



City Of Cambridge Bowmen



Evaluation form for

FITA /GNAS Award

Black Arrow



Candidate Name

Name & signature of

Start Date..... Finish date..... evaluator.....

| Performance | | | | |
|-------------------|------------------------|----------|------------------|-------------------------|
| Shooting Distance | Required Minimum score | Achieved | Not Yet Achieved | Number of points scored |
| 14 Meters | 115 | | | |

| Skills | Key Elements | Achieved | Not Yet Achieved | Comments |
|--|--|----------|------------------|----------|
| Draw Process | Done with two hands at the same level (or arrow always parallel to the floor) | | | |
| | Draw in shooting plane | | | |
| Main Action (What is happening at full draw) | Still arrow point or arrow continuing to move during the whole shot (no draw creeping) | | | |
| | Consistent distance between arrow and bow shoulder (vertically and horizontally) | | | |
| Visual Attention | Understands and executes shooting with a sight | | | |

| Subjects (3 evaluation) | Required Knowledge | Achieved | Not Yet Achieved | Comments |
|---------------------------|---|----------|------------------|----------|
| Equipment Terminology | Can name 5 parts or componets of the bow | | | |
| Arrow Safety and checking | Know what to do in the case of an arrow hanging from the target | | | |
| | Can check the straightness of an aluminium arrow or the integrity of a carbon arrow | | | |

| Total (9 Positive Evaluations are Required) | Awarded | Not Yet Awarded |
|---|---------|-----------------|
| | | |