

The Next Step

So you have just passed the Chichester Bowmen beginners course and joined the club, eager to start putting your new found skill into practice. So what do you do now? What's the first step?

First Step

Firstly, on behalf of the coaches and club members we'd like to welcome you to Chichester Bowmen, and hope you enjoy the sport of archery. You are now eager to start shooting as soon as you can, with your own bow or a club hire bow.

Having just passed your beginners course, you will be used to shooting distances 10 yards or even 15 yards, and I'm sure you would like to put the target out to a longer distance and start shooting. Maybe you hit the target, sometimes you miss the target, wonder why you have missed, and then get very frustrated with the sport, don't visit the range very often and give up!

So, Chichester Bowmen have put in place a progress award scheme which is designed to get you shooting at longer distances and give you a sense of achievement as you progress. The scheme is called Archery Progress Awards (APA).

Archery Progress Awards

APA is a progress award scheme designed to take you from shooting 10 yards to 50 yards, then ready to shoot for your Archery GB classification.

At each distance you shoot 3 dozen arrows, (36 arrows, 6 at a time), at a 122cm face (large face), with 5 zone scoring 9, 7, 5, 3, 1, and achieve or equal the defined score. Once you have achieved this score, **(You only have to achieve the score once)**, you can then move on to the next distance, until you have achieved your 50 yards APA. Before you start, you are allowed 6 sighter arrows. This means you are able to shoot 6 arrows, that are not scored, allowing you to adjust the sight for the days conditions. You can have as many attempts as you need at each distance to achieve your score.

Four bow types, recurve (with sight), compound, barebow or longbow, are allowed. Each type of bow has its own required score to achieve, but it is advised to focus on one bow type, so you can concentrate on one bow style.



Helpful
Tips

You can also gain the APA distance by shooting a recognised round. For example, shooting the APA 40 yard distance, with a recurve bow with sights. Instead of shooting 3 dozen arrows at 40 yards, you can shoot a round called a Junior Warwick. This would mean shooting 2 dozen (24 arrows) at 40 yards, then 2 dozen (24 arrows) at 30 yards, both distances on a 122cm face, (large face). 5 zone scoring, 9,7,5,3,1. To gain your APA 40 yards, you would need to be equal or above 328.



Helpful
Tips

A full list of the scores are attached to this guide, or a copy can be found on the Chichester Bowmen website, or in the Club hut.

Recording You Scores

While shooting your APA, you will need to record your scores. Below is an example of how to record your scores.

Name	E/T	E/T	Hits	Score	Gold	R/T
JOE	997 777	46	999 977	50	12	96
BLOGGS	977 71M	31	777 777	42	11	73
	999 975	48	997 777	46	12	94
Round	APA 20					
Date	Distance 20 yds		Totals	35	263	13
Rec / Cpd / LB Other (specify)						
Lady / Girl Gent / Boy	Distance yds		Totals			
Junior Age						
Score Agreed						
Archer	Distance yds		Totals			
Captain						
Grand Totals				35	263	13

Once you have completed your score sheet, **and signed it**, place the score sheet in the APA Scores box in the club hut. The score are collected, recorded and then displayed in the club hut.

Scoring

M on the score sheet indicates a Miss.

Arrow values always High to Low

Imperial distances (Only). The 9 scoring zone, all of the yellow is a Gold.

When recording arrow values, write down clearly the arrow value.

Only record scores in **BLACK** or **BLUE** ink. **DO NOT USE RED ink**. Any changes to arrows values must be done in **RED**.



At each distance, you can purchase a badge to show your achievement. These can be purchased via the Chichester Bowmen website.

Junior Archery Progress Awards

Juniors can also take part and are encouraged to follow the same scheme. Juniors have their own APA scores to achieve. Depending upon the age of the junior, there are maximum advised distances from Archery GB, which are shown below.

