

**CALGARY ARCHERS
JUNIOR PROGRAM**



**Committed to furthering the sport of Archery
through the education of young athletes.**

**INFORMATION HANDBOOK
2019-2020**



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THE JUNIOR PROGRAM

Welcome to the Calgary Archers Junior Program. We are very excited to have you as a participant in our Junior Program, and are looking forward to offering you a fun filled, positive learning experience. We have put together this information booklet to provide you and your family with an introduction to our Junior Archers Program.

The Calgary Archers Junior Program was created over 30 years ago. Red and Eileen Ferrier were instrumental in establishing the initial Calgary Archers Club Junior Program in Calgary and are still coaching with us today!

The Junior Program was first held at Timberline Archery Lanes., but in the 1980's the program was moved to Robin Hood Archery Center which is now called the Calgary Archery Centre. At Robin Hood, the Calgary Archers Club held lessons on Sundays and another local Archery club ~ the Chinook Archers held their lessons on Saturdays. The clubs had a close working relationship as many of the Coaches and Archers were involved with both clubs. In the early 1990's the members of both clubs decided to merge the two programs which held the name Calgary Archers Junior Program.

Many of our current Coaches are from the original club or were participants themselves in the Junior Program. We continue to encourage our Junior Archers to become Coaches and leaders through the program, as it will be through them that we will find the future directors and coordinators of the program.

OUR WEBSITE

We are very excited to show off our website www.jrarchery.com! This is the first time our program has had a website maintained by the program. Because we have more control over the website you will find it updated regularly and will have more tools for you as a parent or a participant. Be sure to check out the online calendar that will show you want dates we have class and what dates we don't! If there are any tech savvy parents out there interested in helping update the website we are always looking for volunteers.

www.jrarchery.com

REFUND POLICY

- There will be **NO** make-up lessons or refunds for days missed.
- All program registrations include a \$20 non-refundable processing fee.
- Refund requests will be accepted and processed minus the \$20 fee up to October 31st of the current year..



OUR PROGRAM POLICIES

The Calgary Archers Junior Program (CAJP) will always seek to provide a safe space for athletes, coaches and volunteers; this includes safety from verbal, emotional, physical abuse and or bullying.

We recognize that sport plays a major role in promoting the inclusion of all groups in society and the CAJP is committed to inclusive and available sport to all persons.

The CAJP is committed to the achievement of sport equity and equal opportunity, including the establishment and maintenance of an organizational and sport environment whereby all Registrants have the opportunity to contribute to the sport to their maximum potential.

CAJP is committed to the principle and practice of fair and equitable allocation of resources and opportunities for all Canadians regardless of race, ancestry, place of origin, colour, ethnic origin, citizenship, creed, sex (gender), sexual orientation, sexual identification, disability, age, marital status or family status.

For a copy of our detailed Policies and Best Practices please visit our website at <https://www.jrarchery.com/general-and-specific-docs>

QUESTIONS/CONCERNS/COMMENTS

If there are any questions, concerns or comments please direct these to the Junior Program Director Lindsay Struthers after your lesson by email for Coach Lindsay: junior.director@jrarchery.com

To reach the next generation we are also on Facebook under the name [The Calgary Archer's Junior Program](#). We invite all parents and athletes to join as we will post info for class on there regularly.



PARENT INVOLVEMENT

The Calgary Archers Junior Program is completely organized and administered by volunteer Coaches, parents and interested Calgary Archers Club Members, and as such relies upon the help and assistance of the participants and their parents/family to help run many of the special events during the season. Fun events are scheduled in December and at the end of the year. During these events we shoot fun targets, enjoy goodies (brought in by the athletes and/or their parents) and receive badges for athletes that have reached scoring landmarks (see pg. 16 of this book for details about badges).

As everyone involved with the running of the Junior Program is a volunteer, it is necessary that everyone participating does their part. It is said that many hands make for light work, and firmly believing in this principal has made the Junior Program a huge success that we hope will continue for years to come.

