



4-H SPORTS RECORD SHEET

Include a signed copy in your three-ring notebook.

Name: _____ Grade: _____

4-H Club: _____

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

Who taught you how to play this sport? _____

Did you teach someone else how to play your sport? ___ yes ___ no

If yes, who? What did you teach them?

What are three things that could cause an athlete to be injured or reduce their abilities?

1. _____
2. _____
3. _____

List three safety rules to remember while playing your sport.

1. _____
2. _____
3. _____