Maximum Distance	Ladies	Gents
30 yards	Under 12	-
40 yards	Under 14	Under 12
50 yards	Under 16	Under 14
60 yards (Not part of the APA distance)	Under 18	Under 16

Also, we'd like to bring to your attention that for the Juniors, there is a Junior Club which is run once a month on a Saturday. Please contact the coaches for further details.

Showing Off Your Progress

As you progress your way through the award scheme, you can purchase badges from the club, which shows your achievement. Please refer to the Chichester Bowmen website for details on purchasing the badges.



APA Distance	Colour of badge
10 Yards	White
20 Yards	Black
30 Yards	Blue
40 Yards	Red
50 Yards	Yellow

After APA 50

On completing your progress, and achieving the APA 50, we would now advise you to go for your Archery GB classification.

One example, if you are looking to do your 3rd class classification, and you have completed your APA 50 yards, is to shoot a Short Warwick. The round consists of 2 dozen arrows (24 arrows), at 50 yards, and 2 dozen arrows (24 arrows), at 40 yards, on a large face, 122cm, 5 zone scoring, 9, 7, 5, 3, 1. You are allowed 6 sighting arrows at the maximum distance, ie 50 yards. Then you start to score on the next 6.



It is important to record the position of your sight arm, height and hole position, as you are not allowed sighters at the next distance, 40 yards.

In archery classifications you **must shoot at least three rounds (can be different or the same round) to gain a classification** and achieve the required score for that classification.

For example, for Gents recurve, to achieve 3rd class, you have to score equal or above 278 (Correct at the time of publishing) three times, **shot on different days**. For further information on rounds, please read Guide to Target Archery Rounds, Scoring, Handicaps and Classifications on the Chichester Bowmen website, or refer to the Archery GB website.

Finally

If you have any questions, then please do ask a coach, member of the club, or anybody who is working their way through the scheme. The scheme has been designed to allow you to progress from 10 yards to 50 yards then on to your first Archery GB classification. It is **not a race** to finish as fast as you can. It can seem very frustrating at times, and challenging, again if you need coaching or to check if you are doing it correctly, then please do ask a coach, or email coaches@chichester-bowmen.co.uk for help.

You do not have to follow the scheme, but since it has been in place, all the archers who have stayed, have followed the APA and are shooting the further distances and working their way through the Archery GB classifications. I myself followed this scheme, and can say that it works.

So go for it. Enjoy and shoot strong.



Paul Taylor
(Level 1 Coach Chichester Bowmen)



Award	Name	Scoring	Target Size	Round Details								Max Score	Bow Type - Score Required				PB's	
				Distance 1	Arrows	Distance 2	Arrows	Distance 3	Arrows	Distance 4	Arrows		Compound	Recurve	Barebow	Longbow	Score	Date
White	APA 10	5 Zone 9,7,5,3,1	Large 122cm	10 Yards	36							324	280	252	220	188		
Black	APA 20	5 Zone 9,7,5,3,1	Large 122cm	20 Yards	36							324	280	252	220	188		
	Postmouth	10 Zone 10,9,8,7,6,5,4,3,2,1	Small 60cm	20 Yards	60							600	364	279	208	180		
	Worcester	5 Zone 5,4,3,2,1	60cm Black/White	20 Yards	60							300	141	86	66	58		
	FITA 18	5 Zone 9,7,5,3,1	Small 40cm	18 Meters	60							600	256	173	118	103		
Blue	APA 30	5 Zone 9,7,5,3,1	Large 122cm	30 Yards	36							324	280	252	220	188		
	Postmouth	10 Zone 10,9,8,7,6,5,4,3,2,1	Small 60cm	20 Yards	60							600	465	398	335	271		
	Worcester	5 Zone 5,4,3,2,1	60cm Black/White	20 Yards	60							300	208	162	124	93		
	FITA 18	5 Zone 9,7,5,3,1	Small 40cm	18 Meters	60							600	387	296	224	166		
	Frostbite	10 Zone 10,9,8,7,6,5,4,3,2,1	Small 80cm	30 Meters	36							360	245	200	153	116		
	Short Junior Warwick	5 Zone 9,7,5,3,1	Large 122cm	30 Yards	24	20 Yards	24					432	386	365	327	291		
	Short Junior National	5 Zone 9,7,5,3,1	Large 122cm	30 Yards	48	20 Yards	24					648	569	527	474	417		
	Short Metric 3	10 Zone 10,9,8,7,6,5,4,3,2,1	Small 80cm	30 Meters	36	20 Meters	36					720	520	457	399	309		
	Short Junior Western	5 Zone 9,7,5,3,1	Large 122cm	30 Yards	48	20 Yards	48					864	773	721	655	583		
	Bristol 5	5 Zone 9,7,5,3,1	Large 122cm	30 Yards	72	20 Yards	48	10 Yards	24			1296	1172	1103	1013	912		
Red	APA 40	5 Zone 9,7,5,3,1	Large 122cm	40 Yards	36							324	262	230	190	109		
	Junior Warwick	5 Zone 9,7,5,3,1	Large 122cm	40 Yards	24	30 Yards	24					432	368	328	210	181		
	Junior National	5 Zone 9,7,5,3,1	Large 122cm	40 Yards	48	30 Yards	24					648	542	480	297	254		
	Short Metric 2	10 Zone 10,9,8,7,6,5,4,3,2,1	Small 80cm	40 Meters	36	30 Meters	36					720	472	380	180	146		
	Long Metric 4	10 Zone 10,9,8,7,6,5,4,3,2,1	Large 122cm	40 Meters	36	30 Meters	36					720	569	504	311	265		
	Junior Western	5 Zone 9,7,5,3,1	Large 122cm	40 Yards	48	30 Yards	48					864	735	657	419	362		
	Junior Windsor	5 Zone 9,7,5,3,1	Large 122cm	40 Yards	36	30 Yards	36	20 Yards	36			972	805	792	560	500		
	Bristol 4	5 Zone 9,7,5,3,1	Large 122cm	40 Yards	72	30 Yards	48	20 Yards	24			1296	1119	1008	670	588		
Metric 4	10 Zone 10,9,8,7,6,5,4,3,2,1	Mixed Faces	40 Meters	36	30 Meters	36	20 Meters	36	10 Meters	36	1440	1215	1110	787	703			
Gold	APA 50	5 Zone 9,7,5,3,1	Large 122cm	50 Yards	36							324	233	190	91	74		
	Short Warwick	5 Zone 9,7,5,3,1	Large 122cm	50 Yards	24	40 Yards	24					432	330	279	148	122		
	Short National	5 Zone 9,7,5,3,1	Large 122cm	50 Yards	48	40 Yards	24					648	485	405	209	172		
	FITA 50m	10 Zone 10,9,8,7,6,5,4,3,2,1	Small 80cm	50 Meters	72							720	336	234	86	67		
	Short Metric	10 Zone 10,9,8,7,6,5,4,3,2,1	Small 80cm	50 Meters	36	30 Meters	36					720	427	335	155	126		
	Long Metric 3	10 Zone 10,9,8,7,6,5,4,3,2,1	Large 122cm	50 Meters	36	40 Meters	36					720	505	420	214	175		
	Short Western	5 Zone 9,7,5,3,1	Large 122cm	50 Yards	48	40 Yards	48					864	659	557	307	245		
	Short Windsor	5 Zone 9,7,5,3,1	Large 122cm	50 Yards	36	40 Yards	36	30 Yards	36			972	784	683	405	345		
	Bristol 3	5 Zone 9,7,5,3,1	Large 122cm	50 Yards	72	40 Yards	48	30 Yards	24			1296	1060	860	477	388		
	Metric 3	10 Zone 10,9,8,7,6,5,4,3,2,1	Mixed Faces	50 Meters	36	40 Meters	36	30 Meters	36	20 Meters	36	1440	1067	914	515	432		

Progress Awards Scheme