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New Jersey Agricultural
Experiment Station

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4-H



My 4-H Record Book



4-H Shooting Sports record book

for use by New Jersey 4-H members

Member name: _____

Birth date: ____ / ____ / ____ Grade: ____ 4-H county: _____

Address: _____

Phone: _____ Years in Project: _____

Name of club in which I am completing this project: _____

_____ 4-H Year: _____

Club leader's name: _____

Youth development is the primary goal of the 4-H Shooting Sports Program. 4-H Shooting Sports provide an outstanding way of providing human growth and development in the life skills identified by the National 4-H Program.

We strive to teach safe and responsible use of firearms and archery equipment at home, on the shooting range, or in the field, including sound decision making, self discipline, and concentration.

End-of-year signatures

At the end of the 4-H year, when your record book is complete, your 4-H club leader will probably ask to see this record book. He or she may also review it during the year.



By signing below, I am stating that I have completed this record book myself and, to the best of my knowledge, the information included in it is correct.

4-H member signature	Date

By signing below, I am stating that I am familiar with this work and, to the best of my knowledge, the member completed this record book and the information included in it is correct.

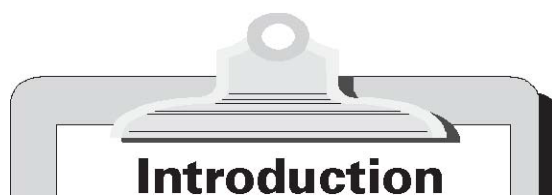
Title	Signature	Date
Parent		
4-H club leader		



Originally written by
Keith G. Diem, Ph.D., Program Leader in Educational Design, 1998.
Revised September 2010.

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(This publication is available for downloading)

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When do I use this general-purpose 4-H record book?

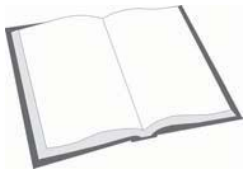
This is your annual 4-H Record Book. This version is only to be used if your 4-H project doesn't have its own record book or if your club leader tells you to. If your project does have its own book, you must use that.

What is a 4-H project?

A project is a subject or topic that you learn about in 4-H. More important, a project is something you do or make, which results from knowledge and skills you learned in the project. You learn about your project from attending club meetings and educational workshops, and working with adult leaders and other 4-H members. You can also learn from field trips and camps, by participating in shows and competitions, as well as through your family and self-study. Here are some examples of 4-H projects and the results that might be produced from each:

Project name (examples)	Results from project
Woodworking	Making a bird house, book shelf, or towel rack
Rocketry	Building and launching a model rocket
Go-karting	Rebuilding an engine, completing a race
Model airplanes	Building a model plane, getting a "pilot's" license, flying a model plane
Radio-controlled cars	Customizing an "R/C" car, completing an obstacle course
Gardening	Planning and planting a garden, harvesting vegetables, making a flower arrangement
Karate	Participating in a karate exhibition, earning a "black belt"
Pet therapy	Visiting a nursing home every month with my dog, keeping a journal about the lives of three residents

Why complete a record book?



A record book is not meant to be a chore. Instead, it is a way for you to learn. Here are some important reasons why 4-H expects you to complete a 4-H record book for your project.

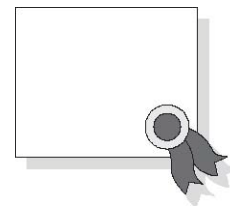
Keeping a 4-H record book will help you ...

- Learn how to organize yourself
- Learn how to set reasonable goals for yourself
- Appreciate what you've learned this year from the goals you reached
- Recognize what things you learned in your 4-H project
- Explain what you've learned
- Keep track of costs of your project
- Gather information needed to apply for awards and scholarships
- Complete applications and resumes for jobs and college
- Meet requirements to participate in some county, state, or national 4-H events.

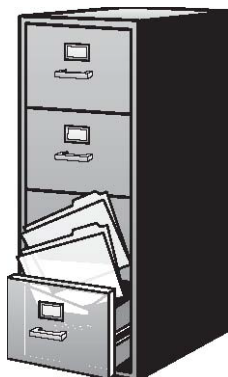
Member in good standing requirements

In general, all 4-H members are expected to meet the following standards each year. These are the minimum requirements. Your club may have additional requirements.

- Attend at least 70 percent of regular club meetings and/or activities.
- Complete a 4-H project, doing one's own work with minimal assistance from parents or others.
- Give a club or county 4-H public presentation.
- Complete a project record book (like this one).