Parent Meetings: Our first meeting is usually held around the 3rd lesson. This meeting is actually a lesson to teach parents how to score in archery. Scoring plays a big part of our program as it gives the coaches a way to gauge understand and improvement. There are too many archers to coaches so we ask that parents stay during the class and assist with scoring their athletes.

We will hold other meetings as the need arises and will be held during the class. Emails will be sent out to parents prior to these meetings so that you can arrange your schedule.

FUN DAYS

The CAJP has a Wind-up Party that incorporates skill and archery games. On these days the program doesn't necessarily follow the regular class structure. Different games are played with the kids involving their shooting skills with small prizes being handed out. The class is usually interrupted with a break for treats, which the parents supply. Badges and Mail Match awards will also be handed out to the Archers at this time. This year we hope to make the fun days a joint organizing effort between the parents and the Coaches. Details of these Fun Days will be fully explained during the parent meetings.



RISK OF INJURY

Over the years, our Junior Program has worked hard to remove the risks of injury when participating in this sport. However, there are still a few risks involved in shooting. The most common are injuries to the arms and shoulders. There is also an unfounded fear of arrows going astray. To address the concern of stray arrows we can say that in the history of the Junior Program we have never had an arrow go astray. We control the line very strictly and use simple commands to control the archers on the shooting line.

THE COMMON INJURIES:

Bruises to the inside of the arm holding the bow

Cause: this occurs when the Archers arm is twisted in the way of the string as it flies back to the start position.

Symptoms: Bruises and welts on the inside of the arm. The worst case scenario is that the Archer could open the skin at the point of contact. These bruises will usually disappear within a couple of days. In the case of opening the skin the Archer will be encouraged to take a few days off from practice to allow the injury to heal.

Preventative Measures: the Archers form can be altered so that the arm is completely clear of the string on release. If the problem persists, arm guards are available to cover the area of contact.

Strained rotator cuff or pinched nerve

Cause: this can be caused by several things, but most often occurs in Archers that shoot more than 3 times a week. Archers who are training intensely will often inadvertently push themselves too hard, and excessive shooting can cause swelling of the muscles and nerves causing them to be pinched between bones and other muscles. This problem can also occur in beginner Archers who do not take the time to warm up fully especially if they are stiff or sore from other activities from past days.

Symptoms: although this is listed as two injuries, one often follows the other. Any one single or combination of symptoms can occur with this type of injury. Stiffness of shoulder, neck, or upper arm muscles, pain when Archer draws a bow, reduced range of motion in arms (especially when raising them above the head, and in a circular motion), and tingling or numbness in finger tips, arm, or lower neck and shoulders.

Preventative Measures: the most effective way to prevent this injury is to warm up thoroughly before shooting. This includes a general warm up to increase the heart rate and stretches to warm up muscles specific to shooting. Archers should also stretch after shooting as a way to cool down the muscles. Archers should also pay attention to their bodies when shooting. Encourage your athlete to talk to a Coach and to their parents immediately if they are experiencing any pain when shooting the bow.

IMPORTANT! Archers who are shooting compound bows should note that bows that are too heavy can lead to very serious rotator cuff and nerve injuries. Overweight bows can also lead to other strained muscles as Archers who pull bows that are too heavy for them, will often pull them improperly and use muscles that are not normally used in shooting. Please talk to your Coaches about your draw weight!



ARRIVAL FOR LESSONS

- Classes are held Sunday mornings and you should check our online [CALENDAR](#) for class dates. The lessons are held at the Calgary Archery Center located at 4855 47th Street S.E.
- **Participants in the 11:00 a.m. and 12:00 p.m. classes** are asked not to arrive more than 15 minutes prior to their scheduled start.
- **All participants** are asked to proceed quietly to the upstairs range. Please check in with registration upon arrival. Attendance will be taken at the start of each lesson.

THE CALGARY ARCHERS CLUB

Founded in 1976, the Calgary Archers Club maintains a yearly membership of approximately 200+ members, consisting of families, singles and nearly 90 members from the Junior Program. Many of our family memberships have come from our Junior Program members having encouraged their parents and siblings to join them in this growing sport.

Our membership had a maintained range is currently located 5 minutes southwest of Calgary on Highway #8, however we had to leave that range for the construction of the ring road. We are currently working on permits for a new range.

In past years Junior Program members have full access to the outdoor range, but **must be accompanied at all times** by at least one parent. We are hoping to continue this same offer in our new home but at this time we are not sure what options will be available to us.

If you are interested in helping with the construction of our new home or feel you have skills that would be helpful please let our Junior Director know.



AFFILIATED ORGANIZATION

The CAJP is affiliated with both provincial and national levels of Archery sport organizations. Belonging to these organizations is a requirement of the Calgary Archers Club.

The provincial organization we are affiliated with is the Alberta Target Archers Association now acting under the trade name Archery Alberta (AA). The AA organizes provincial mail match shoots that the CAJP participate in. Traditionally there are 3 mail matches per indoor season. Our juniors will compete against juniors in other Alberta Junior Archery Clubs and, if they place in the top three shooters in their category, will receive an award (medal, ribbon or certificate). The AA membership also enables our Junior Program Archers to compete at provincial competitions and shoot for provincial records.

Archery Canada (AC) is the National body for Archery in Canada. A requirement of the Calgary Archers is each member must be insured, included in the AC membership fee is the required insurance needed. Another significant reason for joining the AC is the Junior Program that we follow is structured for the Archery clubs at the National Level. All badges and information regarding the instructing and setting up of our program follows the National Development Program. AC membership also allows all our juniors to compete in National Tournaments ~ such as the Indoor Canadian Championships ~ and to shoot for National Records at registered shoots.

THE CALGARY ARCHERY CENTRE

The Calgary Archery Center is the business establishment where we hold our Sunday morning lessons. Neither the Calgary Archers Club nor the Junior Program are directly affiliated with the Calgary Archery Center. Having said this, the Calgary Archery Centre is one of the biggest supporters of the program. Our biggest thanks go to Al and Laura Southwood who own the Calgary Archery Centre and the rest of the hard working staff at the range.

Our program rents the upstairs range Sunday mornings from 9:30am to 1:00pm from October to February.

The Calgary Archery Center staff will be happy to assist you with equipment questions, purchases or repairs during regular business hours.

Calgary Archery Center Hours are:



Mondays	4:30pm to 9:30pm
Tuesdays – Fridays	11:00am to 9:30pm
Saturdays and Sundays	10:00am to 5:00pm

Occasionally the Calgary Archery Center upstairs range will not be available to our program due to Tournaments, please refer to the calendar and listen for announcements in class regarding these dates.



COACHES & PROGRAM LEADERS

Lindsay Struthers - Level 1 NCCP Coach, Instructor Beginner and Instructor Intermediate

Lindsay has been running our junior program for 15 years now. She has been a Certified Instructor for more than 15 years. She has Coached for the Alberta Winter Games and was a member of the Alberta Team at the Games Winter Games.

Vickilynne Schleppe - Level 1 NCCP Coach & Instructor Beginner & Instructor Intermediate

Vickilynne works tirelessly in assisting Lindsay with the administrative side of the program as well as coaching during the classes. Vickilynne has over 25 years of coaching experience in other sports as well as coaching with our club more than 10 years. Her experience in other sports brings a different perspective on coaching techniques and ideas to our program. In February 2007 she was one of two coaches that took Team Alberta to the Canada Winter Games she is also working through certification in the new system and working with Lindsay to train coaches in the first level of that system.

Ewan (Red) and Eileen Ferrier – Level 3 and Level 2 NCCP Coaches

Red and Eileen have been cornerstones of the Calgary Archers Club Junior Program, for so long now that no one can remember them not being an integral part of our program. For well over 35 years the Ferrier's have been involved with Archery and have coached archers from entry level to National Team events. Their wealth of knowledge is irreplaceable and we are so happy to have them involved in our program.

Brian Struthers - Level 1 NCCP Coach

Brian is the President of the Calgary Archers Club and also works in the pro-shop of the Calgary Archers Centre. Although Brian's work downstairs does not allow him to coach as much as he would like, he has in the past been a coach of teams going to the Alberta Winter Games, organized the archery event at the Alberta Winter Games and he is also a registered Level 1 Judge. He works behind the scenes helping Vickilynne and Lindsay with all of the equipment maintenance and is the go to guy when we need shop advice!

Our Other Hard Working Coaches

We are very fortunate to have a number of other coaches that join us when their schedules allow and we are always looking for more help. You don't need coaching experience to help out, just a willingness to learn and a passion to help! Please let us know if you would like to be a Parent Coach.

We also have a number of coaches that come volunteer with us after they finish their lessons in the Competitive Class. We call these coaches Jr. Coaches and they are invaluable to our Program. These coaches not only work with our athletes (and do an excellent job) they also work very hard helping the other coaches to set up targets, do attendance and hand out equipment.



COACHING OPPORTUNITIES

Parent Coaches

In order to gain more help for our coaching team, the Junior Program will be working with a number of parent volunteer coaches to help them gain experience and practical knowledge.

If you are interested in become a parent coach please let the coaches know, and we will let you know when the next training program will be.

Program Leader Opportunities

Along with coaches we also have a need for both junior senior athletes, and parents experienced in archery to help run some of our program materials. If you would like to help out with the inner workings of our program let a coach know. Jobs to be done under this category include badge tracking sheets, mail match tracking sheets and equipment database.

HEALTHY SHOOTERS

In past years the media brought attention to health risks that come with the spread of viruses like the H1N1 virus.

Although our class has never encountered a problem with a traveling virus it never hurts to be prepared.

We are asking parents to watch your athletes signs of illness and use your judgment when deciding if your athlete is fit enough to attend class. For the benefit of both shooters, coaches and other parents, please keep sick athletes at home so they may recover quickly and come back to join us as soon as possible.

If in the worst case scenario, you believe your athlete may have been in contact with a communicable disease and was contagious during his/her attendance at our program, please contact our Junior Director as soon as possible so that we may take appropriate steps to ensure our athletes remain healthy.

The term Healthy Shooters doesn't just mean worrying about viruses but also about proper nutrition and sleep. We realized these athletes are teenagers and therefore rebel against vegetables and think that sleep is something best achieved from the hours of 12 a.m. to 12 p.m., however encouraging them to come to class with a good meal in their stomachs and some sleep for their brains will make the early mornings easier on everyone and will also allow our shooters to make the most of their lessons.



EQUIPMENT

A. CAJP Equipment

Archers who will be using our equipment will be assigned equipment at the beginning of their first lesson. Each Archer will be assigned a bow and six arrows. There is a unique number on each bow and your arrows will have your name on them. Take care to remember the number so that you can more easily find your bow next lesson.

We have lots of bows that look the same. Each one will be assigned to a specific Archer. You will be shown where your equipment will be stored after each lesson, and this is where you will find your bow at the start of the next lesson.

***Due to the large numbers of Archers using our equipment, bows may be used during other classes. Participants will not be required to share bows within their class but may share a bow with another Archer in another class.

***At any time during the season if there is a need to change the bow with another make sure that the Coach records the new number in the book.

B. Using your own equipment

Archers who will be bringing their own equipment to class are asked to make sure that their bow and all arrows are marked with their name and/or initials, to alleviate any confusion as to whose equipment belongs to whom.

All personal equipment will be inspected on the first lesson to ensure that the equipment is safe and appropriately fits the Archer and what we are trying to teach.

Archers are asked to keep their equipment maintained and in good repair at all times. As proper equipment repairs sometimes take time, please allow for delays. Be proactive, five minutes before class is not the appropriate time to ask for assistance.

TUESDAY NIGHT PRACTICE

This extra evening at the Calgary Archery Centre each week is designed to give our athletes the extra practice time required to excel. During this time coaches will be available for advice and questions, but they will also be shooting with the athletes on the line. We recommend that you shoot along side your favorite coaches. On Tuesday nights we expect you to:

- 1) Pay your lane fees at the front counter and come upstairs.
- 2) Set up your equipment or get it from the cupboard and do warm-ups in a timely fashion. Put away your equipment when you are done.
- 3) Practice with purpose and score as much as possible– if you buddy score these scores can be used to earn badges and be submitted for mail matches



WHAT TO BRING AND WHAT TO LEAVE

Bring - flat soled comfortable shoes (runners or hikers work great) to walk and stand in. If you are wearing winter boots to the range please bring a pair of runners or hikers to change into. Boots are hot and uncomfortable to shoot in and wet boots will create a safety hazard on the line. Bare feet or stocking feet are not an alternative and Archers will not be allowed to shoot.

Leave - high heeled shoes and sandals at home

Bring - a water bottle. Athletes of all ages and sizes have to watch for proper hydration.

Leave - snacks and drinks (other than water) until after the lesson. Food and drink are asked to be left to the tabled area of the main floor range, until the conclusion of the lesson.

At Home - eat a good breakfast (or early lunch!) before you come to the lesson. It is really hard to shoot well or concentrate when you have a growly stomach.

Bring - something to tie back long hair, so that it does not interfere with the string and become a safety hazard.

Leave - dangly jewelry at home. Earrings, necklaces, bracelets etc. can all present a safety hazard to you that is entirely avoidable.

Bring - comfortable clothing. T-shirts or shirts with a long (but not baggy sleeve) are great.

Leave - hoodies and sweat shirts for coming and going only. Baggy upper clothing makes it especially hard to shoot without interference with the bow string. Many also have hood strings and toggles which have been known to catch on bow strings causing great discomfort to the shooter and makes for a lousy shot as well.

Leave - tank tops, low cut shirts and short shirts at home. (Males and females) These are really fun to wear to the beach, on dates and to dances but they are not appropriate for the Archery lane. AKA "The Belly Button rule"

GET - LOTS OF SLEEP! You cannot learn the skills to be a good Archer if you don't have the energy to practice them. Your Coaches will have no sympathy for you if you don't get enough sleep. Our expectations for you will remain the same.



SHOOTING RULES & ETIQUETTE

As with any activity that we participate in these days there are some rules and policies that we must follow to ensure that everyone is safe and has fun. We have put together a few of the ones that we feel are necessary for everyone to know. We have not listed all of the rules here and will be going over rules and etiquette practices during the lessons and as situations arise we will be reviewing them.

- Treat everyone with the respect you expect to receive yourself. This includes but is not limited to the Coaches, all volunteers, parents (including your own), other participants, siblings and friends.
- Listen carefully to all directions, everyone's safety might be at risk if you do not pay attention. An All Clear signal will be made when it is safe to start shooting. No one is allowed to cross the shooting line for any reason before an all clear signal is given, thus signaling that all Archers have put down their equipment and it is safe to proceed down to the targets.
- Walk; don't run, at all times at the range. Although the arrow points are not particularly sharp it will not take much force for the arrow point or knock to seriously injure someone.
- Treat all equipment (ours, other participants and your own) with great respect. Minor bumps or scrapes could have a major effect on how the equipment performs.
- Be extremely careful not to shoot your bow without an arrow. This is called a Dry Fire and can cause a great deal of damage to your bow, sometimes to the extent of making your bow unusable for safety reasons.



SHOOTING RULES & ETIQUETTE CONT...

