



## GRAND NATIONAL ARCHERY SOCIETY NATIONAL COACHING COMMITTEE

FITA Beginner Awards

Evaluation form for **White Arrow** Candidates **who have earned no feather awards**

Candidate Name.....

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

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

Skills	Key Elements	Achieved*	Not Yet Achieved*	Comments
<b>Foot Position (Stance)</b>	Feet at either side of shooting line			GNAS Beginner's Manual Page 15
	Feet at shoulder width apart			
	Line of feet square to shooting line			
	Feet parallel			
<b>Arrow Loading (Safe and Proper Arrow Loading)</b>	Implemented safely without interference to other archers			GNAS Beginner's Manual Page 16
	Finger not holding arrow on to the arrow rest			
	Arrow properly rotated (leading fletching away from the bow window)			
<b>Posture (Before Draw and at Full Draw)</b>	Vertical body			GNAS Beginner's Manual Pages 15 to 17
	Balance on two feet			
	Spine and shoulders making a cross shape			
<b>Posture (At the End of the Draw)</b>	Let the string hand land on the face (chin and or lips) Do not reach forward to the string			GNAS Beginner's Manual Page 20
<b>Raising the Bow</b>	Synchronised hands			GNAS Beginner's Manual Pages 16 to 17
	Raise hands whilst keeping the shoulders down			
	Hands at same height and at nose or eye level once raised			
	Arrow parallel to the floor once bow is raised			



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Knowledge / Know-how	Required Knowledge	Achieved*	Not Yet Achieved*	Comments
<b>Bow Safety</b>	No dry loosing			GNAS Beginner's Manual Pages 10 to 14
	Place bow in equipment area after shooting			
<b>Arrow Loading Safety</b>	Load arrow on to bow only when everyone is behind shooting line			GNAS Beginner's Manual Pages 10 to 14
	Load arrow in the bow only when both feet are either side of the shooting line			
<b>Safe Arrow Collection</b>	Walk carefully to the target, do not run, watch his / her step			GNAS Beginner's Manual Pages 11 to 13
	Stand to the side of the target not behind arrows			
	Pull arrows properly out of target or from the grass			
<b>Bow Assembly</b>	Know how to properly assemble and remove limbs from the riser			GNAS Beginner's Manual Lesson 1, Page 5
	Can brace his / her own bow			
<b>Shooting Direction</b>	Only draw when on the shooting line and facing towards the targets when the range is clear			GNAS Beginner's Manual Page 10
<b>Safety and Etiquette on the Shooting Line</b>	Do not disturb (touch or talk to) other shooting archers			GNAS Beginner's Manual Page 10 GNAS Rules of Shooting Pages 3 to 4
	How to retrieve an arrow that has dropped on to the floor			
<b>Scoring</b>	Be able to identify the value of arrows hitting the target			GNAS Beginner's Manual Pages 22 & 24
	Can complete a scorecard for a complete round			

Total (30 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