

BASKETBALL

Superintendent: Amy Lueking (382-4421)

4-H Resources: Sullivan County 4-H Project Manual (Revised 2015)

A Sullivan County 4-H Basketball Day will be held and is required to be eligible for Division and Overall Champions.

This is a poster project.

All posters, notebooks and display boards MUST include a reference list indicating where information was obtained, giving credit to the original author, to complete the 4-H member's exhibit. This reference list should/might include web site links, people and professionals interviewed, books, magazines, etc. It is recommended this reference list be attached to the back of a poster or display board, be the last page of the notebook, or included as part of the display visible to the public. A judge is not to discredit an exhibit for the manner in which references are listed.

Beginner (Grades 3-5)

1. If you are in this level for more than one year, you must select a different topic each year.
2. Prepare a 22" x 28" poster, displayed horizontally, that includes information and illustrations about your chosen topic.
3. Choose one of the following topics for your project:
 - a. "Safety Rules for Basketball". Explain the safety needed for the game – NOT the rules to play. Explain the precautions to be used when playing basketball.
 - b. "Equipment Needed for Basketball"
 - c. "Basic Skills to Develop for Basketball"
 - d. "Exercise Value of Basketball". Fitness health required for a basketball athlete.
 - e. Any other topic related to basketball.

Intermediate (Grades 6-8)

1. If you are in this level for more than one year, you must select a different topic each year.
2. Prepare a 22" x 28" poster, displayed horizontally, that includes information and illustrations about your chosen topic.
3. Choose one of the following topics for your project:
 - a. The history of basketball.
 - b. The history of the rule changes of basketball.
 - c. Research an important person who has influenced basketball. Tell how he/she has helped shape the sport to be what it is now.
 - d. Research how basketball was invented or the person who invented the sport.
 - e. Any other topic related to basketball.

Advanced (Grades 9-12)

1. If you are in this level for more than one year, you must select a different topic each year.
2. Prepare a 22" x 28" poster, displayed horizontally, that includes information and illustrations about your chosen topic.
3. Choose one of the following topics for your project:
 - a. The life-style an athlete should maintain to remain healthy and competitive. Examples include: eating a healthy diet, exercising or training, avoiding the use of illegal or harmful substances, etc.
 - b. Research a present or past basketball personality. Include a description of his/her career.
 - c. Research the major rule changes of basketball from an elementary level to a professional level. For example: Bidy Ball vs. Professional Basketball.
 - d. Your personal participation in basketball. Include pictures of yourself and explain your participation and how basketball has influenced your life.
 - e. Any other topic related to basketball.

POSTER RULE: Posters must be 22" x 28", horizontal, stiff backed, plastic covered, and any color.