


ASSESSMENT FORM FOR RED ARROW CANDIDATES

	Malvern Archers implementation of the 'Arrow' awards	
Notes: <ol style="list-style-type: none"> 1. 'References' are to the WA Level 1 Coaching Manual. 2. A 'Stage' is a section defined by the heavy outline in the table. 3. Arrow badges can be obtained by emailing the Records Officer or from the website. 4. Scores sheets suitable for this award are kept in the shed. 		
Approvals system. <ol style="list-style-type: none"> 1. All stages are to be signed-off (i.e. initialed) by a Malvern Archers coach. 2. All elements within a stage to be accessed during the same session. 		
List of Malvern coaches		
RC	Richard Cambridge	
FE	Fiona Ellis	
DM	Dave Martel	
WMP	Mark Pattison	
DAQ	Dave Quinn	
PW	Pete Webb	

15 arrow score sheet (Arrow Awards)

15 Arrows						Distance: 22 meters		
1	2	3	ET	Hits	Golds	10s	Xs	RT
Totals:								



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Name of archer:	Date commenced:
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PERFORMANCE distance	Required minimum score	Achieved (date):	Initials:	Number of hits (result).
22 meters	115 points			
SKILLS	Key elements (What should be done)			References
Release	Along jaw or neck.			7.1.2.10
	Backwards motion generated by the follow-up contraction of the back and posterior string shoulder muscle			7.1.2.10
Bow hand	Consistent bow hand on grip.			7.1.2.3.b
	Relaxed bow hand allowing the use of a sling.			7.1.2.3.b
Bow arm	Elbow properly orientated.			7.1.2.3.b
	Stationary upon release or moving a little toward the back due the follow-up contraction of the back and posterior bow shoulder muscles.			9.5
KNOWLEDGE	Required knowledge or know-how's	Achieved (date):	Initials:	Comments &/or references
Archery disciplines	Can give brief description of 3 types of archery disciplines.			C&R 4.1 & 4.5.
Arrow maintenance	Know how to fir and glue a point and fletch and arrow..			11.4.2
Final sign-off (all tasks complete)				Signed: