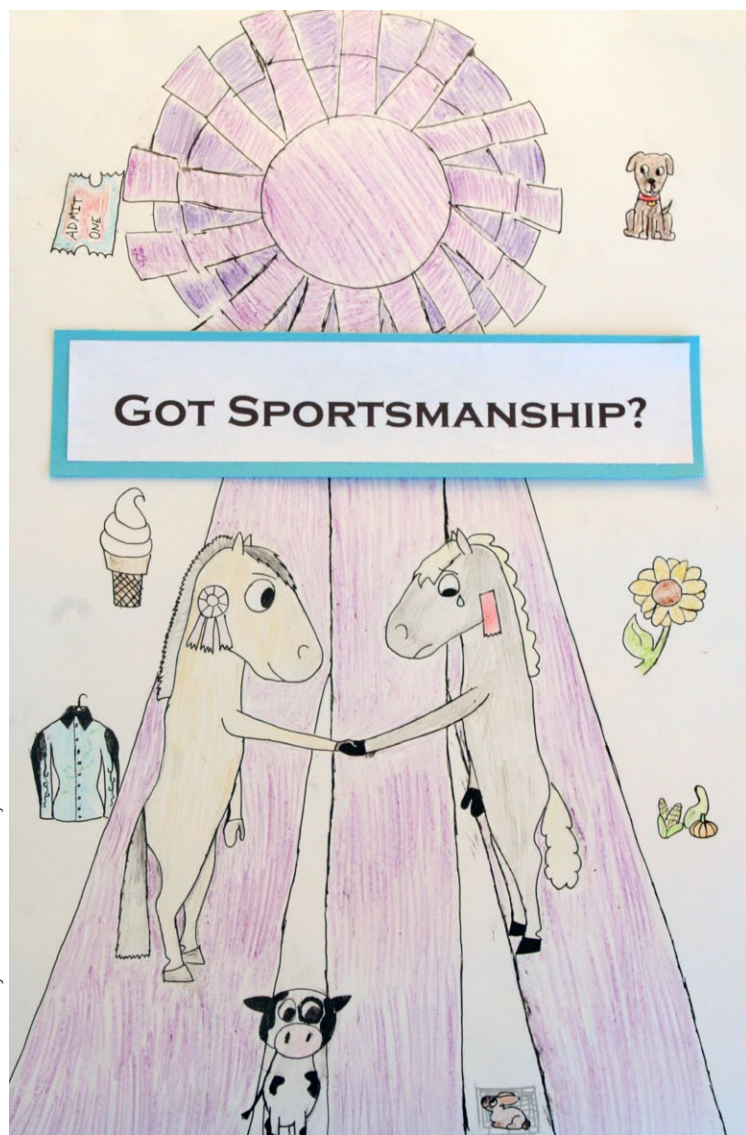




LANCASTER COUNTY 4-H HORSE PROGRAM 2011 – THE YEAR OF Good Sportsmanship



Artist: Lancaster County 4-H member Cassi Pomajzl

Of course every year is the year of good sportsmanship, but let's really focus on it in 2011.

This year, let's start practicing some good sportsmanship habits, traditions, etc., and then continue to build on them in the future!

Know how. Know now.

SUGGESTED CLUB ACTIVITIES

1. Have a discussion at a club meeting on:

- What exactly is good sportsmanship? What does being a good sport mean to you?
- Name (and discuss) some of the characteristics of sportsmanship:
 - ♦ Respect
 - ♦ Perseverance
 - ♦ Pride
 - ♦ Honesty
 - ♦ Teamwork
 - ♦ Patience
 - ♦ Spirit
 - ♦ Positive attitude
 - ♦ Gratitude
 - ♦ Compromise
 - ♦ Ethics
 - ♦ Trustworthiness
 - ♦ Responsibility
 - ♦ Caring
 - ♦ Tolerance
 - ♦ Others
- Choose one characteristic and focus/practice on that characteristic during a meeting or ring practice.
- Make a list of ways you can be a good sport at ring practices, at horse shows and at the county fair.
- Give a 4-H'er or a group of 4-H'ers an assignment to act out or demonstrate an act of good sportsmanship at a meeting.
- Read the Lancaster County 4-H Horse Sportsmanship "Expectations for Youth" and "Parent Responsibilities" (see next page).

2. Each club is challenged to create a short video on sportsmanship with a horse theme.

If possible, all writing, directing, and videoing should be done by the 4-H'ers themselves. Videos will be shown and top video awarded at the Horse Awards Night.

3. Create a children's book on sportsmanship with a horse theme.

This project can be done by an individual or a small group of two or three individuals. All books will be displayed at Horse Awards Night and top book will receive an award.

4. Vote on club individual who demonstrates the best sportsmanship.

Have all members and leaders vote on one individual from within the club who **demonstrated the best sportsmanship** throughout the year. Submit your nomination by mail (Attn: Marty Cruickshank, UNL Extension in Lancaster County, 444 Cherrycreek Road, Suite A, Lincoln, NE 68528) or email (mcruckshank2@unl.edu) by Friday, Aug. 19. Recognition will be given at Horse Awards Night.

To be read at a 4-H meeting and/or at home by 4-H'ers and their parents.

