**GROUND ZERO ARCHERY - TARGET ARCHERY**

**The BASE for All Your Adventures!**

**Information about the Instructor**

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

**Instructor Email:** [myarcherybaseis@groundzeroarchery.com](mailto: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 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:** 11:30am - 1:00 pm

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

**Day:** Tuesday (September 5, 2, 19, 26 - October 3,10,17,24, 31 - November 7,14, 22)

**Time:** 10:00-11:30 am **OR** 12:00 -1:30 pm **OR** 1:30 - 3:00 pm

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

**Day:** Tuesday (September 5, 2,19, 26 - October 3,10,17,24, 31 - November 7,14, 22)

**Time:** 6:00 – 7:30 pm

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

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

**Time:** 12:00 - 1:30 pm **OR** 6:00 – 7:30 pm

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

**Description:** This course is a student’s BASE for target archery instruction.

Archers and will learn about range safety, an archer’s stance, shooting techniques, along with the general care of archery equipment.

Each student will be instructed in:

* Stretches for warming up specifically for archery.
* Determining eye dominance.
* Archery safety and range rules.
* Equipment used in archery.
* Terminology used in archery.
* How to and the importance of an archer’s stance, grip, draw and release.
* How to nock, draw, aim and shoot an arrow.
* Will be instructed on scoring and retrieving arrows.
* The history of archery.
* Be exposed to basic rules of competition and the etiquette of archery.
* How to stringing and unstringing a bow.
* Ways to continue Archery for its recreational, health, fitness and social benefits.

Recurve target bows and other archery equipment will be used for instruction.

**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.

**Materials Needed for Class:** None

Online training material will be used during each class to aid students in developing an understanding of archery. THE ONLINE MATERIAL USED IN CLASS WILL SATISFY YOUR STUDENT’S WEEKLY VIRTUAL REQUIREMENT AND WILL BE REPORTED TO YOUR PARTNERSHIP LIAISON.  
  
Ground Zero Archery will provide all archery equipment required. Those students who wish to use their own bow will need prior approval from 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).

**Weekly breakdown:**

|  |  |
| --- | --- |
| **Week 1: Introduction**  Explain class rules and schedule.  Induction of stretches for warming up specifically for archery. | **Week 10: string & unstring**  How to stringing and unstringing a bow |
| **Week 2: Eye Dominance**  How to determine eye dominance. | **Week 11: Fitness in Archery**  Ways to continue Archery for its recreational, health, fitness and social benefits. |
| **Week 3: Safety**  Archery safety and range rules. |  |
| **Week 4:Equipment**  Equipment used in archery. |  |
| **Week 5: Terminology**  Terminology used in archery. |  |
| **Week 6: Archer’s Stance**  How to and the importance of an archer’s stance, grip, draw and release. |  |
| **Week 7: Archer’s Stand and Grip**  How to and the importance of an archer’s stance, grip, draw and release. |  |
| **Week 8: Archer’s Stance, Grip and Draw**  How to and the importance of an archer’s stance, grip, draw and release. |  |
| **Week 9: Archer’s Stance, Grip, Draw and Release.**  How to and the importance of an archer’s stance, grip, draw and release. |  |

**Pre Test**

1. Can you name 3 parts of a bow? Y/N
2. Can you name 3 types of bows? Y/N
3. Should you “dry fire” a bow? Y/N
4. Do you know what 2 whistle blast mean? Y/N
5. Do you know what 1 whistle blast mean? Y/N
6. Do you know what 3 whistle blast mean? Y/N
7. Do you know what 5 or more whistle blast mean? Y/N
8. Do you know how many range masters are on an archery range? Y/N
9. Do you know what the odd colored fletching on an arrow is called? Y/N
10. Do you know which way an arrow should face till shot? Y/N

**Post Test**

1. Can you name 5 parts of a bow? Y/N
2. Can you name 3 types of bows and what they are used for? Y/N
3. Should you “dry fire” a bow? Y/N   
   Should you shoot a bow that has been damaged from a dry fire? Y/N
4. Do you know what 2 whistle blast mean? Y/N

Do you know where to look after arriving to the target line? Y/N

1. Do you know what 1 whistle blast mean? Y/N

Do you know where to go after you are done shooting your arrows.? Y/N

1. Do you know what 3 whistle blast mean? Y/N

If more than one Archer is on a target. Do you know how many archers pull arrows at a time? Y/N

1. Do you know what 5 or more whistle blast mean? Y/N

Emergency, stop firing!!! Once you hear the emergency blast and have stopped firing. Do you know where should you go? Y/N

1. Do you know how many range masters are on an archery range? Y/N

Do you know why there is only 1 range master at a time? Y/N

1. Do you know what the odd colored fletching on an arrow is called? Y/N

Do you why the guide fletching is important? Y/N

1. Do you know which way an arrow should face till shot? Y/N

Do you know why this is important? Y/N