

SPORTS

(Decatur County 4-H Project)

1. A boy/girl may sign up for one sport.
 2. Objectives of the Sports Project:
 1. Learn basic skills of the sport.
 2. Learn safety rules of the sport.
 3. Practice good sportsmanship.
 3. How to participate in the sports project: Participate actively with any organized team in the county.
 4. Exhibit: 1 sports notebook - see page 3 for details.
 - All notebooks will be judged blue, red or white.
 - Exhibits will be divided according to the grade in school exhibitor as follows:
Beginner: 3rd - 5th Grade Intermediate: 6th - 8th Grade Advanced: 9th - 12th Grade
 5. The record sheet must be signed by the 4-H leader or parent and include in your green achievement folder.
- ** Participation in any chosen sport should be under proper supervision, with the proper equipment and safety precautions.

POSSIBLE SPORTS CATEGORIES

Apparatus	Fencing	Softball
Activities	Field Hockey	Swimming
Archery	Fishing	Table Tennis
Badminton	Golf	Tennis
Baseball	Gymnastics	Track & Field
Basketball	Ice Skating	Trampoline
Bowling	Judo	Tumbling
Cycling	Skiing	Volleyball
Competitive Swimming	Skin & Scuba Diving	Wrestling
Diving	Soccer	

If a sport is not listed above and you want to participate in that sport, feel free to do so.

Any good resource books available through sports equipment dealers or the library may be utilized.

The Project - What You Will Do:

1. Choose one sport you enjoy.
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 the record sheet before you begin your project.
5. Before you turn in your Sports Project Book be sure to complete the record sheet. Place record sheet in your Green folder.
6. All divisions will be exhibited at fair time one sport notebook with a one page report (written or typed) on topics as stated for each year. Pictures should not be included on the report page, but may be used to emphasize the report. (Limit pictures to 4 pages) Topics for each age group are as follows:

(Use some sort of divider to separate current years' project from preceding years.)

BEGINNER -- 3rd - 5th Grade - Choose one topic per year (do not repeat topics). Previous years' report must be included at the end of the current report. Reports can be written or typed.

1. Rules
2. Equipment
3. Your participation

INTERMEDIATE -- 6th - 8th Grade - Choose one topic per year (do not repeat topics). Previous years' report must be included at the end of the current report. Reports can be written or typed.

1. Favorite person
2. History
3. Preparation or Warm up

ADVANCE -- 9th - 12th Grade - Choose one topic per year (do not repeat topics). Previous years report must be included at the end of the current report. Reports can be written or typed.

1. Special skills or techniques
2. Officiating
3. Exercise Value & Health Benefits
4. Teaching someone else

You may use pictures from printed matter, photographs, original art work, etc., to put in your notebook. This would be in addition to the one page report. Be sure to label each illustration appropriately (limit 4 pages of pictures).

Exhibit will be judged on:

- | | |
|----------------------------------|-----------|
| 1. Accuracy of information | 60 points |
| 2. Suitability of materials used | 20 points |
| 3. Showmanship | 20 points |
| 1. Neatness | |
| 2. Cleanliness | |
| 3. Labels easily read | |

NO STATE FAIR ENTRIES