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### Student Handbook Reprint

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*The Salvation Poem . . . . . Back Cover*



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## Dear Church Leader,

Congratulations on beginning Centershot<sup>SM</sup> Ministries in your church and/or community! We at Centershot<sup>SM</sup> hope and pray that it will be a rewarding experience, not only for the students, but for the church and community as a whole. The first volume of Centershot<sup>SM</sup> Ministries' curriculum is entitled *The Plan*. Realizing that this is the first volume of Centershot<sup>SM</sup> curriculum and that many of the students may have never made a profession of faith, *The Plan* was written as an introduction to archery as well as the plan of salvation.

The content of *The Plan* centers on *The Salvation* poem. This poem was written as a way for students and adults alike to more easily share the plan of salvation to a lost individual and lead them to Christ. Of course the words of the poem are not magic, but they do provide an easy way to remember and recite the major themes of Christ's message when witnessing.

The sessions are broken up into eight Flights that take archery beginners from the very basics of the sport to a more in-depth critique of their shooting form and performance. The Biblical lessons begin with a general introduction to the Bible -- what it is, and why we have it. Following this, each lesson is divided among the six lines of *The Salvation* Poem ending with a session that is used for review. Each student will get a prayer tract with *The Salvation* Poem and scripture references to encourage them to learn the poem as well as the scripture it's derived from. This is also a helpful witnessing tool that they can give others following a witnessing experience. Along with the kit are Biblical Truth cards that have specific Bible verses that relate to a particular Flight's emphasis to engage the student's study of scripture. The 8th Flight is designed entirely by the instructor and should be used as a culminating event, like a tournament or church fellowship. For ideas on how to organize this final flight you can go to [www.centershotministries.org](http://www.centershotministries.org).

Remember, the archery instruction that this study employs is very thorough and should be covered completely for the benefit of the student's archery success. However, feel free to use the lesson guides to fit your time and style of teaching. They are simply guides that give a broad overview of the intended emphasis of each lesson and how to relate the spiritual lesson to archery. You may have other scripture you'd like to add or a time crunch where you can't cover everything. Make the curriculum fit your student's and instructor's needs! As a former youth minister I always found it helpful using professional curriculums. I did not always cover the material in it's entirety but it was very useful in helping me stay on task, on target, and on time!

Finally, we wish you blessings and will be praying for your success as you undertake this program. We praise God for your efforts and hope that each of your students and your church can build and renew relationships with our Savior, Jesus Christ!

God Bless,

**The Centershot Staff**

## Know the Word

### Biblical Truth

I have hidden your word  
in my heart that I might not  
sin against you  
– Psalm 119:11

## 1. Getting Started

Before you dive into the devotional or archery training, there are a few basic materials that you'll want to make sure that you have:

- Bible
- Pen and Student Handbook
- String Bow™
- Temporary or permanent nametags
- Marker

*By having these things ready and handy it will make initial steps go much smoother and students won't get anxious!*



### Spiritual Goals

- Students should begin to understand the importance of reading God's Word and sharing it with others
- Students should understand that the strongest foundation we can build our lives upon is found in God's Word
- Students should understand the importance of being obedient in studying, sharing, and practicing God's Word in their everyday lives

### Practical Goals

- Students should understand range safety, whistle commands, and equipment used
- At the end of the lesson, students should understand how to properly make and use the String Bow™
- Students should be able to determine their eye dominance and understand the 11 steps to archery success

### Suggested Scripture

- Deuteronomy 6:4-9
- Matthew 24:35
- Luke 6:46-49
- John 15:1-17
- 2 Timothy 3:16

## 2. The Setup

After you've made sure that you have all materials necessary for the 1st Flight, make sure the range and environment are both safe and inviting! Here are some helpful reminders:

- Range should already be set before students arrive. All doors should be marked **ARCHERY IN PROGRESS**.
- If you have an outdoor range, much of the 1st Flight can be done indoors if necessary with tables and chairs.
- You may have some upbeat Christian music playing in the background as students arrive to generate enthusiasm
- You may have some refreshments ready for students as they arrive or for a break-time.
- Have all packets on the table and ready for students to fill out including name tags, information sheets, and anything else you might find helpful for new students that are attending your church for the first time (church info, youth group info, etc.).

*The 1st Flight is more time consuming than the rest of the Flights due to the preliminary details that must be taken care of. **YOU SHOULD PLAN FOR ABOUT 2 HOURS FOR THIS 1st FLIGHT!** The better prepared you and the other instructors are before the Flight begins, the more time you will have for shooting and teaching the devotional!*

## Know the Word

After your initial setup and introduction, you will be diving into your archery instruction and devotional material for the remainder of this Flight and the next seven Flights.

