



GRAND NATIONAL ARCHERY SOCIETY NATIONAL COACHING COMMITTEE

FITA Beginner Awards

Evaluation form for

GOLD 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
26 Meters	115 Points			

Skills	Key Elements	Achieved*	Not Yet Achieved*	Comments
String Clearance	String clear of shirt guard and bow arm			GNAS Beginner's Manual Page20
Follow Through	Face and head still at release			Developed through ongoing training
	Aim steady at release			
Shooting Sequence	Repeats shots with a consistent set of shooting steps			Developed through ongoing training
	Shoots with consistent timing (\pm 10 seconds)			

Subjects (2 Evaluations)	Required Knowledge	Achieved*	Not Yet Achieved*	Comments
Tournament Registration Process	Know the registration process of the club for a local tournament			Club procedures
Equipment Maintenance	Know how to fit an arrow rest and make a nocking point			GNAS Beginner's Manual Pages 29

Total (8 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