

# 2022 Grand County 4-H Member Handbook, Policies, and Procedures

Colorado State University Extension

Grand County

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**GRAND COUNTY**  
**COLORADO STATE UNIVERSITY**  
**EXTENSION**

# TABLE OF CONTENTS

Welcome to 4-H.....	2
4-H Staff is Here to Help You.....	3
Middle Park 4-H Enrollment & Completion Requirements.....	4
Record Books and Demonstrations.....	5
Rules Governing Projects for Middle Park 4-H.....	6
County 4-H Events, Programs, Contests, and Activities .....	12
District, State, and National 4-H Events, Programs, Contests, and Activities.....	15
Frequently Asked Questions.....	19
Mission, Vision, and Administration.....	19
4-H Members, Clubs & Projects.....	20
Colorado 4-H Shooting Sports.....	22
Cloverbuds.....	24
4-H Meetings.....	24
Ways Adults Can Help.....	25
4-H Member Reminders.....	27
Middle Park 4-H Calendar of Events & Deadlines.....	28



GRAND COUNTY  
COLORADO STATE UNIVERSITY  
EXTENSION

Dear 4-H Family,

Welcome to the Grand County 4-H Program!

You and your child have become a part of a nationwide youth program with 6 million members and 500,000 adult volunteers throughout the United States.

The Grand County 4-H program is an informal educational program for youth, which is part of Colorado State University Extension. Our service “extends” the research of Colorado State University and the United States Department of Agriculture to the people of Grand County. Our staff cordially invites you to call us or stop by our office at:

Colorado State University Extension  
Grand County Office  
210 11<sup>th</sup> St. Fairgrounds Extension Hall  
P.O. Box 475  
Kremmling, CO 80459  
970-724-3436  
[grand.extension.colostate.edu](http://grand.extension.colostate.edu)

Other services available at the Grand County Extension Office include:

- Colorado State University Extension Publications and Fact Sheets
- Agricultural Programs and Information
- Small Acreage Management
- Horticulture Department
- Family & Consumer Science Programs
- Youth Outreach & School Enrichment

Colorado State University Extension, U.S. Department of Agriculture and Colorado counties cooperating.  
Cooperative Extension programs are available to all without discrimination.

## THE 4-H STAFF IS HERE TO HELP YOU!

Now that you have joined the 4-H family, there are many people available to help you with questions you may have on programs, club organization, and projects.

We also have a website with a variety of information and the latest forms at:

[grand.extension.colostate.edu](http://grand.extension.colostate.edu)

### Grand County 4-H Staff

The 4-H Staff is available to help you in many ways and with a variety of projects. If you need to visit with an agent in person, it is a good idea to make an appointment. Please call us anytime to make an appointment 970-724-3436.

Grand County 4-H staff includes:

#### County Extension Director

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#### Websites:

Grand County Extension website: [grand.extension.colostate.edu](http://grand.extension.colostate.edu)

CSU Extension website: [extension.colostate.edu](http://extension.colostate.edu)

National 4-H website: [4-h.org](http://4-h.org)

Colorado 4-H website: [co4h.colostate.edu](http://co4h.colostate.edu)

4-H Online: [v2.4honline.com](http://v2.4honline.com)

Fair Entry: [faireentry.com](http://faireentry.com)

# MIDDLE PARK 4-H ENROLLMENT & COMPLETION REQUIREMENTS

## What are the 4-H Membership Age Divisions?

4-H age is the age of the member on December 31<sup>st</sup> of the current 4-H year, which is October 1 to September 30.

- Cloverbud: 5-7 years old
- Junior member: 8-10 years old
- Intermediate member: 11-13 years old
- Senior member: 14-18 years old

*Ex: Taylor turned 8 on March 14<sup>th</sup>. Taylor's 4-H age is 7 and they are still a Cloverbud. Jamie turned 11 on November 21<sup>st</sup> of last year. Their 4-H age is 11 and they are an intermediate member this year.*

## What criteria does a 4-H member have to meet to complete their project(s)?

Middle Park 4-H follows many of the criteria set by National and State 4-H governing bodies. Here is the list of requirements. *Note: this is only for regular 4-H members and is not a requirement for Cloverbuds.*

1. **Enroll in 4-H:** Each member must complete the current year enrollment forms online, pay fees and sign the 4-H member Code of Conduct prior to 4-H participation
2. **Projects:** Members may enroll in as many 4-H projects as they wish (recommend new and young members limit to one or two projects). All projects can be taken through one club.
3. **Clubs:** A member must enroll in one club, but they may enroll in more than one club if they wish.
4. **Meeting Attendance:** Members must attend 6 club meetings total every year
  - a. Meetings may be made up, with leader approval, by attending another club meeting, project meeting, or 4-H event.
  - b. If a member attends another club's meeting to make up attendance then they must have written verification from the leader, secretary, or other official acknowledging their participation.
5. **Demonstration or Speech Arts Presentation:** members are required to give at least one demonstration to their peers in each club in which they are enrolled. *See more about demonstrations on the next page.*
6. **Exhibit Project:** All members must exhibit their project. The project exhibit requirements will be fulfilled if a member exhibits at one of the events listed below:
  - a. 4-H Exhibit Day – Home Economics & General projects only (many General projects require a 48x36 in. display board).
  - b. Middle Park Fair & Rodeo – all projects
  - c. Northwest Colorado 4-H Livestock Expo – Horse, Dog, Beef, Swine, Sheep & Goat projects only.
  - d. 4-H Horse Show – horse projects only.
  - e. A Rabbit Expo – rabbits only.
  - f. The Colorado State Fair 4-H Classes.
  - g. A club meeting or tour – arrangements for this must be made in cooperation with the Extension Office.
7. **Complete Record Book:** Each member must complete a record book for their project(s). *See more about record books on the following page.*
  - a. General & Home Economics record books must be submitted when the project is exhibited.
  - b. Livestock members must submit a record book by the livestock record book deadline (first Friday in September).
  - c. **NO LATE RECORD BOOKS WILL BE ACCEPTED.**
8. **Community Service:** Each member must participate in a community service activity. This can be done either through the members club(s) or with 4-H Council. Community service must be documented in the member's record book.
9. **Complete any Project and/or Club Requirements:** Each project has requirements that must be met. Additionally, each club has their own set of by-laws in which they govern themselves. Thus, any active member in that club must complete the individual club requirements.

## RECORD BOOKS

Grand County's 4-H program strives to offer youth a variety of educational experiences that will enhance their personal growth. Record keeping should be a meaningful and worthwhile experience for members and is required to complete a 4-H project in Grand County.

Record books are online at: <http://co4h.colostate.edu/program-areas/colorado-4-h-project-information/>. Remember, you must save them to your computer first before working on them. Make sure you turn in your record book in a binder or folder.

As county fair approaches the following completion criteria apply:

- **General & Home Economic projects** must be complete with all signatures by Exhibit Day of County Fair.
- **Livestock, Horse & Dog projects** complete records books are due the first Friday in September, and must be signed by the 4-H club leader.
- All record books are required to score a 70% or better to complete the project.
- **If a member does not submit a record book on time or the record book does not score a 70% or better they may not enroll in the same project for one full year.** (For example: If a member is enrolled in sheep in 2022 but does not complete the record book after showing at fair, they may not enroll in the sheep project until 2024.)

### Purpose of 4-H Record Books

1. To record plans and goals for the projects
2. To provide something to reflect back on accomplishments
3. To provide a record of costs, energy, and time
4. To learn to keep accurate, neat records and develop skills that will transfer to real life applications
5. To provide the leader an opportunity to become familiar with the member's progress

### Tips to Make Record Keeping Easier for Members

1. Start your record when you start your project; you should discuss your project with parents or a leader
2. Write things down when they happen
3. Use a calendar or a notebook to mark down figures and dates throughout the year
4. Keep the record up-to-date
5. Keep all records, notes, notebooks, etc. in one place – start a 4-H file system for this

## DEMONSTRATIONS

Demonstrating provides members with an excellent opportunity for development. It gives youth a chance to express themselves while relaying their project experiences, sharing knowledge with the audience, and developing public speaking skills. It serves as a means of getting the 4-H member to research, organize, and present information on one of their project areas. Presenting a demonstration on the project is required for completion. It is a fun and educational experience for everyone.

