



## GRAND NATIONAL ARCHERY SOCIETY NATIONAL COACHING COMMITTEE

FITA Beginner Awards

Evaluation form for **Gold Feather** Candidates.

Candidate Name.....

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

Performance				
Shooting Distance	Required Minimum Score	Achieved*	Not Yet Achieved*	Number of Hits Achieved
8 Meters	12 Hits			

Skills	Key Elements	Achieved*	Not Yet Achieved*	Comments
<b>Posture (Before Drawing and at the End of the Draw)</b>	Vertical body			GNAS Beginner's Manual Pages 15 to 17
	Balance on two feet			
	Spine and shoulders making a cross shape			
<b>Posture (At the End of the Draw)</b>	Let the string hand land on the face (chin and or lips) Do not reach forward to the string			GNAS Beginner's Manual Page 20

Knowledge / Know-how	Required Knowledge	Achieved*	Not Yet Achieved*	Comments
<b>Bow Bracing</b>	Can brace his / her bow			GNAS Beginner's Manual Lesson 1
<b>Shooting Direction</b>	Only draw when on the shooting line and facing toward the targets when the range is clear			GNAS Beginner's Manual Page 10
<b>Safety and Etiquette on the Shooting Line</b>	Do not disturb (touch or talk to) other shooting archers			GNAS Beginner's Manual Page 10
	How to retrieve an arrow that has dropped on to the floor			GNAS Rules of Shooting Pages 3 to 4

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		