

Day One

1. Introductions – instructor and class members
 - brief overview of sport of archery
 - handout which covers basic of equipment and shooting
2. Class logistics
 - attendance, credit, stretching, locker rooms
3. Safety - rules of the range, care of equipment, range director
 - review parts of bow, arrow, arm and finger guards
4. Intro - How to string and unstring bow
5. Demonstrate firing line, stance.
6. Demonstrate finding dominant eye to aim
7. Review of commands for drawing: Nock, check your feet, relax back, hips, exhale, draw with back muscles, anchor, aim, relax string.
8. Practice drawing bows dry.
9. Practice unstringing bows.
10. Preview next class.