

NORTH PLAINFIELD RECREATION ARCHERY SCHEDULE 2009

Sept. 16	Wednesday	Safety Meeting
Sept. 23	Wednesday	No Class/ B.T. School
Sept. 30	Wednesday	Archery
Oct. 7	Wednesday	Archery
Oct. 14	Wednesday	Balloon Shoot
Oct. 21	Wednesday	Balloon Shoot
Oct. 28	Wednesday	Halloween Shoot
Nov. 4	Wednesday	No Class/ In Service
Nov. 11	Wednesday	Turkey Shoot
Nov. 18	Wednesday	No Class/ Conference
Nov. 25	Wednesday	No Class/ Half Day
Dec. 2	Wednesday	Prize Shoot

3rd, 4th & 5th grades report at 6:30 pm
to the West End School gym

6th, 7th & 8th grades report at 7:30 pm
to the West End School gym



Mr. Tom Mullen
Archery Director
908-581-9104



EIGHT THINGS TO KNOW. . . .

When shooting a bow

- 1) FEET:**
Have your feet at a right angle to the target, shoulder distance apart.
- 2) KNOCK YOUR ARROW:**
With your bow and arrow facing the target, knock your arrow with the index fleching facing out.
- 3) DRAW YOUR BOW:**
While one hand is firmly gripping the handle, carefully pull back the cable with the knocked arrow with the other hand. Remember to use only three fingers.
- 4) LANDMARK:**
Draw back the cable until your index finger reaches the crease of your mouth.
- 5) AIM:**
Using the tip of the arrow, line it up to the center of the target. You can adjust your aim after you see where the first arrow lands.
- 6) RELEASE:**
Carefully release the cable with your three fingers.
- 7) FOLLOW THROUGH:**
Stay in position until the arrow hits the target. Remember to keep your gripping arm straight.
- 8) KEEP QUIET:**
Do not make any noise or fast movement, so the other shooters can concentrate. It is best to sit down after you shoot.

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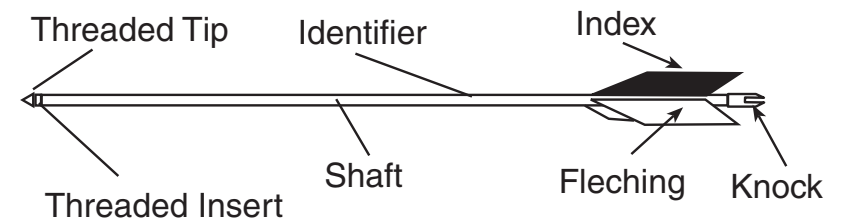


LINE COMMANDS. . . .

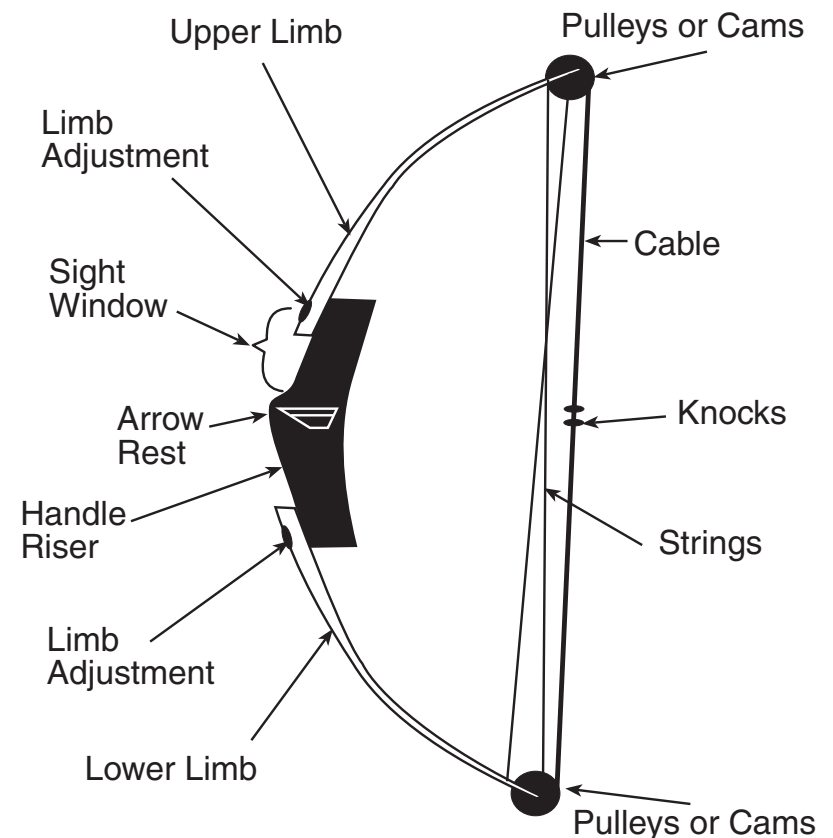
- **NEXT GROUP OF SHOOTERS:**
Move up to the firing line from your staging line.
- **READY ON THE LINE:**
Place your feet in position. Face the target.
- **KNOCK YOUR ARROWS:**
Pick up your bow. Grip the handle firmly and hold the cable against your hip. With your other hand, take an arrow from the cone and knock it with the index facing up.
- **AIM & FIRE AT WILL:**
Draw back the bow, landmark, aim and fire at your target.
- **CEASE FIRE:**
IMMEDIATELY place your bow on the ground. Sit down and wait.
- **RETRIEVE YOUR ARROWS:**
Get up and walk to the target. Remove the highest arrows first (so that you do not damage your eyes). Then remove the lower ones. Pick up the arrows on the floor last.

