

PERSONAL PREPARATION

- ✱ Clothing/Personal Items - loose outerwear, long hair, large earrings secured/removed
- ✱ Warmups - Arm rotation, arm stretch & hold, stretch bands
- ✱ Warning Signs - any elbow or shoulder pain. Archery puts unique stress on the body. Light bows (10-20# for young, 15-25# women, 25-35# men) are important for developing both basic skills and muscles. "Over-bowing" will hurt form as well as body parts.

EQUIPMENT FITTING:

- ✱ Right or Left-Hand Bow? Start with stronger side, check dominant eye (see Page 2) later if archer has left or right side problems aiming.
- ✱ Arrow Size - extend 1"+ past fingertips with both arms straight in front. Nock fits strings.
- ✱ Arm Guard/Bracer for Bow Arm
- ✱ Finger Tab, Glove, or Finger Savers for extended shooting or heavier bows.

EQUIPMENT CHECKS:

- ✱ **Bows** - check string and serving for fraying, looseness. Ensure string is fully seated in string notches, and that limbs are aligned with string.
- ✱ **Arrows** - check each for straightness, security of nocks, tips, and fletching, no cracks.

RANGE PROCEDURES & COMMANDS

at WSC, for compatibility with our firearms ranges, we've adopted similar commands. For USAA timed shooting events we will also use standard whistle commands for archer training. The equivalent whistle commands are shown below.

- ✱ **Shooting Line** every archer shoots from this line, no one can shoot behind or in front of it. Never nock an arrow behind the shooting line.
- ✱ **"Cold Range"** confirm that you hear this range command, remove arrow from bow, and step back from shooting line. If retrieving arrows, leave bow behind shooting line. (USAA equivalent "3 Whistles - Retrieve Arrows")
- ✱ **"Hot Range"** confirm that you hear this range command. No one can shoot until everyone confirms they're ready (USAA equivalent is first "2 Whistles, archers to line", followed by "1 Whistle - commence shooting") **NEVER GO PAST THE SHOOTING LINE WHILE THE RANGE IS HOT - EVEN TO GET A DROPPED ARROW. WAIT FOR "COLD RANGE"**.
- ✱ **"CEASE FIRE"** stop shooting, remove arrow from string, and await further instructions. (USAA equivalent "5 Whistles" - i.e. safety issue, injury, persons or animals on range)

DRILLS & SKILLS

- ✱ **Warmups** Arm rotations, arm stretch and holds.
- ✱ **Shoulder Shrug** Raise shoulders towards ears, then push fingertips toward ground. *This helps align arm bones and shoulders to avoid damage.*
- ✱ **1-2-3 Alignment:** Take stance with shoulders aligned toward target, pushing fingertips down
 - (1) With palms facing down raise arms to a "T" aligned towards the target
 - (2) Turn head towards target
 - (3) Bring draw hand to face by bending elbow. *This will be your "full draw" position.*
- ✱ **1-2-3 Release:** do the alignment drill above, and then from your "full draw" position,
 - (1) ...(2)...(3) on "three" draw release hand back along jaw, ending under ear
- ✱ **1-2-3 Band Release:** draw a red "theraband" loop to your "full draw" position,
 - (1) ...(2)...(3) on "three" draw release hand back along jaw, ending under ear*a smooth release will send the loop towards the target - practice to get this right!*

SHOOTING ARROWS

- ✱ **Demonstration** at our events, an experienced archer may demonstrate the process first.
- ✱ **Your First Arrows...**now we'll put together what you've learned and drilled.
 1. Wait for **HOT RANGE**
 2. **STANCE** Take Stance (from 1-2-3 alignment drill), with bow in bow hand, thumb toward target, knuckles at 45 degrees (for recurve target shooting, there are different techniques for other styles and bows).
 3. **ARROW** Take arrow, fit onto serving under nocking point. Cock (different color) feather goes toward archer.
 4. **FINGERS** Put first three fingers of draw hand under arrow (easiest, "bow-hunting" technique for beginners, brings arrow closer to eye for aiming at short range, split finger style can be adopted later).
 5. **ELEVATE** bow to level with bow shoulder and arm toward target (like the drill).
 6. **DRAW** string fully back toward face (per 1-2-3 alignment drill).
 7. **RELEASE** the string smoothly and remember to follow through with your draw hand moving back under your ear (per 1-2-3 release drill) *and don't fuss about where the arrow goes. This is the time for learning good form, with a consistent, smooth release. Accuracy will come much more easily if you develop good form first.*

RETRIEVING ARROWS

- ✱ **WAIT** for the **COLD RANGE** command, and confirm when you hear it.
- ✱ **WALK** towards the target, but stay 4-5' away if someone else is pulling arrows out. They may not notice you there, and you could be hurt by the nock end if it's jabbed into you by accident.
- ✱ **WATCH OUT** for other archers near the target, or behind you before you pull an arrow - **you don't want to hurt them either.**
- ✱ **PULL** carefully, with one hand on the target, and the other around the shaft close to the target face. *Pulling on the middle or back of the arrow can bend or break it. If "sticky", push in slightly before pulling back. Arrow puller devices are available which provide a better grip.*

USING OUR RANGES

For everyone's convenience and safety please comply with the following-

- ✱ **BALES** are for beginners and low-power bows. They can't stop higher power compounds or crossbows, and there isn't enough buffer behind them for their safe use. So no adult compounds or crossbows in the bales, please.
- ✱ **BROADHEADS** are extremely destructive of normal targets. Broadheads are restricted to special block targets provided in the green shelter at 20Y distance.
- ✱ **3D COURSES** are available free to members except during hunting season (to comply with wildlife regulations), and during GSB shoots (3-4 Sunday mornings per year) when an entry fee is required. Since the course can't be monitored constantly, please notify the archery chair if a target has fallen over, been damaged, or is obstructed by undergrowth.
- ✱ **ARCHERY TOWER** is open for members all year. You're responsible for keeping your shots in the cleared target area - don't take long shots before hitting closer targets consistently.

EXPLAINING EYE DOMINANCE

- ✱ With eyes open, extend your hands and make a peephole, center on a spot, and close one eye, then the other. The eye that maintains the spot in view is your dominant eye. If this doesn't match your "strong side" you may consider switching bow hands.