



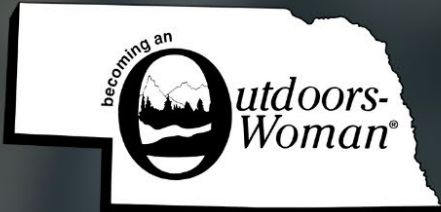
Becoming an Outdoors Woman

Fort Robinson State Park



October 3, 4 & 5
2025

NEBRASKABOW.COM





Nebraska Becoming an Outdoors Woman (BOW)



BOW Weekend Workshop, a program through the Nebraska Game and Parks Commission, is cornerstone event, held annually on the first weekend in October. This three-day workshop includes sessions taught by expert instructors in a supportive environment conducive to learning, making friends, and having fun! Participants complete four sessions of their choosing; session workshop topics include hunting, shooting, fishing, ecological education and more.

Registration will open at **10:00 a.m. on April 1, 2025, at NebraskaBOW.com** for first time participants, and any repeat participants who bring a new participant. The repeat participant must register on the same day as their invited new participant, and list each other as roommates. The registration date for repeat attendees without a first-time participant guest will open in May 2025. Registration is taken on a first-come, first-served basis; however, there is no guarantee seats will be available in May.

Designed primarily for women, it is an opportunity for anyone 18 years of age or older, and is for you if:

- you have never tried these activities and want the opportunity to learn;
- you are a beginner looking to improve your skills;
- you are familiar with some outdoor activities, but would like to try your hand at new challenges;
- you are looking for the camaraderie of like-minded individuals.

HOW TO REGISTER:

REGISTRATION — Register and submit payment online only at NebraskaBOW.com. An automated confirmation of registration and class schedule will be sent electronically after registering online. Additional information will be sent in September, along with a map to Fort Robinson State Park and clothing recommendations.



WORKSHOP FEE - Includes instruction, program materials, use of demonstration equipment, all meals and lodging. \$300 (includes meals and lodging) \$150 (applying for a scholarship). Additional \$50 for lodging charged if arriving Thursday night.

CANCELLATION DEADLINE — Full refunds will be provided if cancellation is made before **July 15**. After that date, a \$150 processing fee will be deducted from your refund. There are no refunds for registrants who do not cancel by **Aug. 1, 2025**; however, you may send a substitute.

SCHOLARSHIP — Limited scholarships valued at \$150.00 are available for Nebraska residents. To apply at NebraskaBOW.com. Scholarship applications are due by **May 1, 2025**. Recipients are required to pay the remaining balance by May 15. See applications for additional requirements.

WHAT TO BRING – Additional information will be sent to participants closer to the event.

LODGING – Participants will stay in the [cabins at historic Fort Robinson State Park](#); bedding will be provided. Thursday night lodging is available for an additional \$50 (no meals); you will need to mark that box on the registration if you choose this option. A Nebraska state park entry permit is required to enter Fort Robinson State Park. To make check-ins faster, purchase permits ahead of time at OutdoorNebraska.org. Permits will be sold at the park.

Contact Julia Plugge with questions: Julia.Plugge@nebraska.gov or 402-471-6009

Schedule of Events

Friday, October 3

Saturday, October 4

Sunday, October 5

10:00-11:30 a.m. Check-in and Registration

11:30-1:00 p.m. Lunch and Welcome

1:30-4:30 p.m. SESSION I

(Activity options)

- A. Introduction to Firearms
- B. History of Fort Robinson
- C. Beginning Archery
- D. Nature Photography
- E. Duck Hunting
- F. Game & Fish Cleaning
- G. Beginning Fishing
- H. Trailing

4:30 p.m. Free Time

5:30 p.m. Group Photo

6:00 p.m. Dinner/Evening Program

NOTICE:
Fort Robinson
is in Mountain
Time

7:00-7:45 a.m. Breakfast

8:00-11:00 a.m. SESSION II
(Activity options)

- I. Intro to Horsemanship
- J. Beginning Shotgun Shooting
- K. Dutch Oven Cooking
- L. Beginning Rifle Shooting
- M. Intro to Fly-Tying
- N. Bighorn Sheep
- O. Deer Hunting
- P. Backpacking for Beginners

Noon-12:45 p.m. Lunch

1:30 -4:30 p.m. SESSION III
(Activity options)

- Q. Intro to Horsemanship
- R. Intermediate Shotgun Shooting
- S. Handgun Hunting
- T. Camping Skills
- U. Beginning Fly Fishing
- V. Intermediate Archery
- W. Animals of Nebraska
- X. Predator Hunting & Trapping

4:30 p.m. Free Time

6:00 p.m. Dinner & Silent Auction

7:00-7:45 a.m. Breakfast

8:00-11:00 a.m. SESSION IV
(Activity options)

- Y. Firearm Cleaning & Care
- Z. Canning & Preserving
- AA. On-Pond Fishing
- BB. Turkey Hunting
- CC. Birding
- DD. Planning For Pollinators

11:00 a.m. Event ends



Class Descriptions

Session Fitness Levels: **Low** **Moderate** **High**

ANIMALS OF NEBRASKA – Indoor class. **Low**

This session will discuss Nebraska's amazing biodiversity and how animals interact in the ecosystem. Get ready for a few live animals, lots of skulls and pelts, and a great hands-on presentation loaded with information.

