

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.

EQUIPMENT

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

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

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!



JOIN THE GAME

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

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

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
- » Shoulder mounted release aid
- » Thumb release aid
- » Mouth tabs
- » Caliper release aid with wrist strap

