

“What?! I’m teaching archery?”

WHO SHOULD READ THIS BOOK

Though archery instructors range from grandparents teaching grandchildren to professional coaches preparing teens for the Olympics, most archery instructors are average, everyday people who just like to work with kids. They are enlisted by camp directors and volunteer coordinators to work in summer camps and youth programs on a part-time or volunteer basis. And, more often than not, they know little or nothing about bows and arrows.

This book is written for anyone who wants to teach kids about archery. You don’t need to be an expert archer yourself to be a safe, effective instructor for young aspiring archers. All you need is a desire to teach archery. In fact, you will probably find that by instructing others, you will be learning a lot yourself, and the kids will challenge you to learn and grow with them.

ARCHERY STUDENTS

Many of the scenarios in this book are designed for a summer camp or similar environment, but with some creativity and enthusiasm they can be adapted to most situations. School physical education programs, youth sports organizations, or even interested parents could find this information equally useful.

Archery is a fun sport that is accessible to a wide range of people, and young archers

QUICK *START*

If you are a new archery instructor with little experience, don’t fear! You can teach archery to kids, and do a darn good job of it. It’s likely you got this job because of your enthusiasm, resourcefulness, responsibility, common sense, kid empathy, or all of the above. If you have these traits, then the only other thing you need before you’re a first rate archery instructor is information, and this book is full of it. If you’re short on time (the kids arrive in a week, let’s say) then you should probably read the following sections first, in this order:

- **Equipment, p. 6, 22, 24, 26**
- **The Range**
- **Preparation**
- **Teaching**

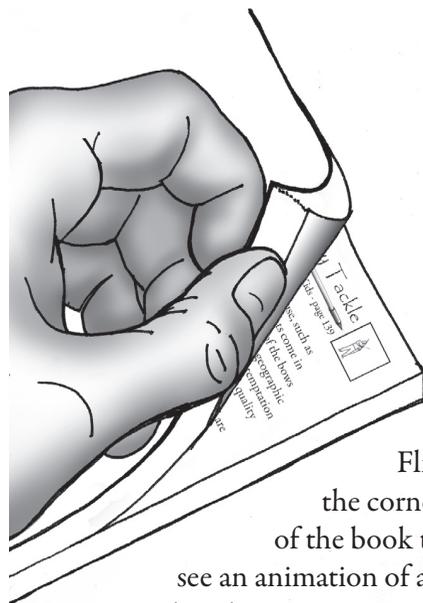
come in all types. They are girls and boys, wealthy and poor, able-bodied and disabled. In general, it's difficult to teach kids younger than eight, but in some cases you will find very capable students that are younger... and painfully inattentive ones that are much older.

HOW TO USE THIS BOOK

This book has two tasks. The first is to allow a new instructor with little or no archery experience to quickly get up to speed with the basic knowledge required. If you are new to archery instruction, you'll find the Quick Start on the previous page very helpful. Once you have time, you can go back and read other sections. Save Lore for last; it's a lot of interesting background information on archery, but isn't critical for teaching. It's more useful for answering questions, telling stories, or planning archery programs.

The second task is to serve as a reference book that you can come back to once you've got the basic teaching tasks under control. If you have time, by all means read the whole book. It's intended to serve as a reference for furthering your knowledge of archery and to help you answer questions. People have been writing about archery for almost 500 years (you can read about Roger Ascham in the Lore section), so a lot of information is available. In *Teaching Archery to Kids*, you will find a lot of pertinent facts condensed down and collected in one convenient place. If your question is beyond the scope of this book, then there is a reference section in the back that lists other more exhaustive sources to turn to.

And finally, remember this book is just a guide. Feel free to improvise or ignore it as you see fit; working with kids is full of surprises and requires a great deal of flexibility. Nothing can replace common sense, creativity, and good judgment. The idea is that with this book, you will have a basic guideline to get you started, and a place to return to when you need to know more. It's part cheat-sheet, part fact-book.



Flip
the corner
of the book to
see an animation of an
archer shooting an arrow!

Table of Contents

Explains the types, parts, and features of the arrow (p. 5), bow (p. 17), and other archery tackle (p. 29).

EQUIPMENT

Describes setting up the range (p. 35), the procedures for running the range (p. 40), and a sample inventory for a camp program (p. 42).

THE RANGE

Gets you ready by going over teaching priorities (p. 45), as well as equipment selection & preparation for your students (p. 50).

PREPARATION

Teaching kids to shoot (p. 57) gives you an overview of the shooting process (p. 59), then shows you a few sample lessons (p. 72) followed by teaching tips & ideas (p. 79)

TEACHING

Describes archery activities & games (p. 87), then discusses developing a program (p. 98) with a sample program (p. 100) and a list of archery in media (p. 102).

ACTIVITIES

Provides detailed instructions for repairing archery tackle (p. 105), as well as making new archery tackle (p. 115) as part of a program.

CRAFTS

Rounds out your knowledge of archery with a concise history of archery (p. 145), biographies of important archers (p. 154), a timeline of archery (p. 162), and technical topics in archery (p. 164).

LORE

Includes a glossary of archery terms (p. 171), and lists information resources for further reading (p.179), equipment & materials (p. 182), archery organizations (p. 183), and archery web sites (p. 184).

REFERENCE