

EVALUATION FORM FOR RED ARROW CANDIDATES.

Name of the beginner: _____ Form F

Date: ____ / ____ / 20__

Retake date: ____ / ____ / 20__

Shooting distance for score evaluation	Required minimum score	Achieved *	*Not yet achieved	Total score
18m on 60cm face (Indoor) Or 25m on 80cm face (Outdoor)	115 points			
SKILLS	Key elements (What should be done)	Achieved *	*Not yet achieved	References to the World Archery Level 1 Coaching Manual
Release	String hand moves along jaw or neck			#6.12.1
	Backwards motion generated by the follow-up contraction of the back and posterior string shoulder muscles			#6.12.1
Bow hand	Consistent bow hand on grip			#6.4.1
	Relaxed bow hand allowing the use of a sling			#6.14.2, many exercises
Bow arm	Elbow properly orientated			#6.4.1
	Stationary upon release or moving a little toward the back due the follow-up contraction of the back and posterior bow shoulder muscles			#6.14.2 - Follow-Through of the Bow Arm - Exercise
Subjects 2 evaluations	Required knowledge or know-how	Achieved *	*Not yet achieved	Comments and/or references
Archery disciplines knowledge	Can give the overall description of 3 archery disciplines			www.worldarchery.org See Disciplines
Arrow maintenance	Know how to fit and glue a point, and fletch an arrow			#9.4.5.2 & 9.4.5.3
TOTAL				
TOTAL	9 positive evaluations are required			** Awarded ____ or Not awarded yet ____

* Checkmark if the score / skill / knowledge is positively evaluated (Achieved) or not (Not yet achieved). Write in the TOTAL row of these two columns the accumulated number of checkmarks.

** Just checkmark the final result of this evaluation.

Name and signature of the assessor/evaluator: _____