



## 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
<b>String Hand</b>	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			
<b>Locations on Face</b>	Are consistent			Developed through ongoing training
<b>Feeling Attention</b>	Can shoot with eyes closed			Developed through ongoing training

Subjects (2 Evaluations)	Required Knowledge	Achieved*	Not Yet Achieved*	Comments
<b>Knowledge of Bow Types</b>	Can give an overall description of 3 types of bow			GNAS Beginner's Manual Page 26
<b>Arrow Safety and Checking</b>	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		