

ARCHERY



WHAT TO EXPECT:

Discover the thrill of archery!

Archery is a low-impact sport of skill and precision! Whether you're picking up a bow for the first time or honing your skills, you'll have the opportunity to learn proper technique, connect with nature, and stay active in a supportive environment. Join a welcoming community where athletes of all abilities can learn, grow, and connect through the sport of archery.



JOIN THE GAME:

Our athletes participate in archery with a wide range of diagnoses including, but not limited to:

- Traumatic Brain Injury
- Amputation
- Multiple Sclerosis
- Post CVA (Stroke)
- Spinal Cord Injury
- Spinal Muscular Atrophy
- Cerebral Palsy
- Visual Impairments

EQUIPMENT

- Sportable in partnership with Chesterfield County Parks and Recreation will provide all equipment necessary including:

- Compound Bows - this type of bow uses a pulley system, is easier to pull back, and is shorter, ideal for seated archers
- Recurve Bows - this type of bow is lightweight but requires more strength to pull back
- Arrows and quivers - these hold your bows for easy access!
- Arm guards - these are worn on your forearm for added protection



COMMON ADAPTATIONS*

- Active Hands gripping aids can be utilized to maintain grasp on the bow for individuals with reduced hand function
- Bow stands can be used to hold the bow in place for athletes, only requiring the athlete to pull back the string to shoot
- A variety of release aids can be used to release the bowstring
 - Finger tabs/gloves
 - Mouth tabs
 - Shoulder mounted release aid
 - Caliper release aid with wrist strap
 - Thumb release aid



HOW IT WORKS

- Join us at the scenic Rockwood Nature Center
 - Athletes can participate in archery seated or standing!
- Sportable & Chesterfield Parks & Recreation's staff and volunteers will work with you to offer strategies, techniques, and support to modify your shot!



*This is not an exhaustive list - Sportable can adapt and modify equipment to meet your individual needs and find what works for you!

OUR PARTNERS:

