**GROUND ZERO ARCHERY - KNOW YOUR BOW**

**The BASE for All Your Adventures!**

**Information about the Instructor**

**Instructor Name:** Ground Zero Coaches - Coach Dawson

**Instructor Email:** myarcherybaseis@groundzeroarchery.com

**Website:** [www.groundzeroarchery.com](http://www.groundzeroarchery.com)

**Instructor Phone # to be published:** (269) 240-4764 Coach Dawson

**Instructor Bio:** I have a passion for archery! Even more, I love seeing kids learn, explore and excel in their passions. My first encounter with archery, like so many, was at summer camp when I was 8 years old. I can still feel the thrill and accomplishment I felt sighting down the arrow, releasing the string, and hitting the target. Through the years my love for archery has grown, along with my passion for teaching children. I have continued my training and currently hold the following certifications: USA Archery Level 3 Coach, NFAA Level 3 and Safe Sport certificates.

**Information about the Course**

 **Semesters offered:** Fall & Spring

**Day:** Monday (September 11, 18, 25- October 2, 9, 16, 23, 30 - November 6, 13, 20)

**Time:** 10:30 – 11:30 am

**Location:**  Ground Zero Training Center - 1922 E. Main Street, Niles, MI 49120

**Day:** Tuesday (September 5, 12, 19, 26- October 3, 10, 17, 24, 31- November 7, 14)

**Time:** 9:00 - 10:00 am

**Location:**  Berrien County Sportsman’s Club 2985 Linco Rd, Berrien Springs, MI 49103

**Day:** Thursday (September 7, 14, 21, 28 - October 5, 12, 19, 26 - November 2, 9, 16)

**Time:** 5:00 - 6:00 pm

**Location:**  Ground Zero Training Center - 1922 E. Main Street, Niles, MI 49120

**Description:** Know Your Bow course is a student’s BASE for in-depth instruction on archery equipment set-up, maintenance and repair for personal or career focused goals.

Archery equipment does not arrive at your door ready to shoot, but no problem! We will instruct students on proper archery equipment assembly, set-ups, how to’s and proper terminology in ordering archery equipment, also how to fine tune archery equipment for a high level of accuracy in shooting.

**Materials Needed for Class:**

This course is for Archers that already own archery equipment OR are purchasing an archery package from Ground Zero Archery. When Archers enroll in **BOTH** a Know Your Bow class and a Target Archery Class in the same semester, an archery equipment package can be purchased for $40.00 (1-Recurve bow, 6-arrows, 1-archery glove, 1-armguard and 1-bow sock) from Ground Zero Archery/Coach Dawson.

(All archery courses offered by the partnership does not include actual bow handling or the purchase of archery equipment by/for the students. The ($5) bow handling component and archery equipment may be purchased separately by contacting Ground Zero Archery/Coach Dawson directly).

**Ages/Grades:** Anyone in the Homeschool Partnership

**Class Min # of Students:** 5

**Class Max # of Students:** 20

**Criteria for passing class:** Students will need to attend at least 80% of classes offered and complete the pre and post tests for progress evaluation

In class and at home online training material will be used each week to aid students in developing a comprehensive understanding of archery equipment.

THE ONLINE MATERIAL USED IN CLASS WILL SATISFY YOUR STUDENT’S WEEKLY VIRTUAL REQUIREMENT AND WILL BE REPORTED TO YOUR PARTNERSHIP LIAISON.

**Weekly breakdown:**

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| **Week 1: Introductions**Go over class rules and schedule.Introduce basic archery equipment.Pre test given.At Home virtual:Basic equipment and rulesHow to choose your equipment | **Week 10: Bow Case**Function of a bow case.How to buy a case to fit your bow.How bow cases are made.At Home virtual:Bow cases – What’s the Diff? |
| **Week 2: Bow** Parts of the bow.Proper assembly.How to bows are made.At Home virtual:How to setup a recurve bow video.Intro. To basic bow making | **Week 11: Ordering archery equipment**TerminologyWhere equipment can be ordered.How to order archery equipment.Post-Test givenAt Home virtual:A traditional archery film |
| **Week 3: Arrow** Parts of an arrow.Proper arrow assembly.How arrows are made.At Home virtual:Arrow setup 101Arrow Tuning |  |
| **Week 4: Arm Guard & Archery Glove**Different style types and their functions.How to pick the best fit for you.How arm guards and gloves are made.At Home virtual:Tab or glove?String Slap…. |  |
| **Week 5: Arrow rest or shelf**Definition of arrow rest and shelf.How to determine if you want to use an arrow rest or shoot off the shelf.How an arrow rest is made.How to set-up a bow using an arrow rest or shelf.At Home virtual:How to fit a Traditional Arrow RestInstalling an elevated rest. |  |
| **Week 6: Nock point**Definition of nock point.Explain nock point variations.How to set a nock point on a bow string.At Home virtual:Setting the nock point3rivers archery - demonstration |  |
| **Week 7: Brace Height**Definition of brace height.Importance of proper brace height.How to set proper brace height.At Home virtual:Traditional 101: How to set brace height |  |
| **Week 8: Tiller & Camber**Definition of tiller & camber.Importance of proper tiller & camber.How to set proper tiller & camber.At Home virtual:What is bow tiller?About tillering bows |  |
| **Week 9: Equipment Maintenance & Inspection**Explain the importance of maintenance.How to inspection archery equipment.At Home virtual:String maintenanceArchery Tip of the week: Bow maintenance |  |

**Pre Test**

1. Do you know how to order archery equipment? Y/N
2. Do you know how to set-up archery equipment to fit you? Y/N
3. Is there a difference between shooting off the shelf and using an arrow rest? Y/N
4. Do you know if you want to shoot 3 under or split? Y/N
5. Do you know what a bow sock is? Y/N
6. Do you know how to install the nock point? Y/N
7. Could “dry firing” a bow cause damage? Y/N
8. Do you know 5 parts of a bow? Y/N
9. Do you know the names of 3 lines used on an archery range? Y/N
10. Can you name 3 types of arrows? Y/N

**Post Test**

1. Do you know how to order archery equipment? Y/N
Is It important to be archery knowledgeable when ordering equipment? Y/N
2. Do you know how to set-up archery equipment to fit you? Y/N
Can the wrong set-up effect your shooting? Y/N
3. Is there a difference between shooting off the shelf and using an arrow rest? Y/N Is the nock point set-up different for each? Y/N
4. Do you know if you want to shoot 3 under or split? Y/N
Will your answer affect the set-up of your bow? Y/N
5. Do you know what a bow sock is? Y/N

Is a bow sock your only choice to protect your bow? Y/N

1. Do you know how to install the nock point? Y/N
Do you know how to adjust your nock point? Y/N
2. Could “dry firing” a bow cause damage? Y/N
Should you shoot a bow that has been damaged from a dry fire? Y/N
3. Do you know 5 parts of a bow? Y/N
List 5 parts of a bow:
4. Do you know the names of 3 lines used on an archery range? Y/N
List 3 lines used on an archery range:
5. Can you name 3 types of materials arrows are made from? Y/N
List 3 types of materials that arrows are made from: