

## Archery Interest Project

Skill builders 1, 2, and 3 are required. Include at least one activity from each of the other groups.

### Skill Builders

1. \*\*Participate in a beginning archery class. Learn warm-up exercises, archery skills and safety procedures.
2. \*\*Know the safety rules for handling bows and arrows. Know the safety rules of the archery range. Know how to dress for safety.
3. \*\*Demonstrate proper shooting form. Practice shooting arrows for 30 minutes while concentrating on perfecting your form.
4. Learn how to score and shoot a round of three ends of six arrows. Do this at different distances, if possible, for a total of three rounds.



### Technology

1. Learn the parts of the bow and arrows. Know how to choose the correct bow and arrow size.
2. Learn the special equipment that advanced archers use. Learn how the following types of equipment are used: a bow sight, a bow square, and a stabilizer.
3. Learn about different types of bows. Compare shooting a recurve bow and a compound bow. Which was easier to draw and why?

### Service Projects

1. Introduce the sport of archery to younger girls by helping Junior Girl Scouts earn an Archery Badge or assist at a Girl Scout camp archery program.
2. Volunteer to work with and organization sponsoring an Archery Fun Day or competition.
3. Create an archery game. Include a game for beginning archers and a game for more advanced archers. Use the games with a group of girls. Or provide the supplies and instructions for the games and donate them to council to be used with the archery equipment.
4. Develop a resource list of locations in your area where archery can be practiced. Be sure to answer the following questions: Is equipment available for rental or purchase? What supervision is provided? What is the cost of using the facilities? What is the location and hours of operation? Is membership required?

### Career Exploration

1. Visit or shadow a National Archery Association Instructor at a Girl Scout camp, community center or recreation facility. Find out what kind of training and certification requirements they had to meet. Find out what part-time or full time opportunities are available for an archery instructor.
2. Visit the Olympic Training Center, Archery Range and learn about the training and how to qualify for training.
3. Learn about archery scholarships available for college.
4. Design an archery program for disabled children. What changes would you need to make if a child is deaf, in a wheel chair or has other disabilities?

\*\* = required activities