There are different types of demonstrations that members can give:

**Individual** – Explain your project or show others how to do something by yourself. This should last 10-15 minutes.

**Team** – Get together with fellow 4-H'ers to "team teach" the audience how to do something. This should last 15-30 minutes.

Contact the Extension office to get a "Demonstration Guide" which gives you tips on how to give a demonstration.

## **RULES FOR ALL LIVESTOCK/ANIMAL PROJECTS: (cattle, horse, sheep, swine, goats, poultry, rabbits, llamas and alpacas, and dogs)**

1. All market livestock members must exhibit a self-owned animal; other Livestock projects may exhibit a leased animal with the approval of the Extension Agent.
2. Members with animals not housed at their home must complete the Animal Care and Housing Form for Colorado 4-H Livestock Projects. The form can be found here:  
<http://co4h.colostate.edu/agent-resources/AnimalCareForm.pdf>
3. Animals destined for show (i.e. County or State Fair) must meet the ownership requirements for those shows. It is the responsibility of the individual to know the ownership and exhibit requirements of the fair or show they are entering.
4. If a project animal dies, is destroyed, or for any reason is unable to continue in the project the following will apply;
  - a. If before the mid-point of the project, the animal may be replaced.
  - b. If after the mid-point, the project will be completed by turning in a completed record book to the Extension Office by the due date. The date of ceased animal care should appear in the record book along with a description.
  - c. Mid-point shall be defined as:
    - i. Cattle projects – May 15<sup>th</sup>
    - ii. Sheep, goat, swine projects – June 15<sup>th</sup>
    - iii. Rabbit and poultry projects – July 15<sup>th</sup>
    - iv. Horse projects – allowed at the discretion of club leaders and Extension Agent.
5. Members taking Livestock Projects (except horse & dog) are required by State 4-H Policy to attend a Meat Quality Assurance Training under the following conditions:
  - a. 4-H members enrolling in any market and/or breeding livestock projects for the first time regardless of age, must attend a Colorado 4-H Meat Quality Assurance (MQA) program. A Colorado 4-H Meat Quality Assurance (MQA) program is considered to be either a training conducted using a Colorado 4-H MQA trailer or the Colorado 4-H MQA Power Point. All Colorado 4-H MQA programs must be conducted by the County 4-H Agent or approved designee.
  - b. 4-H members will be required to attend a Colorado 4-H MQA program a minimum of twice during the course of their 4-H career – once as a junior and once again within one year after becoming a senior 4-H member. Members are encouraged to review the information and best practices found in the Colorado 4-H Meat Quality Assurance program annually.
  - c. It is highly recommended that Colorado 4-H MQA training be completed at least 45 days prior to exhibition of project animals.
  - d. 4-H members enrolled in market and/or breeding livestock projects will sign the Animal Care & Housing form, indicating their understanding of and compliance with the good production practices taught in the Colorado 4-H Meat Quality Assurance program. Consequences for failing to comply with the Animal Care & Housing standards/Rules of Competition/4-H Code of Conduct/Colorado 4-H Youth Development Policies may result in removal from all 4-H livestock projects for the member/family. The Animal Care & Housing form must be filed every time the member signs up for any market and/or breeding livestock project. The Colorado 4-H MQA program suggests that records be kept on file for twelve months following the sale of any project livestock.

- e. The above-mentioned guidelines are minimum standards, and 4-H Agents or 4-H livestock committees may require more Colorado 4-H MQA trainings as needed.
- f. Additional quality assurance certifications may be required by fairs, shows and sales. It is the sole responsibility of each individual exhibitor to review fair, show and sale rules for events they plan to participate in or attend, and to comply with any additional certifications at their own expense.
- g. For Example: Certifications such as the Youth for the Quality Care of Animals (YQCA) may be required by fairs, shows or sales. In such a situation, The Colorado 4-H MQA certification is not a substitute for any fair, show or sale's additional certification requirement.

## **RULES FOR LIVESTOCK PROJECTS**

1. All market livestock must be in the member's ownership and care for the entire duration of the project. The project shall be maintained in the member's community of residence. Care shall be defined as the member having primary responsibility for feeding, training, and grooming of the animal.
2. Market livestock are to be identified (usually with a tag) on the date designated by the Extension Office.
  - a. Market beef tag-in: Jan-Feb
  - b. Market sheep, swine, and goat tag-in: May
  - c. Rabbits must be tattooed a minimum five days prior to exhibit
  - d. Poultry identified at county fair
3. Breeding livestock projects are separate projects and that members must be enrolled in by the add/drop date.

## **RULES FOR HORSE PROJECTS**

1. The horse a 4-H member intends to use as a project animal must be designated by May 1<sup>st</sup>. The 4-H member should have complete access to the project horse(s) at any time, and should provide care and management a majority of the time, whether the horse is owned or leased. Care shall be defined as the member having primary responsibility for feeding, training, and grooming of the animal. Animal Identification must be entered into 4-H Online by May 1<sup>st</sup> for a horse/rider combination to eligible to show in the 4-H division at County and State Fair.
2. Members with horse projects need not own the horse, it may be leased. Animal leases must be approved by the Extension Agent. Members with animals not housed at their home must complete the Animal Care and Housing Form for Colorado 4-H Livestock Projects. The form can be found here: <http://co4h.colostate.edu/agent-resources/AnimalCareForm.pdf>
3. In the event of injury or sickness a veterinarian must verify the condition. A club leader can verify death. The member may be allowed to change horses after the project deadline in the case of injury, sickness, or death.
4. Members must adhere to the policies as set forth by the *Colorado 4-H Horse Show Rule Book*. The rule book is enforced at County and State Fair. <https://co4h.colostate.edu/resources/horse/HorseShowRuleBook.pdf>
5. 4-H Horse exhibitors are required at County Fair to exhibit in either Showmanship, Equitation, or Western Horsemanship to be eligible for other classes.
6. Helmet Policy for 4-H Horse Projects:
  - a. A certified equestrian helmet with safety harness fastened in place is required in over fences classes and gymkhana events, activities and practice sessions. Gymkhana

generally refers to horseback speed events (timed or un-timed) that do not use livestock. Events that usually fall in this category of events include, but are not limited to: barrel racing, pole bending, keyhole race, stake race, rescue race, pony express race, etc. Events that are not intended to be included in the policy are events such as calf roping, team roping, goat tying, and team penning that may be timed but use livestock.

- b. It is the responsibility of the parent or guardian of the 4-H member to see that the headgear worn complies with such standards and is in good condition. The State 4-H office encourages the use of ASTM certified/SEI approved safety helmets in all equine events. Protective headgear may be used in all classes and shall not be discriminated against.
- c. Helmet use is encouraged in all 4-H horse activities.

## EXHIBITION CLASSES FOR DOG PROJECTS

The following Charts can be found here: <https://co4h.colostate.edu/program-areas/state-fair-information/>

