



XPLORE ARCHERY[®]

3rd Edition

AN INSTRUCTOR'S GUIDE TO BEGINNER
ARCHERY PROGRAMS

a program of



in partnership with



EASTON
FOUNDATIONS



AN INSTRUCTOR'S GUIDE TO BEGINNER
ARCHERY PROGRAMS

Third Edition



WWW.USARCHERY.ORG

PREFACE

Welcome to the sport of archery! All archers have to start somewhere and Explore Archery is a great place. Whether you're introducing students to the basics or looking to make an advanced program more challenging and fun, Explore Archery is a great tool for all levels of archers and coaches.

USA Archery is an organization focused on growing archery across the country. One initiative that we are very excited about is Explore Archery, an innovative archery education program that makes archery available to anyone who wants to try it.

One of the most important features about archery is its inclusiveness. Archery is a lifetime sport that grows with you and is exciting, whether you are eight years old or well into your eighties. It is a sport that children can enjoy with their families by competing either individually or as part of a team. Regardless of your physical ability level, you can experience the fun and enjoyment of archery.

From beginner classes that teach the fundamentals of archery safety and basic techniques all the way to the Olympic and Paralympic podium, USA Archery offers programming options to help organizations take archers from their first shot to the arrow that wins Olympic gold.

At USA Archery, it is our sincere hope that Explore Archery will provide opportunities for people of all ages and ability levels to enjoy this wonderful sport and will spark a lifelong passion in people to enjoy archery.



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Thank you to the Easton Foundations for its commitment to ensure that archery remains a sport available to all.

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INTRODUCTION

Explore Archery is an innovative education program focused on introducing beginners of all ages and abilities to the lifelong sport of target archery. Local parks and recreation departments, camps, scouts, 4-H clubs, state agencies, archery retailers and other community-based organizations can utilize this program to either start new archery programs or to complement existing programs.

The **Explore Archery** program is an important gateway to other disciplines within the sport of archery, such as Field and 3-D competitions or bowhunting. Instructional archery skills are appropriately sequenced to optimize learning for students.

USA Archery developed **Explore Archery** with the support of the Archery Trade Association and Easton Foundations. These organizations believe that **Explore Archery** will serve as a foundation for the development of community-based archery programs nationwide and will help grow a new generation of archery enthusiasts. Increased participation in target archery at the grassroots level will aid in bringing visibility to the sport and further solidify archery as a competitive sport.

Headquartered in Colorado Springs, Colorado, USA Archery, formerly known as the National Archery Association, was formed in 1879 to foster and promote the sport of archery. The mission of USA Archery is to provide the necessary resources to foster strong athlete participation, competition and training in the sport of archery.

USA Archery is the national governing body for the Olympic sport of archery and is the organization recognized by the U.S. Olympic Committee for the purpose of selecting and training men's and women's teams to proudly represent the United States in Olympic Games, Paralympic Games and Pan American Games. USA Archery also selects teams annually for World Championships, World Cups and other international competitions.

The Archery Trade Association is the organization for manufacturers, retailers, distributors, sales representatives and others working in the archery and bowhunting industry. The ATA has served its members since 1953. It is dedicated to making the industry profitable by decreasing business overhead, reducing taxes and government regulation, and increasing participation in archery and bowhunting. The organization also owns and operates the ATA Trade Show.

The Easton Foundations promote and maintain the viability of archery by growing the sport as a mainstream activity at the state, regional and national levels. This is accomplished by developing grassroots programs in communities and schools and by supporting college and university programs. These combined efforts will inspire the next generation of archery Olympic hopefuls. The Easton Foundations also serve as a vehicle to encourage and support youth development in the sports of baseball, softball, ice hockey and cycling.

USA Archery, the Archery Trade Association, and the Easton Foundations believe that **Explore Archery** will help lay the groundwork for the development of community-based target archery programs nationwide and, in doing so, will assist in growing a new generation of archery enthusiasts.

For additional information, please contact:

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chapter 1

EXPLORE ARCHERY



EXPLORE ARCHERY

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Explore Archery is a versatile archery education program that is fun, rewarding, developmentally progressive and — most important — safe. It is designed for all ages and abilities, and it is a great fit for local parks and recreation departments, camps, archery retailers, scouts, 4-H and state agencies. It is suitable for any organization that has the capability to implement short- and long-term recreational archery programs.

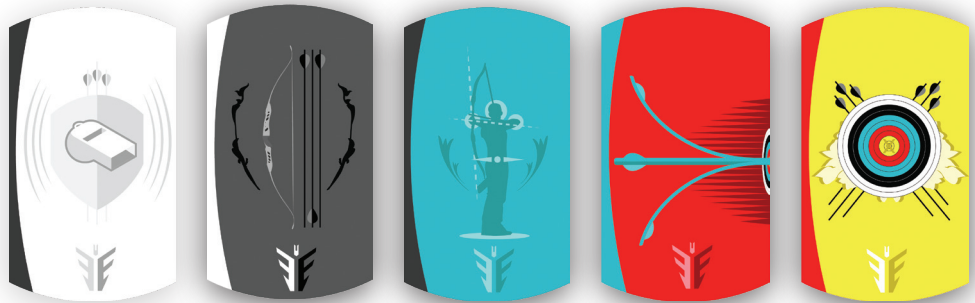
A. Achievement Award Program

USA Archery requires that all instructors for the Explore Archery program be certified as a current USA Archery Level 1 Instructor or equivalent.

In **Explore Archery**, students earn achievement awards through active participation in individual and team-building activities that require fundamental skills, a competitive edge and a bit of creativity — and not based on students' athletic abilities or their capabilities to shoot a perfect score.

The Awards

There are five awards that can be earned in **Explore Archery**.



Range Safety

Equipment

Shooting Form

Shot Execution

Scoring

How to Earn Awards

Students earn awards by completing a single activity or multiple activities, depending on the amount of time you have to complete your class. See Appendix A — Achievement Award Chart on page 166 for a list of activities and the award match.

How to Purchase Awards

Explore Archery awards are sold in a complete pack (five awards per pack). In order to purchase the awards, your **Explore Archery** program must be currently registered with USA Archery. For more information on how to purchase awards or register your **Explore Archery** program, please visit www.usarchery.org.

Progressive Programming

Explore Archery can be used from start to finish to teach and strengthen basic archery skills. It is a developmentally progressive activity guide that takes students from simple games to shooting in more complex head-to-head competitions.

B. Adapted Archery

Archery is a sport in which almost anyone can participate. From beginner recreation programs to the Olympic and Paralympic Podium, people of all ages and abilities can engage in the sport. See Appendix B — Adapted Archery, Equipment and Resources on page 169 for more information.