LANCASTER COUNTY 4-H HORSE SPORTSMANSHIP EXPECTATIONS FOR YOUTH

Sportsmanship is conduct becoming to an individual involving fair, honest competition, courteous relations, and graceful acceptance of results. The development of sportsmanship is an important part of youth development. In order to become self-directing, productive, capable adults, today's youth must develop the knowledge, skills, attitudes, and aspirations of sportsmanship.

It is important that youth be fair and generous competitors, good losers, and graceful winners.

All participants in 4-H programs are expected to demonstrate some of the following elements of sportsmanship before, during and after their participation.

- 1) **Conduct:** Demonstrate and maintain high standards of personal behavior and conduct which become you as an individual and as a representative of your family, your club, your community and the 4-H program.
- 2) **Fairness:** Be honest and just. Observe and follow the rules. Do not cheat.
- 3) **Honesty:** Be truthful, fair and straightforward in everything you say and do. Do not lie or deceive people.
- 4) **Courtesy:** Be well-mannered in your conduct. Show respect and consideration for others.
- 5) **Grace:** Show kindness, favor and compassion. Treat people, animals and things kindly. If you are a winner, be happy but do not gloat, brag, act conceited, or downplay your accomplishments.

LANCASTER COUNTY 4-H HORSE SPORTSMANSHIP PARENT RESPONSIBILITIES

The best place to work on building character and sportsmanship is at home. As parents of youth, here is a list of some things that you can do to help build these important qualities with your children.

- 1) Do not engage in unethical behavior; be honest.
- 2) Get a grip on the adult ego.
- 3) Don't jump to conclusions.
- 4) During your 4-H'ers horse project year, it is important to remember 4-H rules and guidelines and honor them. 4-H is not just about winning at the county fair. 4-H is about learning life skills and building good character. A good 4-H parent teaches and helps with the project by working alongside the 4-H'er, but does not do all the work for the 4-H'er.
- 5) Support and be present with your children at events and activities.
- 6) Gracefully accept the results.
- 7) Show courtesy and kindness.

In summary, sportsmanship and ethics are important principles to teach at all 4-H activities, events and in the home. Helping 4-H members and families develop better sportsmanship and honest behavior will help youth be more successful in life. The example we set as adults in being honest, gracefully accepting results of competition, showing courtesy and kindness will go a long way to help send the right messages for youth to pick up and model.

LANCASTER COUNTY 4-H HORSE SPORTSMANSHIP CLUB VIDEO PROJECT

Each club is challenged to participate! Everyone in your club is requested to be an active participant (actor, cameraperson, artist, writer, etc). Topic is sportsmanship with a horse theme. Videos will be shown and top video awarded at the Horse Awards Night!

DEADLINE: FRIDAY, AUG. 19

Requirements:

- Respect
- Perseverance
- Pride
- Honesty
- Teamwork
- Patience
- Spirit
- Positive attitude
- Gratitude
- Compromise
- Ethics
- Trustworthiness
- Responsibility
- Caring
- Tolerance

Your group will put together a video focusing on at least one of the following sportsmanship characteristics as it relates to horses: Your video can be in the form of a skit, a game show, a presentation, a musical, etc. Use your creativity! The video should be at least five minutes in length and should be burned to a DVD. Label the DVD with the name of your 4-H club.

Mail or deliver video and submission form to: Attn: Marty Cruickshank, UNL Extension in Lancaster County, 444 Cherrycreek Road, Suite A, Lincoln, NE 68528.

2011 Lancaster County 4-H Horse Sportsmanship VIDEO PROJECT SUBMISSION FORM

Name of 4-H club: _____

List credits (names of all members and a brief description of their contribution): _____

Which sportsmanship characteristic(s) are you showcasing in your video? _____

Write a brief description of what your video is about: _____

LANCASTER COUNTY 4-H HORSE SPORTSMANSHIP CHILDREN'S BOOK

Entries are open to an individual or a small group of two or three individuals. Topic is sportsmanship with a horse theme. All books will be displayed at Horse Awards Night and top book will receive an award.

DEADLINE: FRIDAY, AUG. 19

Requirements:

Put together a children's book featuring at least one of the following sportsmanship characteristics as it relates to horses:

- Respect
- Perseverance
- Pride
- Honesty
- Teamwork
- Patience
- Spirit
- Positive attitude
- Gratitude
- Compromise
- Ethics
- Trustworthiness
- Responsibility
- Caring
- Tolerance

Your book needs to be geared toward young children and include text, original pictures, and color. Books need to be a minimum of five pages, front and back, in length (not including the cover). There are no page size requirements. The book could be done completely free hand, it could be done completely on the computer, or it could be a combination of free hand and computer. However, all artwork and pictures must be original — no clip art is allowed. Photographs are allowed if you take them yourself. Be sure to include the contributor name(s) and their role(s) [author, illustrator, photographer, editor, computer layout, etc.] on the cover. Books should not be professionally bound.

Mail or deliver book and submission form to: Attn: Marty Cruickshank, UNL Extension in Lancaster County, 444 Cherrycreek Road, Suite A, Lincoln, NE 68528.

2011 Lancaster County 4-H Horse Sportsmanship CHILDREN'S BOOK SUBMISSION FORM

List credits (names of all members and a brief description of their contribution): _____

Which sportsmanship characteristic(s) are you showcasing in your book? _____

Write a brief description of what your book is about: _____
