

Intermediate 8 Week JOAD/Adult Program

7:00 - 8:15 p.m.

Week 1	5 min.	Warm up (stretch bands)
	50min.	shoot bows (10 or 15 yards, depends on archer) (score arrows and keep a log to see progress)
	5 min.	Tournament rules (go over different tournament rules weekly)
Week 2	5 min.	Warm up (stretch bands)
	50min.	shoot bows (10 or 15 yards, depends on archer) (score arrows and keep a log to see progress)
	5 min.	Tournament rules (go over different tournament rules weekly)
Week 3	5 min.	Warm up (stretch bands)
	50min.	shoot bows (10 or 15 yards, depends on archer) (score arrows and keep a log to see progress)
	5 min.	Tournament rules (go over different tournament rules weekly)
Week 4	5 min.	Warm up (stretch bands)
	50min.	shoot bows (10 or 15 yards, depends on archer) (score arrows and keep a log to see progress)
	5 min.	Tournament rules (go over different tournament rules weekly)
Week 5	5 min.	Warm up (stretch bands)
	50min.	shoot bows (10 or 15 yards, depends on archer) (score arrows and keep a log to see progress)
	5 min.	Tournament rules (go over different tournament rules weekly)
Week 6	5 min.	Warm up (stretch bands)
	50min.	shoot bows (10 or 15 yards, depends on archer) (score arrows and keep a log to see progress)
	5 min.	Tournament rules (go over different tournament rules weekly)
Week 7	5 min.	Warm up (stretch bands)
	50min.	shoot bows (10 or 15 yards, depends on archer) (score arrows and keep a log to see progress)
	5 min.	Tournament rules (go over different tournament rules weekly)
Week 8	5 min.	Warm up (stretch bands)
	50min.	shoot bows (10 or 15 yards, depends on archer) (score arrows and keep a log to see progress)
	5 min.	Tournament rules (go over different tournament rules weekly)