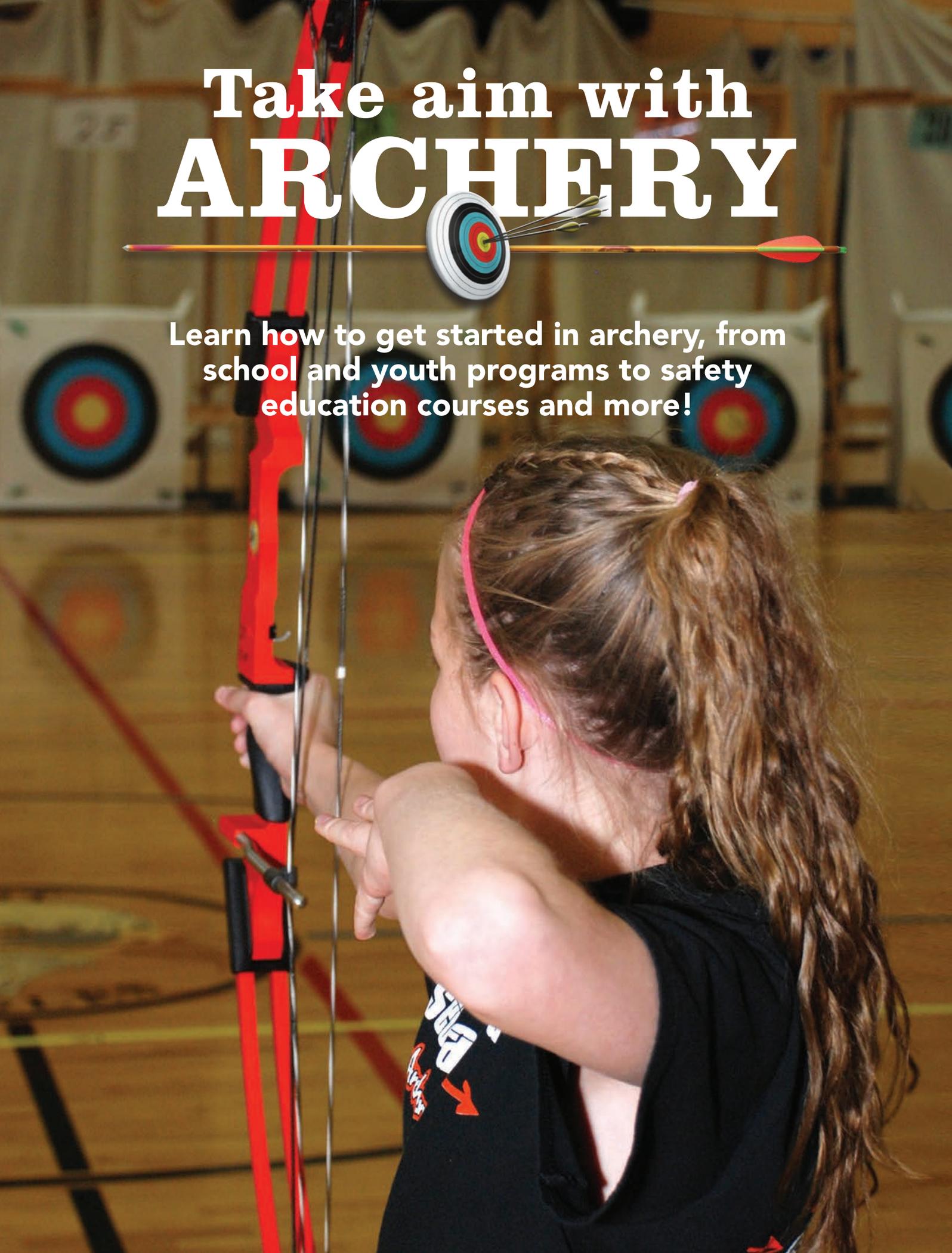


Take aim with **ARCHERY**

Learn how to get started in archery, from school and youth programs to safety education courses and more!



What's the draw to ARCHERY?



Archery is a sport for everyone — regardless of age, athletic ability or gender. Archery builds strength. It teaches patience and concentration. It requires skill, poise and focus. It can be a great sport for parents to enjoy with kids and a terrific way to get outside for exercise.

Adaptive archery equipment allows people with disabilities and the blind to take part in the sport. It can be easy for beginners to get started, while tournaments offer opportunities for archers to test their abilities against other competitors. It is a skill that can also be used for hunting and even fishing.

Most importantly, it's a fun activity and one you'll enjoy doing the rest of your life. Whether you're a beginning archer or are interested in helping others develop their skills, read on to see how you can get involved!

A RICH TRADITION

Archery, the skill of shooting arrows with a bow, has been around for thousands of years. Dating back to the earliest civilizations throughout the world, archery was developed for the purposes of hunting and combat. After being replaced by firearms on the battlefield, archery became a competitive sport and recreational activity, while also remaining an important way to hunt wild game.

Target archery is one of the oldest practiced sports in the world, gaining popularity beginning in the 16th century when tournaments were held in England. Archery was first featured in the 1900 Olympic Games. Women archers competed in the 1904 Olympics, making archery one of the first Olympic competitions to include women.

TARGET ARCHERY

Target archery is the most popular form of archery. Target archers shoot a specific number of arrows — called an "end" — at targets. A standard target is marked with 10 evenly-spaced concentric rings, usually marked with scores from "1" at the outside to "10" in the center. Hitting a bull's-eye means getting the arrow in the center "10" or "X" circle. An arrow that is touching a line separating circles — known as a "line cutter" — scores the higher value.

FIELD ARCHERY

Field archery includes an open-field target range where archers shoot at various targets set at different distances (sometimes unmarked) around a course. Field archery simulates the type of shooting experienced while hunting. 3-D archery is a subset of field archery where archers shoot at life-size model targets of wild game.



Michelle Secora (center), pictured here with Josh Miller (left) and Dan Schroeder, DNR archery education program administrator (right), won the "state tournament prize bow" for top female archer at the 2010 National Archery in the Schools Program (NASP) Wisconsin state tournament. The bow is awarded each year to both the top male and female archer.

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GET ON TARGET TIP



LEARN FROM EXPERIENCED ARCHERS

Getting help from experienced archers is the best way to learn this fun and lifelong sport. Getting advice or taking a lesson from veteran archers is a good way to get started. There's a lot to consider when shooting an arrow:

- Stance
- Nocking the arrow
- Handle grip (holding the bow)
- Finger position (holding the string or release aid)
- Preparing the shot
- Drawing the bow
- Anchoring
- Aiming
- Loosing (releasing the arrow)
- Follow through

Archery EQUIPMENT



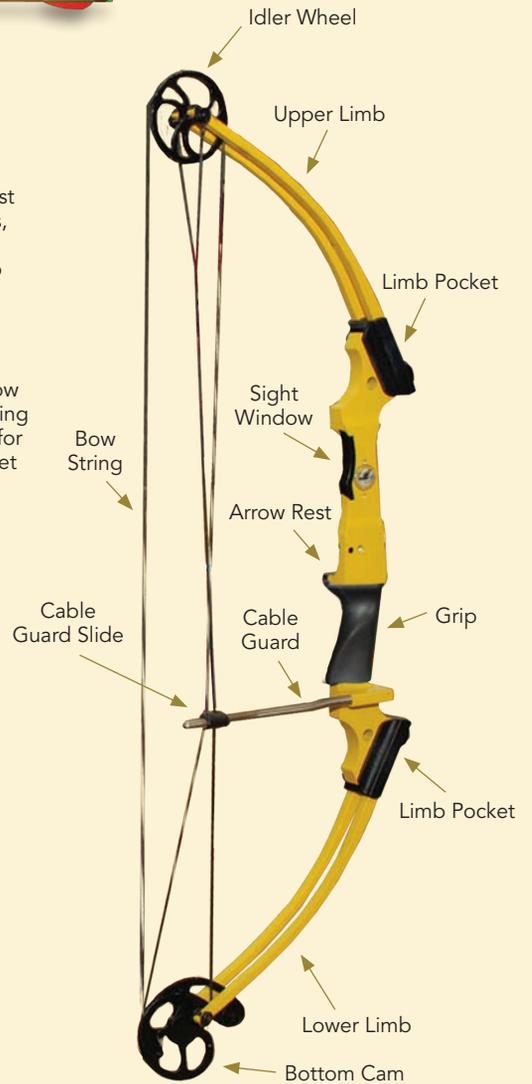
Archery can be done with relatively minimal equipment — all you need is a bow, some arrows and a target. A quiver for storing arrows also comes in handy. There are three basic bow designs; a compound bow, recurve bow and long bow. Bows can be simple or can come with more advanced features such as a sighting scope and stabilizing bars. Bows come in different sizes for archers — making them easy to adjust to any size archer or skill level.

