



# Level 1 Study Guide

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

*This mandatory study guide must be completed and turned in at the start of your Level 1 coach course.*

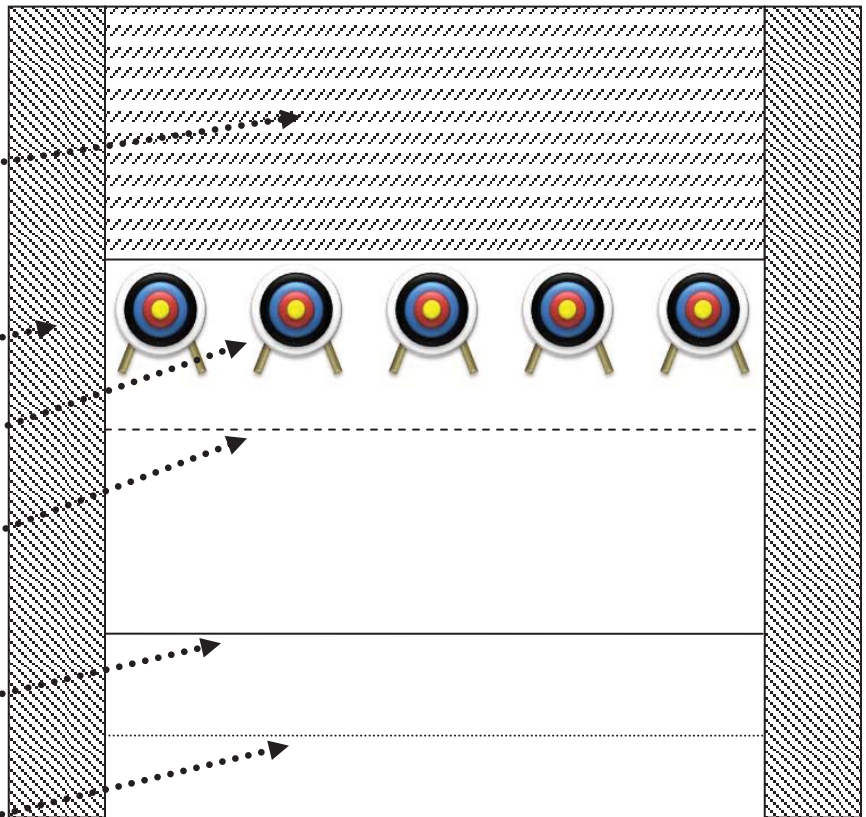
## OAS PROGRAM

1. OAS stands for \_\_\_\_\_.
2. If I need a school follow-up, I should go onto the website and fill out the \_\_\_\_\_ form.

## RANGE SETUP

3. Outdoor Range Setup:

- (a) \_\_\_\_\_
- (b) \_\_\_\_\_
- (c) \_\_\_\_\_
- (d) \_\_\_\_\_
- (e) \_\_\_\_\_
- (f) \_\_\_\_\_



**WORD BANK:**

- Waiting Line
- Target Line
- Shooting Line
- Targets
- 15 meter safety zone
- 50 meter safety zone or large hill

4. TRUE / FALSE -- If using rope for the lines on a range, you should tie down the ends.
5. The entire outdoor range, including \_\_\_\_\_, must be roped or gated off so that students are entering the range from \_\_\_\_\_ the waiting line.
6. For indoor ranges, all doors NOT behind the waiting line must be \_\_\_\_\_ with \_\_\_\_\_ outside.
7. TRUE / FALSE -- The arrow curtain should be pulled tight instead of hanging freely.
8. The curtain should have \_\_\_\_\_" left over on the floor.
9. The arrow curtain should not be used to protect \_\_\_\_\_ or \_\_\_\_\_.