How this record book is organized



Besides this introduction, this record book is organized into four main sections:

- Starting Out - My goals for the 4-H year (Page 5)
- Along the Way - Keeping track of what I do (Page 6)
- Looking Back - What I learned this year (Page 10)
- Thinking Ahead - My goals for next year (Page 14)

Starting Out - My goals for the 4-H year

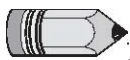


The beginning of the 4-H year is a good time to begin thinking about what you'd like to do or learn in 4-H during the upcoming months. List some of your goals for the year and what plan you have to accomplish your goals. Talk to your leader and parents to decide what goals are realistic to try and possible to finish this year.

My goals for this year	What I need to do to reach this goal
<i>Example: I will learn how to give a public presentation.</i>	<i>Attend county public presentation workshop. Have my leader and parents help me pick a topic that will be good for me. Practice my presentation. Give the presentation at a club meeting.</i>

Signatures for goal setting

I will work toward the above goals I have set for myself for the upcoming 4-H year to the best of my ability:



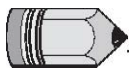
_____ (Member signature) _____ (Date)

I will support my son's/daughter's goals for the upcoming 4-H year:



_____ (Parent signature) _____ (Date)

I will support my member's goals for the upcoming 4-H year:



_____ (4-H Leader's signature) _____ (Date)

Curriculum Check Sheet

Every lesson taught has been crafted and reviewed by a national committee. As you complete your lessons, have the instructors initial and date the check sheet below. Each lesson corresponds with the National Curriculum.

Archery: Instructor Please Initials & Date:

- _____ 1. Archery Safety
- _____ 2. Develop Proper Shooting Form
- _____ 3. Instinctive Shooting w/ High Anchor
- _____ 4. Shooting with Sights
- _____ 5. Shooting with Compound Bows
- _____ 6. Making Archery Equipment
- _____ 7. Bow Tuning
- _____ 8. Target Archery Games

I certify that this 4-H member has been trained in the use of Archery Equipment and Range commands, and has demonstrated safe practices when using this equipment.

Club Leader _____ Date _____

Muzzle Loader: Instructor Please Initials & Date:

- _____ 1. Muzzle Loading & Equipment
- _____ 2. Muzzle Loading Safety
- _____ 3. Shooting & Cleaning
- _____ 4. Shooting the Muzzle Loading Shotgun
- _____ 5. Shooting the Muzzle Loading Pistol

(Lesson 5 can be discussed, but NJ 4-H Shooting Sports prohibits the use of Pistols in 4-H Shooting Sports programs)

I certify that this 4-H member has been trained in the safe use of Muzzle Loaders and has an understanding of Range commands, and has demonstrated safe practices when using this equipment.

Club Leader _____ Date _____

Rifle: Instructor Please Initials & Date:

- _____ 1. Introduction to the Rifle
- _____ 2. Dry Firing Rifles on Target Back
- _____ 3. Shooting for Groups on Target Backs
- _____ 4. Teaching Sight Picture
- _____ 5. Shooting for Scores & Scoring Targets
- _____ 6. Standing Positions
- _____ 7. Kneeling Position
- _____ 8. Sitting Position
- _____ 9. Prone Position

I certify that this 4-H member has been trained in the safe use of Rifles and has an understanding of Range commands, and has demonstrated safe practices when using this equipment.

Club Leader _____ Date _____

Shotgun: Instructor Please Initials & Date:

- _____ 1. Basic Shotgun Knowledge
- _____ 2. Safe Shotgun Handling
- _____ 3. Shotgun Shooting Fundamentals
- _____ 4. Firing the First Shot
- _____ 5. Caring for Your Shotgun

I certify that this 4-H member has been trained in the safe use of Shotguns and has an understanding of Range commands, and has demonstrated safe practices when using this equipment.

