



4-H Sports

Dubois County 4-H
Project Manual





4-H Sports Project

County Only – No state Fair Exhibit)

1. Objectives of the 4-H Sports Project:
 - a. Learn the basic skills of the sport you select.
 - b. Learn the safety rules of the sport you select.
 - c. Practice good sportsmanship.
 - d. Have fun learning and participating in the sport.
2. To participate in the 4-H Sports Project choose one of the following methods:
 - a. Participate actively with any organized team that you are a member.
 - b. Participate in a sport with your 4-H club.
 - c. If the sport you select is an individual sport, participate on your own.
3. You may use any good resource books available through local libraries, bookstores, sporting goods stores or the internet.

Project Requirements

1. Choose at least 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:
Beginner, Intermediate, or Advanced.
- 4; Be sure to complete the record sheet.
Be honest! If you have not improved a skill to your own satisfaction, say so.
5. Submit sports record sheet in folder at fair project check in.
6. Exhibit Requirements:
 - a. Exhibit one poster. (See General Poster Exhibit rules in handbook)
Choose one of the following titles for your poster:
 1. "Safety Rules For: (i.e. Tennis, Rugby, Swimming, Archery, Golf, etc.)"
 2. "Equipment Needed For:"
 3. "Basic Skills To Develop For:"
 4. "Exercise Value of:"
 - b. Level for exhibit:
 - Level 1: grades 3, 4, 5
 - Level 2: grades 6, 7, 8
 - Level 3, grades 9 and above
7. If you participated in more than one sport, choose only one for your poster exhibit.
8. Select a different sport or topic each year.
Some possible sports include:
Aerobics, Archery, Baseball, Basketball, Bowling, Camping, Canoeing, Bicycling, Cross Country, Diving, Football, Golf, Gymnastics, Hockey, Ice Skating, Martial Arts, Rollerblading, Roller Skating, Rugby, Running, Skiing, Skateboarding, Soccer, Softball, Swimming, Track and Field, Trampoline, Volleyball, Walking or Hiking, etc.

Benefits From Sports Participation

Participation in sports is an education in itself. No other single program today can offer a growing youngster the following benefits:

Physical Well-Being

Through participation in sports the body and the mind grow and develop. The muscles as well as the vital organs (heart and lungs) grow strong with increase in physical activity.

Discipline

We hear from many places that young people need to learn discipline. Athletics teaches and imposes self-discipline which is vital to a successful adult life.

Release of Physical Energy

Some way, some how, young people will find a way to release their physical energy. Sports offers a wholesome outlet for this energy.

Competition

Our entire way of life is based on competition. Every person in industry, business, or a profession is competing to improve or maintain their economic standing. Sports participation in a wholesome environment can teach the spirit of competition.

Loyalty

Being faithful to a team, group or cause is an important lesson of athletics. No one will fail themselves when they have learned the lesson of being loyal to others.

Perseverance

How many times do people miss the goal they have been seeking because they quit trying a little too soon? Athletes learn to stay on the job and not give up until the contest is over.