- Remember that the Leader Guide Handbook is purely for your benefit as a leader and may be used however you wish.
- This handbook is a guide to keep leaders and instructors on time and organized.
- Have students refer to their Student Handbook and Bible whenever possible to get the oriented to the material.
- Remember, the main point is to focus on Christ!
- **Blue headlines** will be used to refer to Archery Examples (AE) and reference materials such as the BAI manual, DVD, and pocket guide.
- **Red headlines** will be used as Devotional Keys (DK) for assistance leading the devotional sections.
- Remain enthusiastic and encourage the students to be enthusiastic as well. Clapping and cheering for the other students will help foster great fellowship and friendships across age groups and gender!!



## 3. Archery is Fun!

During this introduction, you'll want to be enthusiastic, informative, and BRIEF! Long introductions will tend to cause students to lose focus quickly. Try not to go over 10-15 minutes before you begin the lesson. Here are a few suggestions to keep you on track:

- Tell students that archery is FUN and SAFE, and to keep it safe, it will be important to listen for instructions from all instructors
- The goal of Centershot<sup>SM</sup> is two fold: 1) teach students the fundamentals of target archery as it has been taught in the National Archery in the Schools Program (NASP<sup>SM</sup>) and, most importantly, 2) teach students the fundamentals of living their life for God, through His Son Jesus!
- Have each instructor introduce themselves and what division (elementary, middle, high school) they are responsible for. Remind students that each instructor has been certified by NASP<sup>SM</sup> as an archery instructor. This will provide confidence in the students that the instructors are knowledgeable about the subject!
- So new students will be more comfortable, have every student around the room introduce themselves.
- Explain that the Biblical Truth (BT) Cards in the back of their Student Handbook will be helpful tools to use to memorize scripture relevant to the devotionals and as a way to share with others. Have the students recite the 1st Flight BT together.
- If your leaders are accustomed to allowing students share their prayer requests, this would be an appropriate time
- Make sure that all students have filled out their temporary name tags if they do not have a permanent tag.
- If your students did not pre-register, or if you have new students that have not had the chance, make sure that they complete the Student Information Sheets at the back of their Student Handbook and turn them in to the leaders. Following this, lead your students in prayer.

*This 1st Flight is detailed and very involved but the most important of all the Flights for getting the students on the right track for archery and spiritual success. Organization is key!!*

## 4. Eye Dominance: AE-A

It's time to begin the archery instruction. We must first determine the student's dominant eye.

- Remember that this is an exercise to determine whether a student should shoot right or left handed. However, if a student has had experience shooting using the hand opposite of their dominant eye, don't force them to switch. Encourage them to try it both ways to see which is comfortable.
- If you are teaching this exercise at the range, instruct the students where the waiting line is and to stay behind it. This will prepare the students for when we get to the safety orientation.

## 5. String Bow™: AE-B

At this point in the lesson we will teach the students how to make a String Bow™. This is an important step in beginning archery instruction. It's important not to rush this step because every step following the String Bow™ builds upon the fundamentals you learn at this point. Here are some things to remember:

- A String Bow™ comes with every BAI manual that you purchase during your initial certification and you can purchase extra String Bows™ for your students. If you have a large number of students, you can buy spools of 1/8" cord at your local department or hardware store to accommodate your needs. Each string needs to be approximately 84-90".
- If you have a large group, or a group with varying ages, have enough trained adults to give enough individual attention to the students. This is a difficult step and you will want to have enough adults to make good use of your time.
- It's a good idea to have your students practice the String Bow™ at home as well. If you have enough material, have your students make two String Bows™ so they can take one home or in case they lose one.

## Know the Word

### AE-A: Eye Dominance

- Refer to Chapter 3 of the pocket guide.
- Refer to Chapter 3 of the BAI manual.
- Also refer to the instructional DVD that came with your BAI manual.
- The point and wink method will work for most students. If they are unsure, use the "point at the instructor" method.
- This exercise should take no more than 15-20 minutes in order to stay on track. Make sure to make use of multiple instructors if you have a large group of students.

### AE-B: String Bow™

- Refer to Chapter 3 of the pocket guide.
- Refer to Chapter 3 of the BAI manual.
- Also refer to the instructional DVD that came with your BAI manual.
- This exercise should take no more than 30 minutes in order to stay on track. However, it is more important for each student to successfully create and use their String Bow™ before proceeding to the next step.
- You may use the DVD as a teaching tool for you students to help aid your instruction and prevent them from having to reproduce each step from memory.