**Colorado 4-H Dog Level Progression Chart  
4-H Dog Showmanship Class Placement\***

Division	Class Name	Class Registration Eligibility	Class Registration Progression
Junior Division	Junior Novice	This class is for exhibitors who are 8 –10 years old as of December 31 of the previous year, are in their 1st year of participation in the project and have no prior experience with any other dog showing entity (4-H, AKC, UKC, etc.).	Exhibitor can only stay in this class for 1 year.  *For 2021 ONLY, exhibitors who were in their first 4-H dog year in 2020 may remain as first year exhibitors for 2021 OR may choose to move up to the Open class.
	Junior Open	This class is for exhibitors who are 8-10 years old as of December 31 of the previous year and have previous experience in Showmanship. (4-H, AKC, UKC, etc.)	Exhibitor can stay in this class until age changes.
Intermediate Division	Intermediate Novice	This class is for exhibitors who are 11-13 years old as of December 31 of the previous year, are in their 1st year of participation in the project and have no prior experience with any other dog showing entity (4-H, AKC, UKC, etc.).	Exhibitor can only stay in this class for 1 year. *For 2021 ONLY, exhibitors who were in their first 4-H dog year in 2020 may remain as first year exhibitors for 2021 OR may choose to move up to the Open class.  If exhibitor wins the Overall Intermediate class Grand Champion or Reserve Grand Champion at State 4-H Dog Trials, exhibitor <b>MUST</b> move up to the Master Showman Class to be eligible for State 4-H Dog Trials.
	Intermediate Open	This class is for exhibitors who are 11-13 years old as of December 31 of the previous year and have previous experience in Showmanship (4-H, AKC, UKC, etc.).	Exhibitor can stay in this class until age changes EXCEPT if exhibitor places 1st – 10th (1st-5th for 2020) in this class at State 4-H Dog Trials the exhibitor <b>MUST</b> move to the Intermediate Advanced class to be eligible for State 4-H Dog Trials.  If exhibitor wins the Overall Intermediate class Grand Champion or Reserve Grand Champion at State 4-H Dog Trials, the exhibitor <b>MUST</b> move to the Master Showman Class to be eligible for State 4-H Dog Trials.
	Intermediate Advanced	This class is for exhibitors who are 11-13 years old as of December 31 of the previous year, and placed 1st – 10th in Intermediate Open at State 4-H Dog Trials prior to 2020 <b>OR</b> for exhibitors age 11-13 as of December 31 of the previous year who placed 1st-5th at the 2020 State Dog Trail in Intermediate Open.	Exhibitor can stay in this class until age out. If exhibitor wins the Overall Intermediate class Grand Champion or Reserve Grand Champion at State 4-H Dog Trials, exhibitor <b>MUST</b> register in the Master Showman Class to be eligible for State 4-H Dog Trials.

**Colorado 4-H Dog Level Progression Chart  
4-H Dog Obedience Class Placement\***

Division	Class Name	Class Registration Eligibility	Class Registration Progression
<b>Puppy Division</b>	<b>Puppy Class</b>	<b>*NOT A STATE 4-H DOG TRIALS CLASS BUT HIGHLY ENCOURAGED IN COUNTIES*</b> For puppies or dogs which are not ready for regular obedience classes. The purpose of this class will be to introduce obedience commands to a puppy/dog without the stress of perfection seen in regular obedience classes. This class will introduce the puppy/dog to dog shows in a positive manner, thus setting the puppy/dog up for a lifetime of enjoyment in the show ring.	After one year of showing in the Puppy Obedience Class: If the member was in their 1st year of obedience training, the team moves into Beginner Novice A Obedience, if the member was in their 2nd year or higher of obedience training, the team moves to Beginner Novice C-1st Obedience
<b>Beginner Novice Division</b>	<b>Beginner Novice A</b>	This class is open only to exhibitors and their dogs in their <b>first year</b> of dog Obedience training work.	ALL Beginner Novice A (BNA) exhibitors <b>MUST</b> move with the same dog to the Beginner Novice B (BNB) class in their 2nd year to be eligible for State 4-H Dog Trials.
	<b>Beginner Novice B</b>	This class is open only to second or higher year of Beginner Novice training and must be the same exhibitor and dog team that showed in BNA or BNB the previous year.	Exhibitor and Dog teams may stay in this class until they receive a qualifying score at County Level <sup>1</sup> or State 4-H Dog Trials. Once a dog has received a qualifying score at State 4-H Dog Trials they <b>MUST</b> move to Novice A to be eligible for State 4-H Dog Trials.
	<b>Beginner Novice C-1</b>	This class is open to first-year project exhibitors with an experienced/trained/titled dog <b>OR</b> an experienced handler with new dog.	ALL Beginner Novice C-1 (BNC-1) exhibitors <b>MUST</b> move with the same dog to the Beginner Novice C-2 (BNC-2) class in their 2nd year to be eligible for State 4-H Dog Trials.
	<b>Beginner Novice C-2</b>	This class is open only to second or higher year of Beginner Novice training and must be the same exhibitor and dog team that showed at BNC-1 or BNC-2 the previous year.	Exhibitor and Dog teams may stay at this level until they receive a qualifying score at County Level <sup>1</sup> or State 4-H Dog Trials. Once a dog has received a qualifying score at State 4-H Dog Trials they <b>MUST</b> move to Novice A to be eligible for State 4-H Dog Trials.
<b>Novice Division</b>	<b>Novice A</b>	This class is open to exhibitors in their 1st year of Novice training with no prior experience in Novice Obedience Dog training.  Exhibitor and dog teams are encouraged to enter this class after successful completion of the Beginner Novice Division <b>OR</b> with approval of their County Dog Superintendents.	Exhibitor and dog teams can only stay in this class for 1 year.  Once the team earns a qualifying score at the County Level <sup>1</sup> or State 4-H Dog Trials they <b>MUST</b> move to Pre-Graduate Novice A class (or higher level with approval of their County Dog Superintendent) to be eligible for State 4-H Dog Trials.  If the team does not earn a qualifying score, the team <b>MUST</b> move to Novice B to be eligible for State 4-H Dog Trials.
Division	Class Name	Class Registration Eligibility	Class Registration Progression

**Colorado 4-H Dog Level Progression Chart  
4-H Dog Rally Class Placement\***

Division	Class Name	Class Registration Eligibility	Class Registration Progression
<b>Novice Division</b>	<b>Rally Novice A</b>	This class is open only to exhibitor and dog teams in their first year of Rally training*	Exhibitor and dog team can only stay in this class for 1 year.  Once a qualifying score is received at County Level <sup>1</sup> or State 4-H Dog Trials or the dog being shown has received an equivalent title from a national dog association* the member <b>MUST</b> move to Rally Intermediate A class or higher Division to be eligible for State 4-H Dog Trials.  If the team does not earn a qualifying score at County Level <sup>1</sup> or State 4-H Dog Trials, the team <b>MUST</b> move to Rally Novice B to be eligible for State 4-H Dog Trials.
	<b>Rally Novice B</b>	This class is open to exhibitor and dog teams in their second or more years in Rally Novice training and no qualifying score in Rally Novice A, OR an experienced handler starting a new dog*.	Exhibitor and dog team can stay in this class until receiving a qualifying score at County Level <sup>1</sup> or State 4-H Dog Trials or the dog being shown has received an equivalent title from a national dog association*, then the exhibitor and dog team <b>MUST</b> move to Rally Intermediate A class or higher Division.
<b>Intermediate Division</b>	<b>Rally Intermediate A</b>	This class is open only to exhibitor and dog teams in their first year of Rally Intermediate training*.	Exhibitor and dog team can only stay in this class for 1 year. Once a qualifying score is received at County Level <sup>1</sup> or State 4-H Dog Trials or the dog being shown has received an equivalent title from a national dog association* the member <b>MUST</b> move to Rally Advanced A class or higher Division to be eligible for State 4-H Dog Trials.  If the team does not earn a qualifying score at County Level <sup>1</sup> or State 4-H Dog Trials, the team <b>MUST</b> move to Rally Intermediate B to be eligible for State 4-H Dog Trials.
	<b>Rally Intermediate B</b>	This class is open to exhibitor and dog teams in their second or more years in Rally Intermediate training and no qualifying score in Rally Intermediate A*.	Exhibitor and dog team can stay in this class until receiving a qualifying score at County Level <sup>1</sup> or State 4-H Dog Trials or the dog being shown has received an equivalent title from a national dog association*, then the exhibitor and dog team <b>MUST</b> move to Rally Advanced A class or higher Division to be eligible for State 4-H Dog Trials.

## **RULES FOR GRAND COUNTY 4-H SHOOTING SPORTS**

In addition to the 4-H member enrollment fee, Grand County 4-H Shooting Sports Members will be charged a \$40 shooting sports project fee upon enrollment in the project. Additional project fees will be used for replacing consumables like targets, ammunition, safety equipment, etc.

Grand County 4-H supports members by providing a limited amount of ammunition per practice to ensure participation, however it is the expectation that the member supply their own factory ammunition for each practice. Any consumables (ammunition, targets, and safety equipment) provided will be based on availability and is not guaranteed. The purpose of provided equipment is to make educational opportunities available for new members, or member seeking out new disciplines.

Grand County 4-H Shooting Sports has equipment available for use to its members at approved 4-H activities and events only. Grand County 4-H Program firearms will not be checked out or sent home with 4-H members or their families.

The cleaning of firearms will be completed at practice or under the supervision of Grand County 4-H Shooting Sports Certified Instructor(s). Grand County 4-H Shooting Sports Certified Instructor(s) or County 4-H Agent will be responsible for the secure storage and transport of the Grand County 4-H firearms.

