Bowmen of Warfield

Coaching Passport

This document is used by the coaches at Bowmen of Warfield to track your archery progress from your beginners course to becoming an intermediate archer.

Please bring this passport to every session so that your coach can initial and date your progress, and you can see what you still need to do.

We hope you enjoy your introduction to archery. If you have any questions, please ask any of the coaches or any other club members.

Your name: _____

Start date: _____

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Starting Out

Your archery journey may have started at PGL or Center Parcs, with Scouts/Guides or at an organised taster session. Doing a beginners course is the next thing you need to do if you want to do archery as a sport, either recreationally or competitively.

An archery beginners course at our club may be in one of three formats:

1. A short course of about 6 hours, either in one session or split into two or more shorter sessions, in which we teach you how to shoot safely. You will learn how to warm up your muscles so as to shoot comfortably, and you will learn how we organise archery so that shooting is safe. You will learn how to assemble and disassemble your bow, some archery etiquette and the basics of shooting and aiming.

2. A medium course of about 10 hours, in two short evening sessions and one six-hour day session, in which we teach you all the content mentioned in option 1, plus the "six step" shooting technique, rounds, scoring and a bit about different types of archery.

3. A longer course of about 12 hours, either in two weekend sessions or four shorter sessions, in which we teach you all the content mentioned in options and 2, plus some games, a bit more etiquette and some more technique.

The course is broken into four "Learning Modules", the shorter course will cover modules 1 and 2, the medium course will cover modules 1 to 3 and the longer course will cover all four.

At the end of either course, provided we are happy you are shooting safely, you will receive:

- A certificate to say you have completed the course. This will allow you to join any club affiliated to Archery GB in the UK.
- A copy of our members handbook – full of useful information to help you along.
- An invitation to join our club, and to hire a bow for three months.

If you join our club, your journey will continue with a structured programme of bite-sized coaching 'chunks'. If you do the short or medium course, you will start by completing the four modules and so learn what you would have learnt on the longer course. All the steps you complete from each module will be recorded in this passport. Note that steps 77 and above have been renumbered from step 101 in Edition 5 of this passport.

Archery features a whole series of award badges, and once you have completed all four modules you will have learnt enough to get the FITA White Arrow award. For this we need to see that you have learnt the course content and also (as a separate exercise) that you can shoot reasonably accurately at a distance of 10 metres.

Beginners Course Content

The aim of Learning Modules 1 and 2 is to teach you to shoot safely:

1. The safety rules
2. How to set up and take down your bow
3. How to prepare to shoot (warm-up exercises)
4. Basic shooting technique
5. How to shoot an ‘end’ of six arrows and retrieve your arrows safely
6. Basic archery etiquette
7. How to move targets safely

The aim of Learning Modules 3 and 4 is to teach you a bit about becoming an archer:

8. The “six step” shooting technique
9. How to record your scores
10. How archery is organised
11. A bit about competitions
12. A bit about the history and types of archery

The other aim of either course is to have some fun while learning.

The aim of the follow-up coaching programme is to teach you:

13. Some basic equipment maintenance
14. Some basic bow setup
15. Some more advanced technique
16. Some other archery options
17. About awards and classification badges

Learning Module 1

You will start with a safety briefing, including the field layout and markings. We'll ensure you have a suitable bow and arrows to use.

Once you've done that you will warm up the muscles you will be using.

When you have warmed up and know which way we are shooting, you will start by shooting a club bow with a sight attached, using the same technique as in Olympic archery. This first session is to get you shooting safely and retrieving your arrows.

You will learn to dis-assemble your bow.

If you have tried archery at PGL or Center Parcs you will find this a bit different.

You will shoot at 122cm targets at 10 yards / 10 metres.

Step	Learning objective	Coach	Date
1	Introduction to coaches and facilities		
2	Paperwork check, including any health issues		
3	Initial safety briefing		
4	Issuing you with a bow, arrows and PPE		
5	Warm-up		
6	Introduction to the equipment you will be using		
7	Initial demo by coach		
8	Start shooting (with a sight and with anchor under chin)		
9	Collecting and carrying arrows		
10	Introduction to aiming and sight adjustment		
11	Introduction to etiquette and line discipline		
12	Warm down		
13	Learn the basic archery terminology		
14	Take bow down and store in bag		

Learning Module 2

You will continue to shoot at 122cm targets at 10 yards / 10 metres.

