

# JOP for Parents

## Basic Information To Get Started

### In The Right Direction



#### Table of Contents

Important Notice	1
A Guide To Different Archery Styles	2
Types of Bows	3
Archery Terminology	3
Archery Disciplines	4
Target Archery	4
Field Archery	4
3D Archery	5
Basic Archery Technique	6
Most Common Types of Bow by Archery Discipline	10
Choosing your first Recurve	10
Recurve Accessory Essentials	12
Target Compound vs. Hunting Compound	13
Compound Bow Selection Guide	14
Compound Accessory Essentials	17
Junior Olympic Program	19
Important Links	21
Retailers	21

#### IMPORTANT NOTICE:

The photos of equipment contained in this document are provided for illustration purposes ONLY and are not to be considered as an endorsement and/or recommendation of ANY brand.

## A Guide To Different Archery Styles

1) Traditional archery is archery in its simplest and original form. Good examples are Robin Hood or the First Nations archers.

Traditional archery relies solely on the archer's skill, or instinct, to hit the target. Sights are not allowed.

It is occasionally used at some target events, but traditional archery's real home is in the woods shooting unmarked distances.

For most people, traditional archery will be very challenging to learn and will be the least accurate style, but an extremely rewarding discipline once mastered.



2) Modern Recurve The only bow style allowed at the Olympics is the recurve bow.

Modern engineering, sights, stabilizers and carbon arrows makes the modern recurve far more accurate than its traditional predecessors, but there are still limits on the types of equipment allowed.

This style of archery is the most physically demanding of the styles. Most of the accuracy comes from the ability of the archer to execute proper technique or form.

In the hands of a well-trained archer, a modern recurve is almost as accurate as a compound bow.



A relatively new invention (around 1970) but it is now the most common type of bow used in North America.

The compound bow is the "easiest" bow to learn to shoot. The cams (wheels) on the end of the limbs assist the archer by reducing the holding weight when they reach full draw position. This improves the archer's ability to hold steady and also accelerates the arrow from the bow increasing speed. A mechanical trigger called a release aid is used to let go of the string, telescopic sights are permitted.

But don't be fooled into thinking this makes winning easier. Your competitors will have these same advantages too!



## Types of Bows

Traditional Longbow



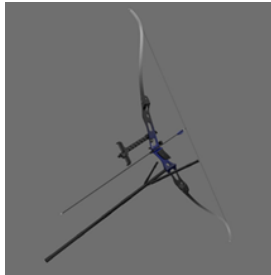
Traditional Recurve



Modern Hunting Recurve



Modern Target Recurve



Hunting Compound

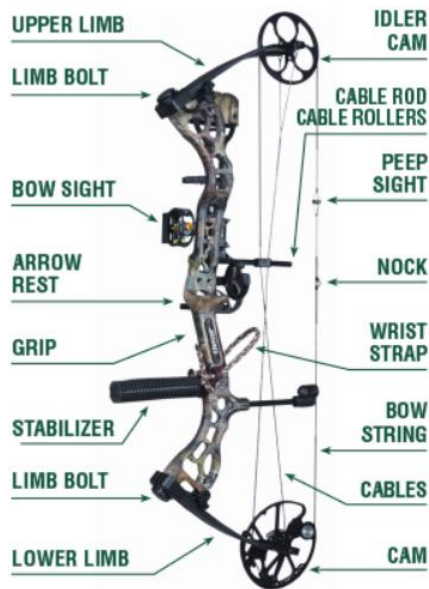


Target Compound

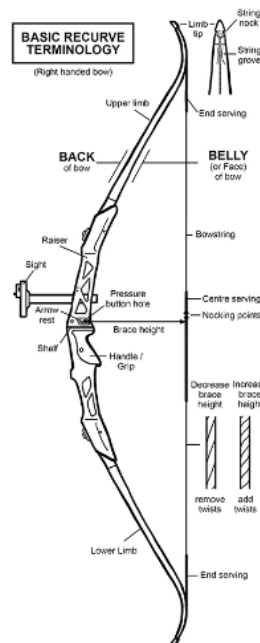


## Archery Terminology

Compound Bow:



Recurve Bow:



Arrow:

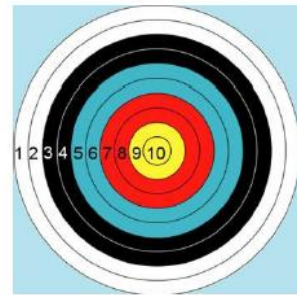


## Archery Disciplines

### Target archery



Outdoor target competition



Target archery target.

Modern competitive target archery is often governed internationally by the World Archery Federation, abbreviated as WA. In Canada the national Body is Archery Canada and in Saskatchewan the provincial association is Saskatchewan Archery Association. Olympic rules are derived from World Archery rules.

Target archery competitions may be held indoors or outdoors. Indoor distances are usually 18m and 25m. 18 m is the most common in Canada. Outdoor distances range from 30 m to 90 m. Competition is divided into ends of 3 or 6 arrows. After each end, the competitors walk to the target to score and retrieve their arrows. Archers have a set time limit in which to shoot their arrows.

Targets are marked with 10 evenly spaced concentric rings, which have score values from 1 through 10 assigned to them. In addition, there is an inner 10 ring, sometimes called the X ring. This becomes the 10 ring at indoor compound competitions. Outdoors, it serves as a tiebreaker with the archer scoring the most X's winning. Archers score each end by summing the scores for their arrows. Line breakers, an arrow just touching a scoring boundary line, will be awarded the higher score.

Different rounds and distances use different size target faces. Target faces range from 40 cm (18 m Indoor) to 122 cm (70 m and 90 m outdoor). Children and youth shoot from reduced range.

### Field archery



A field archer shooting freestyle recurve at 60 meters.



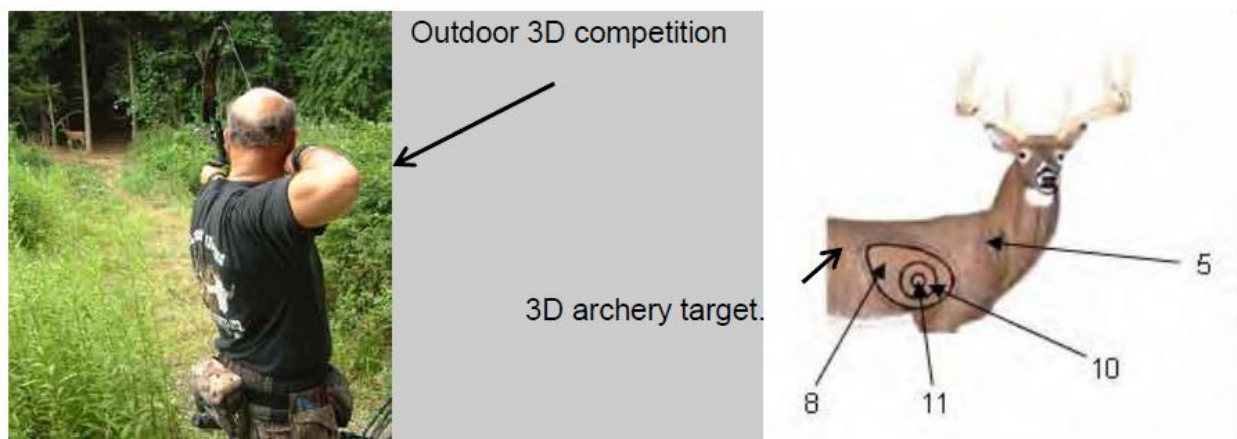
Field archery target.

Field archery involves shooting at targets of varying (and sometimes unmarked) distance, often in rough terrain.

The Field Round consists of 12, 16, 20 or 24 targets. Three arrows are shot per target. These targets are laid out in a course considering the challenges in aiming and shooting as the tradition of the discipline requires. The distances for target butts are set out between 5m and 60m. The course may be all marked or all unmarked or a combination of marked and unmarked distances. Children and youth shoot from reduced range. Targets are marked with 6 evenly spaced concentric rings, which have score values from 1 through 6 assigned to them.

One goal of field archery is to improve the technique required for bowhunting in a more realistic outdoor setting, but without introducing the complication and guesswork of unknown distances.

### 3D archery



3D archery focuses on shooting at life-size models of game and is popular with hunters. It is most common to see unmarked distances in 3D archery, as the goal is to accurately recreate a hunting environment for competition.

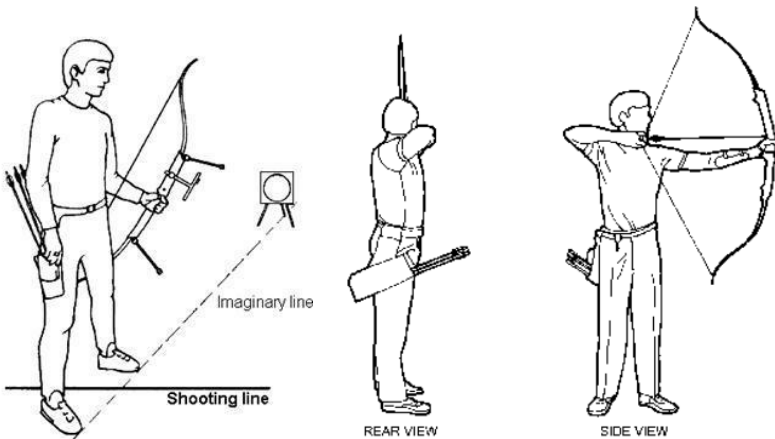
The Canadian Outdoor 3D Round typically consists of an event for individual archers consisting of rounds on one or two outdoor courses with between 20 and 25 3- dimensional animal targets on each course. The Canadian Indoor 3D Round typically consists of an event for individual archers consisting of rounds on one or two indoor ranges with between 20 and 25 3- dimensional animal targets on each range.

The distances for target butts are set out between 5m and 60m. The distances are usually unmarked. The target is broken into a small zone worth 11 points usually in the spot when a perfect hunting shot would be located. A larger zone representing a near perfect shot is assigned 10 points. Another zone representing a kill is given 8 points and the remained of the target is assigned 5 points. Children and youth shoot from reduced range.



## Basic Archery Technique:

### 1. Stance & Posture:

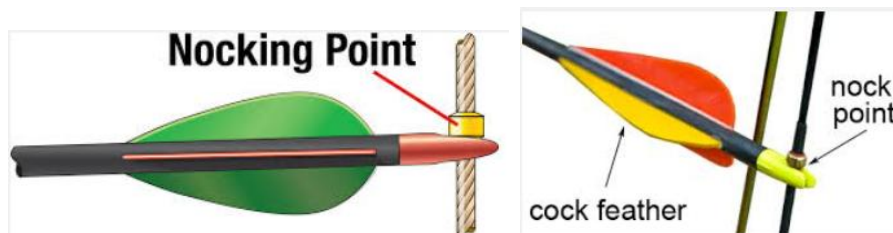


Right handed archers hold the bow with the left hand, so with your left side toward the target, stand at a right angle to the target, with the tips of your toes against an imaginary line pointing at the center of the target. Your feet should be shoulder's width apart, straddling the shooting line.