All Grand County 4-H Youth are expected to have a parent or designated chaperone in attendance at all 4-H Shooting Sports activities and events for the duration of the activity or event.

Grand County 4-H youth must be enrolled in the specific 4-H Shooting Sports project for participation in that discipline at competition. Members and their parents/chaperones are expected to attend a minimum of 4 scheduled Grand County 4-H Shooting Sports practices to be eligible to participate at the Grand County 4-H Shooting Sports Contest.

In order to participate in the Colorado State 4-H Shooting Sports Championships, members must possess a valid hunter safety card prior to registration deadline for the contest. This is not a requirement for county events. To participate at the Colorado State 4-H Shooting Sports Championships members must have registered and participated at the Grand County 4-H Shooting Sports Contest and rank in the top 5 for shotgun, or rank in the top 6 for other disciplines.

Additional information on Grand County 4-H Shooting Sports can be acquired by contacting the Extension office.

## **COLORADO 4-H CODE OF CONDUCT**

**4-H members, leaders, parents, and other adults participating in 4-H programs will:**

*Note: A Signed Code of Conduct is located in [4-H Online](#), under profile information section.*

1. Adhere to program rules, curfews, dress codes, policies, and rules of the facility being used.
2. Conduct themselves in a courteous, respectful manner, use appropriate language, exhibit good sportsmanship, and act as positive role models.
3. Abstain from illegal behaviors, use of alcohol, marijuana, illegal or illicit drugs, and tobacco including e-cigarettes and vaping device during 4-H events and activities.
4. Fully participate in scheduled activities.
5. Respect other's property and privacy rights.
6. Respect the rights and authority of parents, leaders and Extension Agents.
7. Abstain from abuse (physical and/or verbal) and harassment.
8. Accept personal responsibility for behavior including any financial damage.
9. Be responsible for any financial damage caused by inappropriate behavior.
10. Adhere to principles and rules of safety.

Consequences for violating any part of this code of conduct may include, but are not limited to: removal from participation in the event in which the code of conduct has been violated *at the individual's expense*; sanctions on participating in future 4-H events; forfeiture of financial support for the event; removal from offices held, etc.

*Behavior outside of 4-H activities can affect member in good standing or volunteer in good standing status.*

*It is the responsibility of all program participants to reinforce the code of conduct and to report any violations or concerns to 4-H leadership.*

## **MIDDLE PARK FAIR & RODEO RULES**

**\*\* [Reference the current year fair book for the most up to date rules.](#)**

**\*\* At any event you attend, keep in mind the 4-H Code of Conduct.**

## COUNTY 4-H EVENTS, PROGRAMS, CONTESTS, AND ACTIVITIES

### CAKE DECORATING CONTEST

**What:** Members decorate a cake in the allotted time. Winners in each age group and event are eligible to compete at the Colorado State Fair contest. Member must be enrolled in cake decorating.

**When:** Usually in the spring or early summer. **Will be held if interest is generated.**

**Where:** To be announced in the newsletter

**Who:** Cake decorating 4-H members, ages 5-18 years old.

### CREATIVE COOKS CONTEST

**What:** Members select a theme and prepare a menu, food, table setting, and outfit (optional) based on it. They use their knowledge of nutrition, meal planning, and food preparation in a creative way. Winners in each age group and event are eligible to compete at the Colorado State Fair contest.

**When:** Usually in winter or early spring. **Will be held if interest is generated.**

**Where:** To be announced in newsletter

**Who:** All 4-H members, ages 5-18 years old

### FASHION REVUE

**What:** Members model garments and/or articles made in their 4-H projects. They participate in both Fashion Revue judging day and a public Fashion Revue. Winners are named in each age group. Two senior members are eligible to compete at the Colorado State Fair contest.

**When:** July, prior to the Middle Park Fair & Rodeo

**Where:** To be announced in newsletter

**Who:** All members ages 5-18 in clothing, knitting, decorate your duds, crochet, and leathercraft projects that made or decorated articles to wear

### DEMONSTRATION/SPEECH ARTS CONTEST

**What:** Opportunity for 4-H members to practice their public speaking skills through speeches, demonstrations and other activities. Individuals or teams can give demonstrations. Speeches are to be written by the 4-H member, and members can speak on any subject relating to 4-H. Use of visual aids is strongly recommended for demonstrations. A prepared speech or impromptu speech are eligible to compete at the state contest held during the State 4-H Conference in June. Other demonstrations or illustrated talk winners are able to participate by age in the State Contest at the Colorado State Fair.

**When:** **Will be held if interest is generated.**

**Where:** To be announced in newsletter

**Who:** All 4-H members, ages 5-18 years old

### COUNTY SHOOT

**What:** A shooting sports contest for all shooting sports members to exhibit their skills. Winners are eligible to attend the Colorado State Fair Shooting Sports Championships. Winners in each age group

and event are eligible to compete at the Colorado State Fair contest if they also receive at least a red rating on their Shooting Sports display in the Exhibit Hall at the Middle Park Fair & Rodeo.

**When:** A Saturday or Sunday in July, before county fair

**Where:** TBD

**Who:** All 4-H members enrolled in the shooting sports project are welcome to participate.

## **ROCKET FLY DAY**

**What:** A contest that evaluates craftsmanship, flight, landing, and range safety for the rocketry project. Winners in each age group and event are eligible to compete at the Colorado State Fair contest.

**When: Will be held if interest is generated.**

**Where:** Locations vary. You will be notified through the newsletter.

**Who:** All 4-H members enrolled in the rocketry project. Cloverbuds are not allowed to enter this contest.

## **MIDDLE PARK FAIR & RODEO**

**What:** The Middle Park Fair and Rodeo is a multi-day event in early August at the fairgrounds in Kremmling. This event provides an opportunity for 4-Hers to exhibit their projects. 4-Hers participating in Family/Consumer Science and General Projects bring their project in on exhibit day, where it is judged and receives a ribbon and/or premium. The exhibit is then on display for the general public to view throughout the fair. Livestock, horse, dog, rabbit, and poultry can all exhibit during fair. Please review the Middle Park Fair & Rodeo book for dates and times of events.

**When:** First full week of August

**Where:** Middle Park Fairgrounds, Kremmling

**Who:** All 4-H members

## **EXHIBIT DAY - INTERVIEW JUDGING**

**What:** The major purpose of interview judging is that it allows the judge and 4-H member to discuss the project being evaluated. This type of evaluation is a very positive educational experience because it allows the judge to ask questions and the member to talk about problems and objectives of the project.

**When:** The first day of Middle Park Fair and Rodeo

**Where:** Extension Hall, Middle Park Fairgrounds, Kremmling

**Who:** All Family/Consumer Science and General project 4-H members

## **ACHIEVEMENT NIGHT**

**What:** Outstanding members, leaders, and other volunteers are recognized for their 4-H accomplishments at this annual event.

**When:** October

**Where:** Extension Hall in Kremmling, or one of the Granby schools (alternating years).

**Who:** All 4-H members, leaders, parents, and friends.

*All awards with the exception of Supreme Exhibitor are sponsored by Middle Park 4-H Council.*

### **Adult Awards**

**Leader of the Year Award:** This award is to recognize an outstanding leader.

**ABCD (Above & Beyond the Call of Duty):** Recognizes an adult that did more than was asked during the 4-H year.

**Friend of 4-H:** Usually is given to someone not directly involved with 4-H but shows support from the community.

**Supportive Parent Award:** Given to a 4-H parent who helps everyone, not just their own children.

**100% Club Completion Awards:** Given to clubs who had all their members complete their projects.

### **Member Awards**

**Year of Membership Awards:** Pins given to each 4-H members for specific years of membership.

**Secretary & Treasurer Awards:** Awards based on their clubs Secretary & Treasurer Record Books ratings.

**Top Livestock Record Book Awards:** Awarded to 4-H members who scored the highest in their record books by level.

**Clean Stall Award:** Awarded to a 4-H member who has the cleanest stall at the Middle Park Fair and Rodeo.

**Outstanding Member Awards:** Awarded to 4-Her's who were either nominated by their fellow 4-Her's or who were self-nominated who went through an interview process and were chosen by a panel of judges as the most outstanding member in a given 4-H discipline (General, Home Economics, and Livestock) by age level (Junior, Intermediate, and Senior).

