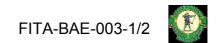


10 Meters



# GRAND NATIONAL ARCHERY SOCIETY NATIONAL COACHING COMMITTEE

FITA Beginner Awards

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Eva	luation	torm	tor

**White Arrow** 

Candidate Name.....

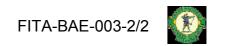
115 Points

Candidates who have earned no feather awards

Start date Finish date Name & signature of evaluator						
Performance						
Shooting	Required Minimum S	core	Achieved*	Not Yet	Number of Points	
Distance				Achieved*	Scored	

Skills	Key Elements	Achieved*	Not Yet	Comments
			Achieved*	
	Feet at either side of shooting line			
Foot Position	Feet at shoulder width apart			GNAS Beginner's
(Stance)	Line of feet square to shooting line			Manual
	Feet parallel			Page 15
	Implemented safely without			
Arrow Loading	interference to other archers			GNAS Beginner's
(Safe and Proper	Finger not holding arrow on to the			Manual
Arrow Loading)	arrow rest			Page 16
	Arrow properly rotated (leading			
	fletching away from the bow			
	window)			
Posture	Vertical body			
(Before Draw and	Balance on two feet			GNAS Beginner's
at Full Draw)	Spine and shoulders making a			Manual
	cross shape			Pages 15 to 17
Posture	Let the string hand land on the face			GNAS Beginner's
(At the End of the	(chin and or lips)			Manual
Draw)	Do not reach forward to the string			Page 20
	Synchronised hands			
	Raise hands whilst keeping the			
Raising the Bow	shoulders down			GNAS Beginner's
	Hands at same height and at nose			Manual
	or eye level once raised			Pages 16 to 17
	Arrow parallel to the floor once bow			
	is raised			





## GRAND NATIONAL ARCHERY SOCIETY NATIONAL COACHING COMMITTEE

FITA Beginner Awards

Evaluation <sup>-</sup>	form for	W
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**White Arrow** 

Candidates who have earned no feather awards

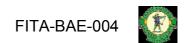
Candidate Name				
Start date	Finish date Name & s	signature of evaluator		
Knowledge /	Required Knowledge	Achieved*	Not Yet Achieved*	Comments
Know-how	No dry loosing		Achieved	GNAS Beginne

Knowledge /	Required Knowledge	Achieved*	Not Yet	Comments
Know-how			Achieved*	
	No dry loosing			GNAS Beginner's
Bow Safety	Place bow in equipment area after			Manual
	shooting			Pages 10 to 14
	Load arrow on to bow only when			
Arrow Loading	everyone is behind shooting line			GNAS Beginner's
Safety	Load arrow in the bow only when			Manual
	both feet are either side of the			Pages 10 to 14
	shooting line			
	Walk carefully to the target, do not			
Safe Arrow	run, watch his / her step			GNAS Beginner's
Collection	Stand to the side of the target not			Manual
	behind arrows			Pages 11 to 13
	Pull arrows properly out of target or			
	from the grass			
Bow Assembly	Know how to properly assemble			GNAS Beginner's
	and remove limbs from the riser			Manual
	Can brace his / her own bow			Lesson 1, Page 5
Shooting	Only draw when on the shooting			GNAS Beginner's
Direction	line and facing towards the targets			Manual
	when the range is clear			Page 10
On factor and	De met distant (temple en tell ( )			GNAS Beginner's
Safety and	Do not disturb (touch or talk to)			Manual
Etiquette on the	other shooting archers			Page 10
Shooting Line	Harris matrices are assessed to the second			GNAS Rules of
	How to retrieve an arrow that has			Shooting
	dropped on to the floor			Pages 3 to 4
Cooring	Be able to identify the value of			GNAS Beginner's
Scoring	arrows hitting the target			Manual
	Can complete a scorecard for a			Pages 22 & 24
	complete round			

Total (30 Positive Evaluations are Required)	Awarded	Not Yet Awarded

<sup>\*</sup>Tick if the score / skill/ knowledge has been achieved or not achieved. Write in the total row of these two columns, the accumulated number of ticks. 
\*\* Tick appropriate box





## GRAND NATIONAL ARCHERY SOCIETY NATIONAL COACHING COMMITTEE

FITA Beginner Awards

Evaluation form for

#### **White Arrow**

Candidates

#### who have previously earned gold feather awards

Candidate Name					
Start date Finish date Name & signature of evaluator					
Performance					
Shooting Distance	Required Minimum Score	Achieved*	Not Yet Achieved*	Number of Points Scored	
10 Meters	115 Points				
Skills	Key Elements	Achieved*	Not Yet Achieved*	Comments	
	Synchronised hands		7101110100		
Raising the Bow	Raise hands whilst keeping the shoulders down			GNAS Beginner's Manual	
	Hands at same height and at nose or mouth level once raised			Page 16	
	Arrow parallel to the floor once bow is raised				
Knowledge /	Required Knowledge	Achieved*	Not Yet	Comments	
Know-how			Achieved*		
Scoring	Be able to identify the value of arrows hitting the target			GNAS Beginner's Manual	
	Can complete a scorecard for a complete round			Pages 22 & 24	
Total (7 Positive Evaluations are Required) Awarded Not Yet Awarded					