



AIMING FOR EXCELLENCE



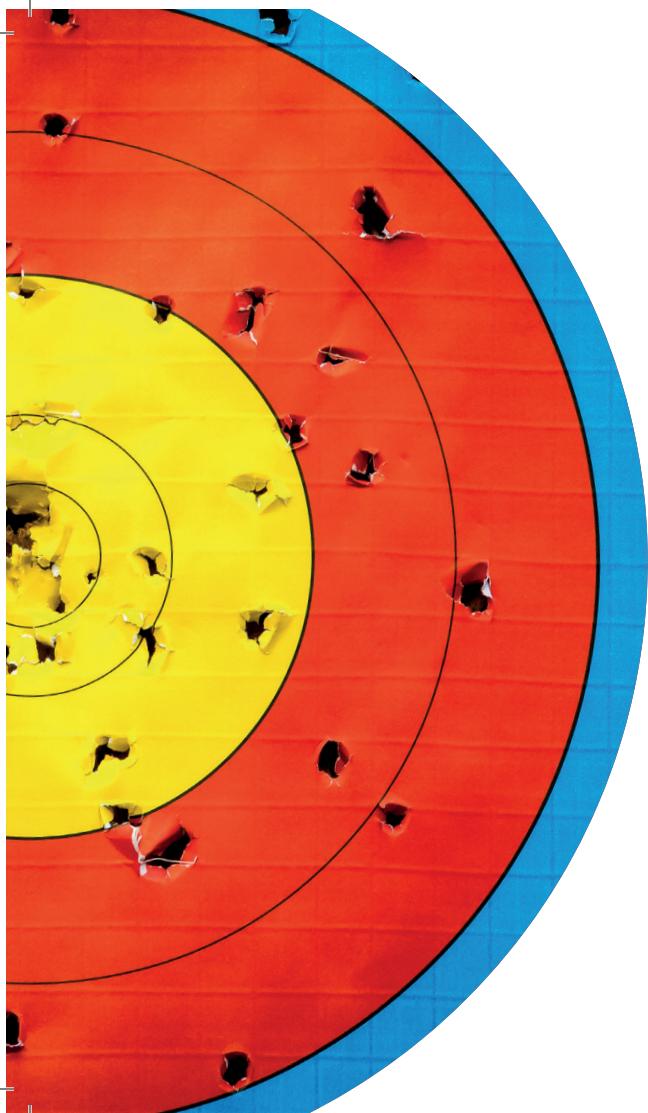
BC Archery

DISCOVER THE WORLD OF ARCHERY

Welcome to the captivating world of archery, where focus, precision, and skill converge in a sport that has enchanted millions globally since the early 21st century. Explore with us the timeless appeal of archery, a pursuit celebrated for its accessibility that transcends age, gender, and physical limitations.

From beginners to seasoned archers, this guide will illuminate the essentials of the sport, introducing you to diverse disciplines and equipment options. Archery not only builds self-esteem through the deliberate targeting and hitting of goals but also offers a unique blend of individual challenge and social engagement. Join us in this centuries-old tradition, where personal growth and a welcoming community await every archer.

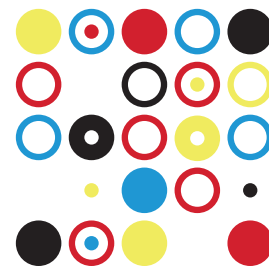




EYE DOMINANCE AND DRAW WEIGHT

Did you know that eye dominance takes precedence over your dominant hand in archery? Determining your dominant eye is crucial for proper aiming and accuracy. While it is possible to shoot "cross dominant," we always encourage archers to shoot with their dominant eye rather than their dominant hand. Our expert coaches will assist you in finding your dominant eye and guide you in selecting the appropriate draw weight based on your physical strength and abilities. For youth beginners, draw weights typically range from 12 to 18 pounds, while adult beginners usually start with 20 to 30 pounds.

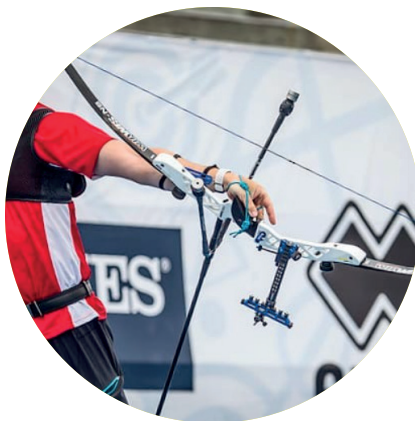
**JOIN BC ARCHERY AND EMBARK ON A
JOURNEY TO DISCOVER THE RICH HERITAGE
AND SKILLFUL ARTISTRY OF ARCHERY.**



GEAR DESCRIPTION AND WORLD ARCHERY (WA) DIVISIONS

Archery gear varies depending on the archery style you choose. Here are some of the main equipment categories:

** For use in 3D Archery competition only.*



RECURVE

This style features a recurve bow with sights, stabilizers/weights, and a clicker.

It's the pinnacle of precision and finesse.



BAREBOW

If you prefer a stripped-down version of the Olympic style, the Barebow class is for you.

It excludes sights, clickers, and restricts the use of weights and stabilizers.



INSTINCTIVE (WA TRAD)*

For those seeking a traditional approach, the Instinctive style emphasizes wooden risers and the absence of sights, clickers, weights, and stabilizers. String/face walking is also not permitted.



