

4-H Sports Project

GENERAL GUIDELINES AND EXHIBIT REQUIREMENTS

Welcome to the Hendricks County 4-H Sports Project! There are a wide variety of sports available to be pursued and enjoyed, plus lots of physical and recreational benefits. In this project you will learn a lot about your chosen sports(s) and hopefully increase your skills in mastering your sport(s).

Objectives of the 4-H Sports Project

1. Learn basic skills of the sport.
2. Learn Safety rules of the sport.
3. Practice good sportsmanship.
4. Have fun learning and participating in the sport.

For exhibit and judging purposes, this project is divided into the following age categories:

Level 1 - (Ages 10-12 or 3rd grade in January of current year) - Exhibit a poster that is related directly to the project.

Level 2 - (Ages 13-15) - Exhibit a poster that is related directly to the project.

Level 3 - (Ages 16-19) - Exhibit a poster that is related directly to the project.

What You Do Each Year

1. Choose at least one sport you enjoy or you would like to learn about.
2. Learn what the basis skills are for your particular sport.
3. Determine what your skill level is for each of the basic skills: Basic Beginner, Beginner, Intermediate, Advanced, Skilled.
4. Determine what skills you want to learn or want to improve and list them on your record sheet before you begin.
5. Begin to learn the skills you have decided you want to learn. You may want to ask your parents, friends, neighbors, or coach to help you.
6. Complete your record sheet and include it with your exhibit.
7. Participate in your chosen sport in one of the following ways:
 - A. Participate actively with any organized team in the county.
 - B. Participate in your sport with your family, friends, or 4-H club.
 - C. If your sport is an individual sport, participate on your own.
8. Give a demonstration - "Show and Tell" - On a topic related to your chosen sport to your friends, school class, 4-H club or another group of people.

WHAT TO EXHIBIT - Each year you are in the 4-H Sports Project, you should exhibit your completed record sheet and either a display or poster on any single topic related directly to your sport. Examples; Safety rules, equipment needed (include approximate cost), basic skills, strategies, exercise value, etc. Your information on either your poster or display should be accurate and thorough showing that you have knowledge of your sport. If you chose more than one sport, select one of them to feature for your exhibit.

Each year after your first year in the project, choose a new sport to learn about or expand and learn more about one of the sports you chose previously. The exhibit is the same as described above. If you are learning more about a sport you have chosen previously, your exhibit should show greater understanding and more in-depth information about your sport than before.

Poster Information - Posters should be on white or color 22" x 28" poster board with stiff backing and displayed horizontally.

Display Information - Your display should not exceed the size of 24" x 36".

Judging of Exhibits - will be based on: accuracy of information, suitability of materials used, showmanship (neatness, cleanliness, labeling, etc.), and record sheet content (and story).

Resources Available

1. A series of self-help pamphlets are available at no charge through the Extension Office in the following areas: Apparatus activities, Archery, Badminton, Baseball, Basketball, Bowling, Cycling, Competition Swimming, Diving, Fencing, Field Hockey, Fishing, Golf, Gymnastics, Ice Skating, Judo, Skiing, Skin and Scuba Diving, Soccer, Softball, Swimming, Table Tennis, Tennis, Track and Field, Trampolining, Tumbling, Volleyball and Wrestling.
2. A series of Sports Techniques Books are available for \$1.50 each through the Extension Office on individual order basis. They must be ordered and paid for at the Extension Office by May 15th.
3. Good resource books are available through sports equipment dealers or the library.

4-H Sports Project Record Sheet

NAME _____ GRADE _____ 19 _____

4-H CLUB NAME _____ TOWNSHIP _____

YEARS IN 4-H _____ NO. OF YEARS IN 4-H SPORTS _____

CHECK YOUR AGE CATEGORY:

_____ **LEVEL 1** Grades 3-5 in January of current year.

_____ **LEVEL 2** Grades 6-8.

_____ **LEVEL 3** Grades 9 and above.

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

Signature of 4-H Leader _____ Date _____

Signature of 4-H Parent _____ Date _____

1. Name of Sport _____ Why did you choose this Sport?

2. Before you begin your sport, list the skills you would like to learn.

3. In beginning my sport this year, my skill level is (Circle one): Basic Beginner, Beginner, Intermediate, Advanced, Skilled.

COMPLETE THE FOLLOWING JUST PRIOR TO THE FAIR:

4. Who taught you how to play this sport? _____

5. Did you teach someone else how to play your sport? _____

If yes, who? _____ What did you teach them?

6. Title or topic of demonstration - "Show and Tell". _____

(OVER)

Given to: (Check) Friends _____ School Class _____ 4-H Club _____

other _____ County Demonstration Contest _____

How many times given? _____

7. List Skills you have learned this year. _____

8. Did you enjoy participating in this sport? _____ Why or Why

not? _____

9. My skill level now is (Circle one): (Be Honest!)

Basic Beginner - Beginner - Intermediate - Advanced - Skilled

10. Did you participate on an organized team this year? _____

If yes, which one? _____

11. Do you plan to continue to learn new skills for your sport? __

_____ If yes, what skill? _____

12. Did you show good sportsmanship while playing your sport? _____

How? _____

13. List 3 Safety rules to remember while playing your sport.