

## **Woodhaven Archery**

Sport: Archery



### **Why Archery Is a Great Choice for High School Athletes**

Archery offers students a unique blend of physical and mental benefits, fostering strength, focus and self-confidence. It's a fun and engaging way to stay active while developing lifelong skills that go far beyond the target range.

### **Physical Benefits**

- Improved Strength - archery engages muscles in the arms, shoulders, back and core, enhancing overall strength and muscle tone.
- Enhanced Coordination - drawing and aiming improve hand-eye coordination, which benefits performance in other sports and daily tasks.
- Increased Physical Activity - despite its calm appearance, archery involves regular movement, such as walking to retrieve arrows and maintaining proper posture, helping to burn calories and promote fitness.

### **Mental Benefits**

- Sharpened Focus and Concentration - hitting the target consistently requires mental clarity, the ability to block out distractions and sustained focus.
- Stress Relief - the rhythm and control of archery provide a meditative experience, helping students relax and manage stress.
- Boosted Confidence - progress in archery builds self-esteem, as students see their skills improve and meet goals.
- Discipline and Patience - success in archery doesn't happen overnight. It requires practice, dedication and persistence (valuable traits in school and life).

### **Other Benefits**

- Teamwork and Social Skills - while often seen as an individual sport, archery also has team formats that encourage collaboration, communication and peer support.
- A Unique Skill Set - archery introduces students to a distinctive and rewarding skill that can become a lifelong hobby or a competitive pursuit.
- An Inclusive Sport Option - archery appeals to a wide range of students, including those who may not feel drawn to traditional team sports. It's an inviting and accessible way to get involved in school athletics.

Whether students are seeking physical fitness, mental focus or a supportive community, archery provides a well-rounded and rewarding experience that can positively impact many areas of life.

### **Team Name:**

Woodhaven Archery

### **Season:**

Winter, November 8, 2025 through April 4, 2026 (end date depends on the last competition date which is TBD)

Contact Brian Warneck with any questions – [LBAC.advertising@gmail.com](mailto:LBAC.advertising@gmail.com)  
Visit [www.lincolnbowmen.org/aparchery](http://www.lincolnbowmen.org/aparchery) for details.

**Who is eligible:**

Male & Female Students in grades 9-12 that meet grade requirements

**Practices:**

Saturday 9am-2pm (select times based on athlete's skill level) & Wednesday from 6:30-8:00pm.

**Practice Structure:**

Initial practices will center around safety guidelines and archery shot process. Scores are NOT IMPORTANT at this stage. Consistent form and groups are the keys to success. All archers start at 5-yard shooting distance.

When archer demonstrates the shot process consistency and confidence as well as coachability to start making coach guided adjustments, the archer will begin scoring games at practice. As scores increase at initial distance (5-yards), the archer will move to a secondary distance (10-yards) to further adjustments. As scores at secondary distance increase, archer will progress to a third distance (15-yards). As scores at the third distance increase, archer will progress to their tournament distance of ~ 20 yards.

Official tournament shooting distance:

11 and under (categorized at Cub): 10 yards

12 and older (variety of categories): 20 yards

Note: the day an archer turns 12, they immediately move to 20 yards.

**Scoring at Practice:**

As soon as the archer is approved to start scoring at practice, we will review the various targets and scorecards.

We encourage all archers to accurately score their games each practice and turn in their score cards. Coaches and athletes then will have the ability to look back on their historical progress over the season, as practice scores will be documented.

**Scoring at Tournaments:**

Tournaments are group scored, meaning there will be a group of 4 archers in a group to score all arrows. There will be 2 scorers, one for the official score card and one for the backup score card. There will be 1 caller, an archer that calls the scores of all arrows. Any other archers in the group are to monitor the accuracy of the group.

Note: if there are any disagreements with the scoring process in a tournament – archers are encouraged to immediately raise their hand for a line judge after all other arrows are scored. The line judge(s) will make a decision on any conflicts during the scoring process. The judge(s) decision is final and non-reversible.

