

ARCHERY HANDOUT

HISTORY

Archery first appeared in the Olympic Games in 1900 and was contested again in 1904, 1908, and 1920. In those four Games, it was possible for an archer to compete in numerous events and win several medals. Hubert van Innis (BEL) is the most decorated archer in Olympic history, winning six gold medals and three silvers in 1900 and 1920. Archery was re-introduced to the Olympic program in 1972 with an individual event for men and for women and John Williams and Doreen Wilber of the USA captured the gold medals. Team competition was added to the medal program in Seoul in 1988.

ARCHERY DISCIPLINES

Archery is a sport in which the participant uses a bow to shoot arrows at a target which has 10 concentric circles. The score for each arrow depends upon where it lands on the target. The highest score, a 10, is achieved by shooting an arrow into the centre. Scores go down from nine for the next circle out to one for the outermost circle. Missing the target results in a score of zero. A smaller, inner ten-ring is used in compound events.

INDOOR TARGET ARCHERY

Indoor archery has been gaining in popularity, especially among cold-weather nations. The competition is shot indoors at 18 m, in the Classic and Compound Divisions. For more details.

OUTDOOR TARGET ARCHERY

The competition is held outdoors on an open (flat) field, at various fixed distances.

FIELD ARCHERY

Field archery is also shot outdoors. However, contrary to Target Archery, Field Archery is shot along a marked course or path in the woods or in the fields.

Field archery is great fun for archers of all ages both male and female, but it can also be a very competitive sport for those that want to compete in tournaments. The last couple of years has seen a considerable growth in Field Archery, and this tendency seems to be increasing.

SKI ARCHERY

Ski Archery is the youngest and fastest growing discipline in the Archery Family. It is a combination of Archery and Nordic Cross-country skiing. The competition consists of athletes skiing a 12-km course (8km for women) during which 12 arrows have to be shot. The shooting distance is 18m and the target has only one scoring zone. You hit or you miss. Each miss means that the athlete has to ski a penalty lap of 300m.

The sport is becoming very popular in Italy, France, USA and Japan. Ski Archery originated in the Scandinavian countries hundreds of years ago and saw a rebirth in Italy in the mid 1980s.

EQUIPMENT

THE BOW

There are three different kinds of bows: Recurve, Compound and Bare Bow.

- Recurve: The only type of bow allowed in Olympic competitions. Its limbs curve away from the archer. It is also called Classic Bow.

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- Compound: This bow has pulleys and cables to make the holding weight less than half of the draw weight.
- Bare Bow: This is a Recurve bow without a mechanical sight or stabilizers.

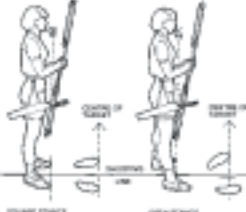

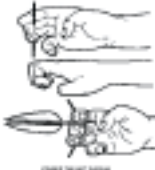






THE ARROW

Arrows in the Classic bow events can travel in excess of 150 miles per hour. They are made of either aluminum or carbon graphite. Aluminum arrows are more uniform in weight and shape, while graphite arrows fly faster. An arrow has four parts:- the point, shaft, fletching and nock

KEY WORDS IN ARCHERY

Nock, Draw, Anchor, Arm Guard, Finger Tab, String, Bow, Shaft, Fletching/Vanes, Point, Handle, Limbs, Loose, Nocking Point, Release

SHOOTING-TEN STEPS

 <p>Stance (Step1)</p>	 <p>Nock(Step 2)</p>
 <p>Finger Placement (Step 3)</p>	 <p>Pre Draw(Step 4)</p>
 <p>Full Draw(Step 5)</p>	 <p>Anchoring(Step 6)</p>
 <p>Aiming(Step 7)</p>	 <p>Release(Step 8)</p>
 <p>Follow Through(Step 9)</p>	<p>Relax(Step 10)</p> <p><i>The archer must relax after each shot to allow the muscles to recover from their effort.</i></p>