



## GRAND NATIONAL ARCHERY SOCIETY NATIONAL COACHING COMMITTEE

### FITA Beginner Awards

Evaluation form for **BLACK ARROW** Candidate.

Candidate Name.....

Start date..... Finish date..... Name & signature of evaluator.....

Performance				
Shooting Distance	Required Minimum Score	Achieved*	Not Yet Achieved*	Number of Points Scored
14 Meters	115 Points			

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)			GNAS Beginner's Manual Page 16
	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)			GNAS Beginner's Manual Page 17
	Consistent distance between arrow and bow shoulder (vertically and horizontally)			
Visual Attention	Understands and executes shooting with a sight			GNAS Beginner's Manual Page 19

Subjects (3 Evaluations)	Required Knowledge	Achieved*	Not Yet Achieved*	Comments
Equipment Terminology	Can name 5 parts or components of the bow			GNAS Beginner's Manual Page 9
Arrow Safety and Checking	Know what to do in the case of an arrow hanging from the target			GNAS Rules of Shooting Pages 3 to 6
	Can check the straightness of an aluminium arrow or the integrity of a carbon arrow			GNAS Beginner's Manual Pages 28

Total (9 Positive Evaluations are Required)	Awarded	Not Yet Awarded
*Tick if the score / skill/ knowledge has been achieved or not achieved. Write in the total row of these two columns, the accumulated number of ticks. ** Tick appropriate box		