



## GRAND NATIONAL ARCHERY SOCIETY NATIONAL COACHING COMMITTEE

### FITA Beginner Awards

Evaluation form for **BLUE ARROW** Candidate.

Candidate Name.....

Start date..... Finish date..... Name & signature of evaluator.....

Performance				
Shooting Distance	Required Minimum Score	Achieved*	Not Yet Achieved*	Number of Points Scored
18 Meters	115 Points			

Skills	Key Elements	Achieved*	Not Yet Achieved*	Comments
String Hand	Flat back of hand (no knuckles pointing out)			GNAS Beginner's Manual Page 20
	3 fingers on bow string			
	Back of string hand is vertical			
	Consistent finger position on bow string			
Locations on Face	Are consistent			Developed through ongoing training
Feeling Attention	Can shoot with eyes closed			Developed through ongoing training

Subjects (2 Evaluations)	Required Knowledge	Achieved*	Not Yet Achieved*	Comments
Knowledge of Bow Types	Can give an overall description of 3 types of bow			GNAS Beginner's Manual Page 26
Arrow Safety and Checking	Know how to replace a nock			GNAS Beginner's Manual Pages 28

Total (9 Positive Evaluations are Required)	Awarded	Not Yet Awarded
*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		