## Fun Facts!

*\*You will not be tested on these\**

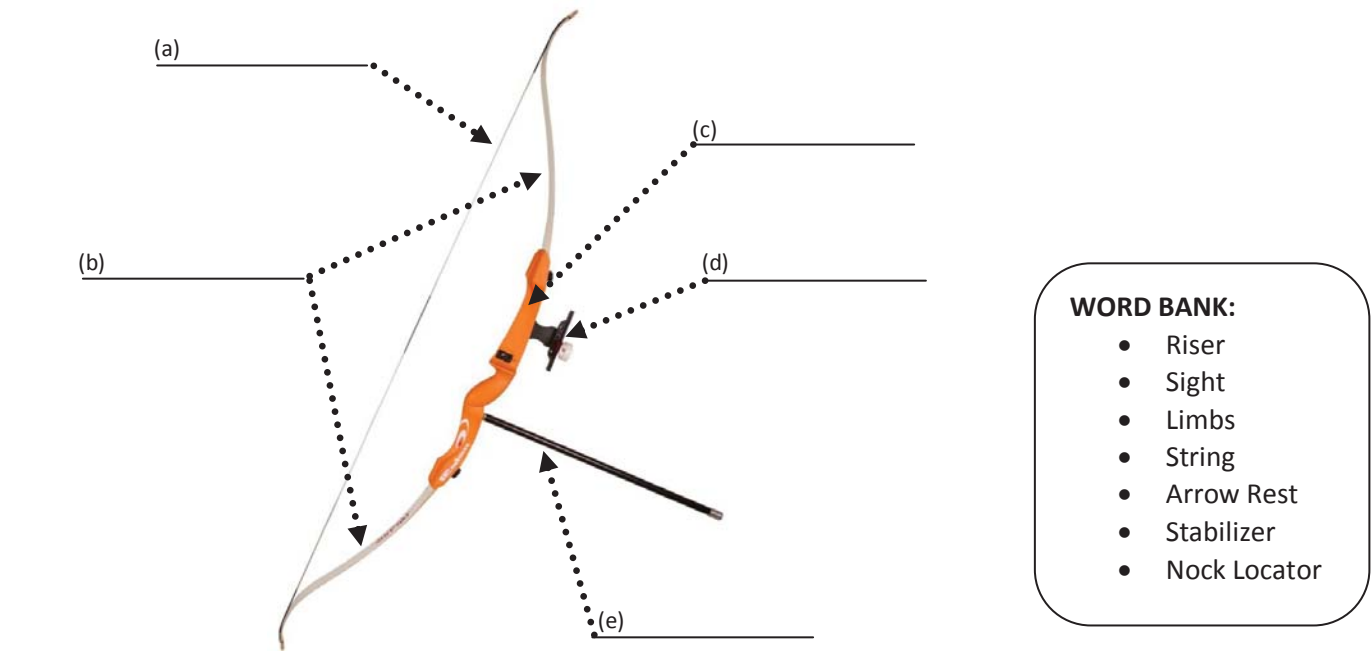
*Did you know that...*

- ✓ The youngest archer to go the Olympics was Denise Parker from the USA at age 14, during the 1988 games in Seoul Korea. There she won a bronze medal for the team competition with teammates Melanie Skillman and Debra Ochs.
- ✓ The oldest archer to compete in the Olympics is Butch Johnson from the USA. He was 52 when he competed in Beijing 2008, which was his fifth consecutive Olympic Games. He currently has a gold and bronze medal for team competition.
- ✓ For the 1992 Barcelona games, Antonio Rebollo shot a flaming arrow to light the Olympic Torch
- ✓ In a FITA round which is typically used for qualification, the longest distance for women is 70 meters and for men is 90 meters. That is just about the length of a football field with the gold being the size of a grapefruit!
- ✓ Are you a toxophilite? (Greek -- *toxon* bow, arrow + *philos* dear, loving: a person fond of or expert at archery; a student of archery)
- ✓ Youth have a lot of opportunities in Olympic style archery. They can shoot at a local JOAD (Junior Olympic Archery Development) club, compete at local, State, and National competitions (like JOAD Nationals), shoot for the JDT (Junior Dream Team), rank high enough to make the Cadet/Junior USAT (United States Archery Team), and even compete internationally like at the YOG (Youth Olympic Games).

