



UW-MADISON EXTENSION

Monroe County 4-H
Record Book Form



SPORTS PROJECT FOR 20_____

List two things you would like to do or learn this year in this project: (2pts)

1. _____

2. _____

This record is for the following sport(s):
(please list any; ie baseball, tennis, etc)
(1pt)

Years in project (1pt) _____
Chart has checked boxes 1pt

SKILLS LEARNED

Skills	This Year	Past Years	Skills	This Year	Past Years
Safety rules			History of sport		
Game rules			Nationality of sport		
Scoring system			Season of sport		
Field/Court layout			Equipment inspection		
Selecting equipment			Issuing equipment		
Safety equipment			Concussion protocol		
Team composition			League rules		
Leagues available			Common injuries		
National/International			Participate in sport		

The value of a 4-H Project is measured, in part, by the time spent learning and participating in the project. Please attach a copy of your 4-H Project Hours Tracking Tool for the Sports project. **(Hours Tracker Form, journal, or project certificate** must be included following this form in the Sports project section of the record book)

Minimum Required Hours Documented: All=4pts, 75%=3pts, 50%=2pts, less than 50%=1pt, none=0pts

Describe your favorite part of the sport; what did you participate in with this sport this year? Do you participate through 4-H or another youth organization? (1 point per detail, up to 4 points total)

Supplies and Equipment Purchased (1pt)

Item	Description	Cost

Exhibits/Demonstrations (1pt)

What did you exhibit?	When/Where	Placing

The worth or value of a 4-H project is measured also by the things you learned, enjoyment, and overcoming challenges. Tell us one thing you learned in the Sports project this year, as well as one challenge you overcame. (2 pts – 1 point for challenge, 1 point for what learned)

Photo Pages: 2 pages (4 sides) following this form. Scrapbook style pages are acceptable. Please include captions. If you wish to not include photos, a 1 page journal entry is also acceptable. (2 points per side. 1 point for pictures. 1 point for captions. If written entry, total of 4 points for completion of 500 word essay) Total 21 Pts