

# PROJECT SPOTLIGHT

## ARCHERY

Many of us perceive archery as a stationary sport. But many a times we are overlooking the concentration, efforts and endurance involved in this sport. And this has led to few takers for archery. Archery is a great sport that promotes active living and precision, improve your hand-eye coordination, balance, upper body strength and focus!

**The overall goal of this project is to train 4-H member to safely and effectively practice Archery. While pursuing this goal you will learn:**

- Components and construction of common types of bows, along with useful accessories.
- To develop your archery stance, aim and how to properly shoot.
- Tips and tricks to make your archery technique as accurate as possible
- How to build your own equipment, tune your existing equipment
- Learn about hunting and tree stands.

**Resources available to you:**

- Archery Members Manual
- Archery Leaders Guide
- Archery Record Book



For more information or to request project resources contact:

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