## ARCHERY EQUIPMENT

10. Give two training aids that you can use: \_\_\_\_\_ & \_\_\_\_\_.

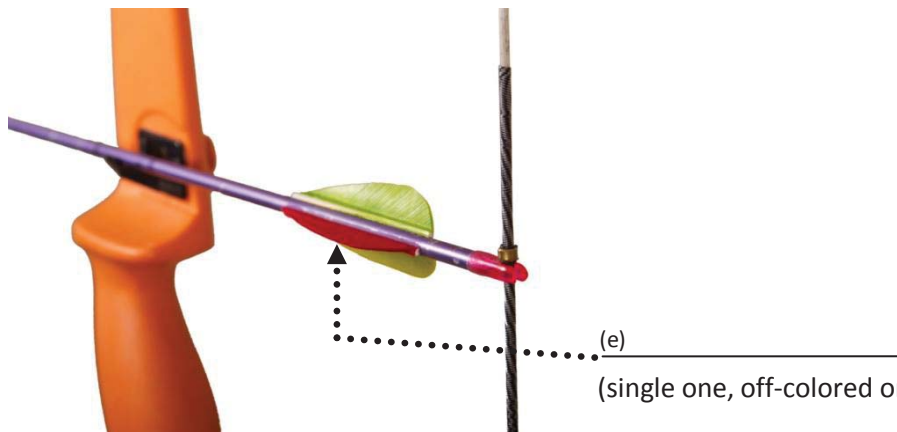
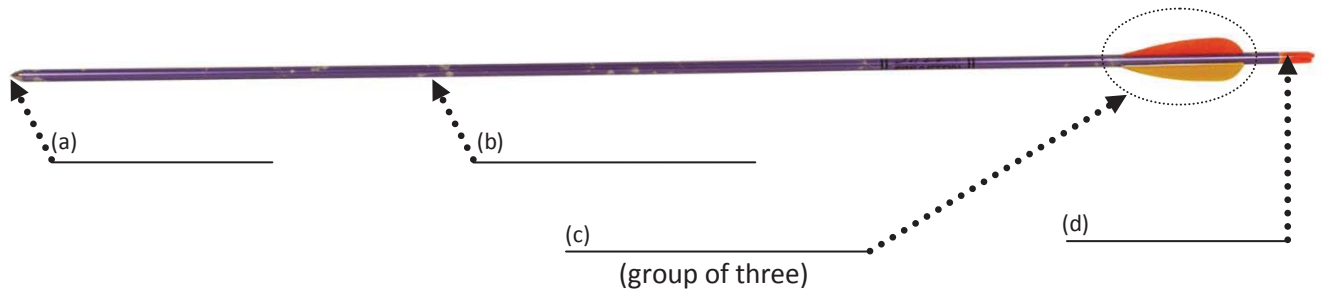
11. Parts of a bow:



12. TRUE / FALSE -- This is a left-handed bow.



13. Parts of an arrow:



**WORD BANK:**

- Nock
- Fletching
- Arrow Shaft
- Point
- Index Vane

14. Accessories: (Word bank: Quiver, Arm Guard, Finger Tab)



(a) \_\_\_\_\_



(b) \_\_\_\_\_



(c) \_\_\_\_\_

15. TRUE / FALSE -- The finger tab shown above is for a left-handed shooter. (finger spacer pointed up)

16. TRUE / FALSE -- A left-handed archer would wear their arm guard on their right arm.

17. The safest way to string a bow is to use a \_\_\_\_\_.

18. When setting up the equipment, it is important to check the equipment's condition. List 3 things to check for:

(1) \_\_\_\_\_

(2) \_\_\_\_\_

(3) \_\_\_\_\_

19. The most important consideration when selecting arrows for students is the \_\_\_\_\_.

20. What is a dry-fire and is it okay to do? (2 points)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

21. TRUE / FALSE -- It is okay to do a high draw.

#### **SAFETY**

22. Safety is \_\_\_\_\_ responsibility.

23. Write down five range rules:

(1) \_\_\_\_\_

(2) \_\_\_\_\_

(3) \_\_\_\_\_

(4) \_\_\_\_\_

(5) \_\_\_\_\_

24. TRUE / FALSE -- Students may shoot diagonally at bales other than their own.

25. TRUE / FALSE -- Rules should always be phrased in the negative, such as "Don't run!"

26. Give the meaning of the range commands:

2 whistles: \_\_\_\_\_

1 whistle: \_\_\_\_\_

3 whistles: \_\_\_\_\_

5+ whistles: \_\_\_\_\_

27. Before blowing 2 whistles, students should be \_\_\_\_\_ the waiting line.
28. TRUE / FALSE -- Before blowing one whistle, you should check that all students have done their stance.
29. TRUE / FALSE -- Students may pull out an arrow from their quiver before hearing the one whistle.
30. TRUE / FALSE -- After hearing 3 whistles, students may rush up to the targets and crowd around them while pulling the arrows.
31. Write the four steps to pulling out arrows from the bale safely:
  - (1) \_\_\_\_\_
  - (2) \_\_\_\_\_
  - (3) \_\_\_\_\_
  - (4) \_\_\_\_\_

**SHOOTING TECHNIQUE**

32. N.T.S. stands for the \_\_\_\_\_.
33. B.E.S.T. stands for \_\_\_\_\_.
34. For archers, benefits to this shooting method include:
  - (a) \_\_\_\_\_: more endurance and less susceptible to injury due to more efficient use of muscles and skeletal structure.
  - (b) \_\_\_\_\_: can repeat shot sequence more easily and exactly.
35. For coaches, benefits to this shooting method include:
  - (a) \_\_\_\_\_ coaching methods.
  - (b) Easier to run \_\_\_\_\_.
36. \_\_\_\_\_ is the most important part of N.T.S.

37. Holding is defined as the ability to:

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38. Draw the lines showing (*picture on the right*):

(a) Bow arm in-line with the back with a solid line

(b) Draw elbow inside the arrow line with a dotted line

39. To demonstrate and feel Holding, use the \_\_\_\_\_ drill.

40. Give the steps of NTS in their proper order:

(1) \_\_\_\_\_

(2) \_\_\_\_\_

(3) \_\_\_\_\_

(4) \_\_\_\_\_

(5) \_\_\_\_\_

(6) \_\_\_\_\_

(7) \_\_\_\_\_

(8) \_\_\_\_\_

(9) \_\_\_\_\_

(10) \_\_\_\_\_



41. TRUE / FALSE -- One foot should be on either side of the shooting line for the stance.

42. For the bow arm, the elbow joint should be rotated so that it is \_\_\_\_\_.

43. TRUE / FALSE -- The shoulders should be scrunched up during the shot cycle.

44. To release, just \_\_\_\_\_ the draw fingers while maintaining \_\_\_\_\_.

45. TRUE / FALSE -- A hollow back is good.

46. Write the three steps to correct a hollow back:

- (1) \_\_\_\_\_
- (2) \_\_\_\_\_
- (3) \_\_\_\_\_

**BASIC COACHING**

47. With beginning archers, your four main priorities as a coach are:

- (1) \_\_\_\_\_
- (2) \_\_\_\_\_
- (3) \_\_\_\_\_
- (4) \_\_\_\_\_

48. Put these activities into their correct order for teaching new students:

- (1) \_\_\_\_\_
- (2) \_\_\_\_\_
- (3) \_\_\_\_\_
- (4) \_\_\_\_\_

**Activities:**

- Shooting with a bow
- Form strap practice
- Holding Demonstration & Practice
- Stretch band practice