COMPOUND

Offering unparalleled accuracy, compound bows come in various classes, including Unlimited, Fixed Pin, and Hunter at some regional tournaments. Explore the world of advanced technology and engineering.



LOGBOW*

Experience the simplicity and elegance of the Longbow. Similar to the Instinctive style, it excludes sights, clickers, weights, and stabilizers. Wooden arrows and finger tabs or gloves are commonly used.



TYPES OF ARCHERY

Archery offers a variety of disciplines to suit different interests and preferences:



Target Archery - Test your precision and consistency on marked distances, aiming at stationary targets.



Field Archery - Embark on a journey through natural terrain, shooting at targets of different sizes, distances and elevations.



3D Archery - Step into the realm of lifelike, three-dimensional targets, mimicking hunting scenarios and adding excitement to your archery experience.



HOW TO SPEAK ARCHERY

Bow: The main piece of equipment used in archery, consisting of a handle (riser) and limbs that store and transfer energy through a string to propel arrows.

Arrow: The projectile shot from the bow towards the target, typically consisting of a shaft, fletching (feathers or vanes), nock (notch at the back), and a point (tip).

Nock: The groove or slot at the rear end of an arrow that engages with the bowstring.

Quiver: A container used to hold arrows for easy access during shooting. It can be attached to the bow, worn on the hip, or carried separately.

Draw: The act of pulling the bowstring back towards the archer's face or anchor point.

Anchor Point: A consistent position on the archer's face, such as the corner of the mouth or the chin, where the hand holding the bowstring comes to a rest during full draw.

Release: The action of letting go of the bowstring to launch the arrow.

Sight: A device, usually mounted on the bow, that assists in aiming by providing a reference point or pins to align with the target.

Stabilizer: A rod or set of rods attached to the bow's riser to reduce bow movement and enhance balance and accuracy.

Clicker: A mechanical device that produces an audible "click" sound when the bowstring is drawn to a specific length, helping archers achieve consistent draw lengths for precise shots.

Limbs: The upper and lower parts of the bow that store and transfer energy when the bowstring is released.

Fletching: The feathers or vanes attached to the rear end of an arrow, providing stability and control during flight.

Draw Weight: The amount of force required to pull the bowstring to full draw. It is measured in pounds and determines the power of the bow.

Field Points: Non-sharp arrow tips used for practice or target shooting, designed to penetrate the target without causing damage.



ARCHERY FOR HEALTH AND WELL-BEING

Engaging in archery offers a range of health benefits, promoting both physical and mental well-being. The sport enhances upper body strength, improves hand-eye coordination, and requires a focused mind, contributing to improved mental resilience and concentration.

As a low-impact activity, archery provides a unique avenue for individuals to maintain or enhance their fitness levels at all ages while enjoying the satisfaction of mastering a skill with ancient roots.





JOP PROGRAM

Discover our Junior Olympian Archery Program (JOP) designed specifically for young archers. It provides structured training, skill development, and a pathway to competitive archery at various levels through nationally certified instructors.

LOCAL/REGIONAL/PROVINCIAL/NATIONAL EVENTS

Experience the thrill of competition by participating in local, regional, provincial, and even national archery events. Showcase your skills and connect with fellow archers from across the country.

COACHING

Receive expert guidance and coaching from certified archery coaches. Enhance your technique, improve your performance, and reach your full potential with personalized instruction.

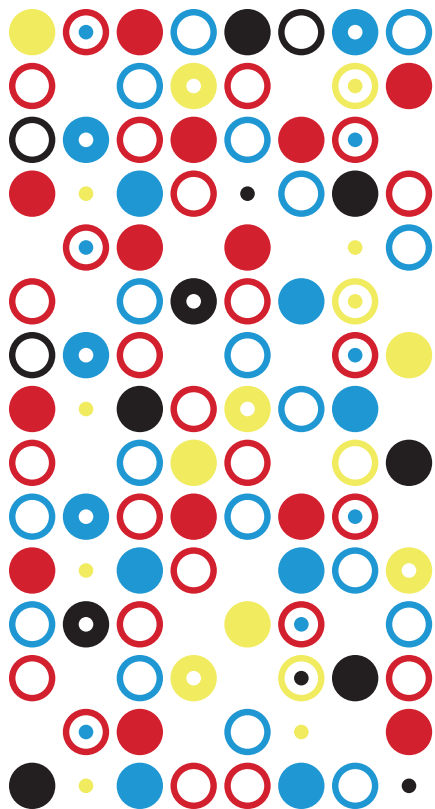
EXTRA BENEFITS OF AN ARCHERY CLUB

Joining a BC Archery affiliated club brings numerous benefits:

- Insurance coverage for participants
- Access to shooting facilities at other BC Archery clubs
- Participation in sanctioned events
- Potential to represent Team BC or Team Canada
- Coaching and judging opportunities and certification
- Support from BC Archery for local clubs throughout the province

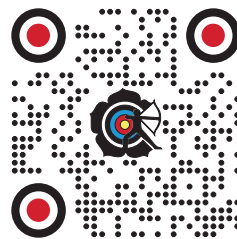






Archery is more than just a sport; it's a journey of self-improvement, focus, and camaraderie.

EMBRACE THE CHALLENGE, IGNITE.



BC Archery

LEARN MORE AT:

bcarchery.ca