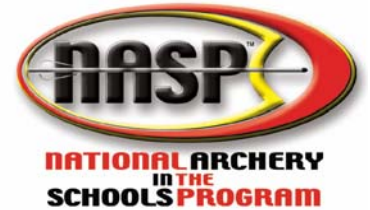




Minnesota's Archery in the Schools Program



Not everyone can dunk the ball, or run fast. However as a young lady from Shakopee said, "I can do this!"

Archery is a lifetime sport

Archery in the Schools is a partnership to promote the physical education curriculum entitled "On Target for Life." As part of a national effort, Archery in the Schools is a collaborative undertaking between the state Department of Natural Resources and local schools to establish two-week archery units in Minnesota schools.

The Olympic-style target archery program has a core content that covers archery history, safety, technique, equipment, mental concentration, and self-improvement. Before teaching the course, instructors must undergo the National Archery Association Level 1 archery training program and be certified instructors.

Students shoot bulls-eye targets placed in front of an arrow resistant net in their school gymnasium. Equipment is state of the art, designed for safety, and fits everyone.

Teachers Report:

- Students are enthusiastic about learning archery
- Student behavior and attendance is improved on archery days
- Students that traditionally resisted PE class are eager to participate
- Students who excel in archery are not only the stereotypical athletes

"Outdoor recreations is becoming a smaller part of young people's lives, which has negative consequences on their health and well-being. Introducing them to a lifetime sport such as archery has benefits inside and outside the classroom. Getting kids active in the outdoors makes it more likely that they will serve as stewards of our state's bountiful natural resources as well."

- Ryan Bronson, MN DNR



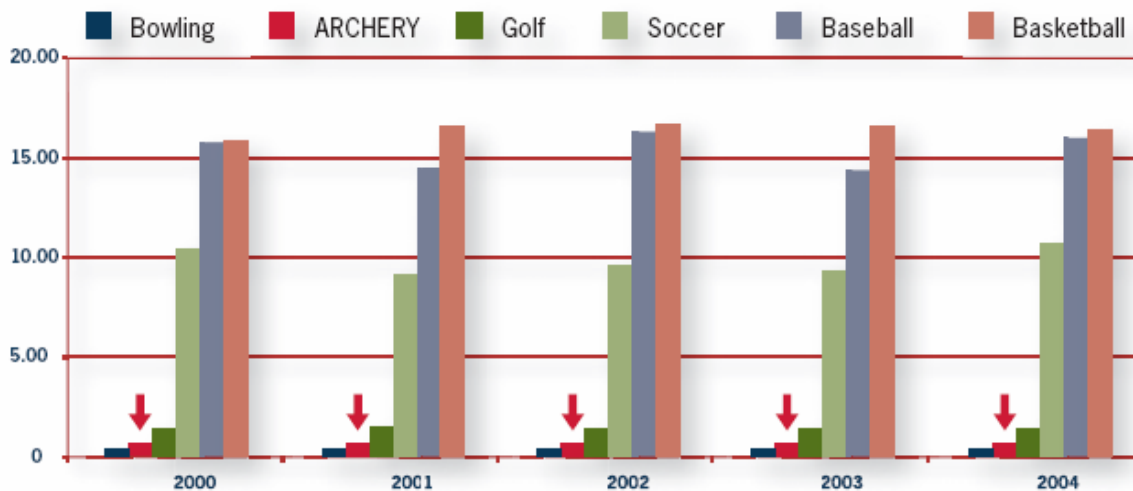
ARCHERY IS A SAFE ACTIVITY

COMPARISON OF SPORTS PARTICIPATION AND INJURY RATES

The U.S. Consumer Product Safety Commission (CPSC) operates the National Electronic Injury Surveillance System (NEISS) database, which is used to track hospital injuries for more than 15,000 kinds of consumer products used in sports and recreational activities in and around homes and schools. Data from the NEISS are a critical resource for consumer groups, manufacturing and industry organizations, the media, educators, researchers and attorneys.

The following figure 1. shows injury rates for common physical education activities offered in most Minnesota schools. (Courtesy Arrowsport Foundation.)

Figure 1. Injury rates per 1000 participants in youth sports from 2000 through 2004.



Teachers attend training to become certified NASP Basic Archery Instructors. The emphasis of this training is to safely teach archery. The equipment and range protocols all contribute to safety.

Nearly 200 Minnesota schools, from Windom to Warroad, and as diverse as Minneapolis and Mountain Iron have started archery programs with no impact to their insurance rates.

Unit of Study– On Target for Life

While Minnesota no longer has a state physical education standard, the On-Target for Life Curriculum was designed to exceed the National Physical Education Standards. A teacher does not have to spend a great deal of time developing lessons, and administrators, parents and students can be assured that the content is relevant, and contributes to the overall educational performance of the student and the school.

