



# ARCHERY STAY AT HOME CHALLENGE

## Season 2

New Mexico Senior Olympics, Inc.



Welcome to SEASON 2 of our free virtual event encouraging seniors to be active while staying home. NMSO is once again offering fourteen (14) individual sport activities, all modified to participate from home. If you are already registered, your registration will work for Season 2! If this is your first time to join, remember to complete and agree to the LIABILITY WAIVER prior to getting started. Season 2 will run May – July 2021. Submit your results monthly to be entered into drawing for a \$100 Gift Card. We encourage you to consult a physician before starting any physical fitness exercise.

### ARCHERY - MAY Challenge Instructions

## SHOOT INTO A PAPER CUP

Place a paper cup on each scoring section of your target.

Try to shoot arrow into the paper cup.

If you make it into the cup, count your score. If you do not make it into the cup, your score is zero.

Shoot twice per month from 30 yards, 5 ends.

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

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

**Your good health is your greatest wealth. Be safe in everything you do!**