- Bows must remain at or behind the shooting line. When you are not shooting you and your equipment should be well behind the shooting line so as not to interfere with the Archers at the line. After you have shot, your bow should be placed on the bow racks provided. Bows must not be taken with you to the target to retrieve your arrows.
- Arrows – unshot arrows should remain in your quiver (ground or belt). Even though each Archer has 6 arrows, only 3 will be shot each end.
- Take care while walking up to the target to retrieve your arrows. You do not want to step on arrows that have landed on the floor.
- While on the shooting line beware that your actions may interfere with your neighbors. Please respect their shooting space, and do not talk to them when they are shooting. These are distractions that will interfere with their concentration.
- While the lessons are in progress we ask that all Archers and observers use quiet inside voices. Loud, sudden noises can be distracting.
- Acknowledge your fellow Archers good shots and achievements.
- Coarse language and / or temper tantrums will not be tolerated from anyone.

Disciplinary Actions: If at any time an Archer is caught breaking any of the safety rules or being disruptive they can be disciplined. In most cases, the Archer(s) will be instructed to sit aside for several shooting ends. However, if this doesn't solve the problem the parent(s) of the Archer(s) will be brought in to discuss possible solutions. If the Archer continues to break the rules and be disruptive, that Archer will be asked to leave the program.



THE CANBOW BADGE PROGRAM

Within the Junior Program the Archers will earn badges as their skills improve. Once the Archer has mastered the basic skills we will have the Archer begin to shoot scored rounds. Each score will consist of 30 arrows shot in 10 ends of 3 arrows.

For an Archer to earn a badge they will have to shoot two scores in the Sunday classes or at Tuesday night practices, at or above the level required for each badge. If an Archer attains a score of their next level at a registered FITA (tournament) only one score will be required for them to earn that level of badge.

The CanBow Program incorporates 3 target sizes with the Archer working their way from the largest to the smallest target.

The target sizes are:

80cm	Large Target
60cm	Medium Target
40cm	Small Target – can either be on a single or triple face target.

Once a Junior has earned all badges for a particular size target they move onto the next smaller target.

Number of badges earned on each target size:

Large	- 4 Badges
Medium	- 4 Badges
Small	- 18 Badges

The badges earned by the Archers will be handed out on a regular basis during the year. Archers can follow their progress by checking out the charts posted on the CAJP Bulletin Board where volunteers have posted the scores handed in after each lesson.

Use the chart on the next few pages to follow your progress throughout the season.



BADGE TRACKING

YOUR NAME: _____

Badge Level	Target Size	Score Req.	Date	Score	Badge Received <input checked="" type="checkbox"/>
Yeoman	80 cm	60			.
					<input type="checkbox"/>
Junior Bowman	80 cm	80			.
					<input type="checkbox"/>
Junior Archers	80 cm	100			.
					<input type="checkbox"/>
Bowman	80 cm	160			.
					<input type="checkbox"/>
Badge Level	Target Size	Score Req.	Date	Score	Badge Received <input checked="" type="checkbox"/>
Archer	60 cm	140			.
					<input type="checkbox"/>
Master Yeoman	60 cm	160			.
					<input type="checkbox"/>
Master Bowman	60 cm	180			.
					<input type="checkbox"/>
Master Archer	60 cm	200			.
					<input type="checkbox"/>
Badge Level	Target Size	Score Req.	Date	Score	Badge Received <input checked="" type="checkbox"/>
Expert Bowman	40 cm	180			.
					<input type="checkbox"/>
Expert Archer	40 cm	200			.
					<input type="checkbox"/>
Champion Bowman	40 cm	220			.
					<input type="checkbox"/>
Champion Archer	40 cm	230			.
					<input type="checkbox"/>
Olympian	40 cm	240			.
					<input type="checkbox"/>

