

HOW TO HELP YOUR PATRONS EXPLORE ARCHERY

TPWD COMMUNITY ARCHERY TRAINING

TPWD MISSION

To manage and conserve the natural and cultural resources of Texas and to provide hunting, fishing and outdoor recreation opportunities for the use and enjoyment of present and future generations.



WHAT IS ARCHERY?

Archery is the practice of using a bow to propel an arrow through the air, with the intention of hitting a target.

- Throughout history the bow and arrow has been used as a method of hunting and as a weapon in combat.
- It's estimated that archery is 15,000 years old.



EVOLUTION OF ARCHERY

- Archery is a modern sport with lots of traditional roots and can be done by people of all ages, sizes and skill levels.
- In recent times archery has become more commonly used as a competitive sport and for recreation.



IS ARCHERY SAFE?

- Data show that archery is one of the safest sports.
- Soccer, baseball and basketball have injury rates 20 to 45 times higher than archery's injury rate. Archery's injury rate per 1,000 participants ranks it below golf, fishing and tennis, and just slightly above badminton, bowling and table tennis.
- What was once thought of as dangerous and unsafe is now one of the safest sports in the world.



WHAT MAKES ARCHERY SAFE?

INSTRUCTOR CERTIFICATION TAKES CENTER STAGE FOR MAINTAINING ARCHERY'S EXEMPLARY SAFETY RECORD. CERTIFICATION COURSES COVER SEVERAL TOPICS THAT ADDRESS ARCHERY SAFETY:

- RANGE SETUP & SAFETY
- TEACHING A CLASS
- EQUIPMENT

BENEFITS OF ARCHERY

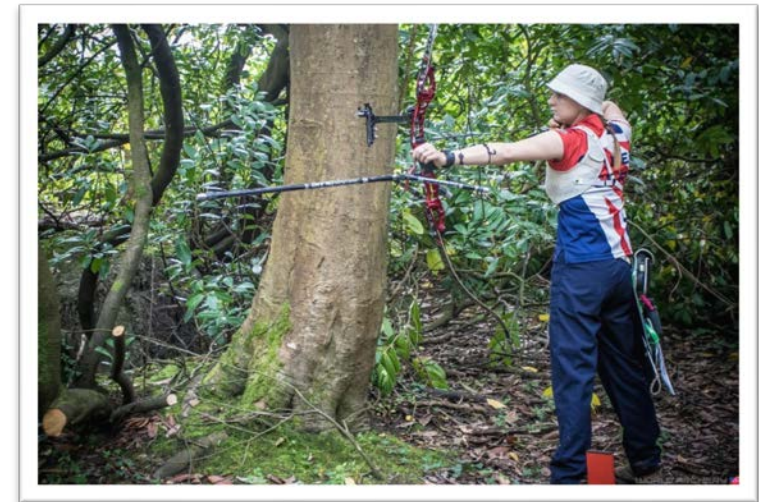
Though archery is often perceived as a stationary sport, competitive archers actually require a significant amount of strength, endurance and focus to perform well. If you aren't familiar with the demands of the sport then you may be surprised to learn that there are several health benefits to participating in archery. In addition to physical benefits, archery can improve your mental health as well.

UPPER BODY STRENGTH

Drawing a bow string places stress on the muscles of both arms as well as the chest, shoulders and back. Similar to lifting weights, this stress is typically maintained for several seconds before the archer releases the string to fire an arrow. With repetition, the stress of drawing and firing a bow leads to muscle development in most of the major muscle groups of the upper body. The specific amount of development depends on both the draw strength of the bow and the amount of time that you spend practicing and competing.

BALANCE

Balance is vital to success in archery as you must be able to hold your body still while aiming and making a shot. Practicing archery helps you to gain control over your balance as you focus on trying to hit the center of the targets you shoot at. The more you practice, the more your core muscles will become accustomed to balancing your body and keeping you steady as you aim and fire your arrow.