BACKPACKING FOR BEGINNERS – Indoor/Outdoor class. **Moderate**

Bring your favorite day hiking gear and get ready for a collaborative discussion, hike, and backcountry camp setup. We'll explore gear, learn about trail safety, navigate Leave No Trace Principles, and share tips and tricks of the trade. In this course we'll start with a "duffle shuffle," breaking down what to think about when preparing for your hike. Lastly, we'll set up a backcountry campsite and get more comfortable with an overnight trip. Wear good boots and dress for the weather.

BEGINNING ARCHERY - Outdoor class. **Moderate**

In this beginning archery class participants will learn step by step instruction on correct shooting techniques and form, nocking an arrow, targeting, and release techniques, along with basic archery terminology and safety. This is a fun, hands on experience that promotes archery as a healthy lifetime activity. Participants will be doing live shooting. **Equipment will be provided.**

BEGINNING FISHING - Indoor class. Low

This indoor class will offer hands-on instruction from start to finish, covering equipment, places to go, and landing the fish. Learn about equipment, knot tying, choosing bait, loading a reel and casting and fishing terminology in this simple approach to fishing. **No live fishing will be done in this informational class.**

BEGINNING RIFLE SHOOTING - Outdoor class. Moderate

Get lots of coaching on how to safely handle, load and shoot rifles and muzzleloaders. Learn marksmanship and shooting techniques along with shooting rifles used in common hunting scenarios. **Firearms will be provided, please do not bring your own.**

BEGINNING SHOTGUN SHOOTING - Outdoor class. Moderate

Learn proper techniques in gun handling, safety and get tips on how to shoot shotguns. Participants will shoot clay targets. Firearms and safety items will be provided. **Participants must use firearms provided.**

BIGHORN SHEEP - Indoor/Outdoor class. Low/Moderate

Learn about the history and ecology of the bighorn sheep of the Pine Ridge and how these animals were reintroduced from declining populations. Find out what the challenges are in keeping the herd healthy and at suitable populations. Learn about the studies that are conducted on these majestic animals of the hills and buttes. **Wear comfortable hiking shoes as you will go in the field to view bighorn habitat.**

BIRDING – Indoor/Outdoor class. Low/Moderate

Increase your enjoyment of bird watching and learn different types of bird habitat, as well as seasonal and daily cycles necessary for watching birds. Learn how to identify birds by habitat, sound, color and field markings. **Bring your own binoculars and bird guide if you have them. Class will go on a short hike.**

CAMPING SKILLS – Outdoor class. Low/Moderate

These days, camping can look different for everyone. From tent and car camping to glamping or hanging a hammock in a tree for the night, this class will show how to set up various types of campsites and all the essential gear needed for a great experience. Learn about new tools and special hacks for making camping easy and affordable. There will be hands-on demonstrations using various types of tents and equipment, how-to tips, where to go, and fun things to do while camping.

CANNING – Indoor/Outdoor class. Low/Moderate

Understanding the fundamentals of food preservation will give you the knowledge you need to get started preserving food. Transform your garden produce into delicious foods that will keep for months on a shelf. Learn the simple and satisfying process of making foods that fit your lifestyle and find a deep satisfaction of putting up your own food.

DEER HUNTING - Outdoor class. Moderate

This class will cover the biology and habits of deer. Learn the essentials of hunting these animals from gear, firearms, safety and hunting strategies through hands-on field experience and simulated hunting situations. **Be ready for hands-on activity and wear proper shoes/boots for some hiking.**

DUCK HUNTING – Indoor/Outdoor class. Low/Moderate

Dogs, duck calls and decoys – duck hunting is more than just sitting. Explore the birds, the excitement and the sounds that will draw you to the duck blinds. (Perfect for those interested in Beyond BOW Duck or Goose hunts.)

DUTCH OVEN COOKING – Indoor/Outdoor class. Low

Learn how to cook in a Dutch oven on coals. Receive instruction on the basic requirements for storage, preparation and cooking in the outdoors. There are several opportunities to practice your newly developed skill, and you'll love eating what you make in this class.

FIREARM CLEANING & CARE - Indoor class. Low

Learn shortcuts and tricks that make cleaning a gun simple to learn along with cleaning products from the gun industry that make the task of cleaning and maintenance much easier.