## DISTRICT, STATE, AND NATIONAL LEVEL 4-H EVENTS, PROGRAMS, CONTESTS, AND ACTIVITIES

### NORTHWESTERN COLORADO 4-H LIVESTOCK, DOG AND HORSE EXPOSITION

**What:** Northwest Colorado counties work together to plan a 4-H livestock, horse, dog, poultry and rabbit Expo each year. Expo is special in many ways. It was set up to be a learning experience for 4-H livestock project members. Even though there are showmanship, prospect, and riding classes at Expo, the real purpose is to teach and give “hands on” experience to 4-H members on how to have a successful livestock project at their county fair.

**When:** June

**Where:** It rotates every year to a new county. The district has seven counties.

**Who:** All Livestock, Dog, Poultry, Rabbit, and Horse 4-H members

### DISTRICT 9 RETREAT

**What:** This is a fun weekend away from home where 4-Hers from Northwest Colorado can meet and learn important leadership and team building skills. District officers also conduct businesses meetings.

**When:** March

**Where:** Location changes yearly

**Who:** All 4-H members 10-18 years old

### LEADERSHIP DEVELOPMENT CONFERENCE (LDC)

**What:** The conference focuses on government and civic involvement. It is followed by Colorado 4-H Day at the State Capitol the end of January or beginning of February. Mid-winter meetings for the State 4-H Senate and Colorado 4-H Leaders’ Council are held during the conference. There is also a recognition banquet.

**When:** Weekend at the end of January or beginning of February

**Where:** Denver

**Who:** For members ages 14 and older as of January 1 of the current 4-H year. District senators are required to attend although all are welcome. Individuals sign up with their counties who submit their registrations as a group to the Colorado State 4-H Office.

### COLORADO LEADERSHIP CONFERENCE (CLC)

**What:** A three-day conference sponsored by the State 4-H Senate officer team. Usually CLC is a weekend retreat-style experience focusing on leadership.

**When:** Usually held in October

**Where:** Different locations around the state

**Who:** For members ages 14 and older as of January 1st of the current 4-H year.

## **YOUTH FEST**

**What:** A three-day camp where 4-Hers discover what self-esteem and leadership are all about. They will realize what an impact they can have.

**When:** Usually held in March

**Where:** Camp La Forest in Black Forest, east of the Air Force Academy, north of Colorado Springs.

**Who:** Any 4-H member, age 11-13, and adult chaperones

## **STATE and DISTRICT 4-H SENATE**

**What:** Each county has two district senators. Two alternate senators are elected from each county, each year, that move up to be senators in their second year. One officer is elected from each district to form the state officer team that works together to plan, conduct, and evaluate events and activities for 4-H members statewide. A state president and vice president are elected by their peers at Colorado State 4-H Conference each summer to serve in these roles.

**When:** 4th Monday of every month.

**Where:** Grand County is a part of District 9 and the meetings rotate between District 9 counties every two years.

## **STATE CONFERENCE**

**What:** A four-day conference where 4-H teens compete in state contests including consumer choices judging, horse contests, livestock contests, and public speaking contests; attend workshops and tours; and participate in social activities and dances.

**When:** June

**Where:** It is held at Colorado State University in Ft Collins, Colorado

**Who:** 4-Hers 14 years of age and older who are members of judging teams, senior speech contest winners, senators, youth and leader delegates

## **COLORADO STATE FAIR**

**What:** The top winner in each county project/unit in the General and Home Economics Divisions exhibits their projects at the State Fair. Members can also participate in horse and livestock shows. The state rabbit judging meet is also held in conjunction with the state fair.

**Where:** Pueblo

**When:** Late August/early September of each year

## **TEEN CLERK AT STATE FAIR**

**What:** An opportunity for junior leaders to expand their leadership skills and meet new 4-Hers. Teens assist the adult superintendents with check-in and registration, and assist

judges with the judging process of 4-H projects at the Colorado State Fair. Clerks stay at the dormitories at Camp Tobin on the fairgrounds and work for their room and board.

**When:** Applications are due in early July

**Where:** Colorado State Fair, Pueblo

**Who:** 4-H members 14 years of age and older as of January 1 of the current 4-H year

#### **NATIONAL 4-H WEEK**

**What:** National 4-H Week is a special week set aside to acquaint the public with today's changing and expanding 4-H program. It is also a time for clubs to recognize their members, leaders and parents for their contributions.

**When:** National 4-H Week is observed annually the first full week of October.

**Where:** Special county activities are planned. 4-H members and clubs are also encouraged to promote 4-H within their community.

**Who:** All 4-H members, leaders and parents.

#### **4-H TEEN CONGRESS**

**What:** A national event where members participate in hands-on workshops in leadership.

**When:** Thanksgiving weekend

**Where:** Atlanta Hyatt Regency in Atlanta, Georgia

**Who:** Counties can submit delegates based on a county selection process.

#### **CITIZENSHIP-WASHINGTON FOCUS**

**What:** A 7-day conference in Washington, D.C, where participants learn about our nation's heritage, culture, and government through field trips, activities, and discussions with senators and other decision makers. Through hands-on workshops and government simulations, delegates become involved in the political process.

**When:** The trip is usually in early July. Applications are due in February.

**Where:** National 4-H Center in Chevy Chase, Maryland, a suburb of Washington D.C.

**Who:** At least one delegate is sent from Grand County each year. Applicants must be at least 14 years of age as of December 31 of the current 4-H year and have demonstrated their interest in citizenship and leadership. Delegates must develop a plan of action to share their experience with 4-H and other groups upon return. To be eligible, members must complete Leadership Academy; If it is not offered that year, Leadership Development Conference may substitute.

**Payment:** Each year the Colorado 4-H Foundation donates money to each county 4-H Council to assist with funding the full expenses (excluding personal) for one (1) member to attend.

#### **WESTERN 4-H ROUND UP**

**What:** This is a recognition/educational event. It includes tours, motivational speakers, workshops, a dance, and a banquet. The Western National 4-H Horse Classic and National Youth Livestock and Meats Judging contests are held in conjunction.

**When:** January

**Where:** Denver

**Who:** Participants have won various awards and contests to qualify for attendance.

## **NATIONAL WESTERN STOCK SHOW AND RODEO**

**What:** The world's largest stock show, with multi-million dollar livestock and horse sale, breed shows and rodeos included. 4-H members, clubs, and families participate in the following ways:

**Catch-a-Calf Contest:** Open to all 4-H members between the ages of 12 and 18 who have adequate facilities and knowledge to raise a calf. Up to 40 participants are chosen to compete during one of the rodeo performances at the NWSS. Successful calf catchers receive a calf free of charge in May. Applications are available in the Extension office in the fall. All applications must be approved and signed by the Extension agent. Contestants are required to care for the calf and correspond with their donor each month until the next NWSS, where all calves are shown and judging takes place.

**Passes for Livestock Clubs:** A limited amount of passes for NWSS for livestock/horse clubs are available.

**Livestock Show and Auction:** 4-H/FFA members and adults may enter animals via the NWSS office. Premium books and entry forms are available at [www.nationalwestern.com](http://www.nationalwestern.com). The excellent quality of stock makes the NWSS auctions a prime source for club calves for 4-H/FFA market steers.

**4-H Day at NWSS:** The second Wednesday of Stock Show is traditionally 4-H Day. Some clubs go to NWSS and rodeo to support 4-H on that day.

