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 |  |  |  |
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| **Raise Bow (Set up):** Demonstrate knowledge of how to properly set up/raise bow |  |  |  |
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| **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:** |