Like all sporting goods, archery equipment varies in price depending on the materials used. Bows and arrows can come in carbon fiber, fiberglass, aluminum or wood.

Some archers wear protective gear for shooting, the most common being an arm guard or “bracer,” which protects the inside arm from the bow string. Some archers also choose to wear a chest guard, finger tabs or a shooting glove.

COMPOUND BOW

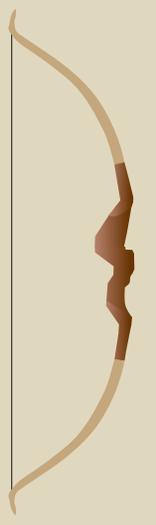
The compound bow, first developed in the 1960s, uses a leverage system of cables and pulleys to bend the limbs of the bow. Compound bows reduce the tension on the string and allow the shooter to hold the arrow at full draw longer, making them a popular choice for beginners for both target shooting and hunting. Compound bows allow the archer to produce greater power with less effort.



For archers, the term “bow face” is everything that you are looking at when you’re holding the bow and ready to shoot, and the “bow back” is everything that you can’t see when holding the bow.

RECURVE BOW

A recurve bow is a traditional bow that has the tips curve away from the archer when the bow is strung — forming an “S” shape at the ends. On a recurve bow, the string touches a section of the limb when the bow is strung. Recurve bows have a shorter draw time than a compound bow. Both recurve and compound bows are good bows for beginners to start with while they learn the proper shooting technique.



LONG BOW

A long bow is a straight-limbed bow, roughly equal in height to the archer. The long bow has a fairly simple design and typically does not have arrow rests or sights. The long bow is commonly used by traditionalist archers. It requires more strength to pull back and is more challenging to master than a compound or recurve bow.



GRAPHICS BY THOMAS J. SENATORI

ARROWS

The body of an arrow has the same basic design, with the tip (arrowhead) designed differently for the archer’s intended use. Target archery arrowheads are typically a point or bolt, while bowhunters use various arrowheads — such as broadheads or blunt points — for different wild game species.



GET ON TARGET TIP



TRY BEFORE YOU BUY

Archery equipment comes in all shapes and sizes and many archery clubs, youth programs, shooting ranges and retailers have equipment for you to use, test out or rent. When you decide you’d like to purchase your own equipment, experienced archers, coaches or professionals can also help you determine the right size bow and draw weight that fits you.

Archery in the SCHOOLS



The National Archery in the Schools Program (NASP®) is an introductory-level, international-style target archery skills program. It is designed to be conducted during school hours as part of the physical education curriculum for grades 4-12. The program aims to improve student skill, interest and participation in archery. Students worldwide are taught the same techniques using the same universal-fit, state-of-the-art equipment.

NASP gives young people a wonderful opportunity to develop discipline, exercise their minds and bodies, and have fun learning a lifetime sport. The core content of the program covers safety, shooting technique, equipment maintenance, mental concentration and self-improvement. NASP archers shoot with their fingers (no releases) and without the aid of any sighting devices or marks.

In Wisconsin, over 500 schools offer NASP at some level. A typical set of equipment includes Genesis® system youth compound bows, targets, aluminum shaft arrows, an arrow-resistant safety net, bow racks and a toolkit. Some schools help fund the program with donations from local civic or sporting groups and grants. Teachers can run this course any time of the year — targets are typically placed in the school gymnasium — but the program can also be adapted to outdoor ranges.

certified to train physical education and other teachers how to conduct this program. This workshop takes 24 hours of class time to complete.

During the workshops, teachers learn how to set up and operate a safe archery range in their school gymnasium. They are taught the whistle signals that are used to move students on the range floor. They learn how to teach archers the correct form and shooting technique as well as proper maintenance for equipment.

Over 2,000 teachers and volunteers have been certified in Wisconsin as Basic Archery Instructors, with classes scheduled every month somewhere in the state.



A nice grouping of arrows — all scoring a "7" or better.

ED CULHANE

NASP TOURNAMENTS

NASP provides opportunities for students to develop their interest in archery by encouraging them to participate in local, state, national and world tournaments. Schools may often start after-school programs and clubs for those archers who enjoy competition to test their skills and to compete for awards and scholarships. Archers can compete in both individual and team events.

Local tournaments are held throughout Wisconsin during the year. The state tournament is held each spring, allowing the students to compete for a chance to qualify for the national tournament held each year in Kentucky. The annual World Tournament is held in July. To see a list of all upcoming NASP tournaments, go to: nasptournaments.org.

More information about the National Archery in the Schools Program is available at naspschools.org. For more information about the Wisconsin program, go to dnr.wi.gov and search "NASP."

If you are interested in starting a NASP program or becoming a certified instructor, please contact: Dan Schroeder, DNR archery education program administrator, (608) 235-4619 or daniel.schroeder@wisconsin.gov.



WORKSHOPS FOR TEACHERS

Two different workshops were developed to certify teachers and other interested instructors to present NASP lessons that are safe for the students, instructors, bystanders and the facility. Most teachers choose to attend the eight-hour "Basic Archery Instructors" workshop where they are certified to teach the program to their students.

Individuals with greater personal experience and interest in archery may enroll in the "Basic Archery Instructor Trainers" workshop where they are



NASP tournaments provide opportunities for athletes to test their skills and compete for awards and scholarships.

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Youth archery PROGRAMS



In addition to the NASP program, several opportunities are available in Wisconsin for youth and young adults to get started in target archery or bowhunting. See the back page of this publication for a list of archery websites.

- The **After School Archery Program (ASAP)** allows young students to learn archery safety and the proper shooting form. ASAP introduces different types of equipment, various shooting styles and scoring rules to familiarize young archers with the sport of archery. ASAP helps new archers develop basic skills while teaching more advanced shooters the finer elements of the sport. ASAP is a division of the National Field Archery Association.

- **Junior Olympic Archery Development (JOAD)** is a program of USA Archery that is designed to help youth ages 8 to 20 learn the basics and advancement in archery training either for sport or competition. JOAD offers both recurve and compound archers the opportunity to learn range safety and proper shooting technique in an environment that also fosters focus, increased self-confidence and team-building skills. Introductory JOAD classes teach the fundamentals of proper shooting form, and as the young archer develops, they will learn more advanced techniques.

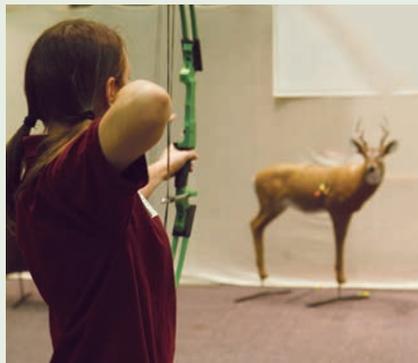
- **National 4-H Shooting Sports** programs are available to youth from third grade through the year following high school. The objectives of the program are to: create an appreciation and understanding of natural resources; teach youth firearm and archery safety; develop self-confidence, personal discipline, responsibility and sportsmanship; and provide training for volunteer instructors and leaders.

- **The Kids on Target Program** is supported by Whitetails Unlimited in an effort to get kids outside and involved in the shooting sports. The program kit comes with guidelines, targets, the 10 command-



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Archery clubs and programs provide a great way for beginning archers to get started.



DOUG OATMAN

Bowhunters can practice by shooting at model targets of wild game.

ments of archery safety, custom medal and official color certificate. Contact Whitetails Unlimited for more information or to request a free, official program kit.

- The goal of the **United States Collegiate Archery Association (USCAA)** is to establish college archery as an integral part of the campus experience in as many colleges and

universities as possible to introduce new archers to the sport and to ensure that beginning, intermediate and elite archers can enjoy the sport in college. The organization is responsible for conducting the U.S. Intercollegiate Archery Championships and for selecting collegiate archery teams to represent the United States at international events.

- **Explore Bowhunting** is an educational program designed to help instructors, program leaders and educators teach students ages 11 to 17 the basic skills of bowhunting. The Archery Trade Association has created this program curriculum to spark an interest and passion for bowhunting in youth. Through these hands-on experiences, students gain confidence interacting with the natural environment and strengthen their appreciation for wildlife and the outdoors.

GET ON TARGET TIP
JOIN AN ARCHERY CLUB OR PROGRAM

Joining an archery club or program is a great way to learn from experienced archers who will help you with the proper shooting technique, archery safety and the types of equipment available. Archery clubs usually have events and shoots scheduled throughout the year and provide places for you to practice.

