

# SPORTS

**PLEASE NOTE: Any changes/updates from the previous year will be **BOLDED** and *ITALICIZED*! Pay special attention to any projects with **BOLD**, *ITALICIZED WORDS* because they have changed from last year.**

<i>Completion, exhibition participation, and State Fair information for Sports</i>			
<b><i>Division/Level</i></b>	<b><i>Grades</i></b>	<b><i>Completion Activities Needed*</i></b>	<b><i>Maximum State Fair Entries</i></b>
<i>Level 1</i>	<i>Grades 3-5</i>	<i>Record Sheet</i>	<i>No State Fair Entries</i>
<i>Level 2</i>	<i>Grades 6-8</i>	<i>Record Sheet</i>	<i>No State Fair Entries</i>
<i>Level 3</i>	<i>Grades 9-12</i>	<i>Record Sheet</i>	<i>No State Fair Entries</i>

**Remember:** 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 a 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. Reference Sheets are available at the Extension Office for use. For personal safety, do not include personally identifiable information such as mailing address or phone numbers on posters/displays/exhibits.

## EXHIBIT:

### **Level 1: Grades 3 thru 5**

Exhibit a poster or display that is related directly to the project.

### **Level 2: Grades 6 thru 8**

Exhibit a poster or display that is related directly to the project.

### **Level 3: Grades 9 thru 12**

Exhibit a poster or display that is related directly to the project.

## **WHAT YOU DO EACH YEAR:**

1. Choose at least one (1) sport you enjoy or you would like to learn about.
2. Learn what the basic skills are for your particular sport.
3. Determine what your skill level is for each of the basic skills: Basic Beginner, Beginner, Intermediate, Advanced, and 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 (1) 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 (1) sport, select one (1) 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 (1) 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.

**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).