**This is a list of equipment needed for the new recurve target archer.**

**Safety equipment is REQUIRED and includes tab, arm guard, and quiver.**

**Please see a coach if you want to use equipment you already own.**

**This is an Olympic Style Target Archery class – no ‘gloves’ or other types of tabs will be allowed. Releases are required for compound shooters.**

**You can obtain all equipment from:**

**LancasterArchery.com 800-829-7408**

**Item numbers in (parenthesis) are LancasterArchery part numbers.**

**Bow –** the basic bow includes the riser (handle), string, and limbs. You will need a left or right hand bow depending on how you wish to shoot and eye dominance. We recommend a bow with Samick limbs such as the USA Archery or other Olympic recurve bow.

Bow weight: should be 12-14 pounds for smaller youth or 14-16 pounds for larger youth. You will upgrade to about 22 pounds for the outdoor season. How fast your archer is growing should be taken into account when determining what length bow to purchase.

**Bow length:** ***We tend to use a 66” bow for all archers age 10 and up.***

It is best for an archer to shoot a longer recurve bow than a recurve bow that might be too short or strong in draw weight. **(Item 1760165 About $130 Specify left or right and color, 66 inch length, 14 pound weight-see coach)**

**ARROW REST:** the arrow rest may come with the bow. It attaches to the bow to hold the arrow in proper position such as the Bear Paw Stick-on Super Rest. Again, you will need the appropriate right or left hand rest for the bow. Second year archers will use a rest and cushioned plunger rather than the Super Rest. Rests range from about $2 to over $100.

**(Item 1760082 about $1.99, specify right or left hand)**

**TARGET SIGHT:** this is used for the archer to aim at the target at various distances. Recommend sights such at the Win & Win SF Axiom Junior Recurve Sight (right or left hand). Price is around $20. You can spend up to $300-400 for a quality target sight that will last many years, but this is not required or needed at this time. **(Item 5380242 about $20, Left or right)**

**WRIST SLING/FINGER SLING:** holds the bow in the hand by looping the cord around the bow and archer’s wrist. Recommend slings such as the CR Para Cord Wrist Sling. About $5. Do not buy a sling that attaches to the bow in any way**. (Item 1900066 about $3 )**

**FINGER TAB:** protects the finders from the bow string and provides even tension on the string during draw. We do not use gloves for this style archery. Recommend the Black Mamba Venom Starter Tab with spacer and ledge. You will need a small, medium, or large depending on your hand size. **(Item 5380251 About $15. Sizes come S, M, L; Left or right hand)**

**QUIVER:** safely holds the arrows by your side. Any belt quiver is good such as the X-Spot triple clip target quiver. A belt is required to hold the quiver around your waist.

**(Item 2070521 About $18. This is reversible, normally you would specify left or right)**

**ARM GUARD:** protects the bow arm from the slap of the string when an archer’s form is not correct. Recommend armguards such as the FIVICS Harness GEL Armguard, FIVICS Spiderman, or Infitect. ***A longer arm guard (various brands) for new archers is a good idea***. **(Item 1410068 About $9 - $12. )**

**Stringer:** a cord used to assemble and disassemble the bow before and after each shoot. Recommend the Fleetwood Tri-Grip or Infitec Bow Stringer. **(Item 1760280 About $10.)**

**BOW CASE:** bows are completely dismantled after each use so you will need something to keep the gear in one place. This can be a fancy bow case or a duffle bag with soccer socks to cover the limbs. Your choice. **(You can get an inexpensive rifle case at Dick’s that will work)**

**ARROWS:** **Junior class should use the arrows from the club and not order their own.** You will need at least 6 arrows. Get with your coach, these will be ***FULL LENGTH*** XX75 arrows, size 1416 or 1516 depending on your strength and bow. Arrows match the weight of the bow and will change as you increase your ‘draw weight’. About $60 per dozen made to order. You will need to specify

**Nocks** (the part that snaps on the bow string) – such as AAE Plastinock for the size arrow (7/32” for 1416 or ¼” for 1516)

**Points** (the business end of the arrow) – 52 grain bullet point for 1416 or 54 grain for 1516

**Fletching** (the vanes or feathers that stabilize the arrow in flight) – your choice of feathers or vanes. Probably 2-1/2” feathers or 1-1/2” to 2” vanes but you can vary as needed and with color. Usually, one color for 2 of the three fletches and a different color for the third but this is not required. Most target archers will use vanes for outdoors; either, for indoors.