



GRAND NATIONAL ARCHERY SOCIETY NATIONAL COACHING COMMITTEE

FITA Beginner Awards

Evaluation form for **RED ARROW** Candidate.

Candidate Name.....

Start date..... Finish date..... Name & signature of evaluator.....

Performance				
Shooting Distance	Required Minimum Score	Achieved*	Not Yet Achieved*	Number of Points Scored
22 Meters	115 Points			

Skills	Key Elements	Achieved*	Not Yet Achieved*	Comments
Release	Along jaw or neck			Developed through ongoing training
	Backward motion generated by follow-up contraction of the back and posterior bow shoulder muscles			
Bow Hand	Consistent bow hand position on bow handle			Developed through ongoing training
	Relaxed bow hand allowing bow sling to be effective			
Bow Arm	Elbow properly orientated			Developed through ongoing training
	Still upon release or moving a little in a follow through action			

Subjects (2 Evaluations)	Required Knowledge	Achieved*	Not Yet Achieved*	Comments
Knowledge of Archery Disciplines	Can give an overall description of 3 archery disciplines			GNAS Beginner's Manual Page 27
Arrow Maintenance	Know how to fit and glue a pile and fletch an arrow			GNAS Beginner's Manual Pages 28

Total (9 Positive Evaluations are Required)	Awarded	Not Yet Awarded

*Tick if the score / skill/ knowledge has been achieved or not achieved. Write in the total row of these two columns, the accumulated number of ticks. ** Tick appropriate box