COORDINATION

Hand-eye coordination is an essential skill for archery. Archery trains your hands to work together while performing different tasks, aiming and firing your arrow based on input from your eyes. The more you practice, the better your coordination will become.



WALKING

During a competition, archers can walk as much as 5 miles while performing common tasks at the archery range and moving from one position to another. Though much of this walking is in short intervals, the cumulative effect of walking throughout a competition can improve cardiovascular health, muscle tone and leg strength. You will gain some of these benefits even during practice as you'll spend a significant amount of time walking to retrieve fired arrows and returning to the line.

MENTAL FOCUS

Focus is important to success as an archer, and developing focus can have a positive impact on your mental health and well-being. The more focused you are on your target, the easier it will be for you to clear your mind and aim precisely both in practice and in competitions. These same skills will help you to deal with stress and clear your mind of worry when you're away from the archery range and will help you to remain more focused on tasks as well. The focus you learn from archery may even help you to overcome procrastination and distraction.

**"NOTHING CLEARS
A TROUBLED MIND
LIKE SHOOTING A
BOW."**

FRED BEAR

HOW TO GET STARTED?



CERTIFICATIONS



- **USA Archery Level 1 Instructor Certification**

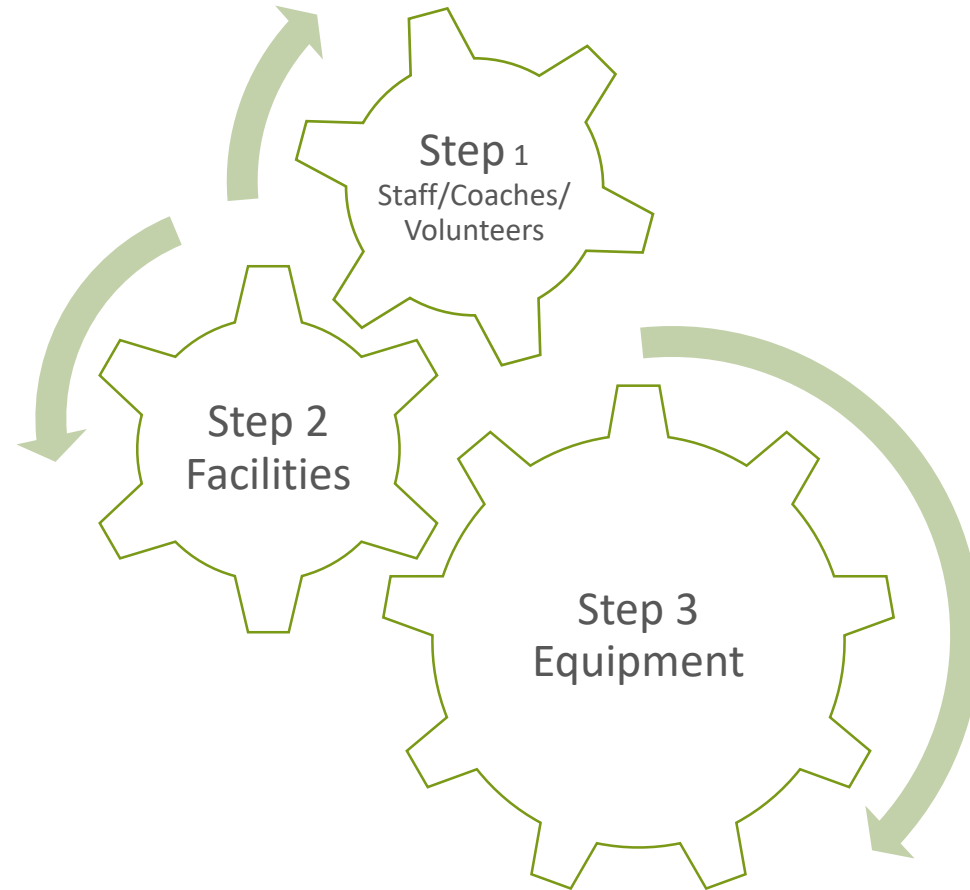
- 15 years of age
- 8 to 12-hour course
- Upon successful completion, each student will be qualified to teach beginner archery instruction to participants of all ages and abilities.
- Designed for short-term program instructors
- The Level 1 Archery Instructor certification is valid for 3 years from the date of course completion.

