




ASSESSMENT FORM FOR GOLD 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: 26 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).
26 meters	115 points			
SKILLS	Key elements (What should be done)			References
String clearance	Successful string clearance test (bridge of tape for instance)			# 10
Follow-through	Impassive face on release.			7.1.2.10
	Impassive aiming on release.			7.1.2.10
Sequence	Repeat the shooting steps with consistency			7.1.2.3.b
	Consistent shooting time (+/- 10 seconds)			
KNOWLEDGE	Required knowledge or know-how's	Achieved (date):	Initials:	Comments &/or references
Tournament registration process	Know the registration process (of the club) at a local tournament			
Arrow setting	Know how to affix an arrow-rest and make a nocking point.			11.3.4 11.4.6
Final sign-off (all tasks complete)				Signed: