

FREQUENTLY ASKED QUESTIONS

Grade Range? 2nd - 12th

Time of class? *Inexperienced* 8:30a - 9:30a; *Experienced (shot at Living Hope or school)* 9:30a - 10:30a

What does it cost? \$15 for first child, then \$5 for each additional child. An award will be given at the completion of the season.

What dates do we meet? Each Saturday from March 9 through April 13.

Can I bring my own equipment? Yes

Can I wear open-toed shoes? No, it is a safety hazard when dealing with arrows.

How and when do I pay? Please bring cash, check, or credit card to the Rec Center along with the top sheet of this packet. If you can not come by the Rec Center, please contact Jackie at (270) 282.2803. A spot will be reserved once payment is received. So register as soon as possible.

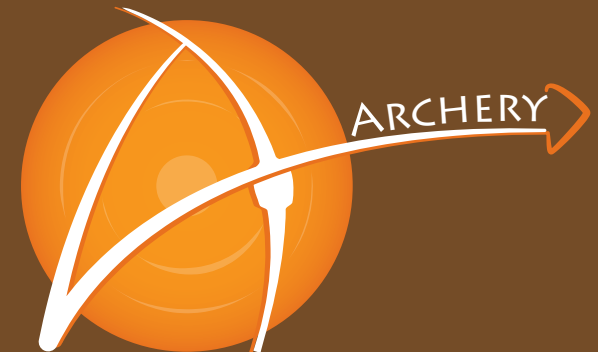
NOTE: We have 20 slots open for participants with their own equipment and 20 slots for participants without equipment. We will accept participants until the slots are full.



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ELEVEN STEPS TO SUCCESS

1. **STANCE:** Open foot position.
2. **NOCK:** Nock arrow onto string.
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 draw arm to eye level.
6. **DRAW:** Pull the string, riser, arrow rest, and/or arrow point on the target.
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 the movement.
10. **RELEASE:** Relax the hooked fingers and the back of the drawing hand all at once.
11. **FOLLOW THROUGH:** The drawing hand thumb touches or is near the shoulder.

ARCHERY RANGE RULES

- Know and obey all range commands.
- Keep your arrows in your quiver until you are told to shoot.
- Only use the arrows in the instructor gave you. Remember what they look like.
- Always keep your arrows pointed down or towards the target.
- If you drop an arrow, leave it on the ground. Raise your hand and the instructor will bring you another arrow.
- Always carry arrows with two hands.
- Always walk at the archery range.
- Always be absolutely sure that the path to the target and beyond is clear.
- Only release the bow string at full draw when there is an arrow on the string.
- Secure all loose clothing.
- Always treat your archery equipment with respect.
- Always treat your fellow archers with respect.
- NO open-toed shoes.

ARCHERY APPLICATION

Child's Name _____

Parent's Name _____

Parent's E-mail _____

Parent's Phone _____

Current Age _____ Current Grade _____

Have you participated in archery at Living Hope? Y or N

Do you have your own bow? Y or N

Time? Inexperienced @ 8:30 or Experienced @ 9:30

If you are currently a Recreation (Rec) Center participant, please e-mail Jackie (jackie.stewart@lhbg.org). If you are a new Rec Center participant, please pick up and fill out a waiver and turn it in at the Rec Center welcome desk. If you need more waivers, please make copies, come by the Rec Center, or e-mail Jackie.

PLEASE NOTE: Rec Center policy states ALL children 11 years & younger require adult supervision while in the facility. Please be prepared to stay with your child during the archery class.



Rec Center Staff Only

Received By: _____ Date: _____

Please Circle: Cash Check # _____ Credit Card

Date Paid: _____