- **USA Archery Level 2 Instructor Certification**

- 18 years of age
- Attend the 16-hour certification course
- Learn about range safety, range setup, the steps of shooting
- Qualified to teach beginner and intermediate archery instruction in short and long-term programs.
- USA Archery Mobil Coach App
- Qualified to teach the USA Archery Level 1 Certification Course
- Receive individual insurance coverage as part of your required membership to USA Archery or National Field Archery Association (NFAA)

CONSIDERATIONS

- Staff/Coaches/Volunteers
- Facilities
- Equipment



STAFF/COACHES/VOLUNTEERS

Because most short-term archery programs tend to be staffed by part-time or seasonal staff, recreational organizations have an ongoing need to frequently train and appoint new archery instructors. Therefore, it is a great idea to have at least one Level 2 instructor as part of your full-time staff or archery club.

FACILITIES

Ranges can be safely set up in a variety of different indoor and outdoor spaces. Basic requirements are needed to provide the general public with a comfort level necessary to support programming in the future.

EQUIPMENT

When teaching a beginner archery class, it is best to provide basic archery equipment that can accommodate archers of all sizes.

The Standard USA Archery Equipment Kit is available for purchase at www.usarchery.org



IMPLEMENTATION

- Try Archery Event(s)
- Summer Camps
- Workshops



WHAT'S NEXT?



USA ARCHERY CLUBS

- 3 club types available (JOAD, Adult Archery, Collegiate Archery)
- Level 2 Archery Instructors may serve as program leaders or coaches and assist archers in preparing for events.
- Provide an environment where participants of all ages, abilities and skill levels can enjoy the sport recreationally, competitively or as high-performing athletes.

JUNIOR OLYMPIC ARCHERY DEVELOPMENT (JOAD)

- For youth participants ages 8-20 years
- Program participants can enjoy the sport recreationally or progress to the excitement of competition.
- Program offers recurve, compound, universal compound and barebow archers the opportunity to learn range safety and proper shooting technique in an environment that also fosters increased self-confidence and team-building skills.
- JOAD provides an achievement award program to reward archers for scoring accomplishments.



ADULT ARCHERY PROGRAM CLUB

- For adult participants ages 21 years and older

** Similar to JOAD:

- Program participants can enjoy the sport recreationally or actively prepare and train for events.
- Program offers recurve, compound, universal compound, barebow and traditional divisions.
- Adult Archery also provides an achievement award program to reward archers for scoring accomplishments.

EXPLORE ARCHERY PROGRAMS

Developed by the Archery Trade Association, USA Archery and support from several other archery companies these educational programs were designed to help instructors, program leaders and educators teach students ages 8-17 the basic skills of archery, bowhunting and bowfishing.

- Explore Archery
- Explore Bowfishing
- Explore Bowhunting



EXPLORE ARCHERY

Explore Archery is a versatile archery education program that is fun, rewarding, developmentally progressive and – most important – safe. The program is designed for beginner archers of all ages and abilities, and is a great fit for the Level 1 Instructor who desires to teach short-term archery programs in local parks and recreation departments, camps or any other community based organization or retail pro shop.



For more information on Explore Archery please visit www.usarchery.org.



EXPLORE BOWFISHING

The ATA's Explore Bowfishing program opens doors by targeting a new but existing audience – anglers – while expanding the market for bowfishing-specific archery equipment.

EXPLORE BOWHUNTING

The Archery Trade Association has created this program to spark an interest and passion for bowhunting in today's youth. Through hands-on experiences students gain confidence interacting with the natural environment and strengthen their appreciation for wildlife and the woods.

What's included?

- Comprehensive teacher's curriculum
- Audio CD and DVD's
- Board Game
- Student's handbooks



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