



## Cascade County 4-H Archery Skills Sheet

NAME: \_\_\_\_\_ 4-H CLUB: \_\_\_\_\_

Mastering archery skills will provide a solid foundation upon which a member may build. The skills listed below will help 4-H members achieve success in the project. For your Record Book to be complete, you must complete at least 3 new skills each year. Each skill must be approved by a Certified Instructor when completed.

| Skill   | Date Completed | Approved By |
|---|----------------|-------------|
| Demonstrate how to determine your eye dominance             |                |             |
| Know/list the 10 basic archery safety rules                 |                |             |
| Describe proper range procedures                            |                |             |
| Identify the basic parts of a bow                           |                |             |
| Demonstrate proper sportsmanship                            |                |             |
| Demonstrate basic range commands                            |                |             |
| Identify the basic parts of an arrow (verbally or visually) |                |             |
| Demonstrate how to properly fit a bow                       |                |             |
| Name or identify the three major bow types                  |                |             |
| Demonstrate the eleven steps of shooting a bow              |                |             |
| Learn how to recognize equipment failures                   |                |             |
| Demonstrate how to properly remove an arrow from a target   |                |             |
| Demonstrate how to safely carry arrows in a range           |                |             |
| Demonstrate or identify how to score a paper face target    |                |             |
| Demonstrate proper form through teaching others             |                |             |
| Demonstrate the use of archery sights                       |                |             |
| Name at least 5 4-H Archery disciplines                     |                |             |
| Attend a 4-H or other registered shoot                      |                |             |

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| Demonstrate the importance of different arrow sizes for different bows                                   |  |  |
| Demonstrate/explain proper storage of a bow  |  |  |
| Demonstrate/explain how to care for and maintain bows and arrows   |  |  |
| Demonstrate/explain how to properly fit a bow  |  |  |
| Describe the importance of grouping  |  |  |
| Demonstrate shooting skill with a compound bow   |  |  |
| Teach others how to determine eye dominance  |  |  |
| Demonstrate selection and use of bow accessories   |  |  |
| Assist in organizing or running a 4-H shooting sports activity   |  |  |
| Demonstrate how to score a shooting event  |  |  |
| List at least 3 types of archery   |  |  |
| List safety principles related to hunting with a bow and arrow   |  |  |
| Demonstrate how to identify archery form problems  |  |  |
| Participate in a 4-H Shooting Sports fundraiser  |  |  |
| Take part in a state 4-H shooting event  |  |  |
| Serve as an Archery Teen Leader for at least one year  |  |  |
| Under supervision of your 4-H Shooting Sports Instructor, act as a range officer during a practice shoot |  |  |
| Volunteer to help at a local archery club  |  |  |
| Help during cleanup of your practice range   |  |  |
| Enter a project in your local fair that pertains to archery  |  |  |
| Introduce someone new to the sport of 4-H Archery  |  |  |