Stand straight & tall, balanced, with ribs down, shoulders down and relaxed. Shoulders square to the target

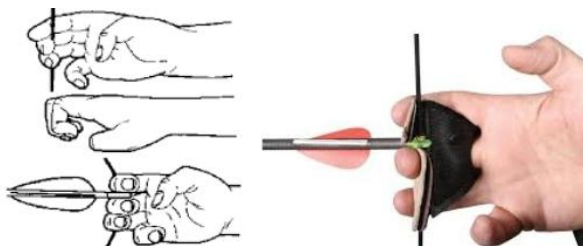
Try and relax.

### 2. Nock (Finger & Hand placement)



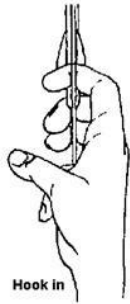
Nock arrow UNDER the nocking point on the string. Listen for the sound of a "snap" as arrow connects to the string. Index feather (odd color fletching) AWAY from the bow

### 3. Hook String and place bow-hand:

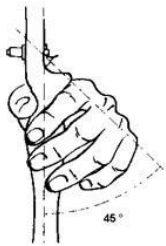


Place your fingers in such a way, that you "hook" the string with your index finger above the nock, and middle and ring finger under the nock

Do not use little finger. Hook the string at the first groove. Make sure to maintain a deep hook



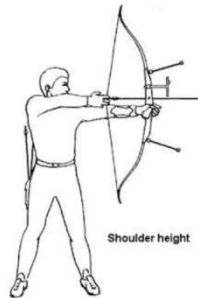
Set your bowhand on the grip on the inside of your life line, on the meaty part of your thumb. Thumb points toward target.



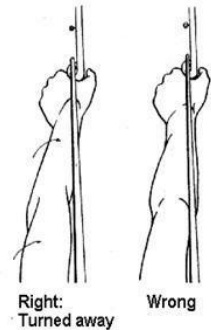
Relax your fingers. The back of your hand should make an angle of 45 degrees. The tips of thumb and index finger may touch each other in a relaxed way.

#### 4. Set up (Extending the bow arm)

Bring the bow arm to shoulder height -keep shoulders DOWN

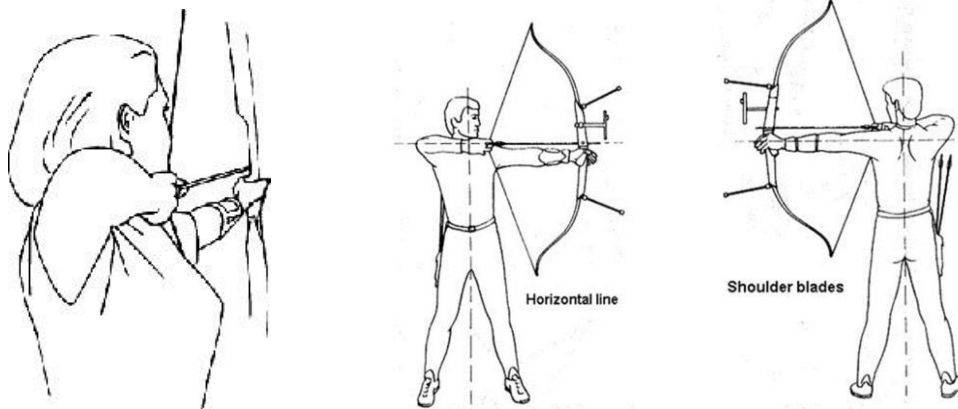


The elbow of the bow arm is turned away from the string



## 5. Drawing the bow

Draw the string along the bowarm in a straight horizontal line to the anchor point on your face.



Draw with your back muscles, moving the shoulder blades towards each other.

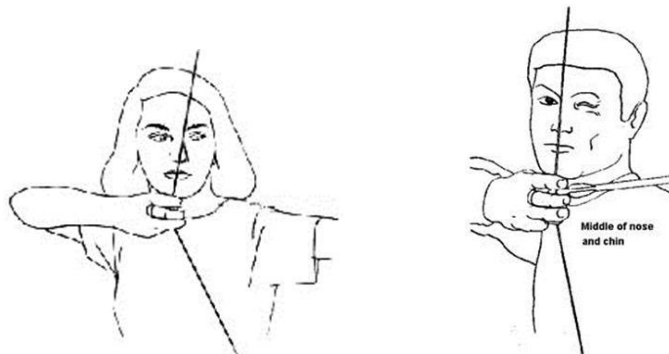
Stand straight up and relaxed, keep both shoulders as low as possible.

## 6. Anchoring

If using a sight, the string should touch the chin and the nose.

The index finger is curled under the jaw bone, the thumb is NOT used as a reference anchor point.

Keep your teeth together. (no gum, remove hats as well)



Bow hand, draw hand and Elbow should form a straight line.