## Know the Word

### AE-C: 11 Steps

- Refer to Chapter 4 of the pocket guide.
- Refer to Chapter 4 of the BAI manual.
- Also refer to the instructional DVD that came with your BAI manual.
- The 11 steps include:
  - Stance
  - Nock Arrow
  - Draw Hand Set
  - Bow Hand Set
  - Pre-Draw
  - Draw
  - Anchor
  - Aim
  - Shot Set-Up
  - Release
  - Follow Through & Reflect
- Try to keep this segment to 30 minutes or less.



### AE-D: Safety & Practical

- Refer to Chapter 6 of the pocket guide.
- Refer to Chapter 6 of the BAI manual.
- Take as much time as needed to take each student through the practical, observing their first few shots and instructing them on how to retrieve arrows. This could take 40-60 minutes and could leave you less time for your lesson so manage your time wisely!



## 6. 11 Steps to Archery Success: AE-C

Now that the students know how to properly make and use the String Bow™, it's time to dive into the fundamentals of proper form and mechanics. This has been broken down into 11 steps to make it easier for students to not only execute the proper shot but also evaluate each shot step by step. These next few reminders will help you as you teach this segment:

- At this point, you will instruct each of the students on the 11 steps using the String Bow™ rather than the Genesis bows. This will be awkward at first but will make it easier for the students and instructors once you are using the Genesis bows.
- If possible, teach the 11 steps on the archery range. You won't bring them to the shooting line yet, but this will help you get them to orient their stance towards actual targets like when they begin shooting.
- Encourage the students to repeat the 11 steps as they execute each to help them put the steps to memory. Remind the students that there is a section at the end of the 1st Flight in their Student Handbook to record the 11 steps.

## 7. Safety and Practical: AE-D

This is what all the students have been waiting for! It is at this point where classroom management will be very important so each of the students get the complete benefit from the safety instruction and whistle commands. Here are some helpful ideas as you begin the practical:

- If you have a large group, divide your students into groups (A, B, C, etc.) based on the number of shooting lanes provided.
- While students are waiting to shoot, have some of the instructors take groups off to the side and review the String Bow™ technique and the 11 steps to archery success.

## 7. Safety and Practical (continued): AE-D

- If you have a large enough group, you might take some of the students and begin the lesson to avoid dead-time.
- Emphasize proper form rather than accuracy. Instruct the students that in future Flights there will be more focus on score, but for now it's important to nail down the basics.
- If possible, have enough instructors on the line to help speed the safety orientation and practical along as well as giving students as much individual attention as possible.
- Once students have completed the practical, depending upon time, you can continue to run the range and allow them to shoot. Continue to have instructors interact and work with students struggling with form and mechanics.
- If you have multiple groups, you can have students not shooting continue to practice the String Bow™ or have them team up with a shooting group to help with form and instruction. If done successfully, this is the best way for students to learn and understand proper form while also building relationships in the process!

## 8. Devotional: Back to the Basics

It's time to begin your devotional! There are several ways of teaching the devotional and it's based upon three main concepts: number of students, time allotted, and the leader's style. Some will choose to have a separate time set aside for the devotional including bathroom breaks and snacks while others may include the devotional's key points within the relevant archery instruction. Whatever you decide to do, remember that the main goal of Centershot<sup>SM</sup> is to teach the Gospel using archery as the tool to engage students. The points in these informational boxes will guide through the suggested curriculum while the **Devotional Keys (DK)** under the red headlines will contain suggested comments to help leaders teach.

## Know the Word

### AE-D: Practical (con't)

- Remember to instruct students to raise their hand for an instructor if they drop an arrow rather than bending over the shooting line to pick up a dropped arrow.
- Always emphasize walking from waiting line to shooting line and waiting line to the target.
- Have instructors practice proper coaching techniques and positions found in chapter 5 of the BAI pocket guide and chapter 5 of the BAI manual.
- Remember that not only are instructors instructing students on proper form and mechanics, but this is also a time for building mentoring relationships and discipleship.
- And remember...

**STAY POSITIVE!!**

### Devotional Tips:

- If you choose to keep the devotional separate from the archery instruction, you'll want to watch your time and keep it around 15 min. so you don't lose the attention of your students.
- If possible, include as many of your instructors and leaders as possible so the students relate to all of your leaders as valuable mentors in the faith.



## Know the Word

### DK-1: The Foundation

In archery, we have to have a firm foundation of technique or we won't be as successful as possible. The most important aspect of archery is form. Without consistent, proper form, you are ill-equipped for success.