49. When first shooting, the targets should be setup around \_\_\_\_\_ meters away.

**COMPETITION BASICS**

50. The points on a target face go from \_\_\_\_\_ to \_\_\_\_\_.

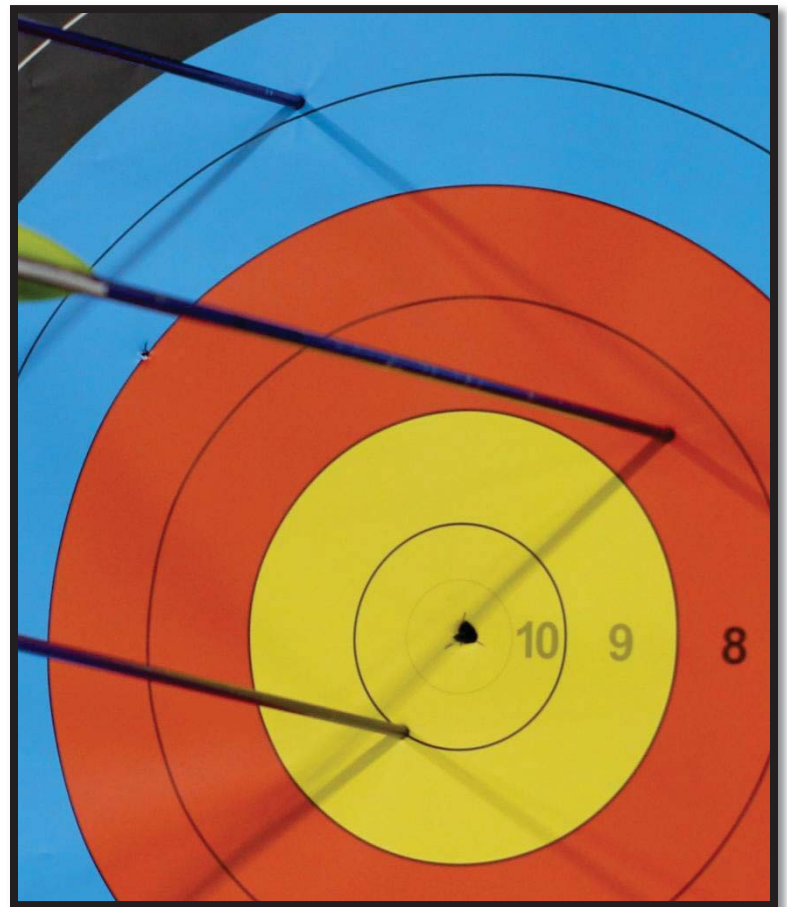
51. If an arrow lands outside of the 1 ring then it is a miss and written down as an \_\_\_\_\_.

52. Scores should be written down from \_\_\_\_\_ to \_\_\_\_\_.



53. Complete the score card below. The 3 arrows in the picture are from the last (12th) end of shooting.  
*(this question is worth 1 point if completed correctly)*

END				END Total	Running Total
1	10	7	7	24	24
11	9	8	8	25	266
12					
<i>(this archer did not shoot any 10's in ends 2-10)</i>		10's		TOTAL	



*Hint: There is one arrow touching the line and one that is only close to the line and does not touch.*

54. TRUE / FALSE -- Archers may touch the arrows while they score.
55. For Team Rounds, \_\_\_\_\_ archers make up a team and each archer shoots \_\_\_\_\_ arrows.
56. TRUE / FALSE -- For Team Rounds, the first archer may go up to the line after hearing the 2 whistles.
57. TRUE / FALSE -- The archer shooting must cross the waiting line before the next archer can go.
58. For Olympic Rounds, archers do \_\_\_\_\_ matches.
59. Give 4 things to remember when attending a tournament:

- (1) \_\_\_\_\_
- (2) \_\_\_\_\_
- (3) \_\_\_\_\_
- (4) \_\_\_\_\_

**Thank you for completing the OAS Level 1 Study Guide!**

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**EASTON FOUNDATIONS**

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