With the arrow tips facing down, walk back to the line and place the arrows in the cone for the next shooter.

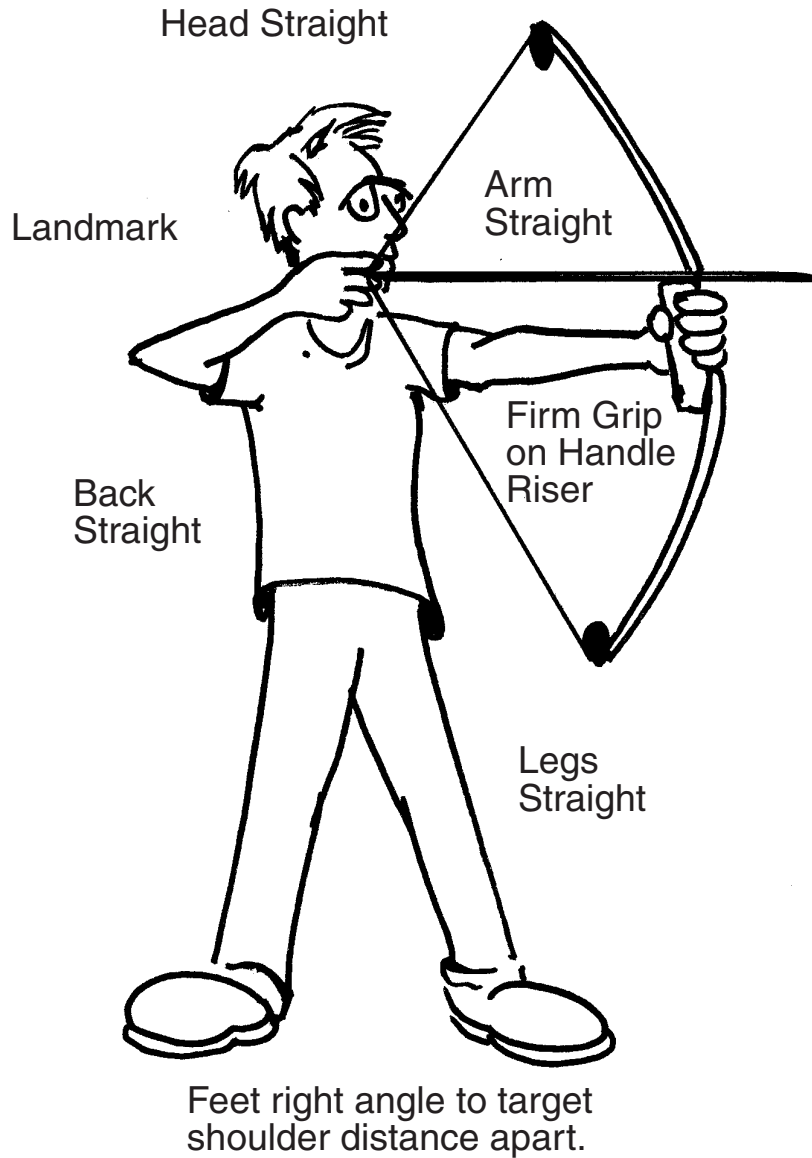
PARTS OF THE ARROW. . . .



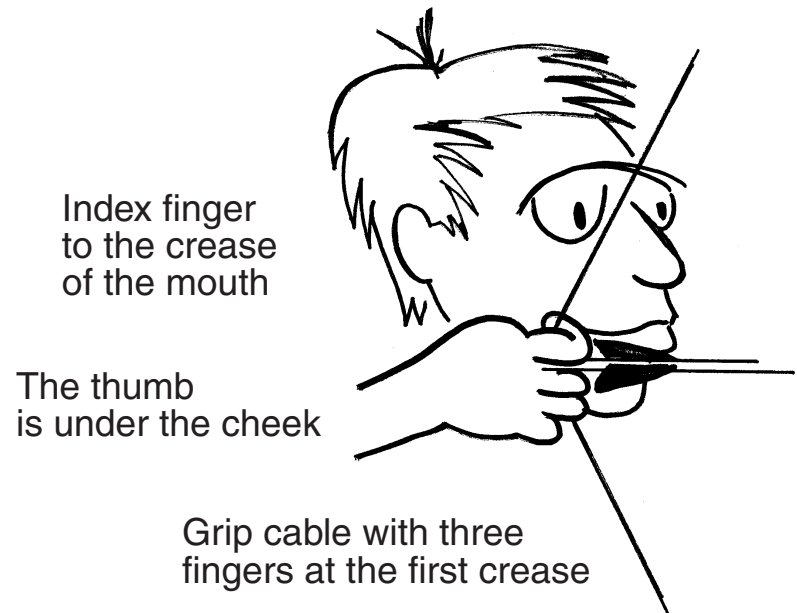
PARTS OF THE BOW. . . .



GOOD FORM



LANDMARK



REMOVING THE ARROW

One hand flat on target with the arrow between the thumb and index finger

The other hand grips the arrow. With one motion twist and pull out the arrow