You will be taught basic technique.

You will learn to assemble your bow.

Step	Learning objective	Coach	Date
15	Review of safety		
16	Assemble bow		
17	Warm up		
18	Using a clini-band to practise technique		
19	Using a finger sling		
20	Basic T-shape during shot		
21	Shoot a number of ends of 3 (and maybe 6) arrows		
22	Remove target face		
23	How to move a target		
24	Warm down		
25	Take bow down and store in bag		
26	Session evaluation (verbal, optionally recorded below)		
27	Introduction to follow-up coaching		
28	Club admin (joining, bow hire, fees, communications)		

If you are doing the short course, you will receive your certificate at this point.

Coach Notes	Archer comments

Learning Module 3

You will start to learn archery technique in more detail.

We will teach you about different 'rounds' and how to complete a scoresheet.

We will tell you more about different forms of archery and different bow styles.

You will continue to shoot at 122cm targets at 10 yards / 10 metres.

By this time it is assumed you know the safety rules, can assemble and disassemble your bow and know how to warm up and down.

Step	Learning objective	Coach	Date
29	Review of basic T-shape during shot		
30	Shoot more ends at 10 yards/meters		
31	The basic steps of the shot: stance and posture		
32	The basic steps of the shot: set / setup		
33	The basic steps of the shot: draw and anchor		
34	The basic steps of the shot: release / follow through		
35	Different rounds, targets, distances		
36	Introduction to scoring		
37	Introduction to line cutters		
38	Demonstration of other bow types (by coach)		
39	Talk about other of archery		
40	Pizza or darts game, or head-to-head competition		

If you are doing the medium course, you will receive your certificate at this point.

Coach Notes	Archer comments

Learning Module 4

This module is designed to ensure you have enough knowledge to shoot independently at the club.

We will tell you about archery competitions, also a bit about how to get progress awards in archery.

You will initially continue to shoot at 122cm targets at 10 yards / 10 metres, but we will try both a smaller target face and a longer distance.

Step	Learning objective	Coach	Date
41	Recap the basic steps of the shot		
42	Shoot more ends at 10 yards/meters		
43	Shoot on to a smaller (80cm) target face		
44	Carry on reinforcing what has been learned		
45	Shoot with minimum guidance		
46	Games: head-to-head, balloons, rabbit		
47	Compete with other archers and record scores		
48	Learn about competitions		
49	Learn what a judge does		
50	Introduction to competition etiquette		
51	Shoot at a longer distance (20 yards)		
52	Learn about awards		
53	Complete the FITA White Arrow sheet, as far as possible		

If you are doing the long course, you will receive your certificate at this point.

Coach Notes	Archer comments

Follow-up Coaching

Whilst the things you learn on the course will all be signed off during the course, the things which come afterwards can be done at any time and at your own pace. Learning archery is a matter of teaching, reinforcement and practice. It does not take a set amount of time.

Once you have your beginners certificate, you will be able to practise as and when you like, but there is still a fair bit which we can help you with, and sign off for you.

Your first follow-up will be to complete what you have not had signed off in modules 1-4. This can be done on club nights, on Saturday mornings or by arrangement with a coach.

We have designed this follow-up programme so you can do it in any order. The club may from time to time announce that a particular 'chunk' will be covered on a particular evening or Saturday, but don't worry if you can't make it. We will do it again.

The format of the bite sized chunks will be to teach you an element of archery technique and to help you understand the consequences of doing it or not doing it.

We will aim to cover all chunks once a year.

We may announce a buddy system so that new archers have someone they can shoot with, away from the eyes of coaches, in a friendly and relaxed manner. This will be announced if it is agreed.

At some point on your journey through these coaching chunks, you will advance to the dizzy heights of being a Beginner+. There is no official recognition of this, but it should make you feel good about yourself!