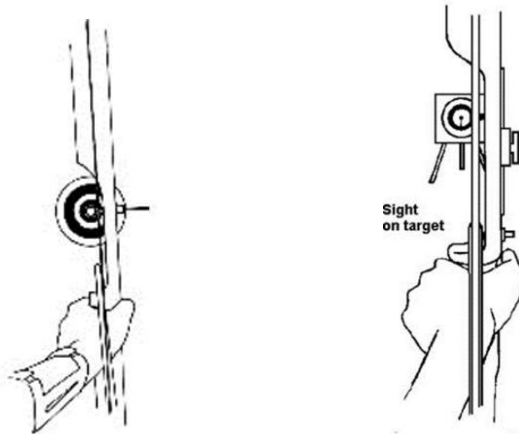
**One straight line**

Keep both shoulders as low as possible



## 8. Aim

Aim at full draw, by settling the sight ring onto the target. Maintain the connection of drawing hand to the face.



You should see the string line up on the top bow limb exactly at the same place each time and appear a little right of the sight ring.

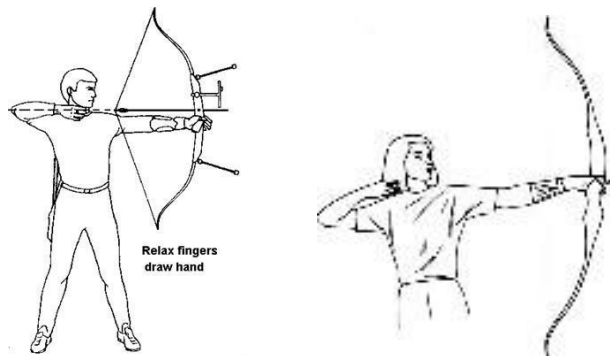
If you are cross dominant- (right handed, left eye dominant or vice-versa) you must shut the other eye.

Keep the sight at the target

"String picture": the string lines up on the top bow limb and sight EXACTLY at the same place each time.

## 9. Release

Keep pulling the shoulder blades towards each other, while relaxing the fingers of the draw hand



Your relaxed bow hand will let the bow drop.

You will feel your sling tug gently against your hand, letting you know the sling is catching the bow.

Do not move until you see or hear the arrow hit target for best accuracy.

## 10. Follow Through



Source: 9 steps to the ten ring: Images from NAA training manuals. Words /instructions revised and updated by Coach Jefflyne Potter.© [learn archery](#) /Atlanta Archery

## Most Common types of Bow by Archery Discipline

Types of Bows in Archery Discipline			
What kind of shooting do you want to try?	Type of Archery	Most common bow style	Other bow styles permitted in this type of archery
I'd like to shoot in the Olympics someday.	<a href="#">target archery</a>	modern recurve only	none
I want to shoot on at round targets.	<a href="#">target archery</a>	modern recurve and compound	traditional longbow or recurve
I want to shoot a bow like Robin Hood.	<a href="#">traditional archery</a>	traditional longbow or recurve	none
I'd like to shoot on a roving course with different terrain.	<a href="#">field archery</a> or <a href="#">3D Archery</a>	compound	modern recurve and traditional longbow/recurve
I want to shoot targets in animal shapes.	<a href="#">3D Archery</a>	compound	modern recurve and traditional longbow/recurve
I want to go hunting with my bow.	<a href="#">bow-hunting</a>	compound	modern hunting recurve and traditional longbow/recurve

## Choosing your first Recurve Bow

### Equipment Essentials - Bow

The first is '**choose hand**'. A right handed archer would hold the bow in their left hand and draw the string with their right hand. Most people who write with the right had will shoot a “right handed” bow.

The second is '**choose length**'. This refers to the bow length. Bow length relates to your arrow length. To help you judge approximately what arrow length you need, fully stretch your arms out

in front of you with your palms together and your finger tips fully extended. Ask someone to measure from the centre of your chest to the tips of your fingers. Add ONE INCH to this measurement and this will give you an approximate arrow length. (see picture on the right). Use the chart below to help you pick the right bow length. If in doubt, go with the longer bow length.

Your arrow Length	Bow Length
14-18	48"
18-20	54"
20-22	58"
22-24	62"
24-26	64"
26-28	66"
28-30	68"
30+	70"



Further complications arise in that these lengths can be made up of various combinations of riser and limb lengths, for example:

	Short	Med.	Long
Short Riser (23")	64"	66"	68"
Long Riser (25")	66"	68"	70"

So – what's the difference? If I have a choice, should I go for a long riser with short limbs, or a short riser with long limbs? Opinions are mixed, and as always the advice here is to try as many as you can get your hands on, but to give you some rough guide:

Long handle, short limbs = Faster, more tendency to stacking, less stable.

Short handle, long limbs = Slower, more stable, less stacking.

Word of warning, however, some short risers can be difficult for people with long faces to shoot, simply because the pin can disappear behind the riser when shooting at short distances.

As always, try before you buy.

The third option is 'choose weight'. The draw weight of the bow is usually written on the face of the lower limb. The weight is noted in pounds (lbs.) at a draw length of 710mm (28 inches), e.g. #20 @ 28. Which means at a full draw of 28 inches the force required to hold the bowstring at this length will be 20 pounds (approx. 9 kilograms). This 28 inches (as defined by the A.M.O. standard) is measured as 26.25 inches from the nock slot to the throat of the grip usually corresponds to the position of the arrow rest) + 1.75 inches.

**IMPORTANT: The bow weight written on a recurve limb is probably NOT what it will be on your bow!!!!**

With a recurve bow, the longer the draw length the more weight will be required to hold the limbs. A VERY rough way to determine an approximate draw weight is to add or subtract 2 lbs. for each inch more or less respectively (for more than 40 lbs. add or subtract 3 lbs.).

A recommended draw weight for beginners would be between 15-20 lbs. for children and

between 20-25 lbs. for adults. At competitive level, women can average a draw weight from about 28 lbs. to 38 lbs.; men can average from 35 lbs. to 45 lbs., typically. Draw weights have decreased over the years as the performance of materials used in the manufacture of bows, arrows and strings have improved.

**If you are not sure, select a lower poundage.**

### **Recurve Accessory Essentials**



#### **FINGER TAB**

If you don't want sore fingers you're going to need one of these! Several styles to choose from, but a simple leather tab is quite inexpensive.



#### **BRACER**

Not everyone needs a bracer, but until you know for sure you should buy one! Fits around the bow arm and guards against the string hitting your arm.



#### **BOW STRINGER**

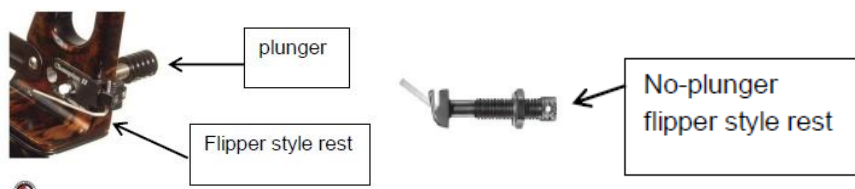
An essential item to help assemble your bow. The limbs on your bow can be twisted if not done correctly. This helps prevent twisting the bow while stringing.

### **ARROWS**

You should have worked out your correct arrow length by now. Select the length from the 'Length Selection' option. There is nothing wrong with shooting arrows a bit too long, so if you are in between sizes, always go long.

The next is 'Spine Selection'. This might take a few minutes to work out, but the right spine arrow ensures it will fly straighter and group tighter. Spine is the stiffness of the shaft. Heavier bows require a stiffer arrow, and lighter bows weaker arrows. The correct spine depends on two factors. The first is the length of the arrow (which you should know by now) and the second is the weight of the bow.

Using this arrow selection chart cross reference column 'Recurve Bow Weight', with column 'Correct Arrow Length' to find the correct spine. E.g. 25-29 lbs. @ 29" arrow length = 1816 spine.

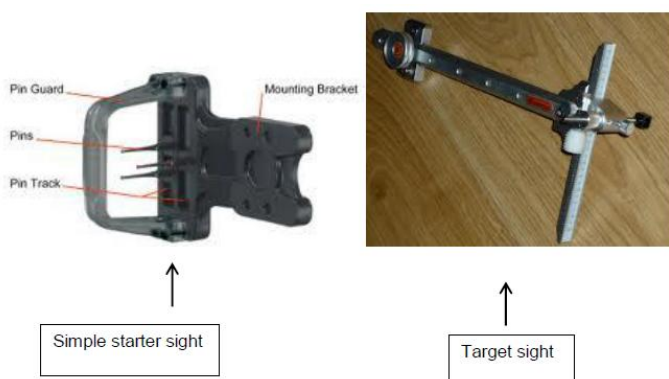


## Arrow Rest

If you are planning to shoot traditional style, then it is possible to “shoot off the shelf” and not use any arrow rest. Most archers will however choose to shoot with a combination of a flipper rest and cushion plunger. The flipper holds the arrow on for better clearance and the plunger is used to help make the arrow fly correctly. There are some that operate without a plunger that are relatively inexpensive styles that will also be fine for beginning archers.

## Bow Sight

If you choose to shoot traditional then no sight is needed. Over time however, most beginning recurve archers start with a standard 3 or 4 pin hunting sight. This will work well as they develop their basic skills. As they progress, many change to a target sight which allows for easier adjustment. Sights can vary significantly in price, but the important thing to look for is one that will be able to take a little bit of abuse. Because all sights stick out from the bow, they tend to get hit and bumped.



## Target vs. Hunting Compound Bow *by Carolee Boyles*

Which bow to purchase depends a great deal, of course, on how you’re going to use it. If you’re going to shoot targets, you probably can get away with using the one you hunt with, especially if you’re shooting 3-D targets. But it doesn’t work in reverse: if you’re going to bow-hunt, you don’t want a bright red or bright blue bow like the one you’d use for target shooting.

The differences between hunting bows and target bows go beyond just a paint job. There are some basic differences in the ways the bows are designed that affect their performance in hunting and target shooting situations.

“Archery is a very personal sport,” says Joe White, executive vice president of sales and marketing for the North American Archery Group. “When you get a group of archers together, you’re going to have a lot of opinions about bows.”

## Draw Weight

A multitude of opinions notwithstanding, White says the biggest difference between hunting and target bows is draw weight.

“Usually a hunting bow has a heavier draw weight,” he says. “A bow-hunting weight often is 60 to 70 pounds, whereas a target bow may be between 40 and 50.”

Much of the reason for this difference in draw weight has to do with how many arrows a target archer shoots during a single competition.

“In target shooting, an archer often shoots many arrows repetitively,” White says. “It’s not like hunting, where you might shoot one arrow all day. A lower-poundage bow is a lot more comfortable in a target situation.” This sometimes isn’t the case in 3-D competitions. Many hunters compete during the summer using the bows they hunt with, but this is the exception rather than the rule.

## Bow Construction

In terms of construction, a heavier draw weight leads to increased stresses on the bow. And as hunting bows become shorter, adding arrow speed and finding ways to decrease vibration become a real challenge, which means more sophisticated engineering on some hunting bows. Beyond draw weight, the biggest difference between hunting and target bows is the color. A target bow is usually a pretty colorful bow; a hunting bow is normally in a camo pattern.

## Axle-To-Axle Length

The third difference between hunting and target bows is the axle-to-axle length, or in the case of recurves, the overall length of the bow. Target bows generally are longer than hunting bows. Although there are some solid reasons for this, the main reason is that personal preferences have changed over time.

As compounds became more popular, the situation changed. Hunters started wanting “shorter” Why do hunters like shorter bows? Most of it is simply the ease of manoeuvring a smaller bow through the woods. A shorter bow is just easier to handle, whether you’re in a blind, in a tree stand, or traveling somewhere to hunt.

When you start talking about target bows and competition, however, a longer bow generally is considered more stable to shoot. This translates into more accuracy at the target once you get out beyond hunting distances.

At the end of the day, though, it all comes back to personal preference. Whatever you’ve shot in the past and liked, whatever you learned with, that will be where you start looking when you’re ready to buy a new bow.

“A lot of it isn’t based on a bunch of statistics,” White says. “It’s whether or not the bow feels good in your hands.”

## Compound Bow Selection Guide

-In general, if a bow shoots faster it is because it requires more total effort to draw the bow back

---

### Recommended Draw Weight Ranges (Modern Compound Bows)

Here are some general guidelines for choosing an appropriate draw weight. Of course, each individual is different. You should apply your common sense here and interpret this chart with due respect to your own age, general physical condition, and Body Mass Index (BMI).

Very Small Child (55-70 lbs.)	10-15 lbs.
Small Child (70-100 lbs.)	15-25 lbs.
Larger Child (100-130 lbs.)	25-35 lbs.
Small Frame Women (100-130 lbs.)	25-35 lbs.
Medium Frame Women (130-160 lbs.)	30-40 lbs.
Athletic Older Child (Boys 130-150 lbs.)	40-50 lbs.
Small Frame Men (120-150 lbs.)	45-55 lbs.
Large Frame Women (160+ lbs.)	45-55 lbs.
Medium Frame Men (150-180 lbs.)	55-65 lbs.
Large Frame Men (180+ lbs.)	65-75 lbs.

---



- Heavier draw weight does not necessarily mean a faster bow. High poundage bows require heavier, stiffer arrow shafts. So while they will certainly generate more energy at the target, they may not necessarily generate much faster arrow speeds at IBO standards. So surprisingly, when set for IBO minimum standards, many bows are only fractionally faster in the 70# version vs. the 60# version.

- Unlike a recurve bow that can be drawn back to virtually any length, a compound bow will draw back only a specific distance before it stops (the wall). Compound bows are designed to be shot from the full-draw position. If a compound bow is set for a 29" draw length, it should always be shot from the full 29" draw position. So the draw length on your compound bow must be set to match your particular size.

- Cam Aggression - choosing a good bow isn't just about finding one that fits, but you also want to choose a bow that offers the right blend of performance and shootability. This is where cam design comes into play.

- o *ROUND WHEEL/LESS AGGRESSIVE*: A round wheel style bow has a very smooth bell-shaped curve which rises to peak weight for only a moment then gradually descends to full let-off. This cam style will feel very smooth and easy to draw, but will store the least amount of energy and shoot the slowest.

- o *MEDIUM CAM/MODERATELY AGGRESSIVE*: These cams are more aggressive, ramping to peak weight more quickly and then coming to full let-off more abruptly. They will tend to shoot notably faster; however, it is sure to "feel" a little heavier than a Round Wheel bow of equal peak weight. This type of cam geometry suits most shooters well, offering a reasonable blend of feel and performance.

- o *HARD CAM/VERY AGGRESSIVE*: A hard cam system, optimized for maximum energy storage and speed. The downside is that hard cams feel harsh and heavy compared to other bows of equal peak weight. So they certainly aren't for everyone. But for shooters who want the hottest possible arrow speeds, the Hard Cam is the way to go.

- Brace height is yet another important factor in the energy storage equation. The bow's brace height also figures into how LONG the bow's power stroke will be. A longer power stroke generates more energy. Unlike draw lengths, brace heights aren't adjustable. Advertised brace heights generally ranging from 5-9". Shorter brace heights generally result in faster bows. Short brace height bows are generally less forgiving and require more skill to shoot accurately. If you have average skills and are prone to occasional goof-ups, a bow with a little longer brace height will yield better accuracy in most shooting situations.

- The draw weight of the compound bow decreases (sometimes dramatically) just as you come to full-draw. This is known as LET-OFF, which is controlled by the geometry of the cam system. Today it is common for bows to have let-off in excess of 75%. The average archer will find the mid to high let-off bow to be more comfortable to shoot. The only other disadvantage to a high (over 75%) let-off cam is a small reduction in arrow velocity.

- Cam Type: Modern compound bows generally come with a choice of 4 different types - or styles - of cam systems.

- o *Single Cams*: the single cam system features a round idler wheel on the top of the bow and an elliptical shaped power-cam on the bottom. The single cam is generally quieter and easier to maintain than traditional twin cam systems, but can be troublesome to tune. Most single cams do offer reasonable accuracy and a good solid stop at full draw.

- o *Hybrid Cams*: The hybrid cam system features a control cam on the top, and a power

cam on the bottom. Hybrid cams require less maintenance than traditional twin cams, but they need to be oriented (timed) properly for best overall efficiency and performance. There are several hybrid cam models available which are impressively fast and quiet, rivaling the best of the single cam bows.

- o *Twin Cams*: The twin cam system features two perfectly symmetrical round wheels or elliptical cams on each end of the bow. Twin cam systems offer excellent nock travel, accuracy, and overall speed. However, twin cams do require more maintenance and service to stay in top shooting condition. The only true disadvantage to twin cams is the tendency for increased noise (compared to typical single and hybrid cams).

- o *Binary Cams*: Is a modified 3-groove twin-cam system that slaves the top and bottom cams to each other, rather than to the bow's limbs. This creates a "free-floating" system which allows the cams to automatically equalize any imbalances.

- **Solid vs. Split Limbs**: This is a tough one. Solid limb proponents claim that solid limbs are more accurate than split limbs. Split limb proponents claim that split limbs are more durable and produce less hand-shock than solid limbs. Of course, you're bound to hear some marketing jabber about how one limb outperforms another. But in the field, solid and split limb bows perform similarly.

- **Parallel Limb bows** have undoubtedly become the hottest-selling bows on the market. Are parallel limb bows more accurate? Probably not. While the parallel limb bow is notably smoother and quieter at the shot, there's no direct evidence to suggest a parallel limb bow is inherently more or less accurate than a standard D-shaped bow. As we mentioned earlier, parallel limb bows start with a very long riser. Since most of the bow's weight is in the riser, the parallel limb bow is typically 1/2 pound heavier than standard D-shaped bows.

- **So how long should a good bow be?** Compound bows range in length from well under 28" to over 45". But the average length is about 34"; dramatically shorter than the average bow of 15 years ago which was a staggering 43" long.

- o (Under 32") **Short Axle Bow** Short axle bows are very popular with treestand hunters and those who want a compact, lightweight, and manoeuvrable bow. These bows are best shot with a mechanical release and require a little more practice for best long-range accuracy.

- o (32" to 38") **Mid Axle Length Bow** Mid axle length bows represent the majority of the market and include most of today's most popular units. The mid-axle bow offers a good blend of manoeuvrability and long-range accuracy.

- o (Over 38") **Long Axle Bow** Long axle bows are usually the choice of serious competition archers and/or dedicated finger shooters, but they are often considered "too long" for treestand hunting.

- There is no right or wrong here either. But the traditional wisdom is that longer bows are more forgiving, stable, and accurate. This isn't to say that a short-axle bow cannot be shot accurately. It just means that your technique will need to be more exacting - particularly at longer ranges.

For more detailed information see:  
<http://www.huntersfriend.com/bowselection.htm>

## Compound Accessory Essentials

### Release aid

While not required to shoot a compound bow most archers will use a release. The sheer amount of choices available in mechanical releases can be just plain intimidating to beginners and even frustrating at times to seasoned shooters searching for a new model. But one thing is certain – using a release will undoubtedly improve your shooting.

Here's a quick run-down of the various release styles available and some of their key features:



- **Wrist Release:**

tend to be the most popular among bowhunters. As the name implies, these releases attach to the wrist by either a Velcro or buckle strap, in either a continuous round strap or a "V" strap.

Continuous straps are quicker to put on, a huge plus for hunters. Held to the wrist by either a rod or a rope, the release mechanism is triggered by the index finger. A length adjustment option between the trigger and strap to accommodate different size hands is probably the most important feature to first identify. Also look for "360- degree rotating head" or "swiveling head" features.



- **Handhelds or Finger Releases:**

Favored and most popular among target, 3-D or tournament shooters, these releases are held in your hands by 2, 3, or 4 fingers, these devices often resemble a "T" shape. Various models for tournament shooting feature a cocking bar and sear or "trigger" mechanism that can make an audible "click" when preparing for a shot. This feature, while effective for targets, makes those models a bad choice for the field.



- **Bracer:**

Not everyone needs a bracer, but until you know for sure you should buy one! Fits around the bow arm and guards against the string hitting your arm.

- **Arrows:**

Choosing arrows for a compound bow involves matching the bow weight with the Spine of the arrows and the type of cam the bow uses. I recommend working with an archery shop to ensure the arrows match your bow properly.

- **Arrow rest:** There are three choices to consider— full capture, launcher and drop- away. The full-capture rest uses a system that totally surrounds the shaft with a circle of hard bristles so that the arrow cannot fall off. You then shoot right through the bristles. These rests work well for those who are starting out, though over time the bristles will erode slightly, degrading accuracy



- Launcher rest use either two thin prongs or one thin pier of metal to support the arrow. They have the advantage of being durable and very consistent. Careful alignment of the arrow fletching is required to ensure that the arrow clears the rest properly on release



- The drop-away rest employs launcher arms that cradle the arrow, rise up to the proper height when the bow is drawn back, then “drop away” at the shot quickly enough to be completely out of the way of the fletching before it reaches them, eliminating any chance of accuracy-destroying fletch contact. There are lots of good ones out there that cost between \$75 - \$150.



**Bow Sight:** All top-quality sights today employ some sort of fiber optic sight pin that helps seeing the pin. Most beginners use sights with three to five pins that can be set at varying distances. The key to a quality hunting sight is to choose one with a minimum of screws and/or bolts that features a rugged pin guard to protect the fiber optic material, has easy-to-use vertical and horizontal adjustment. You can spend anywhere from \$40 to \$200 for a hunting sight.

Hunting Sight

Target Sight



**Peep Sight:** Almost all compound shooters use a peep sight. A peep sight is attached to the bowstring and acts like the rear sight on a rifle. They greatly improve accuracy. There are two kinds of peeps. The first uses a piece of rubber tubing that stretches when the bow is drawn, pulling the peep into alignment. The other uses no tubing, relying on the peep being centered perfectly between the bowstring strands when the bow is set up. Both work equally well.



### **SASKATCHEWAN ARCHERY ASSOCIATION JUNIOR OLYMPIC PROGRAM**

The Junior Olympic Program (JOP) is designed to recognize young archers for their achievements and give encouragement for improvements. As awards are earned, each youth develops archery skills together with greater confidence and ability to perform in competition. Goals also include recognizing fair play, courtesy and good sportsmanship with the emphasis placed on safety and individual performance. Archers are encouraged to participate in the Provincial JOP Championships.

**How the Program Works:** Individual clubs sponsor the Junior Olympic Program for their members. Coaches are experienced volunteers from individual clubs. All participants must be members of the Saskatchewan Archery Association. Archers must also be members or pay fees as required by their local archery club. Each youth receives a JOP sash and SAA badge when they first join the program. SAA supplies the badges earned for each classifications as they are earned.

The program is open to youth aged 6 to 20 years (as of January 1 of current year). Youth must have their own bow and arrows, arm guard and finger protection. Sights and/or releases are optional. Individual clubs may choose to provide equipment at their discretion.

Beginner youth start shooting at 10 meters, progressing to 15 meters, then 18 meters as their score and skill levels increase. Youth shoot an indoor round of 30 arrows on a 40cm face following Archery Canada Indoor Target Rules. Scoring for JOP, however, does not include scoring the "X" or inner ten scoring ring. At the coach(s) discretion, older archers that have experience may start at 15m or 18m. Once started no classifications may be skipped.

At the present time we have chosen not to test general archery knowledge, however, safety rules must be a part of the program. Coaches will also instruct shooters in the visual and sound signals of shooting. Qualitative knowledge may be included at the coach's discretion and experience.

#### **Provincial JOP Championships:**

The SAA sponsors a provincial JOP championship competition in mid-April. Youth compete according to the next classification they are working for, regardless of age or equipment. For example if the archer has achieved the Master Yeoman badge they will compete against all other archers who have achieved this badge and are working towards the Master Bowman badge.

## **BADGE REQUIREMENTS**

- Archers must shoot at least two scores at each distance to move to the next classifications. Scores must be shot at regular JOP nights. Archers are not classified according to age or type of equipment used but only according to the scores they shoot.
- Badges may also be earned with a single score shot at the JOP championships, SAA Provincial Championships or other registered tournament.
- Scores should be consecutive to earn the next level it is under the Clubs JOP Coordinators discretion. If an Archer is shooting scores two or more levels above their badge level it is the Clubs JOP Coordinators discretion to move Archers. For example: if the archer's previous badge was Junior Bowman and the next scores are over 160 at 10m then the archer will receive both the Junior Archer and Bowman badges.

### *10 Meters*

Yeoman 60  
Junior Bowman 80  
Junior Archer 100  
Bowman 160  
Bowman II 200

### *15 Meters*

Archer 140  
Master Yeoman 160  
Master Bowman 180  
Master Archer 200

### *18 Meters*

Expert Bowman 180  
Expert Archer 200  
Champion Bowman 210  
Champion Archer 220  
Olympian 230  
Olympian 240  
Olympian 245  
Olympian 250  
Olympian 255  
Olympian 260  
Olympian 265  
Olympian 270  
Olympian 275  
Olympian 280  
Olympian 282  
Olympian 285  
Olympian 287  
Olympian 290  
Olympian 292  
Olympian 295  
Olympian 297  
Olympian 300

Club coordinators are responsible for recording and submitting scores to the SAA JOP coordinator. The SAA JOP coordinator will send badges to the individual club coordinators as scores are received.



**Important Websites:**

Saskatoon Straight Shooters Archery Club: <http://www.saskatoonarchery.com/>  
Straight Shooters Facebook Page: <https://www.facebook.com/SaskatoonArchery/>  
Saskatchewan Archery Association: <http://www.saskarchery.com/>  
Archery Canada: <http://www.archerycanada.ca/>  
World Archery: <http://www.worldarchery.org/>

**Saskatoon Retailers (alphabetical order):**

Cabelas  
North Pro Sports  
Wholesale Sports

**Regina Retailers (alphabetical order):**

Cabelas  
Golden Arrow Archery  
Great Northern Rod & Reel  
No.1 Archery

**Others (alphabetical order):**

Al's Precision Archery - 306-948-3664  
APA Archery – Biggar <https://apaarchery.com/>  
Arnie's Guns and Archery – 306-922-7292  
Battleford Bait and Tackle – North Battleford  
Benders Guns and Archery – 306- 773-8683  
Jim-Bows Archery Edmonton – 780-488-7705  
Preeceville Archery Products – 306-547-3133