

GRAND NATIONAL ARCHERY SOCIETY NATIONAL COACHING COMMITTEE

FITA Beginner Awards

Evaluation form for

Gold Feather

Candidates.

Candidate Name				
Start date Finish date				
Performance				
Shooting Distance	Required Minimum Score	Achieved*	Not Yet Achieved*	Number of Hits Achieved
8 Meters	12 Hits			
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Skills	Key Elements	Achieved*	Not Yet Achieved*	Comments
Posture	Vertical body			
(Before Drawing and at the End of	Balance on two feet Spine and shoulders making a			GNAS Beginner's Manual
the Draw)	cross shape			Pages 15 to 17
Posture (At the End of the Draw)	Let the string hand land on the face (chin and or lips) Do not reach forward to the string			GNAS Beginner's Manual Page 20
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Knowledge / Know-how	Required Knowledge	Achieved*	Not Yet Achieved*	Comments
	Required Knowledge Can brace his / her bow	Achieved*		Comments GNAS Beginner's Manual Lesson 1
Know-how		Achieved*		GNAS Beginner's Manual Lesson 1 GNAS Beginner's Manual
Know-how Bow Bracing Shooting Direction Safety and Etiquette on the	Can brace his / her bow Only draw when on the shooting line and facing toward the targets	Achieved*		GNAS Beginner's Manual Lesson 1 GNAS Beginner's Manual Page 10 GNAS Beginner's Manual Page 10
Know-how Bow Bracing Shooting Direction Safety and	Can brace his / her bow Only draw when on the shooting line and facing toward the targets when the range is clear Do not disturb (touch or talk to)	Achieved*		GNAS Beginner's Manual Lesson 1 GNAS Beginner's Manual Page 10 GNAS Beginner's Manual
Know-how Bow Bracing Shooting Direction Safety and Etiquette on the Shooting Line	Can brace his / her bow Only draw when on the shooting line and facing toward the targets when the range is clear Do not disturb (touch or talk to) other shooting archers How to retrieve an arrow that has dropped on to the floor	Achieved*	Achieved*	GNAS Beginner's Manual Lesson 1 GNAS Beginner's Manual Page 10 GNAS Beginner's Manual Page 10 GNAS Rules of Shooting Pages 3 to 4
Know-how Bow Bracing Shooting Direction Safety and Etiquette on the Shooting Line	Can brace his / her bow Only draw when on the shooting line and facing toward the targets when the range is clear Do not disturb (touch or talk to) other shooting archers How to retrieve an arrow that has	Achieved*		GNAS Beginner's Manual Lesson 1 GNAS Beginner's Manual Page 10 GNAS Beginner's Manual Page 10 GNAS Rules of Shooting
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