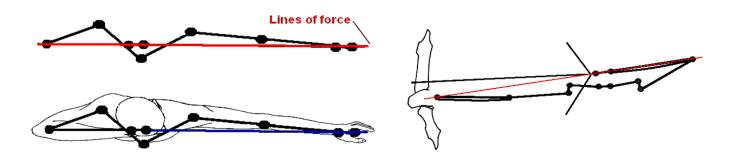
Archery Goals:

Goal Type	Description	Frequency
Process	Form and equipment. Ie: Correct release and matched gear	Always
Performance	It's all about you. Ie:Persoanl 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
	Club (Parir	nga Archers)	
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			
Reg	gional Governing Body (Arc	hery Society of Tasmania	a (AST))
AST/AA/WA Rules	WA Awards	Place Certificates	
	Silver All Golds	Records	
	Silver Perfects	Club Team	
	PBs		
	National (Arc	hery Australia)	
AA/WA Rules	WA Awards	Medals	
	Gold All Golds	Records	
	Gold Perfects	RGB Team	
	PBs		
	International ((World Archery)	
WA Rules	WA Awards	Medals	
	PBs	Records	
		National Team	
WATURES		Records	





Public – Come and try sessions

- Max 10 sessions Fee charged
- BYO equipment or club supplied

Beginners Course

OZ Bow Challenge Scores for distance

- Basics of archery Fee charged
- BYO equipment or club supplied

Annual Fee (Archery Aust (AA), AST, Paringa) - Access 24/7

Join the club (Archery Australia)

Take part in events (Ranking, Records, Rewards)

Saturday Lessons

1 to 3pm Club Coach

International (WA)

National (AA) RGB(AST)

Championships Indoors

Masters Games WA World Cup Indoors

Club (Paringa)

Club Shoots QRES

AST Target AST Field AST Clout

Masters Games

This is all subject to

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

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