

# **KNOW YOUR BOW – GZA**

(Vocational Education)

## **GROUND ZERO ARCHERY - The BASE for All Your Archery Adventures!**

### **Information about the Instructor:**

**Instructor Name:** Coach Dawson

**Instructor Email:** [groundzeroarchery@gmail.com](mailto:groundzeroarchery@gmail.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 NTS Coach, NFAA Level 3, USA Archery Level 2 NTS Trainer and Safe Sport certified.

### **Information about the Course:**

**Ages/Grades:** 3-12

**Class Min # of Students:** 1

**Class Max # of Students:** 10

**Class Pre-requisites:** Student must successfully completed 1 semester of Target Archery 101, be in grade 3<sup>rd</sup> – 12<sup>th</sup> grade and own or purchasing archery equipment.

**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:** 1 Take-down recurve bow & 6 arrows  
This course is for Archers that already own or purchasing archery equipment.

### **Additional Class Cost:**

1. One-time **\$5.00** bow handling component fee per student.  
(All archery courses offered by the partnership do not include actual bow handling or purchasing of archery equipment for the students.  
A one-time, per semester (\$5.00) bow handling component may be purchased separately by contacting Ground Zero Archery directly).
2. Optional **\$95.00** (\$213 Retail Value) Bow Package –  
When Archers enroll in **BOTH** a **Know Your Bow** (Vocational Education) class and an **Target Archery 102** (Humanities: Re-enactment Art & Skill) class in the same semester, an archery equipment package can be purchased for **\$95.00** (1-Recurve bow, 6-arrows, 1-stringer, 1-arm guard & 1-finger tab) from Ground Zero Archery/Coach Dawson.

**Semesters offered:** Fall & Spring

**Day:** Monday

**January** – 20 & 27

**February** – 3, 10, 17 & 24

**March** – 2, 9 & 30

**April** – 6, 13, 20 & 27

**Sunday, April 26, 2020 @ 4:00pm – Year-end Recognition**

**Time:** 9:00 – 10:30 am

**Location:** Ground Zero Archery & Training Center  
2216 S. 11<sup>th</sup> 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, along with proper terminology in ordering archery equipment, also how to fine tune archery equipment for a high level of accuracy in shooting.

**Week-to-Week Outline, Pre & Post-Test listed below.**

## Weekly breakdown:

<p><b><u>Week 1: Introductions</u></b></p> <p>Go over class rules and schedule.          Overview on how to choose your equipment.</p> <ul style="list-style-type: none"> <li>- Bow length &amp; draw weight</li> <li>- Arrows – Spine &amp; length</li> <li>- Release options</li> </ul> <p><b>Project:</b> Pre-Test &amp; 1<sup>st</sup> day group photo.</p>	<p><b><u>Week 7: Brace Height</u></b></p> <p>Definition of brace height.          Importance of proper brace height.          How to set proper brace height.  <b>Project:</b> Demonstrate how to check brace height.</p>
<p><b><u>Week 2: Bow</u></b></p> <p>Parts of the bow.          Proper assembly.          How to bows are made.  <b>Project:</b> Assemble Bows</p>	<p><b><u>Week 8: Tiller &amp; Camber</u></b></p> <p>Definition of tiller &amp; camber.          Importance of proper tiller &amp; camber.          How to set proper tiller &amp; camber.  <b>Project:</b> Demonstrate how to set proper tiller &amp; camber.</p>
<p><b><u>Week 3: Nock point</u></b></p> <p>Definition of nock point.          Explain nock point variations.          How to set a nock point on a bow string.  <b>Project:</b> Set-up Knock Point</p>	<p><b><u>Week 9: Equipment Maintenance &amp; Inspection</u></b></p> <p>Explain the importance of maintenance.          How to inspection archery equipment.  <b>Project:</b> Demonstrate how to inspect archery equipment.</p>
<p><b><u>Week 4: Arrow rest or shelf</u></b></p> <p>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.  <b>Project:</b> Set-up Arrow shelf</p>	<p><b><u>Week 10: Bow Case</u></b></p> <p>Function of a bow case.          How to buy a case to fit your bow.          How bow cases are made.  <b>Project:</b> Make Bow Sock</p>
<p><b><u>Week 5: Arm Guard &amp; Archery Tab</u></b></p> <p>Different style types and their functions.          How to pick the best fit for you.          How arm guards and gloves are made.  <b>Project:</b> Make Archery Tab</p>	<p><b><u>Week 11: Ordering archery equipment</u></b></p> <p>Terminology          Where equipment can be ordered.          How to order archery equipment.          Post-Test given.  <b>Project:</b> Place a mock order for archery equipment.</p>
<p><b><u>Week 6: Arrow</u></b></p> <p>Parts of an arrow.          Proper arrow assembly.          How arrows are made.  <b>Project:</b> Set-up Arrows</p>	<p><b><u>Week 12, 13 &amp; 14: Review</u></b></p> <p>We will take these weeks to review this semesters topics.          Answer questions, re-cover topics &amp; finish projects.  <b>Project:</b> Post – Test &amp; Semester End Photo</p>

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### 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

Date: \_\_\_\_\_

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