Upon a completed tournament, archer is responsible to make sure both official and backup score cards match and are completely filled out accurately. Each scorer needs to sign both score cards and the archer is to sign both of their score cards before turned in. Please be sure to take a photo of your score cards, recommended side by side, just in case there are any transposition errors when tournament results are posted. Submit your photo of the score cards to your coach for backup as well.

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**Practice Location:**

Lincoln Bowmen Archery Club  
26245 King Rd, Brownstown Township, MI 48174

**Tournament Location(s):**

Will vary and will be posted later in the season. Tournaments typically are hosted between January and April. An example schedule from the 2025 season can be found at the end of this document.

**Fee per athlete** (for facilities use, equipment use and team jersey):

- Lincoln Bowmen Archery Club Member: \$200
- Non-Member: \$400

To sign up for a Lincoln Bowmen Membership, please visit [www.lincolnbowmen.org/membership](http://www.lincolnbowmen.org/membership)

**“Season Goals for Every Archer”**

1. Athlete must pass the archery safety test with a 100% score.
2. Athlete must progress/complete introductory shot process at beginning distance.
3. Athlete must hit target scores to progress to age designated tournament shooting distance.
4. Athlete must receive approval from coach to participate in a local, state or national tournament.
5. Athlete must compete in at least one official tournament, submitting a properly filled out scorecards to both the tournament scorekeeper as well as a copy to the coach.
  - a. Note: Submission to coach will be a digital photo of both the official and backup scorecard side-by-side.

**Articles on World’s Safest Sports**

[Archery: One of the World’s Safest Sports](#)  
[ata-athlete-safety-brochure-011021174802.pdf](#)

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2025 Competition Schedule, for reference.  
Schedule typically includes “district” MET Tournaments,  
“state” MAA Tournaments and “national” NFAA Tournaments.



### **YAP 2025 Tournament Schedule (Example from Last Season)**

#### **2025 MET NFAA**

Date: Sunday, January 26  
Lines: 10:00am and 2:00pm  
Price: \$20 Adult, \$15 Youth  
Registration: Day of, at shoot  
Lincoln Bowmen Archery Club  
26245 King Road  
Brownstown, MI 48174

#### **2025 MAA NFAA**

Date: February 1&2, 8&9  
Lines: 10:00am and 2:00pm  
Price: \$20 Adult, \$15 Youth  
Registration: Pre-registration required via  
Google Form  
Detroit Archers  
5795 Drake Road  
West Bloomfield, MI 48322

#### **2025 MET FITA**

Date: Sunday, February 23  
Lines: 10:00am and 2:00pm  
Price: \$20 Adult, \$15 Youth  
Registration: Day of, at shoot  
Lincoln Bowmen Archery Club  
26245 King Road  
Brownstown, MI 48174

#### **2025 MAA FITA**

Date: Mar 1-2 & 8-9  
Lines: 10:00am and 2:00pm  
Price: \$20 Adult, \$15 Youth  
Registration: Preregistration required via  
Google Form  
Capital Area Sportsmen's League  
7534 Old River Trl.  
Lansing, MI 48917

#### **2025 MET MAA 420**

Date: Sunday, March 16  
Lines: 10:00am and 2:00pm  
Price: \$20 Adult, \$15 Youth  
Registration: Day of, at shoot  
Lincoln Bowmen Archery Club  
26245 King Road  
Brownstown, MI 48174

#### **2025 NFAA Indoor Sectionals**

Date: Sunday, March 22-23  
Lines: 10:00am and 2:00pm  
Price: \$20 Adult, \$15 Youth  
Registration: Pre-registration required via  
NFAA website  
Mid-Michee Bowmen  
151 S Nine Mile  
Midland, MI, 48640  
Note: This is a 2-day shoot. Line time  
selected will be used for both Saturday and  
Sunday.

#### **2025 MAA 420**

Date: Mar 29-30 & Apr 5-6  
Lines: 10:00am and 2:00pm  
Price: \$20 Adult, \$15 Youth  
Registration: Pre-registration required via  
Google Form  
Lincoln Bowmen Archery Club  
26245 King Road  
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