On Target for Life Archery Curriculum

Archery experts and curriculum writers collaborated on this unit of study. It contains ACADEMIC EXPECTATIONS and CORE CONTENTS FOR ASSESSMENT that exceed national standards. It also has suggestions for integrating the program with other core content in Social Studies, Mathematics, Visual Arts, Physics, and Language Arts.

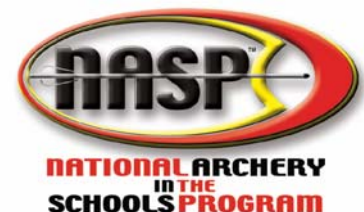
The safety procedures were derived from the National Archery Association standards, with input from school archery coaches. The techniques enable new archers to become proficient quickly, and enable students with multiple disabilities to participate in archery.

Curricula are available for elementary, middle school, and high school aged students.

Examples of Interdisciplinary Application:

- Scoring systems require mathematics.
- The history of bows and arrows.
- The physics of stored energy and objects in motion.
- Multi-cultural traditions in archery.

Developed by professional educators and Curriculum Writers, the ON TARGET FOR LIFE curriculum and teaching materials are available online at www.naspachery.com



Archery Equipment



The Bow: One-Size Does Fit All

Many school archery programs have used traditional compound bows or recurve bows that often don't fit every student.

The universal draw compound bow found in the Genesis Bow fits shooters of any size, so every student in the class can use the same equipment. Regardless of size or strength.

Each set comes with 10 right handed bows and 2 left handed bow.

Arrows: Safety First!

The arrows used in NASP have been selected for safety. Full length aluminum arrows are used. Full length arrows cannot be over-drawn by large students, and aluminum arrows do not splinter, making them the safest arrow available for the program.

Plastic vanes are more durable, and easier to repair than feathers. Having two color variations allows students shooting at the same target to tell where their arrows are hitting.

Arrow nocks are tight, and don't easily fall off of bowstrings. Additionally, the beveled target points are less likely to damage floors.

30' X 8' Kevlar Safety Nets

The arrow resistant safety net protects property and people, and can be hung from standards found in the typical gymnasium. Hanging loosely at least 36 inches from a wall will ensure maximum safety.



Targets- Convenience in Gyms

Minnesota utilizes the Block Bullseye target manufactured in Superior, Wisconsin. In addition to being affordable, the targets are durable, make arrow removal very easy, and include a cart to make moving them a snap.

Equipment costs less than \$3000 through NASP!

MAJOR SPONSORS



Teacher Training

NASP Training counts toward most district's continuing education/teaching licensure requirements.

Call Kraig Kiger at 218-327-0583 for details.



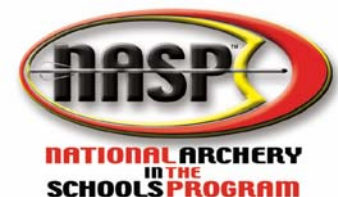
NASP BAI Training Class– Certification in One Day

The Archery in the Schools Program requires that teachers participating in the program be certified NASP BAI instructors. The one day training is conducted by qualified advanced instructors. The DNR is working with these advanced instructors to schedule training in or near schools participating in the program. When possible, training sessions are held in participating school gymnasiums.

The topics covered during this training include: range safety, shooting form, equipment maintenance, and competition formats. The BAI manual, DVD and support materials that teachers receive are a valuable resource.

Although certification of instructors doesn't relieve the school's liability entirely, it does give the instructor the backing of a major certification organization if an issue should arise. What other sport has that kind of support?

For teachers interested in continuing their training, both NASP and the National Archery Association offers more advanced training, as well as liability insurance for member instructors.



You can even teach archery professionally during the summers!



Starting an Archery Program in My School

To Get a Successful NASP Program Started You Will Need the Following:

1. A willing teacher (several is best), preferably a physical education or outdoor recreation instructor, to be the point of contact for a school and to teach archery in their classes.
2. Contact the NASP Coordinator to Sign Up!
3. Support from the school administration to allow archery to be part of the curriculum for at least two weeks every year.
4. Contact with a local archery shop, archery club, or outdoors retailer. They will be a valuable source for equipment maintenance, and they will be a place to send kids who really are excited about archery and want to progress to the next level.
5. Funds to purchase gear. DNR offers a limited number of grants every fall to schools, but you will still need to raise \$1500 with the grant. Equipment costs about \$2800 without a DNR Grant. Purchasing the gear through NASP for educational purposes is the least expensive source available. Many hunting, shooting and conservation organizations provide financial support to schools in their community to start NASP. Fraternal charitable organizations such as the Lions, Elks, Kiwanis and Masonic Lodges are also excellent sources of funds for school archery programs.
6. NASP Basic Archery Instructor Training. This training is provided to teachers, parks and recreation staff, and after-school archery programs free of charge.
7. Download the NASP Curricula from www.nasparchery.org
8. Put up the range and start shooting!

CONTACT US AT:

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