**When:** A ten-day event in January

**Where:** At the National Western Stock Show Complex in Denver, CO.

# FREQUENTLY ASKED QUESTIONS ABOUT 4-H

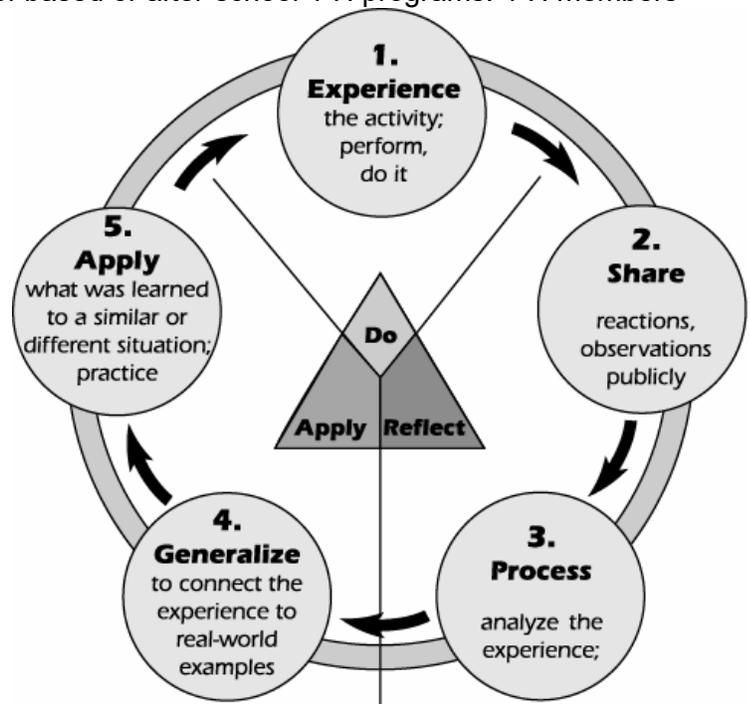
## MISSION, VISION, AND ADMINISTRATION

### What is 4-H?

4-H is a community of more than 6.5 million young people across America learning leadership, citizenship, and life skills. 4-H members participate in fun, hands-on learning activities supported by the latest research of land-grant universities that are focused on agriculture, consumer science, natural resources, healthy living, citizenship, and STEM. Youth can experience 4-H by becoming a member of a 4-H club, attending a 4-H camp, or joining school-based or after-school 4-H programs. 4-H members can compete with their projects in contests at the local, state, regional, or national levels. They can also attend a variety of conferences and events.

4-H is supported by your local Extension office, which is a branch of Colorado State University, the land grant university in Colorado. All of our project manuals, information, and youth development practices are research-based as a part of this institution.

4-H believes in using the Experiential Learning Model when teaching youth, and works with local volunteer leaders to provide a high-quality education through this model. The model includes five rotating steps that offer youth an opportunity to experience, through hands-on activities, what they are learning through 4-H projects and then apply it to everyday life. The five steps include: 1) Experience 2) Share 3) Process 4) Generalize 5) Apply.



Pfeiffer, J.W., & Jones, J.E., "Reference Guide to Handbooks and Annuals"

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### What do the four H's in 4-H stand for and what is the 4-H pledge?

Head, Heart, Hands, and Health are the four H's in 4-H, and the four values members develop through fun and engaging programs.

Head - Managing, Thinking  
Heart - Relating, Caring  
Hands - Giving, Working  
Health - Being, Living

### 4-H PLEDGE

I pledge my **HEAD** to clearer thinking,  
my **HEART** to greater loyalty,  
my **HANDS** to larger service,  
and my **HEALTH** to better living,  
for my club, my community,  
my country, and my world.



## 4-H MEMBERS, CLUBS, AND PROJECTS

### What are the Requirements for 4-H Clubs?

- Club consists of at least five members
- Have a local leader guide the club
- Clubs must have officers, a constitution, and bylaws
- Have a written plan of activities
- Hold regular meetings
- Apply for and receive a club charter

### What about officers?

4-H clubs have officers and as many committees as they need to run their own business. 4-H has materials available for presidents, vice presidents, secretaries, treasurers, news reporters and recreation leaders. The club may have more or fewer, depending on its needs.

### How often do 4-H clubs meet?

Each club should have a business meeting at least once a month. It is the decision of the individual club project leaders as to how often they hold project meetings. 4-H clubs may organize any time of the year. 4-H enrollment is October 15th through March 1<sup>st</sup> each year. Sometimes members have to be enrolled in a project by a certain time to be eligible for a specific project (i.e. certain livestock projects have specific deadline dates). Clubs may also meet to do community service, fundraising, or field trips.

### What is Independent Membership?

4-H is an opportunity for CSU Extension to provide an educational environment for the positive development of diverse youth to enable them to realize their full potential. The 4-H club is the foundation for this environment, and potential members are strongly encouraged to use all of their resources in an attempt to find a club compatible to their educational needs, life-skill development, and family situation. Each request for independent membership will be reviewed on an individual basis by professional staff members of the local CSU Extension office.

### What if I don't live in Grand County?

Youth participate in 4-H by belonging to a 4-H club, or any recognized unit of 4-H participation, usually in their county of residence. The following policy is observed when this is not the case:

- Youth may join and enroll in projects in only one county at a time.
- Youth may participate as a 4-H member in only one county fair per enrollment year, and exhibit a given project in only one county per enrollment year.
- Membership can be transferred from one county to another when the family moves, when the 4-H member lives part of the year in one county and part of the year in another county, or as other situations arise.
- Written approval by the county Extension offices in both counties is required to facilitate the transfer.
- When a situation exists that necessitates change of residence in mid-year, state and local 4-H fees will be assessed in both counties.

### What does it cost to enroll?

Junior (8-10), Intermediate (11-13) & Senior (14-18) enrollment dues are as follows:

**Existing Members:** \$40 (Oct. 16 - Dec 31st for re-enrollment), \$50 (Jan. 1st - March 1<sup>st</sup>)

**New Enrollment:** \$40 (Oct. 16<sup>th</sup> - March 1st.)

**Cloverbuds:** \$35.00 (ages 5-7).

**Membership Dues Scholarship:** Grand County 4-H Council can provide a scholarship to help members pay for their annual dues. An application must be filled out and returned to the Middle Park 4-H council. All applications are submitted anonymously and are subject to approval.

*Dues are for the entire 4-H year, not per project. Dues must be paid in full prior to 4-H participation.*

### **What are 4-H projects?**

A basic principle of the 4-H program is that learning occurs best through direct experience - over 60 project areas are available ranging from livestock to computers to knitting. We have something for everyone, so each child can find an area of personal interest. Contact the Grand County Extension Office for a complete listing of 4-H projects.

### **What does a 4-H project cost?**

Besides enrollment fees, there are out-of-pocket expenses associated with each project. Naturally, livestock and horse projects will cost more than the general or home economics projects. Families should discuss cost as projects are selected. Project selections and their associated expenses should be realistic for each family. Reach out to your club leader or the Extension staff for help.

A general project such as Veterinary Science may cost \$10-\$20 dollars for the year. The beef project will likely cost around \$3,000 or more for the project year. Again, reach out to the Extension office with questions about costs associated with projects.

### **How do I pick a 4-H project?**

We suggest you talk to your guardians, parents and leaders. Make some plans and set some goals for your year. Select your projects carefully. Make your selections on the following criteria:

1. What are my likes and dislikes?
2. How much time do I have? (Research your projects: the beef project is a 9 month Commitment while the wildlife project can be completed in a few weeks)
3. How much money will I need?
4. Will I have a project leader to help me?

After these considerations, make your choices carefully and proceed with real enthusiasm and the desire to learn as much as you can. Have a good time and complete what you start.

You can repeat units or projects if you feel you did not accomplish as much as you should have. Be sure you understand the basics before moving ahead.

Consider projects that complement each other. Examples: Gardening and Food Preservation, Shooting Sports and Wildlife Conservation, Woodworking and Leathercraft.

If you have questions about any of the project areas and your leader cannot answer them for you, please call the Extension office for help.

Finally, if you find that you cannot finish the project for some reason, make sure to call the Extension Office and drop the project by May 1<sup>st</sup>. This assures that your club is not penalized for your incompleteness of a project and allows for you to take the project again if you so desire.

### **Are 4-H members expected to do their own project work?**

YES, with guidance. 4-H is a "learning by doing" program. Leaders, junior leaders, and parents may tell or show a member how to do things themselves.

### **What is an exhibit?**

An exhibit is an object or display designed to help youth showcase their project. Ideally, it motivates them to learn and to have fun in a 4-H project, and gives them a chance to show their hard work. An exhibit is not an

end in itself nor does it measure the learning that took place in a project. A blue ribbon at the County Fair is only one measure of success. Important awards are self-recognition and self-satisfaction for having completed a project and learning something new.

To complete your 4-H project you must exhibit it. For animal projects, this can mean showing at County Fair or a Livestock Expo. For general projects, your exhibit could be anything from a display board to a batch of muffins. For specific requirements visit <http://co4h.colostate.edu/program-areas/state-fair-information/> .