FLY-FISHING - Outdoor class. Moderate

Class will cover all aspects of fly-fishing, including casting, equipment used, instructions on reading water, insects and their hatches and various knots used. **A 2025 Nebraska fishing permit is required. Participants may bring their own equipment.**

GAME & FISH CLEANING – Outdoor Class. Low

This course teaches you game and fish cleaning techniques and equipment basics such as how to choose and sharpen a knife as well as sharing recipes for putting a savory meal on the table.

HANDGUN HUNTING AND SHOOTING – Outdoor class. Moderate

This course will cover the basics of handgun shooting. Safety, handling and shooting techniques will be covered as well as how and what to hunt with handguns. Participants will target shoot using various hunting handguns.

HISTORY OF FORT ROBINSON – Indoor/Outdoor class. Low/Moderate

Learn about the history, buildings, people, and exhibits of Fort Robinson and discover their stories at this outpost that witnessed 75 years of army life. On this shuttle tour, your guide will explain the Fort's complex history from the Red Cloud Agency, prisoner of war camp, Buffalo Soldiers, dog training and more. **Some walking required.**

INTERMEDIATE ARCHERY - Outdoor class. Moderate

This class will cover the basics of bowhunting, crossbows and equipment. You will shoot at various 3-D animal targets from the ground and an elevated stand; learn tree stand selection, safety, preparation for hunting, tracking and preparation and care of game. **Equipment will be provided.**

INTERMEDIATE SHOTGUN SHOOTING - Outdoor class. Low/Moderate

This class offers an excellent opportunity to fine-tune your shotgunning skills by getting tips from instructors and shooting clay targets that resemble real-life hunting. Sporting clays are a great way to enhance shooting skills before heading into the field for hunting season or a way to enjoy target shooting. Completion of beginning shotgun shooting, introduction to firearms, or significant firearm experience required.

INTRODUCTION TO FIREARMS - Indoor class. Low

Learn basic firearm safety, gun handling, identifying guns and the use of various firearms and types of ammunition. Participants will gain confidence and knowledge about firearms. No live shooting will be done.

INTRODUCTION TO FLY-TYING – Indoor class. Low

This class will introduce basic techniques for tying popular warm- and cold-water flies. Participants will tie their own flies. Equipment and materials are provided.

INTRODUCTION TO HORSEMANSHIP - Outdoor class. High

This introductory class teaches the basics of horse behavior and care. Learn about characteristics, grooming, and basic riding concepts. Then put your skills to the test on our trail ride that takes you up into the buttes and see nature from a unique viewpoint.

NATURE PHOTOGRAPHY - Indoor/Outdoor class. Moderate

Learn outdoor photography from our award winning *NEBRASKAland Magazine* staff. The class will cover some of the basics of photography, including exposure, composition and light, as well as the camera settings and techniques you can use to improve your landscape and wildlife photos. Students may bring their own camera and equipment.

ON-POND FISHING - Outdoor class. Moderate

Take a trip to the catch-and-release pond with your fishing instructors. You can try fishing with a variety of equipment and methods: rods, reels, fly-fishing, float-tube fishing and fishing from a kayak. Bring sunglasses or protective eyewear. A 2025 Nebraska fishing permit and Aquatic Habitat Stamp are required. Participation in Basic Fishing Skills, Beginning Fly-Fishing or good knowledge of casting and knot tying is required. **A 2025 Nebraska fishing permit is required. Participants may bring their own equipment.**

PLANNING FOR POLLINATORS – Indoor/Outdoor class. Low

Learn about creating backyard habitats that benefit native pollinators. Learn about plants, watering facilities, housing, winter garden prepping, and more.

PREDATOR HUNTING AND TRAPPING - Indoor/Outdoor class. Low/Moderate

This class will teach predator hunting and trapping basics and how to call a wide variety of predators. Learn about calls and calling techniques, equipment and tricks of hunting predators. Then, learn about the basics of trapping, what kinds of traps to use, scents used and more. Class will go on a short hike to observe sign and learn tracking skills.

TRAILERING - Outdoor class. Low/Moderate

This class will cover how to properly hitch a bumper-pull and gooseneck trailer to a vehicle, safely maneuver and pull trailers of different sizes, and back them into a parking spot. This is a great opportunity to try your hand at trailering, backing and pulling skills.

TURKEY HUNTING – Indoor/Outdoor class. Moderate

This class will cover the biology and habits of the wild turkey. Discussion will include hunting strategies including the Pine Ridge and other areas, equipment, clothing, camouflage, calling, patterning a shotgun, chokes to use and safety. No actual hunting will be done.

A Nebraska Park Entry Permit is required.

Classes and schedule are subject to change.

If a class cannot be held as planned, participants will be offered an alternative class.

In extreme weather situations, outdoor classes may be changed accordingly to provide safety to all participants and instructors.

We reserve the right to determine proficiency to participate in any class.