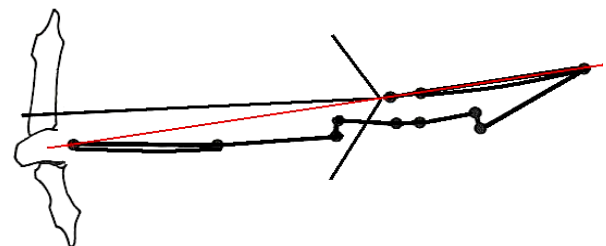
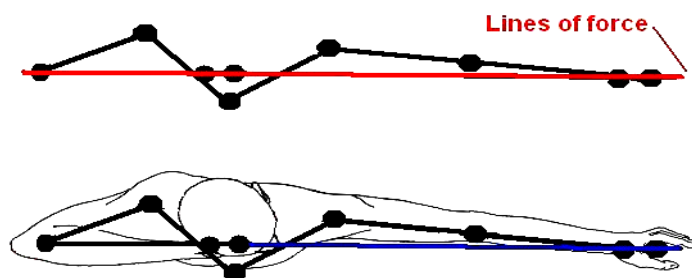


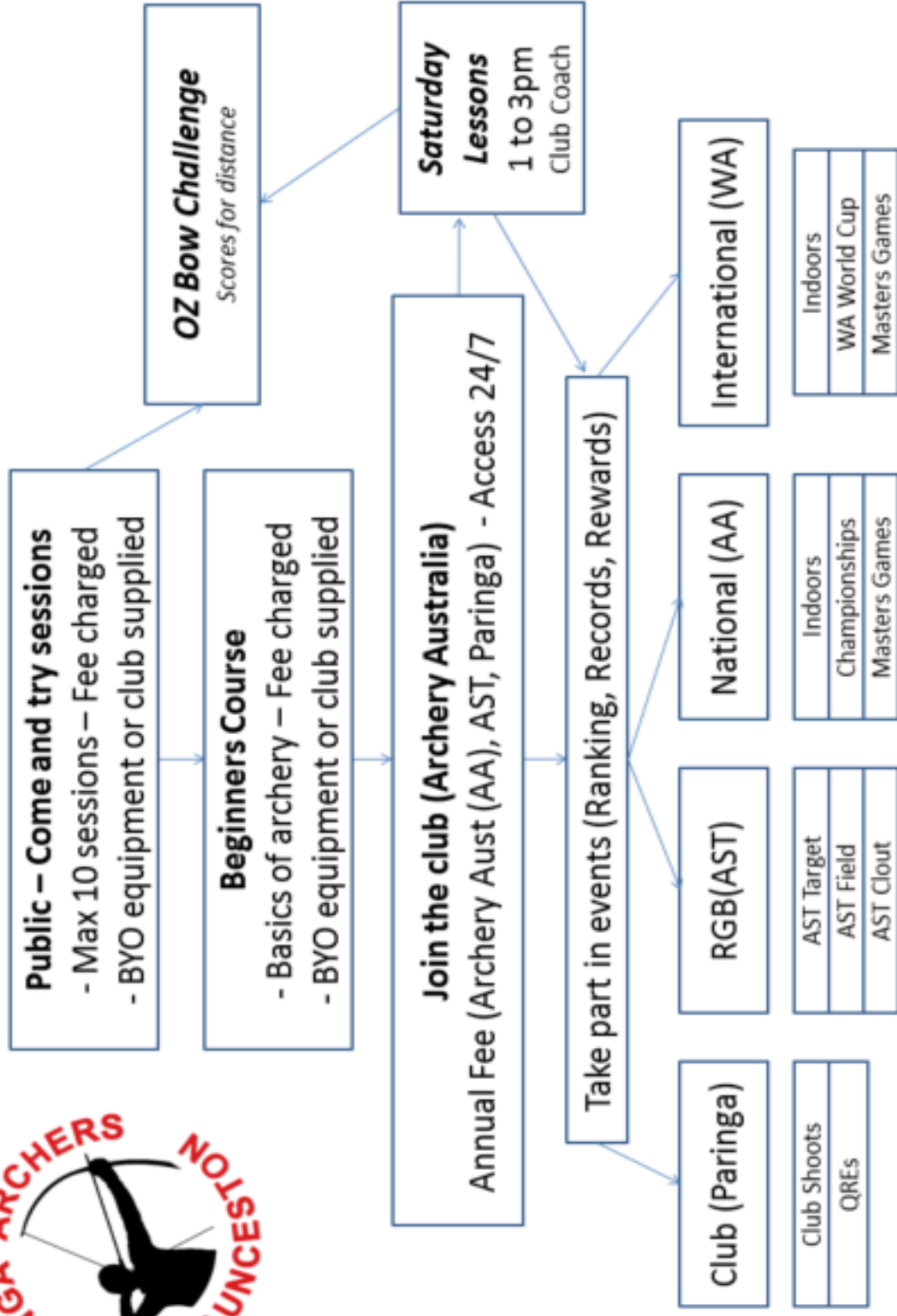
# Archery Goals:

Goal Type	Description	Frequency
Process	Form and equipment. Ie: Correct release and matched gear	Always
Performance	It's all about you. Ie: Personal Best (PB) scores	Work towards
Outcome	Yes/No result. Ie: I'm going to win the tournament	Occasional

## What goals are you working on?

Process	Performance	Outcome	Your notes
<b>Club (Paringa Archers)</b>			
Stance	OZBow Certificates	Records	
Knocking the arrow	Bronze All Golds		
Bow hand and arm	Bronze Perfects		
Drawing hand	Personal Bests (PBs)		
Predraw and draw	WA Awards		
Anchor			
Holding and Aiming			
Release			
Follow Through			
Relaxing			
Tuning			
Head Space (1 mind)			
Club Rules			
<b>Regional Governing Body (Archery Society of Tasmania (AST))</b>			
AST/AA/WA Rules	WA Awards	Place Certificates	
	Silver All Golds	Records	
	Silver Perfects	Club Team	
	PBs		
<b>National (Archery Australia)</b>			
AA/WA Rules	WA Awards	Medals	
	Gold All Golds	Records	
	Gold Perfects	RGB Team	
	PBs		
<b>International (World Archery)</b>			
WA Rules	WA Awards	Medals	
	PBs	Records	
		National Team	





**This is all subject to**

Gender with age group (Cub, Intermediate, Cadet, Junior, Open, Master, Veteran), bow type (Long, Recurve, Compound, Cross), discipline (Outdoor Target, Indoor Target, Field, Clout), the round shot (target sizes, distances and number of arrows).

**Yes, it can get complicated. Ask us if you have any questions!**