



City Of Cambridge Bowmen



Evaluation form for

FITA /GNAS Award

Red 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
22 Meters	115			

Skills	Key Elements	Achieved	Not Yet Achieved	Comments
Release	Along the jaw line			
	Backward motion generated by foll-up contraction of the back and posterior bow shoulder muscles			
Bow Hand	Consistent bow hand position on the bow handle			
	Relaxed bow hand allowing bow sling to be effective			
Bow Arm	Elbow properly orientated			
	Still upon release or moving a little in the follow through action			

Subjects (2 evaluation)	Required Knowledge	Achieved	Not Yet Achieved	Comments
Knowledge of Archery disciplines	Can give an overall description of 3 archery disciplines			
Arrow maintenance	Knows how to fit and glue a pile and fletch an arrow			

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