Girl Scouts of Virginia Skyline Council, Inc.

 **Archery Pre & Post Program / Training Assessment**

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| Archer’s Name:       | Date of Program:       |
| Location of Archery Program/Training:       |
| **ADDITIONAL INFORMATION/EXPERIENCE** |
| Program Age Level: Brownie [ ]  Junior [ ]  Cadette [ ]  Senior [ ]  Ambassador [ ]  | Adult [ ]  |
| Current grade in school: 2[ ]  3[ ]  4[ ]  5[ ]  6[ ]  7[ ]  8[ ]  9[ ]  10[ ]  11[ ]  12[ ]   | Age:      |
| **New:** Very first time shooting ever **Beginner/Novice:** Minimal experience shooting / not first time **Experienced/Proficient:** Extensive experience shooting on many occasions  |
| **Archery Experience: New [ ]  Beginner/Novice [ ]  Experienced/Proficient [ ]**  |
| The purpose of this pre-assessment is to find out what you know and assess your confidence level prior to the archery program or training.  |
| **Pre-Archery Program Assessment** | **I HAVE NEVER DONE THIS** | **I AM NOT COMFORTABLE DOING THIS** | **I CAN DO THIS WITH HELP** | **I CAN DO THIS WITHOUT HELP** |
| **Range Rules**: Demonstrate knowledge of range safety rules  | [ ]  | [ ]  | [ ]  | [ ]  |
| **Range Setup/Safety Lines:** Demonstrate knowledge of range setup and safety lines (zones) | [ ]  | [ ]  | [ ]  | [ ]  |
| **Whistle Commands:** Demonstrate knowledge of whistle commands | [ ]  | [ ]  | [ ]  | [ ]  |
| **Stance:** Demonstrate knowledge of proper stance when shooting an arrow | [ ]  | [ ]  | [ ]  | [ ]  |
| **Hook & Grip:** Demonstrate knowledge how to properly hook & grip (hold) a bow | [ ]  | [ ]  | [ ]  | [ ]  |
| **Nock**: Demonstrate knowledge of how to properly nock arrow | [ ]  | [ ]  | [ ]  | [ ]  |
| **Posture/Alignment (Set):** Demonstrate knowledge of how to properly align body / use good posture | [ ]  | [ ]  | [ ]  | [ ]  |
| **Raise Bow (Set up):** Demonstrate knowledge of how to properly set up/raise bow  | [ ]  | [ ]  | [ ]  | [ ]  |
| **Draw:** Demonstrate knowledge of how to properly draw the bow | [ ]  | [ ]  | [ ]  | [ ]  |
| **Anchor:** Demonstrate knowledge of how to properly anchor | [ ]  | [ ]  | [ ]  | [ ]  |
| **Transfer to Hold:** Demonstrate knowledge of how to properly transfer power to back muscles | [ ]  | [ ]  | [ ]  | [ ]  |
| **Aim:** Demonstrate knowledge of how to properly aim bow & arrow towards target | [ ]  | [ ]  | [ ]  | [ ]  |
| **Release/Follow Through:** Demonstrate knowledge of how to properly release arrow | [ ]  | [ ]  | [ ]  | [ ]  |
| **Hit Target:** Hit target with arrow(s) | [ ]  | [ ]  | [ ]  | [ ]  |

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| **Comments/Questions:**  |
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| **Return this form to:** |

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| Archer’s Name:       | Date of Program:       |

The purpose of this post-assessment is to find out what you know and assess your confidence level after the archery program or training.

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| **Post-Archery Program Assessment** | **I AM NOT COMFORTABLE DOING THIS** | **I CAN DO THIS WITH HELP** | **I CAN DO THIS WITHOUT HELP** |
| **Range Rules**: Demonstrate knowledge of range safety rules  | [ ]  | [ ]  | [ ]  |
| **Range Setup/Safety Lines:** Demonstrate knowledge of range setup and safety lines (zones)  | [ ]  | [ ]  | [ ]  |
| **Whistle Commands:** Demonstrate knowledge of whistle commands | [ ]  | [ ]  | [ ]  |
| **Stance:** Demonstrate knowledge of proper stance when shooting an arrow | [ ]  | [ ]  | [ ]  |
| **Hook & Grip:** Demonstrate knowledge how to properly hook & grip (hold) a bow | [ ]  | [ ]  | [ ]  |
| **Nock**: Demonstrate knowledge of how to properly nock arrow | [ ]  | [ ]  | [ ]  |
| **Posture/Alignment (Set):** Demonstrate knowledge of how to properly align body / use good posture | [ ]  | [ ]  | [ ]  |
| **Raise Bow (Set up):** Demonstrate knowledge of how to properly set up/raise bow  | [ ]  | [ ]  | [ ]  |
| **Draw:** Demonstrate knowledge of how to properly draw the bow | [ ]  | [ ]  | [ ]  |
| **Anchor:** Demonstrate knowledge of how to properly anchor | [ ]  | [ ]  | [ ]  |
| **Aim:** Demonstrate knowledge of how to properly aim bow & arrow towards target | [ ]  | [ ]  | [ ]  |
| **Transfer to Hold:** Demonstrate knowledge of how to properly transfer power to back muscles | [ ]  | [ ]  | [ ]  |
| **Release/Follow Through:** Demonstrate knowledge of how to properly release arrow | [ ]  | [ ]  | [ ]  |
| **Hit Target:** Hit target with arrow(s) | [ ]  | [ ]  | [ ]  |

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| **Comments/Questions:**  |
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| **Return this form to:**  |