Bowhunter EDUCATION



Using a bow and arrow to hunt wild game dates back to the very origins of archery. Many hunters consider bowhunting to be more challenging than hunting with firearms as they must be much closer to their prey. Bowhunters need to remain quieter while making more subtle movements so as not to chase game away.

In Wisconsin, bowhunting season for deer is much longer than the gun-deer season. Bowhunting is not just for deer though, as it is a popular way to hunt for turkey, small game and other quarry.

Bowfishing is the sport of using a bow and arrow to take fish. Bowfishers use specialized archery equipment; a reel is mounted to the bow and the reel line is attached to slides on an arrow, allowing the archer to shoot and retrieve fish.

Before going bowhunting or bowfishing in Wisconsin, make sure to know the rules and regulations, season dates and what licenses are required, and remember to take a bowhunter safety education course.

DNR RECREATIONAL SAFETY EDUCATION COURSES

The Department of Natural Resources offers a variety of recreational safety education courses, from ATV and snowmobile operation to boating, trapping and hunting. Bowhunter safety education courses from certified instructors are offered at locations across the state for youth and adults alike.

Bowhunting course information

Any person born on or after Jan. 1, 1973, is required to be certified in hunter education before purchasing



Learning to shoot safely from a tree stand is part of the DNR's bowhunting safety education course.

any hunting license, including an archery license.

Wisconsin has adopted the National Bowhunter Education Foundation's (NBEF) international bowhunter education program, and Wisconsin's course is acknowledged and accepted worldwide.

The goal of the Wisconsin bowhunter education course is to train both experienced and new bowhunters in the sport's fundamentals, and to instill in all bowhunters an ethical, responsible attitude towards people, wildlife and the environment. The topics covered in the program include:

- The history of modern-day bowhunting and our hunting heritage;
- Responsibilities of bowhunters toward our environment, wildlife, landowners and others;
- Preparing for the hunt — specific laws, clothing and other equipment;
- Bowhunting equipment selection and care — including tree stand safety;
- Marksmanship fundamentals;

- Bowhunting methods;
- Handling outdoor emergencies;
- Field care of harvested game.

Length of course

A bowhunter-only education course is a minimum of 10 hours. In Wisconsin, if you plan to hunt with something other than a bow (firearm, muzzleloader, etc.), you will also need to take a hunter education course.

Course availability

Courses vary depending on the area of the state and time of the year. There is at least one course per county per year. The course fee is \$10 per student.

If you represent a club or organization that would like to sponsor a bowhunter education course, you can contact Brenda Von Rueden in the DNR Hunter Education Program at (608) 267-7509 or brenda.vonrueden@wisconsin.gov to get connected with certified instructors in your area.

For more information, or to enroll in a course, please see: dnr.wi.gov/education/outdoorskills/safetymediation.html.

Graduates of the bowhunting safety course receive a patch to recognize their achievement.



Become a volunteer instructor

Volunteer instructors donate a few hours of their time each year to teach safety education courses and are the key to having a successful program. Becoming a bowhunter education volunteer instructor is a great way to help prevent injuries, meet people in your community and positively influence the attitudes and actions of other natural resource users. For more information about becoming a volunteer instructor, please see: dnr.wi.gov/volunteer/instructorcorner/.

GET ON TARGET TIP



TAKE A DNR SAFETY COURSE

Whether you're interested in target archery or bowhunting, a DNR bowhunter education course is an excellent way for youth and adults to learn the fundamentals of archery. At a DNR bowhunter education course you'll learn from certified instructors about archery safety, the correct shooting technique and more.

LEARN TO HUNT PROGRAM

The Learn to Hunt program is an educational program aimed at helping beginning youth and adult hunters experience a high-quality, first-time hunt with the assistance of an experienced mentor. Learn to Hunt programs are open to “novice participants” who are 10 years of age or older and who have not hunted in any prior hunting license year for the species that will be pursued.

Learn to Hunt participants do not have to be enrolled in or have completed a hunter education course prior to their Learn to Hunt program, and these mentored hunts can take place outside the normal hunting season. All game animals (deer, squirrels or rabbits, waterfowl, pheasant, turkey, etc.) are eligible species to be hunted for this program, but novice hunters select only one game animal for their specific mentored hunt.



