

TEXAS 4-H ARCHERY CAMP

Texas 4-H Conference Center, Brownwood, Texas

January 24-26, 2014

Registration on 4-H Connect December 5, 2013-January 9, 2014

\$175/Youth or Adult Participant

“Archery is a Sport of Form and Mind, to be successful one must master both at the same time”

Texas 4-H Archery Camp is open to any youth 4-H member wanting to improve their shooting knowledge and skills in recurve and compound archery. The camp is also open to certified 4-H archery coaches desiring to learn more about coaching archery, archery equipment, archery games, and improving shooting skills. Youth participants should have beginning or intermediate experience in shooting archery and understand the basic archery safety, range rules, and whistle commands.

Adult and youth participants must provide their own equipment.

Topics will include:

- Introduction to Archery Equipment: Discussion and hands on introduction to various archery equipment including a variety of bows, arrows, and other accessories. Introduction to equipment maintenance and tuning, arrow fletching, etc. Additional/detailed topics based upon questions and concerns of participants.
- 30 Arrow Baseline Round: Shooting a 30 arrow round will give instructors the opportunity to review archers' skill level, note strengths and areas needing improvement, and provide a base line for skill progression over the course of the camp.
- Steps in Shooting: In depth training and hands on activities in the steps of shooting an arrow, shooting technique development, and the importance of repetitive practice.
- On Range Practice of Steps in Shooting: Practice shooting the basic steps on the range. During this time Coaches will work with the youth archers while the camp staff observe and offer advice on coaching skills. Video of youth archers (on a volunteer basis) will be taken at this time to be used in later Video Evaluation Training.
- 4-H Competitions: Discussion of various tournament opportunities offered by 4-H Shooting Sports and other youth shooting entities, the rules of these games, and related topics.
- Preparing for Tournaments: Discussion of the physical demands of archery and exercises to improve shooting abilities.
- Video Evaluation Training: Review of videos from the previous day to show how video is used by the archer and coach as a learning tool.

Tentative Itinerary

Friday

6:00 to 10:00 pm Check-in *No meal provided

Saturday

7:30 am Breakfast

8:00 am to 9:00 am Late Check-in

9:00 am to 10:00 am Introduction to Archery Equipment

10:00 am to 12:00 pm 30 Arrow Baseline Round

12:00 pm to 1:00 pm Lunch

1:00 pm to 3:00 pm Steps in Shooting

3:00 pm to 5:00 pm On Range Practice of Steps in Shooting

5:00 pm to 6:00 pm 4-H Competitions

6:00 pm Dinner

7:00 pm to 8:00 pm Preparing for Tournaments

Sunday

7:30 am Breakfast

8:00 am to 9:30 am 30 Arrow Round

10:00 am to 11:00 am Video Evaluation Training

11:00 am to 12:00 pm Review and Questions/Wrap Up

Following the close of registration, you will receive an email containing detailed information about camp (what to bring, required forms, etc.).

**To receive event information, updates, and reminders via text message,
text @4harchcamp to (469) 804-3344.**

Texas A&M AgriLife Extension Service | Texas 4-H & Youth Development Program

Texas 4-H Natural Resources Program

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