



**GRAND NATIONAL ARCHERY SOCIETY
NATIONAL COACHING COMMITTEE**

FITA Beginner Awards

Evaluation form for **White Arrow** Candidates

who have previously earned gold 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
Raising the Bow	Synchronised hands			GNAS Beginner's Manual Page 16
	Raise hands whilst keeping the shoulders down			
	Hands at same height and at nose or mouth level once raised			
	Arrow parallel to the floor once bow is raised			

Knowledge / Know-how	Required Knowledge	Achieved*	Not Yet Achieved*	Comments
Scoring	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 (7 Positive Evaluations are Required)	Awarded	Not Yet Awarded