BADGE TRACKING CONTINUED

YOUR NAME: _____

Badge Level	Target Size	Score Req.	Date	Score	Badge Received <input checked="" type="checkbox"/>
Olympian 250	40 cm	250			·
					<input type="checkbox"/>
Olympian 255	40 cm	255			·
					<input type="checkbox"/>
Olympian 260	40 cm	260			·
					<input type="checkbox"/>
Olympian 265	40 cm	265			·
					<input type="checkbox"/>
Olympian 270	40 cm	270			<input type="checkbox"/>
Olympian 275	40 cm	275			<input type="checkbox"/>
Olympian 280	40 cm	280			<input type="checkbox"/>
Olympian 285	40 cm	285			<input type="checkbox"/>
Olympian 290	40 cm	290			<input type="checkbox"/>
Olympian 295	40 cm	295			<input type="checkbox"/>
Olympian 300	40 cm	300			<input type="checkbox"/>

GOAL SETTING



Shoot for the moon, even if you miss,
you will still end up somewhere among the stars.



Everyone needs to have a goal or a purpose for every thing that we do. This makes us strive to do our very best.

The Coaches will be talking to the Archers about goal setting and asking them to write down some personal goals. These do not need to be elaborate but they do need to be realistic and possible to achieve. As you achieve or near each goal you have set, new goals should be made.

Share and discuss your goals with the coaches, they can help you refine your goals and make sure you are reaching for all we know you can achieve.

LONG TERM GOALS

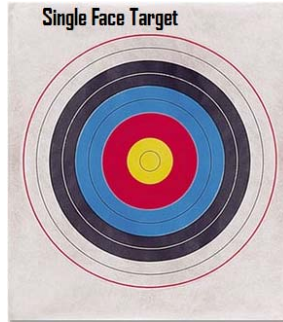
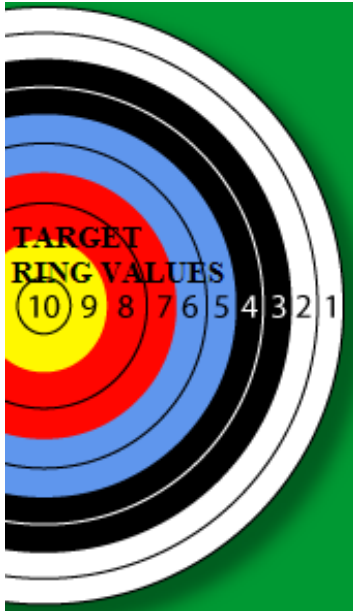


SHORT TERM GOALS



HOW TO SCORE

Every indoor target face has the ring value and combination seen below. The sizes are 80, 60 and 40 cm in diameter. Most indoor tournaments are shot with 40 cm targets. 40 cm targets may come as a single face, a triangular triple face or a vertical three face target. The sizes are 80, 60 and 40 cm in diameter.



How to Score

1. Each archer will shoot three arrows. This is called an *End*. They shoot 10 ends to make up a score card.
2. On one target face there could be up to 4 shooters. 1 person will be the *Caller*, they call the arrows for each archer. 2 people will be *Scorers*. They record each arrow on a score card and total up the value for each end. The last person is the *Supervisor*, they ensure the Caller is making correct calls and the scorers are writing the correct values and totals. There will never be less than three people. If there are three people then the role of supervisor is removed.
3. Each of the three arrows are written in the individual boxes from the highest to the lowest in value. The end total is then added and written down. This is done by both scorers for each archer.



HOW TO SCORE REFRESHER CONT'D

How to Score—Continued

3. Each of the three arrows are written in the individual boxes from the highest to the lowest in value. The end total is then added and written down. This is done by both scorers for each archer.

Example of a Completed
Score Card

	1	2	3	TOTAL
1	9	9	6	24
2	9	8	7	24
3	10	9	7	26
4	X	10	9	29
5	9	9	7	25
6	10	10	9	29
7	9	7	7	23
8	10	9	8	27
9	10	10	7	27
10	10	9	7	26
TOTAL:				270

☞ Each line is an end and has a
End Total

☞ This is the Grand Total

4. If an arrow cuts a scoring ring the archer receives the higher valued score for that arrow. It is up to the caller to carefully inspect the line. If the archer disagrees then a Judge is called in to make the



☞ The two line cutters
shown here could be 10's.
Right now they are cutting
the line between 10 and 9.

final call.

