

YOU'RE THE ATHLETE - 300 Project Guide Sheet

Project Description

For youth who participate in sports and for the adults who work with them. Learn the fundamentals of being a well-rounded athlete with research-based information and fun activities that develop important knowledge, attitudes, skills and aspirations in sportsmanship, time management, goal setting, nutrition and sports, strength and conditioning, leadership, conflict resolution and careers in athletics.

To Complete the Project

1. Complete the "Game Plan" section of the project book.
2. Complete the Play Book and Practice Field activity in the Goal Setting section. Use the goal(s) you set here to help you make decisions in steps 3-6.
3. Choose at least one other section and complete all the Play Book, Practice Field & Big Event activities.
4. Select and complete 2 other Play Book and at least 2 Practice Field activities from other sections of the project or Choose 1 other section and complete all the Play Book, Practice Field & Big Event activities.
5. Take part in at least 2 of the special learning experiences.
6. Take part in at least 2 citizenship/leadership activities.
7. Evaluate your accomplishments by completing "My Season highlights".
8. Take part in 4-H project judging. If you choose not to participate in judging, plan to discuss and review completion of your project with your 4-H Advisor.

Judging of this Project

Interview judging for this project will be on Non-Livestock judging day at the Jr. Fair building. Please refer to the 4-H calendar for judging dates.

*Requirements for Judging:

1. Completed project book.
2. Display of something learned in the project.

Project Display

Prepare a display that shows the judge and fair visitors what you learned and accomplished in your project. For example: objects used or created, experiments performed, visuals, and other items used to complete project book activities, or a poster showing project activities and results.

Your project book cannot serve as your project display.

Display Areas

At the Wood County Fair, your 4-H project will be displayed in the Wood County Jr. Fair building in your 4-H Club assigned booth.



Project Pick-Up

You must pick up your project display at the end of the fair or arrange for someone to get it for you. Please refer to the Wood County Fair book or the 4-H Newsletter for project release times.

Projects not picked up by 3:00 p.m. on the last day of the fair will be disposed of.

***Ohio State Fair Project**