
<th>Goal 1</th>
<th>Goal 2</th>
<th>Goal 3</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Poorly</td>
<td>Not so well</td>
<td>OK</td>
<td>Very well</td>
<td>Excellent</td>
</tr>
</tbody>
</table>

Before taking part in your project review on the next page, take a look back at the goals and objectives you listed at the beginning of the year. How did you do? List the goals below, then rate each:

- **Explanation:**
  - Rating: 1
  - Goal: 

- **Explanation:**
  - Rating: 1
  - Goal: 

- **Explanation:**
  - Rating: 1
  - Goal: 

- **Explanation:**
  - Rating: 1
  - Goal: 

- **Explanation:**
  - Rating: 1
  - Goal: 

- **Explanation:**
  - Rating: 1
A Performance Evaluation

Project Review

Comments:
Discipline:
<table>
<thead>
<tr>
<th>Comments</th>
<th>Instructor</th>
<th>Score</th>
<th>Score</th>
<th>Score</th>
<th>Score</th>
<th>Score</th>
<th>Safety Check</th>
<th>Location</th>
<th>Date</th>
</tr>
</thead>
</table>

4-H Archery Practice Sessions (continued)
<table>
<thead>
<tr>
<th>Name of Competitive Event</th>
<th>Date</th>
<th>Details</th>
<th>Your Possible Score</th>
<th>Your Score</th>
</tr>
</thead>
</table>

Participation in Organized, Competitive Archery Events
Parts of a Bow

Compound Bow

Recurve Bow

Parts of an Arrow

Answer Key to Activities on Pages 9-10


Archery Terms You Need to Know

**Archery**

- **Arrows**: Used to provide mechanical advantage to the bow.
- **Bows**: Formed from a material consisting of a solid or hollow tube with a tip and a tail, and a loop for string attachment.
- **Chest protector**: A cloth or mesh device worn to protect the chest.
- **Compound bows**: Bows with adjustable draw lengths.
- **Dominate eye**: The eye that is more effective at positioning.
- **Quartering bows**: Bows that are designed to be held in a quartering position.
- **String***: The flexible strip that runs from the bow to the arrow.
- **Target face**: A replaceable piece of plastic or paper used to mark the arrows.

**Archery Instructions**

1. Choose the correct length of arrow to shoot.
2. Position the bow in an upright position.
3. Draw the arrow to the full draw position.
4. Release the arrow by allowing it to fly through the string.
The 4-H Pledge

1. To make the best better.

The 4-H Motto

The 4-H Pledge

Rules for Safe Bow Handling and Shooting

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

Certain types of bows and many shooting activities require all rules of archery safety.

RESPONSIBLY, you are responsible for knowing and following additional rules and safety precautions. Shooting is a big responsibility.

www.ohio.4hshootingsports.org