



City Of Cambridge Bowmen



Evaluation form for

FITA /GNAS Award

Blue 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
18 Meters	115			

Skills	Key Elements	Achieved	Not Yet Achieved	Comments
String hand	Flat back of the hand (no knuckles pointing out)			
	3 figures on the bow string			
	Back of string hand is vertical			
	Consistent figure position on bow string			
Locations on face	Are consistent			
Feeling attention	Can shoot with eyes closed			

Subjects (2 evaluation)	Required Knowledge	Achieved	Not Yet Achieved	Comments
Knowledge of bow types	Can give an overall description of 3 types of bow			
Arrow Safety and checking	Knows how to replace a nock			

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