### **What is the Middle Park 4-H Catch-A-Calf Program?**

The Middle Park Catch-A-Calf program is modeled after the National Western Stock Show's Catch-A-Calf program, and is intended to provide for the further development of the 4-H beef livestock program in Grand County. For more information about the program, eligibility, and program rules contact the county Extension Agent.

### **What is Trip Assistance?**

Middle Park 4-H Council will pay for ½ of one trip per year (LDC, Youthfest, District Retreat, State 4-H Conference, CLC) if the 4-H member has completed at least 4 hours work in the concession trailer for council sponsored concessions and 1 hour on another council fundraiser. A request for funds must be submitted to 4-H Council for approval at least one meeting before the conference registration deadline and the member must attend this meeting.

### **What is the 4-H College Scholarship?**

Middle Park 4-H offers \$3,000 dollars annually in scholarships to graduating 4-H seniors. Applications are accepted at the Extension office in March. The winners will be announced in May. To be eligible, members must be enrolled in 4-H and complete a project during their junior year in high school.

## **Colorado 4-H Shooting Sports**

### **What is 4-H Shooting Sports Instructor?**

A county 4-H shooting sports instructor is an individual who has completed a 15-hour, State 4-H sanctioned shooting sports training and certification training. County instructors are eligible to conduct county level 4-H Shooting Sports programs in the discipline in which they have been trained. The Colorado 4-H Shooting Sports Program requires the use of trained and certified 4-H instructors at the county level to operate a live-fire range or to conduct any class in which firearms or archery equipment are handled. In order to be certified as a 4-H shooting sports instructor in any discipline (.22 rifle, air rifle, shotgun, .22 pistol, air pistol, muzzleloader, archery, hunting and outdoor skills, and western heritage) the following requirements must be met:

### **What are the age requirements for Shooting Sports Volunteers?**

- **Instructor:** must be at least 21 years old
- **Assistant Instructor:** must be at least 18 years old, a 4-H member in a shooting sports discipline for a minimum of one year, and have attended a state training. They can only instruct youth under the direct supervision of an instructor and only if the instructor is present during the instruction.
- **Teen Leader:** must be at least 14 years old, has leader approval, and has attended a state instructor training. Teen leaders only function under direct supervision of, and request of, a

certified instructor who is present during the instruction. A teen leader is not to be in charge of a live-fire range.

- **Volunteers/Parents:** May be allowed to assist on the firing line with individual approval from both the county Extension agent and with approval of and under the direct supervision of a certified instructor in charge of the firing line at the time of instruction. Must be registered as a current adult 4-H volunteer in the county in which they are instructing.

### **What is the 4-H Volunteer Screening and Training?**

Instructors and Assistant Instructors older than 4-H age must be screened, trained, and approved as a current 4-H volunteer through the local county Extension office before attending a State 4-H Shooting Sports workshop.

Instructors must successfully complete a 4-H Shooting Sports Instructor Training session administered by and/or sanctioned through the State 4-H office.

Training will consist of a minimum of 15 hours of instruction in the use of National 4-H Shooting Sports curriculum, discipline instruction (rifle, shotgun, pistol, muzzleloader/black-powder, archery, outdoor skills, and coordinator), safety, risk management, teaching methods, and 4-H program management.

### **What are State Team 4-H Shooting Sports Instructors?**

4-H Shooting Sports instructors must be trained and certified in the discipline that they are teaching at the county level. State Team members must be trained and certified at a National 4-H Shooting Sports workshop in the discipline they are teaching.

### **How do I Maintain State 4-H Shooting Sports Certification?**

To maintain certification an instructor/leader must be active two out of three consecutive years. If inactive for two consecutive years recertification is required.

A State Team Member is an individual who has completed a 40-hour National 4-H Shooting Sports workshop. State Team Member Shooting Sports Instructors are eligible to conduct 4-H Shooting Sports programs at the county level as well as train and certify instructors as part of the State Team.

**State Contest Responsibilities** – Proposed rule and event changes are reviewed by the State Team and adopted during the State Team meeting. Any changes will be approved by the Assistant Director, 4-H Youth Development and/or his designee. The Assistant Director, 4-H Youth Development will appoint the state contest superintendent. The state contest superintendent will conduct the state contest in accordance with the current Colorado State Fair Exhibit Requirements, utilizing assistance as needed from State Team members and volunteers.

**Attendance at National Invitational** - Only senior 4-H members in good standing participating in the state qualifying match are eligible to attend the National 4-H Invitational Shoot. Participants must also be enrolled in 4-H and the discipline they are competing in the year they participate at the National 4-H Shooting Sports Invitational. They also must not have reached their 19th birthday before January 1 of the year the national event is held. State team members for each discipline will be determined at the state competition. Each team will be made up of the top 4 places with the 5th place as alternate. An individual may participate only once at the National level in any one discipline.

The coach of the invitational team will be a certified instructor in the discipline in which they are coaching. The coach of the 1st place participant is eligible to be coach. If they decline the position moves down the placing until the position is filled. The Assistant Director, 4-H Youth Development or designee must certify all state teams, individuals, or groups.

## **CLOVERBUDS**

### **Who are Cloverbuds?**

Cloverbuds are 4-H members aged 5 to 7 years old on December 31st of the current year. Youth do not have to have older siblings in 4-H to participate.

### **What is the purpose of Cloverbuds?**

The goals of Cloverbuds are to build self-esteem through successful experiences and to become more creative. Cloverbuds is a great way to get a taste of various 4-H projects.

### **When do Cloverbuds meet?**

Cloverbuds meet once a month where they can participate in a fun activity and learn about different 4-H projects. They will also join a club and participate in club meetings and activities.

### **What do Cloverbuds do at their meetings?**

For club meetings it depends on the club. Cloverbud meetings will have a short hands-on activity or lesson that explores an area of 4-H. Cloverbuds might learn how to plant a small garden, or fix a yummy treat!

### **Do Cloverbuds participate at the Fair?**

Yes, Cloverbuds are allowed to exhibit one project made during the year at the Extension Hall. Most Cloverbuds exhibit poster boards of all the things they learned that year. Each participant receives a participation ribbon for the project.

### **Do Cloverbuds exhibit livestock (including rabbits or poultry) at any 4-H sponsored events?**

No, due to our insurance coverage. There is opportunity for children to exhibit livestock/pets at the fair at the youth open show. This is a non 4-H event facilitated by the Middle Park Fair & Rodeo.

### **Do Cloverbuds receive ribbons?**

Yes, Cloverbuds can receive participation ribbons at events like Creative Cooks contest, Fashion Revue, and others. Cloverbuds is a non-competitive project.

## **4-H MEETINGS**

### **What do 4-H clubs do at meetings?**

4-H clubs usually do four kinds of things: project work, business meetings, recreation/social activities, or community service and special interest programs.

### **Do they do all of those things at one meeting?**

Sometimes, other times the whole meeting is devoted to one thing, like demonstrations, or business. It depends on the needs of the club.

### **Who plans the program for the club?**

Members of the club should plan the program. If the club is small, this might be done at a meeting of the whole group. If the club is large, ideas come from everybody and a committee will put a program together.

### **When do clubs meet and how long do meetings last?**

This depends on the group. Many clubs meet for an hour or less after school or in the evening.. The most important thing is to have a regular time to get together.

### **4-H Council Meetings**

In addition to the various County club meetings, the Middle Park 4-H Council meets the 1st Monday of every month at the Town Hall in Hot Sulphur Springs. Each club gets two votes at council meetings. 4-H Council is comprised of local 4-H members who run for officer positions that govern the 4-H program at a local level. The majority of the officer positions are held by Intermediate & Senior level 4-H members with the exception of Pledge Leader which can be held by a junior level member. Meetings are on the first Monday of each month, except holidays. Meetings are at the Hot Sulphur Springs Town Hall. 4-H Council is comprised of any 4-Her that would like to attend. Each club is encouraged to send two voting members that report to their respective clubs at their monthly meetings. The youth council elects a slate of officers every September. Adult volunteers and the 4-H Coordinator supervise this group. Current business is reviewed and voted upon. The council raises funds for scholarships for camps and various district, state & national conferences. Community service is also an on-going project for the council.

