

Making a Difference

Knox County Let's Go, Let's Grow Archery Project

Relevance: Due to an increase in the popularity of the shooting sports project in Knox County, archery was identified by the Knox 4-H and Youth Committee as a new SPIN project Group for 2014 in an effort to increase enrollment and volunteer involvement in the county 4-H program.

Response: As a way to obtain equipment for the overall shooting sports program, a grant was proposed and obtained from the Friends of the NRA. Archery equipment was included in the grant. However, the equipment didn't arrive in time to start the project. Also, there were no certified archery coaches in the county to help facilitate the program. Therefore, the agent recruited volunteers to obtain certification and promoted attendance at the state-wide trainings offered resulting in three new volunteers, two adult and one youth, becoming certified archery coaches. The agent held an orientation meeting to plan the program and seek resources for the youth. Benjamin ISD supplied the practice facility and all the equipment needed to practice and compete during the project. The overall project was facilitated through regularly scheduled project meetings led by the three certified coaches along with an average of 7 adult volunteers. Project activities, educational instruction, contests, practices, and volunteer recognition were conducted through email blasts, Facebook, newsletters, and news releases and thank you notes. The following educational events were conducted with county-wide participation in the project:

- Certified Archery Coach and Project leader Recruitment – December 2013
- Archery Project Leader Training and Orientation – January 29, 2014
- Archery Project Participant Orientation and Pre Test – February 4, 2014
- Archery Project Meeting – February 11, 2014
- Archery Project Meeting – February 18, 2014
- Archery Project Meeting – February 27, 2014
- Archery Project Meeting – March 4, 2014
- Archery Project Meeting – March 11, 2014
- Archery Project Meeting – March 18, 2014
- State Archery Tournament – Graham, TX – March 21-22, 2014
- Archery Project Meeting and Post Test – March 30, 2014
- Archery Project Fun Shoot – April 1, 2014
- Archery Project Fun Shoot – April 8, 2014
- Archery Project Fun Shoot – April 15, 2014
- Archery Project Fun Shoot – April 22, 2014
- Archery Project Fun Shoot – April 29, 2014
- Archery Project Fun Shoot – May 6, 2014
- Archery Project Fun Shoot – May 13, 2014
- District 2 Archery Invitational Contest – May 17, 2014
- Archery Project Recognition Event - May 20, 2014

Results: Of the 20 youth who completed the pre-test, **10 youth reported joining 4-H specifically to participate in the archery project.** An average of 20 youth and 8 adult volunteers attended the weekly practices. Eleven participated in the state contest and others competed in 8 area matches. Nine of those 10 new members reported being willing to try other projects in the future. Demographics reported were: 11 males and 9 females. Age ranges of those youth participating the first meeting were 2 Clover kids, 9 Juniors, 5 Intermediates and 4 Seniors.

During the last project meeting participants were asked to complete a post-test.

As a group, the students increased knowledge on all 15 questions.

Results are as follows from the **17 sets of pre and post tests.** The chart below shows the percentage point increase in the number of students who correctly answered the questions from pre to post test.

Question	# Correct Answers (pre-test)	# Correct Answers (post-test)	Percentage Point Increase
A bow with cams or pulley is... <i>compound</i>	10	17	42
What kind of shoes are archers required to wear on the range? <i>close-toed</i>	7	16	53
What do you call the wrapping around the center and loops of the bowstring that prevent it from wear? <i>serving</i>	0	12	71
The plastic vanes or feathers attached to the arrow shaft are called what? <i>fletching</i>	5	9	24
What equipment holds the arrows? <i>quiver</i>	5	13	47
What is the place called where you shoot your bow and arrows? <i>archery range</i>	5	15	59
What is the line called that archers straddle when shooting? <i>shooting line</i>	1	16	89
What is the line called 3 yards behind the shooting line where the archers wait until it is safe to retrieve arrows? <i>waiting line</i>	1	16	89
In range/whistle commands: What does one whistle blast mean? <i>nock arrow, begin shooting</i>	2	14	71
In range/whistle commands: What does two whistle blasts mean? <i>Get into position on shooting line</i>	2	15	77
In range/whistle commands: What does three whistle blasts mean? <i>retrieve arrows from target</i>	2	16	83
In range/whistle commands: What does four whistle blasts mean? <i>cease fire</i>	3	17	83
Why should never dry fire a bow? <i>can damage bow or cause injury to you</i>	8	17	53
Where do you place your feet when you are one the shooting line? <i>straddling it</i>	2	16	83
Name 6 parts of an arrow. <i>point, shaft, crest, fletching, index fletching, nock</i>	0	10	59

Post Only Survey Question results from 17 participants:

As a result of participating in the 4-H Archery project, I...	Yes	No	Already Knew
Learned to score a target.	16 (94.1%)		1
Learned how to determine eye dominance.	13 (76.4%)	1	3
Learned the parts of a bow.	16 (94.1%)	1	
Learned how to correctly remove an arrow from a target.	15 (88.2%)		2
Learned how to correctly handle a bow.	16 (94.1%)		1
Learned the importance of listening and following instructions.	16 (94.1%)	1	
Increased my self-confidence.	15 (88.2%)	2	
My shooting skills have improved.	17 (100.0%)		

Qualitative Data:

“What did you like best about being in the archery project?”

“Shooting!”

“I liked being able to go to the archery competitions and see myself getting better each time.”

“I like to have fun”

“I learned to follow instructions”

“Balloon shooting”

“Having fun and being safe”

“The friendly competition”

“I enjoyed shooting and making friends with the other 4-Hers at the competition in Graham. Making friends helped me especially to stay calm and relax while shooting.”

Future Plans: As a result of the feedback received, this project will continue. The project originally started as a SPIN project. However, members and leaders are continuing to meet to practice once a week until the end of this school year and through the summer along with the coaches. Two more adult leaders have expressed an interest in becoming certified for next year. We are hoping to offer a shooting sports day camp this summer for Knox County youth to promote the project and 4-H enrollment in general for 2014-15.

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For more information on this project, please contact:

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