

# ARCHERY STAY AT HOME CHALLENGE



**New Mexico Senior Olympics, Inc.**



You are invited to participate in a free virtual event to encourage seniors to be active during the Covid-19 Stay at Home Health Order. NMSO offers fourteen (14) individual sport activities, all modified to participate from home. Participants must complete and agree to the LIABILITY WAIVER prior to getting started. Stay at Home Challenge participants will submit results monthly and be entered in a drawing for \$100 Gift Card. Consult a physician before starting any physical fitness exercise.

## ARCHERY Monthly Challenge Instructions

Shoot will run four months: August - November 2020

Shoot twice per month from 20 yards

Shoot 30 arrows each time in the first month and tally your scores on the NMSO scoresheet provided  
Post scores on NMSO website by logging in. Put score in the TIME/HOUR box and in comment section.  
Targets can be store bought or home made

Use hay bales, multiple layers of cardboard, shoot towards a berm or mound of dirt  
For safety, use an adequate backstop for arrows and shoot in a safe direction

Challenge will be to improve your score each month

Challenge for month 2-4 to follow

Don't forget to warm up before shooting! Check out this website for a short video -

<https://worldarchery.org/files/how-warm-archery>

## HOW to Get Started and report RESULTS

- ❖ Sign up and agree to the Liability Waiver at [www.nmseniorolympics.org](http://www.nmseniorolympics.org)
- ❖ Participate and log your scores or times for one full month
- ❖ Each month submit challenge results virtually via our website at [www.nmseniorolympics.org](http://www.nmseniorolympics.org)
- ❖ **OR** submit results via email, fax, phone, or text - deadline is the 5th of each month by noon
- ❖ Results must include name, sport, gender, age, county, month, times and/or scores  
\*Results are public and will be posted on our website
- ❖ All challenges are based on the honor system
- ❖ Check NMSO website monthly for results and Gift Card Winner Announcement
- ❖ Repeat the following month

**Remember - warm up, have fun, be safe, stay hydrated, wear sunscreen and proper attire!**

