

Steps to Archery Success.

1. Stance: Open foot position
2. Nock Arrow: Up and over a vertical bow
3. Drawing Hand Set: Hook the bow string in the archer's groove
4. Bow Hand Set: Center the bow's grip under the lifeline of the relaxed bow hand
5. Pre-Draw: Raise the bow arm and drawing arm to eye level
6. Draw: Pull the string to the side of the face
7. Anchor: Index finger at the corner of the mouth
8. Aim: Align the string, riser, arrow-rest and/or arrow point on the target
9. Shot Set-Up: Begin a slight rearward movement of the drawing shoulder, arm and elbow Initiate release anytime during this movement
10. Release: Remember the String Bow
Relax the hooked fingers and the back of the drawing hand all at once
11. Follow Through: Remember the String Bow. The drawing hand thumb touches or is near the shoulder. The drawing elbow should hinge downward. The bow arm moves slightly forward, left and down Reflect- Did the shot feel right?

Safety Rules

Whistle Signals

- 5 or more = Emergency
- 2 = “get bows”
- 1 = “shoot”
- 3 = “go get arrows”