

“SPORTS”

This project offers the opportunity to increase and improve personal skills in sports; to lead or teach others a new sport and to establish a personal sports reference notebook. 4-H'ers select one or more specific sports. Begin your notebook. Include one or more references regarding the origin, development, history and/or rules of the selected sport. You may add pictures of you or others participating in the sport. Include stats and other data (if available) if you do play the sport. Describe in writing the equipment needed and safety standards for the sport. If you taught or instructed others in the sport, include how many there were.

You may use an inexpensive three-ring binder to which pages may be added easily for your 4-H Sports notebook. Be sure to label your notebook with a 4-H exhibit label in the lower right hand corner.

Your sports notebook should include at least three pages relating to each sport. The 4-H Sports Record sheet may be one of the three pages.

- ◆ Notebooks with multiple years work, be sure to mark which work was done each year.

Your notebook and record sheet are due at the sign-in area in the 4-H Community Center between 8:00 a.m. and 10:00 a.m. SATURDAY PRIOR TO THE 4-H FAIR.

