

YOU'RE THE ATHLETE - 300 Project Guide Sheet

Project Description

This project will help you learn the fundamentals of being a well-rounded athlete. Learning activities will help you develop knowledge, attitudes, skills and aspirations in these important areas: Goal Setting, Sportsmanship, Time Management, Nutrition and Sports, Strength and Training, Athletes as Leaders, Conflict Resolution and Careers in Athletics. The project is designed for 11-14 year olds, but older youth may find this project useful as well. You may complete it by yourself or with a team. You may explore all eight areas or focus on one or two only. There is no time limit for completing this project.

To Complete the Project

Use your project book as a guide to do the following:

1. Complete the "Game Plan" section of the project book.
2. Complete the *Play Book* and *Practice Field* activity in the **Goal Setting** section. Use the goal(s) you set here to help you make decisions in steps 3-6.
3. Choose at least one other section & complete all of the *Play Book*, *Practice Field* & *Big Event* activities.
4. Select & complete 2 other *Play Book* and at least 2 *Practice Field* activities from other sections of the project **or** Choose 1 other section & complete all of the *Play Book*, *Practice Field* & *Big Event* activities.
5. Take part in at least 2 of the special learning experiences (pg. 9).
6. Take part in at least 2 citizenship/leadership activities (pg. 9).
7. Evaluate your accomplishments by completing "My Season highlights" on p.145

If you choose not to participate in judging at the fair, make arrangements to discuss and review completion of your project with your advisor.

Judging of this Project

This project will be judged as part of Special Interest Judging;

at the Richwood Fair Wednesday, August 27, 10:30 a.m.

Or

at the Union County Fair on Sunday, July 20, 1:00-5:00 p.m.

Your advisor will tell you a more specific judging time later in the summer. At the specific judging time assigned to you, **bring your completed project book, and your project display.** You will participate in an interview judging and then leave your exhibit (a display of your project) on display the entire week of the fair.

Project Display

Prepare a display that shows the judge and fair visitors what you learned and accomplished in your project. Your display could be a scrapbook, poster, item you created, or any method of showing what you have done. **If you choose to make a poster, the maximum size is 22"x28". Use regular poster paper, not foam board or a tri-fold board.** You may need to walk a distance from your parked vehicle to judging, plan accordingly. You may choose to bring additional items to show the judge your project work, that you do not leave on display. This is acceptable. You must however, leave something on display the entire week. **Your project book cannot serve as your project display.** Plan your display item carefully: fragile, valuable, or items that will be damaged by dust are not a good idea.

At the Union County Fair Special Interest Projects will be displayed in the Armory. At the Richwood Fair these projects will be displayed in the Booth Building.

Project Pick-Up

You must pick up your project display at the end of the fair, or arrange for someone to get it for you. At Union County Fair, Special Interest Projects will be released on Sunday, July 27, at 8 am -4 pm. Projects not picked up by 4 pm will be disposed of or donated to charities. At the Richwood Fair, all Special Interest Projects will be released at 5 pm on Monday, September 1, and should be removed by 9 pm.

Award Presentation

Union County Fair Special Interest Project Awards will be presented at the Jr. Fair Awards Program on Saturday morning, July 26, 9:15 a.m. in front of the Grandstand. Richwood Fair Special Interest Project Awards will be presented at the Jr. Fair Awards Program during the fair. Check the fair paper for the day, time, and location of this program.

Ohio State Fair Opportunity

This project **Does** have the opportunity to be displayed at The Ohio State Fair in 2008. Any 4-Her's who wishes to compete for an opportunity to display this project at the State Fair must participate in judging at the Union County Fair, as described above. Union County representatives to The Ohio State Fair will be chosen as part of Union County Fair judging.