

Kalamazoo County 4-H

Youth Sports & Leisure Project Guidelines

Project Leaders/Superintendents: N/A

Project Social Media: N/A

Project Objectives & Life Skills*

- Promote motor skills development, communication and foster healthy habits.
- Learn how to set personal and achievable goals.
- Prompt participation in multiple sports/activities to develop a range of skills and interests.
- **Head**
 - Resiliency
 - Planning/organizing
 - Goal setting
 - Critical thinking
- **Heart**
 - Communication
 - Cooperation
 - Nurturing relationships
 - Conflict resolution
- **Hands**
 - Leadership
 - Contributions to group effort
 - Teamwork
 - Self-motivation
- **Health**
 - Character
 - Managing feelings
 - Healthy lifestyle choices
 - Personal safety

**note these life skills are just some examples of what 4-H members will learn in this project*

Additional Resources:

[Kalamazoo Biking Trails](#)

[Kalamazoo Fishing](#)

[Kalamazoo, MI Inline Skating Trails and Maps](#)

[Kalamazoo's Roller Skating Past](#)

[Ice Skating](#)

[Kalamazoo Skiing & Snowboarding](#)

[Snowmobiling in Michigan](#)

[Hiking Trails in Kalamazoo, MI](#)

[Kalamazoo Baseball History](#)

[History of Bowling](#)

[History of Cheerleading - USA Cheer](#)

[USA Football Rules Guide](#)

[Golf For Beginners](#)

[International Federation of Gymnastics Rules](#)

[USA Karate | Rules of Competition](#)

[Skill Progressions For Youth Hockey](#)

[Soccer Skills Videos](#)

[Competitive Swimming: How To Get Started](#)

[Essential Equipment for Softball and Baseball](#)

[How to Score in Tennis | Wilson Sporting Goods](#)

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Youth Sports and Leisure Recreation

Guidelines:

- Youth can enter up to one project for each class in sections A-B. Youth can participate in each section multiple times but if choosing the same leisure recreational activity or sport the project should be more challenging/in depth than prior years.
- Youth do not have to participate in the activity or sport that they choose to learn about but it may be helpful to participate in such activities and sports to learn more about them.
- If choosing to do a demonstration for these sections youth must sign up in the demonstrations department (Department 73, Section A). Only one demonstration per individual is allowed. See [Demonstrations guidelines](#) for more information.
- It is recommended to make sure your sources are reliable. Wikipedia can be edited by anyone so it should be used at most to find more reliable resources.

Section A–Leisure Recreation

- Project can be a poster, notebook, 3-D exhibit or other display that shares the knowledge in all aspects of the chosen leisure recreational activity.
- Project could include the equipment, apparel, safety measures, any rules/laws/regulations/code of ethics, seasonality, history of the activity, maintenance for equipment/apparel/ect, where do you do this activity?
- What are things to look for when finding a new place/equipment/apparel to participate in this activity.
- If participating in your chosen activity, keep a log of when you do your activity, where it was, what you worked on/learned during each time you participated in this activity.

Section B–Sports

- Project can be a poster, notebook, 3-D exhibit or other display that shares the knowledge in all aspects of the chosen sport.
- Projects could include the rules, equipment, regulations, techniques, scorekeeping, ethics, apparel, sportsmanship tips, history of the sport, ect in their relation to the chosen sport.
- If participating in your chosen sport, keep a log of when you do your activity (practice/matches/games/etc.), your performance/score/time, what you want to work on/get better at, etc.