GOOD SCORING HABITS & ETIQUETTE

Learning to score, and to score accurately and confidently is an essential tool in our sport. Scoring during practice gives you a way to quantify how you are shooting and gets you in the practice of it when you shoot a tournament.

Good scoring in tournaments is essential for a number of reasons but chiefly among them is that if you can score with confidence you can focus all of your energies on shooting and not have to worry about the problems that come with poor scoring. Because the score cards are the means of recording our results errors on them can cause of a loss of points that can often mean the loss of a place or medal. Remember these rules when scoring and all will be well.

- 1) **ALWAYS** fill out all of your information on the top of both your cards before you start your scoring rounds. This means your name, the date, your category, the location and your FCA number.
- 2) **ALWAYS** write in pen. *Blue or Black ink only.* NEVER write in red ink as that is the color used by our judges for corrections.
- 3) Record your arrows as highest to lowest. For example if you shoot a 10, a 3, and a 6, you would record your score as $10\ 6\ 3 = 19$
- 4) **ALWAYS** ensure that your cards are always in the right order, ask for the scores to be repeated if you cannot hear, and **ALWAYS** write clearly and legibly. Remember that if your score cards don't match **EXACTLY** you will always get the lower point values in a discrepancy.
- 5) **ALWAYS** do the math yourself. Don't trust others around you to be better at math than you. If you aren't good at math remember that it is okay to take your time, or carry a small calculator in your quiver. At the end of each 3 arrows that are called each scorer should total the end up in their heads and then confirm with the second scorer that the totals match. If they don't check the math again, then check the arrows and what is written in each arrow value box. Shoot organizers **DO NOT** have to check your score cards for correct math, if you fail to calculate your totals correctly the lost of points is on you and you alone.
- 6) Once the score card has been completed, take the time to do the math again and make sure the total for your entire score card is correct. **DO NOT sign your card until you have checked your grand total and agree with it.** Signing your card means that you agree with everything on your card.



GOOD SCORING HABITS & ETIQUETTE

- 7) As a caller it is important to remember to say the shooters name before calling the arrow. I.E. "John has 10, 9, 8". Then make sure to give the scorers time to write and add.
- 8) Callers also need to remember to speak clearly and towards the scorers. DO NOT touch the arrows until after everyone's arrows are scored.
- 9) Callers must remember to sign the cards. Scorers should not sign their cards twice I.E. as a shooter and as a scorer. This is where the Caller can sign as scorer.
- 10) Once the score card has been completed, take the time to do the math again and make sure the total for your entire score card is correct. DO NOT sign your card until you have checked your grand total and agree with it. Signing your card means that you agree with everything on your card.
- 11) As a caller it is important to remember to say the shooters name before calling the arrow. I.E. "John has 10, 9, 8". Then make sure to give the scorers time to write and add.
- 12) Callers also need to remember to speak clearly and towards the scorers. DO NOT touch the arrows until after everyone's arrows are scored.
- 13) Remember that once all scores are written down each archer should mark their wholes on their targets. If you get a bounce out you can still get a value for that arrow IF the Judge can find an unmarked hole.
- 14) Callers must remember to sign the cards. Scorers should not sign their cards twice I.E. as a shooter and as a scorer. This is where the Caller can sign as scorer.
- 15) A Judge can: Settle an arrow value dispute or can Correct a value on a Score card. Either way you must NOT pull your arrows until the Judge has looked at them.
- 16) To call a Judge to your butt one person in the group should step back from the target, raise their hand and call out "TC".
- 17) If you want a Judge to call an arrow be careful not to touch the arrow when you point to it.