The same is true in our spiritual lives. If we go into the world without the Word as our foundation, we can't live for Christ. We will be just like the Foolish Builder who's house had no foundation. When the flood came, the house was destroyed. Without the Word of God, we can't live to up to the potential that Christ desires for us, let alone minister to unbelievers. We must KNOW THE WORD!

### DK-2: The Fruit

An archer isn't going to go to a competition without practice. And even if they practiced day and night, if they didn't know and practice the basics, they wouldn't do very well anyway! If you are going to succeed in archery, you must have the best preparation possible, practicing often.

We must also be in God's Word often in order to "bear fruit!" To be effective Christians, we must prepare by reading His Word as often as possible, and then putting what we learn in practice. This is how we bear good fruit! And, if we are faithfully in the Word, God will teach us how to become even more fruitful. Further down in the passage, we find that bearing fruit also brings glory to God!

## 8. Devotional: Know the Word (continued)

Now that we've briefly discussed a few ways to use the devotional, let's dive into the first lesson: Know the Word!

The first devotional is used to teach students what the Bible is, why it's important, and how we benefit from it. The following points will help you generate discussion.

- This 1st Flight is important to the students and their success in archery: it gives direction to the keys of success and builds a foundation on how to achieve success in archery. The Bible gives us the same direction and foundation for our spiritual lives.
- If the students have their Bibles available, have them turn and read **Luke 6:46-49**, the parable of the Wise and Foolish Builders. In this parable, Jesus talks about how the foundation determines whether or not a house will stand against a flood. Much is the same for our spiritual lives. We must have a solid foundation in scripture to live our life for Christ and to be ready if a "flood" occurs to know how to handle the situation in a Christ-like manner (**DK-1**).
- You might ask the students what types of "floods" can occur in our lives where having a strong foundation in God's Word would be helpful.
- Remind the students that while the instruction in eye dominance, the String Bow™, and the 11 steps may not have been as exciting as actually shooting a bow, it was necessary to build that foundation for success. Without the foundation, we would perform poorly and be like the Foolish Builder.
- It's important to note that many of your students may very well be quite literate in scripture. They've grown up in church and they're quite active in church activities. It's important not to forget that having the knowledge is not enough. We must be in the Word regularly and often, not to mention putting it to use in our lives daily.

## 8. Devotional: Know the Word (continued)

- Now turn to **John 15:1-11**. By not living according to God’s will and His Word, we are wasting the gifts He has given us, just like the “burning branches”. If the students go away from this Flight and practice proper form, they will probably be successful. If they choose not to practice what has been taught or they don’t practice enough, then it was a waste learning the String Bow™ and the 11 steps. Furthermore, they probably won’t be very successful archers. In order to “bear fruit” on the archery range we must practice good form often. In order to “bear fruit” in our lives, we must learn what God teaches us and practice it daily (**DK-2**).
- Finally, encourage students to read their Bibles daily and to keep a journal of what they read. Encourage them to raise questions during the devotionals about scripture that they’ve read. Remind them that we are all on this spiritual journey together. Have them open to **2 Timothy 3:16**. Remind students that the Bible is the inspired Word of God, given to us by God for direction in our lives (**DK-3**). Reading and discussing what we pull from the scriptures is an important part of journey!
- Finish the devotional in prayer

## 9. Leader Reflection

At this point you’ll want to get with your other leaders and discuss the Flight and to prepare for the next Flight. Here are some things to talk about.

- Were there any students who made decisions or need special attention for the future?
- Did you get all your registration forms from the students?
- Talk about what went well or what you would do differently during the next Flight. Finish by praying for your students and leaders.

## Know the Word

### DK-2: The Fruit (con’t)

Just as we learn and practice the basics of archery to achieve a good score, we must learn God’s Word and put it into practice daily to be effective Christians!

### DK-3: God Breathed

The Bible isn’t called God’s Word because someone wanted a creative title. God inspired the creation of the Scriptures, so much so that Paul described it as “God breathed.” The Bible is not just a collection of stories about God or for God. It is an account of how God interacted and dealt with His people in the past and a promise of what He will do for those who love Him in the future.

We shouldn’t take reading the Bible lightly. Even though your instructors have been certified as archery instructors, they probably don’t know everything possible about archery, but they still give very valuable instruction. But the GOD OF THE UNIVERSE gave us the gift of His Word to lead us in our lives. Sounds as if that might be quality instruction as well!

### 1st Flight Prayer:

Thank you God for giving us your Word through the Bible. Thank you for loving me enough to give me the Bible for direction, hope, and encouragement. Teach me how to study your Word so I might better understand how to live my life and teach others about you. Amen.