Club Leader _____ Date _____

SCORE SHEET FOR: _____

Label "Events/Scores/Times" for the specific types of Shooting Sport. For example , you might label it: Prone/Sit/Stand; while Archery might be: 20yd / 30yd/ 40yd. Hunting would be a combination of: Time/ Tracks / I.D. /Habitat, etc. ADD A NEW PAGE FOR EACH AREA OF PARTICIPATION:

DATE	EVENT / PLACE/ PRACTICE	EVENTS / SCORES / TIME					
							TOTAL
DATE	EVENT / PLACE/ PRACTICE	EVENTS / SCORES / TIME					
							TOTAL
DATE	EVENT / PLACE/ PRACTICE	EVENTS / SCORES / TIME					
							TOTAL
DATE	EVENT / PLACE/ PRACTICE	EVENTS / SCORES / TIME					
							TOTAL
DATE	EVENT / PLACE/ PRACTICE	EVENTS / SCORES / TIME					
							TOTAL

Other clubs and projects

List any other clubs and projects you participated in during the past year.

Club Names	Project(s)

Looking Back - What I learned this year

This section is to be completed at the end of the 4-H year. It is meant to help you look back on all that you learned during the past year. This section includes the following parts:

- My goals completed
- Knowledge and skills I gained
- The three most important things I learned
- Telling my story



My goals completed

Look back on the goals you set for yourself at the beginning of the year. How well did you meet those goals? If you added new goals during the year, add them and explain them below.

My goals for this year	How well did each goal get met?
<i>Example: I will learn how to give a public presentation.</i>	<i>I attended county public presentation workshop. I had to change my topic three times. I should have practiced my presentation more before I gave it at the club meeting. I will start planning and practicing earlier next year!</i>

Knowledge and Skills I Gained

There are many things to learn in 4-H. Check each item below that you learned or improved in 4-H during the past year.

I learned or improved my ability to...

HEAD (Independence)

- try something new
- set goals for myself
- plan a project
- keep myself organized
- keep track of finances
- keep records of my work
- gain knowledge of my project
- get more information about something I am interested in
- use resources wisely
- participate in a business meeting
- run a business meeting
- make wise choices and decisions
- solve problems
- learn from my mistakes
- understand that it's ok to change my mind if I need to
- pay attention to instructions

HEART (Belonging)

- speak confidently in front of a group
- give a public presentation
- share my feelings or point of view
- make myself understood without bullying or being loud
- listen to other people
- respect someone else's feelings
- resolve differences of opinion
- appreciate my cultural heritage
- accept people who are different from me
- get along with other kids
- make others feel welcome
- stand up for others
- make new friends
- appreciate the importance of friendships in my life

HANDS (Generosity)

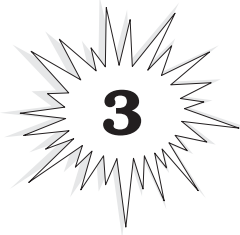
- work with others
- work within a group
- work within a committee
- work with adults
- get past differences to reach a goal
- help others succeed
- make something with my hands
- explore a career interest
- follow directions
- lead others
- find ways to make a positive contribution to society
- understand the importance of community service
- see that my efforts can make a difference
- take the initiative to start something on my own

HEALTH (Mastery)

- understand my strengths and weaknesses
- finish something I started
- be proud of my accomplishments
- accept change
- see that my character can effect a situation
- take responsibility for my own words and actions
- deal with winning and losing gracefully
- be careful and practice safety
- appreciate the importance of good health
- stay healthy
- feel good about myself

Other: _____

The three most important things I learned



Even if you learned a lot of different things in 4-H, think of what was the most important for you. Then, list the three most important things you learned in this project during the past year in the boxes below. For instance, I learned how to groom my cat, I learned that working with senior citizens is challenging but also fun, I learned to speak in front of my club without being afraid.

The three most important things I learned in this project during the past year were ...	
1.	
2.	
3.	

Telling my story

Keeping in mind the knowledge and skills you said you learned from the items you checked above, write a story that explains what you gained this past year in 4-H. Use specific examples that are unique to you whenever possible. Feel free to relate what you learned in 4-H to school, family, or other activities in your life. Use extra pages if needed. Attach photos or clippings on additional pages of this book if it helps tell your story better. Don't forget to label them with captions if you do.

4-H is proud of what 4-H members learn and sometimes likes to use excerpts (parts) of stories 4-H'ers write in 4-H publicity. If you do *not* want your information shared, please let us know by checking one of the boxes below:

- Do not use my story for any 4-H publicity.
- If you use my story, do not credit my name.

(Begin your story on the next page)

The New York Times

My 4-H Story

Project Work

To Make the Best Better

Trends

Learn by Doing

Best Year Yet!

Fun!

4-H Fair

Helping Others

Camp



The 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 motto

"To Make the Best, Better"

4-H slogan

"Learn by Doing"



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