

The logo features a stylized archer figure on the left, composed of grey and black geometric shapes. To the right of the figure, the word "XPLORE" is written in a black, sans-serif font. Below "XPLORE", the word "ARCHERY" is written in a large, multi-colored font where each letter has a gradient of colors (red, yellow, blue, purple). A small "TM" trademark symbol is located at the top right of the word "ARCHERY".

XPLORE
ARCHERY™

AN INSTRUCTOR'S GUIDE TO BEGINNER
ARCHERY PROGRAMS



WWW.USARCHERY.ORG

PREFACE

Welcome to the sport of archery! My life was touched by this amazing sport when I started in the Junior Olympic Archery Development program at the age of ten, and it's taken me all over the world – to three Olympic Games, to the Olympic and World Championship podiums and to archery clubs and classes across the United States. Few things in life inspire me more than seeing hundreds of youth archers throughout the country shooting arrows across a field at our National Championships or watching instructors and coaches helping beginners take their first shots with a bow.

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.

There are many organizations across the United States that are helping to grow this sport. **Explore Archery** is a wonderful way to increase the reach of organizations, especially in developing new archers throughout communities.

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.

Sincerely,



Denise Parker
USA Archery

ACKNOWLEDGMENTS

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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 and the Archery Trade Association developed **Explore Archery** with the support of the 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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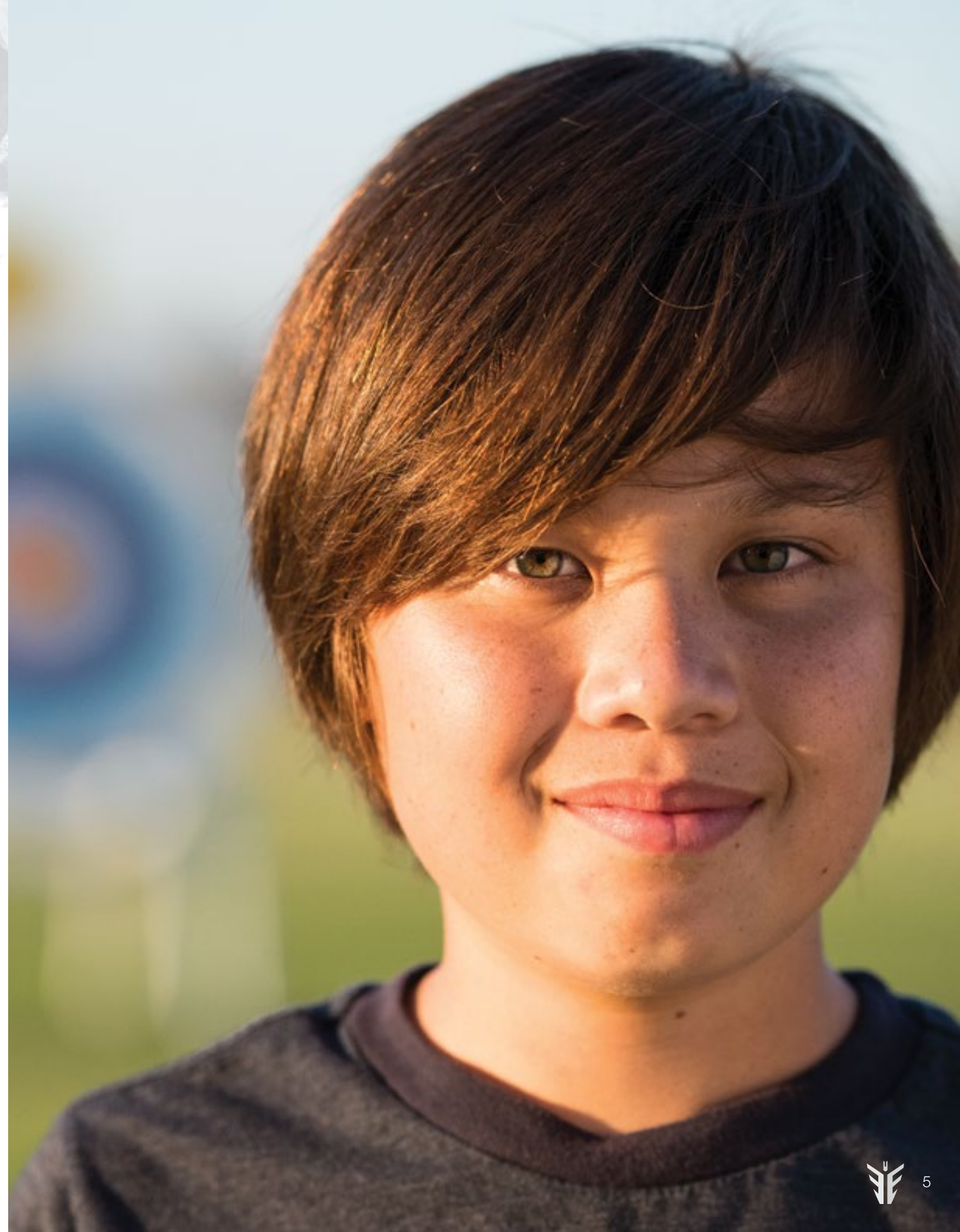