### **How do I know which club is best for me?**

Contact the Extension Office or visit our website for a list of club leaders. You can contact leaders and discuss their club requirements and schedule to find the best fit for your family!

## **4-H LEADERS, VOLUNTEERS, AND PARENTS**

### **What is the role of a 4-H Volunteer?**

Volunteers give their time to the 4-H program. A 4-H club cannot hold a function without having a 4-H Volunteer present. Volunteers should invite parents to 4-H meetings so they can see how leaders work with the club. 4-H is a community-oriented program and works best if parents and leaders make a commitment for 12 months, as a year's activities show the larger picture of what 4-H is.

### **How do you get parents or guardians to help?**

Have specific positions or jobs in mind that you could use help with and ask parents or guardians if they're willing to help. Be open and flexible with individual's time restraints and interests. Make sure 4-H is not only a welcoming and positive environment for 4-H members, but for the adults in their life too. If parents or guardians are regularly helping with 4-H activities they must be registered volunteers.

### **Are there different kinds of volunteers?**

Yes. Many volunteers are club organizational leaders or co-leaders. Some adults teach members how to do specific skills or activities, they're called "project leaders." Others are activity leaders or chaperones. Often leaders are parents or guardians of the 4-H members.

### **What is the role of the organizational leader?**

The organizational leader is the leader that handles all the paper work for their club and is the main contact person with the Extension office.

### **Can the same person be a project and organizational leader?**

Yes, if they have the time and interest. Sometimes big clubs divide these jobs and have several project leaders to meet all the interests of the 4-H members.

### **How many Volunteers does a 4-H club have?**

That depends on the club. Some have one organizational leader and several project leaders. However, many project leaders are unaffiliated with a specific club and work with members from all clubs.

### **Where do I learn how to be a 4-H Volunteer?**

Grand County Extension has many support services for leaders. You are placed on the 4-H mailing list, invited to special training meetings and workshops for volunteers, and given the materials you need to organize a 4-H club. Other experienced 4-H volunteers are valuable resources if you have questions. Every volunteer must fill out an application, provide three references, take a module training, and pass a background check.

## **WAYS ADULTS CAN HELP**

**All adults chaperoning 4-H events must be registered 4-H volunteers.**

### **Encourage and support your 4-H'er by:**

- Advising them in choosing projects
- Helping them sign up on 4-H Online
- Showing interest and enthusiasm for projects selected
- Learning what is required for members
- Guiding them, but not doing the job for them
- Providing them materials for project work- fabric for clothing, seeds for gardening, etc.
- Being proud of their achievements and letting them know it

### **Come to meetings and other functions. Show you are interested by:**

- Taking a turn providing snacks for meetings
- Occasionally leading a game or activity
- Sharing your ideas – you will surely have some good ones!
- Offering your help and skills to the club leader

### **Keep informed by:**

- Reading the emailed newsletter and other information emailed directly to you or checking our website at: <http://grandcountyext.colostate.edu/>
- Asking questions if something is not clear; the club leader or Extension office can help answer questions

### **Take on a leadership role by:**

- Becoming an official volunteer
- Sharing your interests and knowledge as a project leader
- Helping with club activities
- Being willing to serve as an organizational person if needed
- Driving 4-Hers that live near you to 4-H functions (once you're a registered volunteer); carpooling helps everyone
- Being a 4-H advocate; spread the word that 4-H is a GREAT organization

## 4-H MEMBER REMINDERS

### **4-H members learn how to learn if:**

- They are interested in the project
- They are involved in the planning
- They are free to ask questions and to discover and explore new ideas
- They can freely share ideas and experiences with the group
- They can be the “teachers”

### **4-H members learn to use knowledge if:**

- In the process of “learning by doing” they apply what has been learned to a real situation
- They are using new knowledge to grow a plant, make a tool, or solve a problem

### **4-H members learn to relate to change if:**

- They are helped to recognize and accept continuous changes in the world
- They welcome the change in their own lives
- They can feel glad and accomplished for learning a new skill, making a new friend, receiving help, and finishing a task
- They are assured help when needed, and receive praise for their accomplishments

### **4-H members strive to develop social responsibility if:**

- They feel good about themselves and supportive of others
- They feel comfortable and supported to make their own decisions
- They’re informed of their own rights and advocate for others
- They learn the value of cooperation through working with others

### **4-H members strive to develop self if:**

- They feel comfortable and accepted in the group
- They are encouraged to express themselves and share ideas with those of diverse or different ages, experience, and backgrounds

### **4-H members are in good standing if:**

- They abide by the 4-H Code of Conduct
- They meet deadlines
- They attend a majority of club and project meetings
- They exhibit at least one project taken during the club year (exhibit may be local)
- They participate in a demonstration or other speech arts presentation
- They participate in a club citizenship program or activity

# MIDDLE PARK 4-H SAMPLE CALENDAR OF EVENTS & DEADLINES

## January

4-H Council Meeting  
Office Closed, Dr. Martin Luther King Day  
4-H Day at Stock Show  
Leadership Development Conference (LDC) & 4-H Day at the Capital-Denver

## February

4-H Council Meeting  
Beef tag in and ownership deadline (All Beef Projects Must Be Enrolled)  
YouthFest  
Office Closed, Presidents Day  
Citizenship Washington Focus Applications Due

## March

4-H Council Meeting  
Enrollment & Re-enrollment Deadline, March 1st  
4-H Scholarship Applications Due

## April

4-H Council Meeting  
District Retreat  
Meat Quality Assurance Training

## May

4-H Council Meeting  
Add/Drop Project Deadline, May 1<sup>st</sup>  
Horse, cat, dog, llama and alpaca identifications due in 4Honline, May 1<sup>st</sup>  
Sheep, goat, swine tag in and ownership deadline  
Middle Park Catch-a-Calf Applications Due  
County Shooting Sports Meeting/Shooting Sports Program Starts  
Livestock State Fair Nominations Due  
Office Closed, Memorial Day

## June

4-H Council Meeting  
Last day for Horse Level Testing End of June  
Kremmling Days 4-H Parade Float  
NWCO Expo  
National 4-H Conference & Congress Applications due State level  
County Shoot Registration Mid-June  
Colorado State 4-H Conference, Ft. Collins

## July

4-H Council Meeting  
Fair Registrations Due  
Supreme Exhibitor Tests  
Office Closed, 4<sup>th</sup> of July  
Granby 4<sup>th</sup> of July 4-H Parade Float  
Fairgrounds Clean Up Day/Kremmling  
Exhibit Day (late July/early August)

## August

4-H Council Meeting (Postponed until September)  
Middle Park Fair & Rodeo (1<sup>st</sup> full week in August)

Colorado State Fair

### **September**

Record Books first Friday of the month  
4-H Council Meeting  
Club Charting due to Extension Office  
Office closed, Labor Day  
All Animal, Secretary & Treasurer Record Books due the first Friday in September  
Nominations for Outstanding Member & Adult Awards Due  
Completion Reports Due

### **October**

New 4-H year begins  
4-H Council Meeting and Elections  
Outstanding Member Interviews  
Enrollment for new 4-H year begins  
National 4-H Week  
CLC – Colorado Leadership Camp Applications Due

### **November**

4-H Council Meeting  
Achievement Night  
Office closed, Veterans Day, Thanksgiving Day, and the day after Thanksgiving  
NWSS Catch-a-Calf Applications Due

### **December**

4-H Council Meeting  
Sugar Chalet Workshop  
Office closed, Christmas Day

\*\*\*This list is just a guideline of approximate deadlines. Please note that these dates are approximate and may change. It is **ALWAYS** best to read the information that comes from the 4-H Office throughout the year to find exact dates and additional events.

## **4-H BELIEVES**

- The 4-H member is more important than the 4-H project
- 4-H'ers should be their own best exhibit
- No 4-H award is worth sacrificing the reputation of a 4-H member or leader
- Competition is a natural human trait and should be recognized as such
- Learning how to do the project is more important than the project itself
- Many things are caught rather than taught
- A blue ribbon 4-H member with a red ribbon project is more desirable than a red ribbon member with a blue ribbon project
- To “learn by doing” is fundamental in any sound educational program and is characteristic of the 4-H program
- Every 4-H member needs to be noticed, to feel important, to win, and to be praised.

- Our job is to teach 4-H members how to think, not what to think.