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”