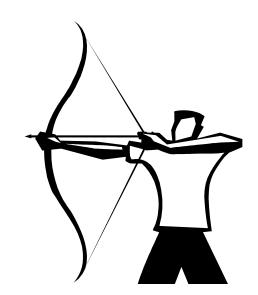
4-H R E



Member Record Book

Name:	
Birth Date:	
Club Name:	
Record book beginning date:	
Record book finish date:	

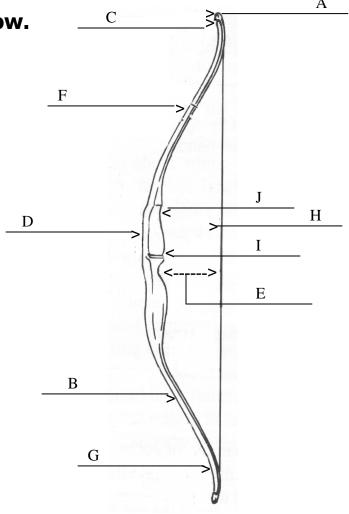
Your Goals and Objectives for the Year

List up to three goals for your 4-H shooting sports project for this year. For each goal, list at least three objectives you need to accomplish to reach those goals, like how/what will you do to reach this goal?

Goal 1:			
Objective 1:			

Parts of a Bow

Match the parts of the bow.



Arrow Rest
String
Grip

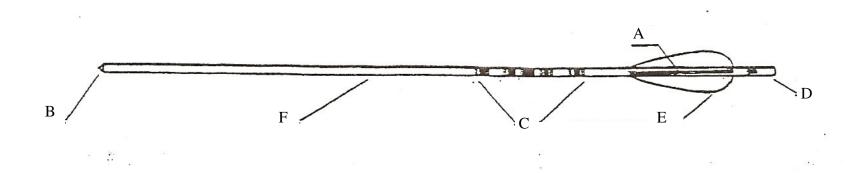
Lower Limb
Upper Limb
Self

String Notch
Tip
String Hieght

Sight Window

Parts of an Arrow

Match the parts of the arrow.



Point
FUIIL
Shaft
Nock

Fletching
Index Feather (Vane)
Crest

Safety Rules

Ages 9-11 list three rules of archery * Ages 12-16 list six rules * Ages 17-19 list ten rules.

Rule 1:			
Kule 2:	 1		 _
Rule 3:	 	 	
Rule 7:	 	 	
Rule 8:			
Rule 9:			
Rule 10:			

Safety Equipment

Answer the following questions.

Explain the importance of having proper safety equipment.		
List the safety equipment you use for your discipline.		

How to maintain your Bow

Explain the importance of maintaining your bow.		
Explain how to maintain your bow.		

Equipment Inventory Add additional pages if needed

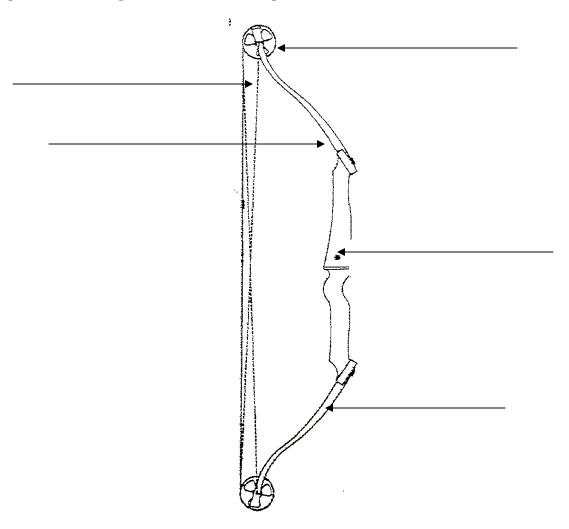
Item	Date Purchased Or Acquired	Purchase Cost	Serial Number

Do the following pages that correspond with your discipline(s).

Once complete continue to page 15

Compound Bow

- 1) What brand of bow do you have? _____
- 2) Do you shoot with sights? _____
- 3) Label the particular parts of a compound bow.



Recurve Bow

1) What brand of bow do you have?	
2) Do you shoot with sights?	
3) Explain how to string your bow.	

Open Bow

1) What brand of bow do you have?
2) What type of sight do you shoot with?
3) What type of release aid do you use?
4) What release aid are you not allowed to use?
5) Do you use any other pieces of equipment?
6) What other equipment are you allowed to shoot with?

3-D Archery

1) What brand of bow do you have?	
2) Do you shoot with sights?	
3) Where is the kill zone on a deer?	
4) Between what distances do you shoot the target?	
5) What is the maximum draw weight?	
6) What is the maximum stabilizer length?	

Report

lect a shooting sports related topic (preferably a safety related topic) and learn more about it amples: the development of ear and eye protection, history of a gun type, an important rson in the history of guns, or any thing dealing with the hunting. List the sources you used.			

Photographs

How Did You Do?

Scale	Excellent 5	•		Not So Well 2	Poorl 1
Explanat	tion:				
	Explanat	Explanation:	Explanation:Explanation:	Explanation:Explanation:	Scale Excellent Very Well Ok Not So Well Explanation: Explanation: Explanation:

Project Review

Have one or two of your shooting sports leaders fill out this page.

Discipline:		
Comments:	Comments:	
Reviewer's Signature and Date:	Reviewer's Signature and Date:	

Practice Records

Add additional pages if needed

Date	Description of practice	Comments/Observations

Competitive Events

Date	Competitive Event	Possible Score	Your Score	