



4-H SPORTS RECORD SHEET

Include a signed copy in your three-ring notebook.

Name: _____ Grade: _____

4-H Club: _____

Years in 4-H: _____ Years in this project: _____
(including this year) (including this year)

I have reviewed this record and believe it to be correct:

Leader Signature: _____ Date: _____

Name of Sport: _____

I would say that my skill level for this sport is: Beginner Intermediate Advanced
Note: This is NOT your level in this 4-H project.

Do you plan to continue to learn new skills for your sport? ___ yes ___ no
If yes, what skills do you want to learn? If no, why not?

Did you show good sportsmanship while playing your sport? ___ yes ___ no
How?

What lifestyle changes have you made to be in this sport?

Have you worked with younger children to help them with this sport? ___ yes ___ no
If yes, how? If no, why not?

How do you plan to maintain your health after high school?