We've broken it all down into four areas for convenience, and included a couple of club induction items.

Technique

Step	Learning objective (bite-sized chunk)	Coach	Date
54	More about stance and posture		
55	The set and set up: getting your shot organised		
56	The bow hand: angle and relaxation, holding the bow		
57	The string hand: angle and relaxation		
58	The draw: using the back muscles		
59	Anchoring (and use of elastic string)		
60	Refining your technique: shoulders and alignment (and clini-band)		
61	Release and follow-through: the magic		
62	Turning the basic steps into your own shot sequence		

Equipment

Step	Learning objective (bite-sized chunk)	Coach	Date
63	Getting your own kit: advice from your coach		
64	Know your PPE: tabs, bracers, and finger slings (or bootlaces)		
65	Know your arrows: selection/spine, fletching, nocking		
66	Know your bow: riser, limbs, strings, sights, bracing height		
67	Basic bow setup: alignment, tiller, centre shot, poundage		
68	Basic maintenance: fletching, nocking points, string wax		

Progress

Step	Learning objective (bite-sized chunk)	Coach	Date
69	Get your first 252 award		
70	Get your FITA White Arrow award		
71	Learn to shoot barebow		
72	Your first competition		
73	Shoot indoors		
74	Try a bow: longbow, flatbow, horse-bow or compound		

Club Induction

Step	Learning objective (bite-sized chunk)	Coach	Date
75	Introduction to the Club's safeguarding policy		
76	Etiquette and behaviour expectation on and off the line		

More Advanced Coaching

As you progress, you will find the need to move away from our bite-sized chunk learning and on to more one-to-one coaching.

The club is working on an “Intermediate to County” coaching programme, though at the date of writing this is not complete.

One to one coaching is free, and can be done on club nights, Saturdays or by arrangement with a coach. Your coach will share your progress with the other coaches not in this passport but in a shared Google document. Obviously you have the right to see this, and ask for it to be deleted, in accordance with the GDPR rules.

Archery GB suggest a course called “Boost” to start taking you from Beginner+/Intermediate towards Higher Intermediate. This course is not completely prescribed, but it takes what is in our bite-sized chunk learning and extends each element.

The club may run “Team Nights” where archers who would like to shoot for the club, or even the county can shoot together with our higher level coaches in attendance.

At county level, courses are run every winter where archers from all over Berkshire get together to improve their technique, helped by coaches from clubs other than their own.

Awards

We would expect that you will make a start on these awards in your first season.

- The arrow awards reward you for knowing more about shooting technique and the equipment you use. Under 18s only have to shoot the scores twice.
- The 252 awards reward your improved accuracy in shooting. Which ones you can achieve early on will depend on the equipment you use and the weight of your bow.
- The Progress Awards and classifications chart your progress as a competitive archer.

Beginner/Beginner+

Step	Learning objective	Coach	Date
101	White arrow award: 115 from 15 arrows at 10m three times		
102	Black arrow award: 115 from 15 arrows at 14m three times		
103	252 award at 20 yards		
104	252 award at 30 yards		
105	252 award at 40 yards		
106	White Progress Awards (indoor and/or outdoor)		
107	Black Progress Awards (indoor and/or outdoor)		
108	Archer Class 3 classification		
109	Archer Class 2 classification		
110	Archer Class 1 classification		

Intermediate/Higher Intermediate

Step	Learning objective	Coach	Date
111	Blue arrow award: 115 from 15 arrows at 18m three times		
112	Red arrow award: 115 from 15 arrows at 22m three times		
113	Gold arrow award: 115 from 15 arrows at 26m three times		
114	252 award at 50 yards		
115	252 award at 60 yards		
116	Blue Progress Awards (indoor and/or outdoor)		
117	Red Progress Awards (indoor and/or outdoor)		
118	Gold Progress Awards (indoor and/or outdoor)		
119	Bowman Class 3 classification		
120	Bowman Class 2 classification		
121	Bowman Class 1 classification		

Equipment Notes
Coach's notes
Learner's notes