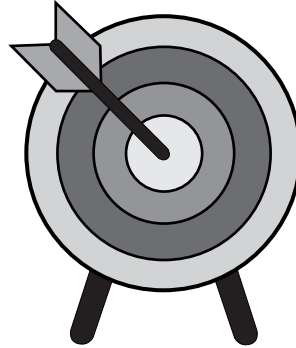




# Virginia 4-H Archery Project Record Book



Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Age: \_\_\_\_\_

Physical Address: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

What county/city 4-H Archery program are you enrolled? \_\_\_\_\_

4-H Archery Club: \_\_\_\_\_ Years in 4-H: \_\_\_\_\_

Date Project Started: \_\_\_\_\_ Date Project Completed: \_\_\_\_\_

## Member Statement

I hereby certify that as the 4-H member of this project, I have personally kept records on this archery project and have personally completed this record book:

4-H Member Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Certified Archery Instructor: \_\_\_\_\_ Date: \_\_\_\_\_

4-H Extension Agent: \_\_\_\_\_ Date: \_\_\_\_\_



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# Project Planning

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This page should be completed at the beginning of your project and reviewed by your archery instructor.

Set three goals for yourself this year. A goal is a statement of what you want to learn or a task to complete. After each goal, list three objectives to help you reach your goal. An objective is a statement that tells one action you will do while working towards your goal. Objectives can be measured.

## **Goal 1:**

Objective 1: \_\_\_\_\_

Objective 2: \_\_\_\_\_

Objective 3: \_\_\_\_\_

## **Goal 2:**

Objective 1: \_\_\_\_\_

Objective 2: \_\_\_\_\_

Objective 3: \_\_\_\_\_

## **Goal 3:**

Objective 1: \_\_\_\_\_

Objective 2: \_\_\_\_\_

Objective 3: \_\_\_\_\_

Archery Instructor Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# 4-H Activities

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## Business Meetings (separate from Archery Practice Sessions):

Date	What Business Did the Club Conduct?	Archery Topics or Lessons Discussed

Did/do you hold an officer position?    **Yes**    **No**

If yes, which one?

**President**

**Vice-President**

**Treasurer**

**Secretary**

**Reporter**

**Other (please specify):** \_\_\_\_\_

What other leadership roles did/do you hold this year? (camp counselor, teen leader, etc.)

\_\_\_\_\_

What 4-H committees did/do you serve on?

\_\_\_\_\_

What other 4-H clubs did/do you belong to, and/or what other 4-H projects did/do you work on?

\_\_\_\_\_



## Archery Skills Completed:

Skill	Date Completed	Instructor Initials
1. Demonstrate knowledge of archery safety, including safety considerations pertaining to:		
Zone of fire and direction <input type="checkbox"/> Target and target identification <input type="checkbox"/> Equipment <input type="checkbox"/> Arrow retrieval <input type="checkbox"/> Range operation <input type="checkbox"/> Equipment maintenance <input type="checkbox"/>		
2. Demonstrate knowledge of archery equipment, including:		
Bow types and materials <input type="checkbox"/> Parts of bow and arrows <input type="checkbox"/> Arrow shaft materials <input type="checkbox"/> Arrow points and fletching <input type="checkbox"/> Quivers <input type="checkbox"/> Releases, finger tabs, gloves, arm guards <input type="checkbox"/>		
3. Demonstrate proper archery shooting form, including:		
Eye dominance <input type="checkbox"/> Stance and posture <input type="checkbox"/> Bow-hand grip <input type="checkbox"/> Nocking the arrow <input type="checkbox"/> Setting the hook <input type="checkbox"/> Raising the unit (bow) <input type="checkbox"/> Draw <input type="checkbox"/> Anchor <input type="checkbox"/> Aim <input type="checkbox"/> Release <input type="checkbox"/> Shot follow-through <input type="checkbox"/>		
4. Demonstrate ability to shoot a 3-shot group 7 inches (or less) at 10 yards.		
5. Demonstrate ability to move the group to the aiming point.		
6. Shoot five arrows of the following distances and record your score (standard at the discretion of your instructor). If available, use a standard FITA 80 cm target (10-ring):		
Distance	Score	
10 Yards (Junior)		
15 Yards		
20 Yards		
25 Yards		
30 Yards (Seniors only)		

Instructor Signature/Date \_\_\_\_\_ Member Signature \_\_\_\_\_

### Competitive Archery Events/Matches:

List the competitive archery events you participated in this year.

Date	Name of Event/Location	Type Bow/Class	Score/Placing

### <2> 4-H Archery Practice Sessions:

List the archery practices you attended this year.\* Indicate range in feet or mm: \_\_\_\_\_

Date	■ 1 <sup>st</sup> End Score	■ 2 <sup>nd</sup> End Score	■ 3 <sup>rd</sup> End Score	■ 4 <sup>th</sup> End Score	Comments

\*Additional practices may be listed on the back or on another sheet.

# Activities Other Than 4-H

What other clubs, groups, or organizations (school, church, community) did/do you belong to this year?

Below, list any activities you participated in for school, Scouts, sports groups, church, community service, etc., that were not affiliated with 4-H.

Activity	Date	Location	Comments or Placing

Describe any leadership roles you fulfilled outside of 4-H: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Archery Equipment/Inventory

It is important to keep and maintain an accurate record of the archery equipment you own. List all your archery equipment and accessories below (e.g., bows, gloves/tabs, quivers, arrows, scopes, trigger release, bow stringer, sights, cases).

**Beginning Inventory: Equipment on hand at the beginning of the project year.**

Remember that these are not new items. Wear and tear occurs on equipment we use year to year. These items will depreciate (go down in value). Please take this into account when putting a dollar value on your inventory.

Description (size, make, length, model number)	Date Acquired	Cost Beginning Value	Present Value
		\$	\$
		\$	\$
		\$	\$
		\$	\$
		\$	\$
<b>Beginning Inventory Total Amount</b>		\$	\$

**New Inventory: Equipment and supplies purchased during the project year.**

Description (size, make, length, model number)	Date Acquired	Cost Beginning Value	Present Value
		\$	\$
		\$	\$
		\$	\$
		\$	\$
		\$	\$
<b>New Inventory Total Amount</b>		\$	\$
<b>Grand Total (Beginning and New Inventory)</b>		\$	\$

Grand Total Beginning Value		Beginning Inventory Total		Equipment Expenses
\$	—	\$	=	\$



## Other Expenses/Fees

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Record any additional expenses you had to support your archery activities (e.g., match fees, training, registration, travel expenses)

Date	Description	Cost
		\$
		\$
		\$
		\$
<b>Total Other Expenses/Fees</b>		\$

## Project Financial Summary

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Expenses	Amount
Equipment Expenses	\$
Other Expenses/Fees	\$
<b>Financial Summary</b>	\$

## Project Evaluation

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1. Was the cost of keeping your archery project what you expected? Why or why not?

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2. Review your goals and objectives. Did you accomplish each goal? Why or why not?

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3. What life skills have you learned or improved upon by completing your archery project? Specifically, what portions of the project helped you learn or improve upon these skills?

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## Archery Project Photos

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Include photos of your archery project here. Please limit yourself to a maximum of two photo pages. Additional memorabilia should be attached as addendums and/or your 4-H portfolio.

## Archery Project Photos (continued)

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# Record Book Scorecard/Rubric

4-H Members: Leave this page blank. The person judging your book will complete the score card.

Category	1 Point	2 Points	3 Points	4 Points	TOTAL
Reference Page	Five or more items are not included	Three or four items are not included	One or two items are not included OR it is not signed	All items are completed and the leader has signed it	
4-H Story Presentation	The story is unclear or confusing	Parts of the story are confusing	The story is clear but some parts are not well organized	The story is clear and well organized	
4-H Story Information	Three or more items are missing from the story	Three items are clearly expressed, but some other items may be missing	Four items are clearly expressed in the story	All five items are clearly expressed in the story	
Goals, Plans, and Evaluation	Two or more elements are missing	One of these elements is completely missing	Goals, plans, and evaluation are expressed for most projects	Goals, plans, and evaluation are expressed for all projects	
Project Participation	Participation in only one project	Participated in more than one project in one area	Participated in several projects in one area and one or two others in other areas	Participated in projects in at least four different project areas	
4-H Offices, Committees, and Activities	Participated in one committee or 4-H county activity	Participated in two committees or 4-H county activities	Participated in three or more committees, county activities, or held an office	Served as an officer and participated in three or more committees, 4-H county activities, or four committees or county activities	
Citizenship and Community Service	Participated in one community service project	Participated in two or three community service projects	Participated in four or five community service projects	Participated in six or more community service projects	
Leadership Experience	Did not plan or organize any activities	Planned or organized one or two activities	Planned or organized three activities	Planned or organized four or more activities	
Experience in Other Organizations	Described one experience/ leadership role outside of 4-H	Described two or three experiences/ leadership roles outside of 4-H	Described four or five experiences/ leadership roles outside of 4-H	Described six or more experiences/ leadership roles outside of 4-H	
Project Books	Project books are missing and those turned in have a lot of missing information	Some project books are missing and/or a lot of information is missing	All project books are included but some information is missing	All project books are included and completed	
Format and Neatness	The information is not organized, making it difficult to obtain the information	Some of the information is organized and presented clearly	Most of the information is presented clearly, neatly, and is somewhat organized	All information is presented clearly, neatly, and well organized	
<b>Overall Total</b>					

