

## 2025 Fall GZA Syllabus and Instructor Qualifications

**CLASS TITLE:** **GZA - 3D TARGET ARCHERY**

**CATEGORY:** Humanities – re-enactment and Physical Education

**GRADE OR AGE LEVELS:** 10yrs+ or approval from Coach Dawson

**START DATE:** week of 8/31/2025      **END DATE:** week of 12/14/2025

**CLASS LOCATION/ADDRESS/DATES/TIMES:**

**Fri.** – September 5, 12, 19 October 3, 10, 17, 31, November 7, 14, 21 December 5, 12

*Time Option:* 4 - 5:30pm

**St. Joe:**

**Class Min # of Students:** 1

**Class Max # of Students:** 15

**# WEEKS TOTAL:** 12

**WEEKS OFF:** 2

**DAY/TIME REQUIRED:** See class schedule **ADD'L DAYS/WK AVAILABLE:**

**# HOURS (REQUIRED):** 16

**# HOURS (POSSIBLE):** 18

**TOTAL SEMESTER HOURS POSSIBLE:** 18

**MAIN INSTRUCTOR:** Coach Dawson

**ADDITIONAL PRIMARY INSTRUCTORS (background checked)**

**CONTACT INFORMATION:**

**phone:** 269-240-4764

**email:** [groundzeroarchery@gmail.com](mailto:groundzeroarchery@gmail.com)

**website:** [groundzeroarchery.com](http://groundzeroarchery.com)

**facebook:** [groundzeroarchery](https://www.facebook.com/groundzeroarchery)

**MAIN INSTRUCTOR QUALIFICATIONS:** I have a passion for archery! Even more, I love seeing kids learn, explore and excel in their passions. My first encounter with archery, like so many, was at summer camp when I was 8 years old. I can still feel the thrill and accomplishment I felt sighting down the arrow, releasing the string, and hitting the target. Through the years my love for archery has grown, along with my passion for teaching children. I have continued my training and currently hold the following certifications:

USA Archery Level 4NTS Coach, NFAA Level 4, USA Archery Level 2 NTS Trainer and Safe Sport certified.

## COURSE DESCRIPTION :

### Information about the Course:

**Class Prerequisites: Age 10+ (or Coach Dawson's approval) & Archery 101**

**Materials Needed for Class: Own your own archery equipment or purchase arrows from Ground Zero**

We will be learning about the following as they relate to 3 dimensional animal targets.

Archers will learn about range safety, an archer's stance, shooting techniques, along with the general care of archery equipment.

Each student will be instructed in:

- Stretches for warming up specifically for 3D archery.
- Determining eye dominance.
- Archery safety and range rules.
- Equipment used in archery.
- Terminology used in 3D archery.
- How to and the importance of an archer's stance, grip, draw and release.
- How to nock, draw, aim and shoot an arrow.
- Will be instructed on scoring and retrieving arrows.
- Be exposed to basic rules of 3D archery competitions.
- Ways to continue Archery for its recreational, health, fitness and social benefits.

It is best if students have their personal equipment for this class, but equipment is available for rent.

## SYLLABUS/OUTLINE:

### **Weekly breakdown:**

<b>Week 1: Introduction to 3D Archery</b>	<b>Week 7: Archer's Stand and Grip</b>
Explain class rules and schedule. Induction of stretches for warming up specifically for	<b>Learn:</b> How to perform an archer's stance and what a grip is.

<p>archery.  <b>Project:</b> Pre-Test &amp; 1<sup>st</sup> day group photo.</p>	<p><b>Project:</b> Demonstrate an archer's stance and grip.</p>
<p><b>Week 2: 3D Archery Warm-Ups</b></p> <p>Basic stretches and exercises for archery performance, also how it has changed through the years.  <b>Learn:</b> How and why warm-up is important.  <b>Project:</b> Use a string bow and resistant band for warm ups.</p>	<p><b>Week 8: Archer's Stance, Grip and Draw</b></p> <p><b>Learn:</b> How to perform an archer's stance, grip and learn what draw means in archery.  <b>Project:</b> Demonstrate an archer's stance, grip &amp; draw.</p>
<p><b>Week 3: Safety</b></p> <p>General archery safety procedures, 3D range rules.  <b>Learn:</b> How to keep yourself safe on the 3D range.  <b>Project:</b> Practice range commands.</p>	<p><b>Week 9: Archer's Stance, Grip, Draw and Release.</b></p> <p><b>Learn:</b> How to perform an archer's stance, grip, draw and the meaning of release in archery.  <b>Project:</b> Demonstrate an archer's stance, grip, draw &amp; release.</p>
<p><b>Week 4: Equipment</b></p> <p>Basic equipment used in 3D archery.  <b>Learn:</b> Learn parts of their bow.  <b>Project:</b> Complete Parts of bow worksheet.</p>	<p><b>Week 10: Review</b></p> <p>Review this semester's topics.  <b>Learn:</b> Answer questions and cover challenge topics again.  <b>Project:</b> Post – Test &amp; Semester End Photo</p>
<p><b>Week 5: Terminology</b></p> <p>General terminology used in 3D archery.  <b>Learn:</b> The meaning of terms.  <b>Project:</b> Complete archery term worksheet.</p>	<p><b>Week 11: Review</b></p> <p><b>Learn:</b> Answer questions and cover challenge topics again.  <b>Project:</b> Post – Test &amp; Semester End Photo</p>
<p><b>Week 6: Archer's Stance</b></p> <p><b>Learn:</b> What an archer's 3D stance looks like and how it is done properly.  <b>Project:</b> Demonstrate an archer's stance.</p>	<p><b>Week 12: Review</b></p> <p><b>Learn:</b> Answer questions and cover challenge topics again.</p>

**COURSE OBJECTIVES AND APPROXIMATE TARGET DATES:** Listed with Syllabus?Outline

**STUDENT ASSESSMENT** - what will be used to evaluate student progress and/or end of semester pass/fail status?

All classes abide by the following:

- 1) Student agrees to attend at least 80% of class sessions/lessons offered. Attendance is kept online and tracked by Partnership staff. Failure to meet 80% or be on track to meet 80% may result in program discontinuation.
- 2) The Partnership Student Assessment or Performance Form is filled out by the teacher and turned in to Partnership staff. The link to this form is found on the web page for this class. Failing marks for lack of participation, behavior issues, practice time, etc. may result in program discontinuation.

**Class-specific assessment:** discuss and include the form or a link to the form that you use.

### **ADDITIONAL RESOURCES: (online, books, video, etc.):**

Weekly online resources, youTube videos will be sent as needed.

### **CLASS POLICIES: ATTENDANCE, BEHAVIOR, WEATHER, ETC.**

**Attendance:** Students will need to attend at least 80% of classes offered.

**Behavior:** Respectful towards coaches and other students. First offense we will talk to parents. Second offense will result in dismissal from the program for the semester.

**Weather:** Check email, facebook and tune into wsbt TV for closures.

**Other:** It's going to be a GREAT semester!!