

Allen Park 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:

Allen Park 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
Visit 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

“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
Brownstown, MI 48174