




ASSESSMENT FORM FOR BLACK ARROW CANDIDATES

	Malvern Archers implementation of the 'Arrow' awards
<p>Notes:</p> <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. 	
<p>Approvals system.</p> <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: 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).
14 meters	115 points			
SKILLS	Key elements (What should be done)			References
Draw process	Done with two hands always at the same level (or arrow always parallel to floor)			7.1.2.7
	Draw in shooting plane			7.1.2.7
Main action (what is happening at full draw)	Stationary arrow point (no draw creeping) - or better - arrow point constantly moving back			7.1.2.9
	Consistent distances between arrow and bow shoulder (vertically and horizontally).			7.1.2.9
Visual attention	Can observe himself (or herself) in a mirror while releasing			9.1 teaching tools and end of 9.2
KNOWLEDGE	Required knowledge or know-how's	Achieved (date):	Initials:	Comments &/or references
Equipment terminology.	Can name 5 parts or components of the bow			C&R Appendix2 Book 2
Arrow safety and checking	Know what to do in the case of a hanging arrow on the target.			3.4 Point 1
	Can check the straightness of an aluminum arrow or the integrity of a carbon arrow.			11.4.2
Final sign-off (all tasks complete)				Signed: