GRAND NATIONAL ARCHERY SOCIETY
NATIONAL COACHING COMMITTEE

FITA Beginner Awards

Evaluation form for **GOLD 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**
26 Meters	115 Points			

Skills	**Key Elements**	**Achieved***	**Not Yet Achieved***	**Comments**
String Clearance	String clear of shirt guard and bow arm			GNAS Beginner's Manual Page20
Follow Through	Face and head still at release			Developed through ongoing training
	Aim steady at release			
Shooting Sequence	Repeats shots with a consistent set of shooting steps			Developed through ongoing training
	Shoots with consistent timing (± 10 seconds)			

Subjects (2 Evaluations)	**Required Knowledge**	**Achieved***	**Not Yet Achieved***	**Comments**
Tournament Registration Process	Know the registration process of the club for a local tournament			Club procedures
Equipment Maintenance	Know how to fit an arrow rest and make a nocking point			GNAS Beginner's Manual Pages 29

Total (8 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