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GLOSSARY



CHAPTER 1 EXPLORE ARCHERY

EXPLORE ARCHERY

1

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

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.

α. ACHIEVEMENT AWARD PROGRAM

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 158 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.

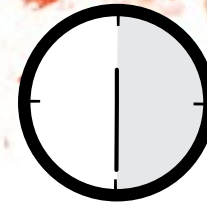
PROGRESSIVE PROGRAMMING

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.

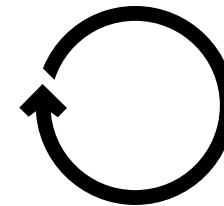


***OUTDOOR ACTIVITY ONLY**

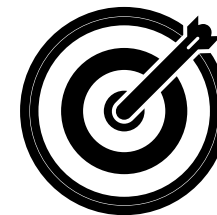
ACTIVITY 23
WASH OUT



activity time
30 minutes



set-up time
30 minutes



skills learned
Feedback, Range Safety,
Decision Making and
Critical Thinking



awards match
Range Safety

THE POINT

Win. Win. Win. That's the archer's focus in this game. This activity is a great precursor to competitions. Archers are more focused on beating their opponent than maintaining correct shooting form. Help archers stay focused by providing their own feedback after each shot. The goal of "feedback" is to self-critique and improve technique. Have archers ask themselves questions that may help them win the game, such as:

1. Did my posture remain intact through the shot?
2. Did I reach the holding position?
3. What improvements will I make for the next shot?

Stress the importance of running an organized and controlled archery range for the sake of archers' safety. Range safety is always the goal in archery.

EQUIPMENT NEEDED

- › Four arrows per student.
- › Balloons — eight per target.
- › Cornstarch or baby powder.
- › Plastic squirt bottle (ketchup or mustard bottles).
- › Target pins.
- › Two five-gallon buckets filled with water.
- › Rags — enough for each student when retrieving arrows plus extras.

RANGE CHANGE

- › Place two quivers at each target.
- › Fill water balloons — four per target.
- › Fill cornstarch balloons — four per target. To fill balloons with cornstarch:
 - › Fill a plastic squirt bottle with cornstarch.
 - › Insert the tip of the bottle into the balloon and squeeze about a ¼ cup of cornstarch into the balloon — it does not have to be exact.
 - › Clean off any excess cornstarch from the opening of the balloon. Blow up the balloon and tie off the end.
- › Ensure the cornstarch-filled balloons and the water balloons are similar in size.
- › Flip all targets to use the back side of the target. This works best if it's on a colored target.
- › Use target pins to place four cornstarch-filled and four water balloons onto each target. Make sure to evenly distribute all balloons. If there are too many water balloons on one side of the target it may tip the target over.
- › Place rags and two water-filled five-gallon buckets in the Spectator Area. These are used to clean arrows.

For outdoor ranges only.