

Equipment check list for a new Olympic shooter

Revised 03/12

Bow –

These days, I'm hard pressed to recommend anything other than an ILF rig. The functionality, versatility and tuneability cannot be matched with any one piece or simple takedown bow. Most adult males should start in the 30# or less range AT THEIR DRAW LENGTH. Female archers should generally begin in the 20 – 22# range, again, at their draw length.

Risers –

The 23" Hoyt Excel ILF riser is an excellent choice if a lightweight single beam riser is desired. The 21" Excel is better suited for young archers or archers with a short draw lengths.

The 25" Hoyt Eclipse is a larger, heavier, "TEC" or braced riser. Unfortunately, Hoyt discontinued the Eclipse in 2011, but it is still available through some dealers and on the used market.

The 25" Hoyt Horizon was introduced in 2011 and is basically a longer version of the Excel with lateral limb adjustments and a removable clicker plate.

The KAP T-Rex riser and Samick Candidate are less expensive alternatives, but it's my opinion that they do not have the same feeling or ease of use as the Hoyt risers. New risers from Sebastien Flute have gotten excellent reviews, but the grip may be uncomfortable for some shooters.

There are a number of older (discontinued) Hoyt risers on the used market as well. The venerable Gold Medalist is one example. Even high-end risers from a few years ago may be available at prices comparable to new entry level pieces.

Limbs –

Most of my new shooters use the Samick Privilege and Sebastien Flute Axiom or Premium limbs. They will shoot as well as the higher priced limbs for new and intermediate level shooters.

The Hoyt limbs are decent shooters, but pricey compared to the Samick and Flute limbs. The older Hoyt limbs (Gold Medalist, Carbon Plus, and FX limbs) are very serviceable as well. Stick to wood core limbs with fiberglass or carbon surfaces, as carbon core limbs provide no advantage to beginning or intermediate shooters.

Limb length (short, medium or long) depends on draw length.

Most people with a 28" draw should opt for a 66" – 68" bow for the first time out.

Archers with draw lengths under 26" should consider short limbs, and those with a draw length over 29" might need long limbs on a 25" riser. The same recommendations hold for a 23" riser, with the understanding that the overall length will be 2" shorter and 2# heavier than listed for a 25" riser.

Vintage wood riser target bows from Hoyt, Bear, Wing, Ben Pearson, etc., can be viable alternatives for new target archers, but upgrading to an ILF rig will be required sooner or later.

Strings –

A 14 strand D97 of the appropriate length will handle any weight from 20# - 50# and provide perfect nock fit when used with a .020" serving and small groove "G" nocks (see below). Having a spare string is also good idea.

If a vintage target bow is being used, use ONLY DACRON strings; 12 strands is optimal for all typical weight ranges.

Bow stringers –

Bateman or Cartel bow stringer.

Rests –

Best – Cavalier/AAE Champion II. It's fully adjustable and bulletproof. (These were recently discontinued by AAE, but may still be available through some distributors.)

The ARE Magnetic Flipper is excellent, but pricey.

Budget – WW / KAP Magnetic Partner rest. The newer rests from Win & Win/Flute and Fivics are very serviceable, but the arm height adjustment feature, if present, may be less than 100% reliable. The venerable plastic Hoyt Pro or Super Rest for \$2.50 is still an option and is usually supplied with most Hoyt risers.

Plungers –

Best – Cavalier/AAE Master Plunger or Shibuya DX. The shorter plungers will work on most applications.

Budget – Cartel Super plunger

Slings –

A cord type WRIST sling is preferable, as it is the most convenient and foolproof, but finger or bow slings can be used initially.

Stabilizers –

Cartel X-Pert or Midas approx. 28" – 30" long. Buy or fabricate extra end weights. Stabilizers have gotten very expensive in the last few years. Since they only are an extension tube to hold an end weight, you can do very well on eBay searching for old style tapered aluminum stabilizers.

Sights –

Do NOT scrimp on a sight! A good sight should last as long as your bow.

Best – Sure-Loc Contender-X. Sights from Shibuya or Cartel in the \$200 – \$250 range are very serviceable as well. Again, if your budget is tight, don't forget the used market.

Sight Apertures –

While most sights come with apertures, most are less than optimal. More user-friendly apertures can be obtained from your local hardware store by combining nylon spacers and a 3" 8-32 threaded rod. I prefer an inside diameter of 3/8" – 1/2" for new shooters.

Clickers –

Should not be used by new shooters, but you will need one later on.

Best – Beiter Clicker (Standard .025" thickness works for most people.)

Budget – Cartel Clicker

Special case – In the event that longer than standard arrows are necessary, sight-mounted clickers such as the Cavalier/AAE or Cartel Magnetic clicker can be used.

Bow cases –

Several hard cases are available from Neet, SKB, Aurora and Cartel, as well as soft cases/duffel bag type cases from Cartel, Hoyt, etc. Models range from about \$50 to over \$300. If you plan on traveling with your bow, you may need one that is airline approved.

Arrows –

Best – Easton Platinum Plus arrows with NIBB points and small groove "G" nocks, and 3" feathers. X7 arrows offer few advantages, unless the size you need isn't available in the Platinum Plus line.

Budget – Easton Blues or Jazz arrows with glue-in target points, 1/4" glue-on nocks, and 3" feathers.

Quiver –

Personal choice The Neet target quiver is a long-time standard and very economical. Offerings from Cartel and Hoyt/Easton are optional but can be pricey.

Tabs –

Cavalier/AAE Elite – Sorry, no options on this one. The tab size is based on the width, not the length.

Arm guard –

Any one you like, just keep it simple! (Yes, you'll need one.)

Chest Protector –

Yes, you will need one sooner or later. Neet makes a very affordable one and the Easton version is quite popular; and no, one size does not fit all!

Accessories –

Nocking points, bow squares, string wax, etc. can be purchased or fabricated from household items or borrowed from the local range or club.

Coach –

Probably the most important thing a new (or experienced) shooter will need.