Mentor Jeff Butler and turkey hunter Austin Casey at Crex Meadows State Wildlife Area.

SHOOTING RANGES

There are several outdoor public shooting ranges in Wisconsin open to a variety of shooting sports, which may include archery, pistols, traps and sporting clays. Not all of these public ranges have archery available so remember to check ahead of time. For a list of public shooting ranges, go to dnr.wi.gov and search “shooting ranges.”

Archery retailers and clubs may also offer indoor or outdoor archery ranges, and may even have equipment to try out. Make sure to contact the shooting range or center where you plan to go to see if they are open to archery. Some places may have age limits or other policies for renting equipment.



Harrison Ellis shows off his deer after a successful Learn to Bowhunt event.

DAN SCHROEDER



GET ON TARGET TIP

PRACTICE DIFFERENT HUNTING SITUATIONS

For hunters, the ideal level ground with a clear path to the target may not always be available. It's important to practice different hunting scenarios so you are most prepared for the different shots you may need to take in the field. Practice shooting from different distances, shot angles (such as from a tree stand), body positions and while you are among trees and other obstacles.

Learn to Hunt mentors

Mentors understand that outdoor recreation is an important part of Wisconsin's identity, economy and quality of life. A Learn to Hunt mentor may be a safety course instructor, a parent, an adult guardian of the participant or another adult who wants to support the continuation of Wisconsin's hunting tradition. All mentors should have at least five years hunting experience with the animal species to be hunted and must pass a background check.

As a seasoned hunter, you will act as a chaperone to the assigned novice hunter, assisting with any hunting-related questions or situations that may arise in the field during the hunt.

How to get involved

To learn more about enrolling as a Learn to Hunt student or becoming a Learn to Hunt mentor, please contact your local DNR conservation warden or wildlife biologist. You may also contact the Learn to Hunt coordinator at (608) 576-5243 or by email: dnrlearn_tohunt@wisconsin.gov.

For more information, go to dnr.wi.gov and search “Learn to Hunt.”

More INFORMATION



Stratford Middle School won first place at the 2013 NASP Wisconsin state tournament.

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TAKE AIM AT THESE WEBSITES TO LEARN MORE ABOUT THE SPORTS OF TARGET ARCHERY AND BOWHUNTING.

- Department of Natural Resources**
dnr.wi.gov
 For more information about the Wisconsin NASP program, safety education courses, public shooting ranges, Learn to Hunt programs and more.
- National Archery in the Schools Program and Tournaments**
nasp.schools.org
nasp.tournaments.org
- Archery Trade Association and Explore Bowhunting Program**
archerytrade.org
 The Archery Trade Association (ATA) maintains a membership directory of archery companies including manufacturers, retailers, distributors, sales representatives and other industry businesses and is dedicated to increasing participation in archery and bowhunting. ATA also offers support programs and grants to states for archery curriculums and shooting range development.
- United States Collegiate Archery Association**
uscollegiatearchery.org
- National Field Archery Association and After School Archery Program**
nfausa.com
- National 4-H Shooting Sports Association**
4-hshootingsports.org
 A list of competitive shoots, adult certification workshops, and additional information on the Wisconsin program may also be found at uwex.edu/ces/4h/onlinpro/shooting/index.cfm.
- Kids on Target Program and Whitetails Unlimited**
whitetailsunlimited.com
- Wisconsin Bow Hunters Association**
wisconsinbowhunters.org
- National Bowhunter Education Foundation**
nbef.org
- Wisconsin Archery Alliance (WAA)**
wisconsinarcheryalliance.com
 The WAA is the Wisconsin affiliate for both the National Field Archery Association and USA Archery.
- Badger State Games**
sportsinwisconsin.com
 Competitive target archery competitions are featured at both the winter and summer Badger State Games.
- USA Archery and JOAD Program**
teamusa.org/USA-Archery
 USA Archery is the national governing body for the Olympic sport of archery in the United States.
- The World Archery Federation**
worldarchery.org
 The World Archery Federation, formerly known as FITA, is the world governing body for the sport of archery and international archery competitions, including the Olympic Games.

GET ON TARGET TIP



PRACTICE & HAVE FUN

Like all sports, the only way to improve is to practice. The more you shoot, the more you'll see yourself getting better while your body and mind are getting stronger. Keep up with a consistent practice routine and you'll be ready and confident for your next tournament or hunt! And remember, the most important thing is to have fun!

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