RECORD BOOK COVER PAGE

CURRENT 4-H YEAR: _____

4-H year spans parts of two calendar years. Write as 2015-2016

ARCHERY primary project

Member Name: _____

First name and last name

Check your age level: √

Junior _____	***Intermediate _____***	***Senior _____***
(Ages 8 – 10)	*(Ages 11 – 13)*	*(Ages 14 – 18)*

I have been in 4-H for _____ years (Including this year)

List all clubs you are enrolled in

Club Name(s): _____

_____

Kitsap County 4-H Youth Code of Conduct

The code of conduct shall be signed by each youth member and parent/guardian with the current year enrollment. A 4-H youth is not eligible to participate in the 4-H program without this agreement.
As a 4-H youth participant/member you have the responsibility of representing all 4-H members to the public. Therefore, you are expected to conduct yourself in a manner that respects individual rights, safety and property of others, and reflects favorably on your state, county and club, as well as yourself. You are expected to observe the following guidelines.

1. The possession and use of alcoholic beverages, marijuana, and/or drugs other than prescribed medication is prohibited. Use of tobacco products by youth members is prohibited.
2. Obscene and discriminatory language, rough housing, and insubordination will not be tolerated.
3. Members and leaders must demonstrate respect for each other and the public.
4. Display of overly affectionate attention between individuals is prohibited.
5. Damage to, or destruction of property belonging to others is prohibited.
6. Animal abuse of any kind is prohibited.
7. Display of unsportsmanlike conduct is prohibited.
8. Be an example of how to accept what life has to offer - good and bad - and how to live with the outcome of exhibiting your project.
9. Wear neat, clean and appropriate attire; including shoes, boots, or appropriate footwear at all times.

Report any infractions to the superintendent/club leader/event coordinator.
Penalties for infractions(s) may include any or all of the following:

- Placing the member on probation for involvement in further 4-H events and/or termination of 4-H membership.
- Assessing the member the cost of damages and repairs in the event of damage or destruction of property.
- Releasing the member to the nearest law enforcement agency and/or the proper authorities.
- Withholding premiums and/or sending the member home from 4-H activities or events.

Parents/guardians will be notified if penalties are necessary.

For members and parents/guardians: We understand this agreement is to ensure the safety of the 4-H youth member and ensure conduct and behavior that will result in each participant receiving the full benefit of enjoyment and educational experience from this 4-H affiliation/event. It is not intended to place undue restrictions upon participants.

For youth members: I have read the Code of Conduct and agree to abide by its rules. I understand that infractions of this code will result in any or all of the penalties listed above.

For parents/guardians: I have read the code of conduct and understand that I am responsible for my child or ward's behavior. I give permission to the staff in charge to administer the code.

I understand that the WSU Extension County 4-H program may have policies that are more restrictive than the state policies, but not less restrictive. In the event that the County 4-H program has additional agreements required for enrollment, a hard copy form will be provided for signature.

❑ Yes, we agree

Youth Member Signature _____ Date: _____

Parent/Guardian Signature _____ Date: _____

4-H Club Leader_____ Date: _____

YOUR 4-H YEAR AGREEMENT

Flaming Arrows 4-H Club #207

- Attend 30% of club meetings.
- Attend 50% of project meetings.
- Do a public presentation, at county or project level
- Keep a record book.
- Learn some new skills and knowledge.
- Participate in an out-of-club activity such as camp or conference or Archery tournament or county fair.
- Learn how to demonstrate good sportsmanship.
- Be courteous of your fellow archers and respectful to your leaders.
- Participate in a club Archery tournament.
- Strive to achieve the archery level in the “Washington 4-H Archery Project” (EM4426) that matches your shooting level.
- I agree that if I miss 4 consecutive project meetings without contacting my project leader or club leader, my membership will be terminated without refund of any dues or fees

4-H Member’s Name: _____

PRINT NAME

Signed by: _____Date: _____

4-H Member

Signed by: _____Date: _____

Parent/Guardian

Signed by: _____Date: _____

4-H Club Leader

MY 4-H PLANNING CALENDAR

Check the box for each event you attended with an "X" or a check mark.
Add rows by putting your mouse just outside the border of the row above where you want a new row and hit enter

EXAMPLE:

Date	Time	Event	Attended
10-14-12	*2:00 pm*	*Sewing Project Meeting*	

	Date	Time	Event	Attended
OCTOBER				

	Date	Time	Event	Attended
NOVEMBER				

MY 4-H PLANNING CALENDAR

DECEMBER	Date	Time	Event	Attended

JANUARY	Date	Time	Event	Attended

MY 4-H PLANNING CALENDAR

FEBRUARY	Date	Time	Event	Attended

MARCH	Date	Time	Event	Attended

MY 4-H PLANNING CALENDAR

APRIL	Date	Time	Event	Attended

MAY	Date	Time	Event	Attended

MY 4-H PLANNING CALENDAR

	Date	Time	Event	Attended
JUNE				

	Date	Time	Event	Attended
JULY				

MY 4-H PLANNING CALENDAR

AUGUST	Date	Time	Event	Attended

SEPTEMBER	Date	Time	Event	Attended

Project Cover Page

Complete one Project Cover Page for **each** project you exhibit at the Kitsap County Fair. First project in record book is the primary project and will be displayed in that barn at fair.

If you have multiple projects in your record book, be sure to print all the project sheets that you need for each project.

Sign this page in July prior to the time you submit

Current 4-H Year: _____

PROJECT: _____

4-H CLUB: _____

Number of years you have been in this project (including this year). _____
(If this is your first year, the number of years in the project is 1.)

Your age as of October 1 this 4-H year) _____
Level you are in: **(√)** check one below

_____ Junior (ages 8 – 10)
_____ Intermediate (ages 11–13)
_____ Senior (ages 14 – 19)

NAME _____
First name and last name

DATE OF BIRTH (MM/DD/YY) _____

This page is not complete without signatures and dates from all three people.

Member's Signature: _____ Date: _____

I declare that the information in this book is correct and that I completed all my club and 4-H requirements to the best of my knowledge. I did my own work in this record book.

Parent's Signature _____ Date: _____

I declare my child completed this record book with minimal assistance.

Club Leader's Signature _____ Date: _____

I declare this member has met all club requirements this 4-H year.

Project Goal Instructions

Make a copy of the goal page for each goal.

What do you want to achieve by participating in your 4-H Project? Answering this question will help you identify your goals for the year. Set goals that are interesting to you and that you can achieve. The minimum requirement is for everyone to set one goal. Some juniors may be ready to work on multiple goals. Intermediate members are *encouraged* to set two goals and senior members to set three goals. After you decide on a goal, plan what you will need to do to reach your goal. Ask your parents and club leader for help.

EXAMPLE:

GOAL. *I will give a public presentation at the county contest.*

HERE IS WHAT I NEED TO DO TO REACH MY GOAL.

1. *I will attend any workshop that is offered about public presentations.*
2. *I will ask my leader for information on giving a public presentation.*
3. *I will ask my leader and parents to help me pick a topic.*

Project Goal Page

(It is not a requirement to list multiple goals, but it is highly encouraged. Make a copy of this page for each of your goals.)

GOAL. _____

_____

HERE IS WHAT I NEED TO DO TO REACH MY GOAL.

1. _____
2. _____
3. _____

Project Goal Evaluation: How did you do?

Take a look back at the goal(s) you listed at the beginning of the year. How did you do? Evaluate each goal. Using a scale from 5 to 1, rate how you feel you did.

"How did you do?" Circle or underline the rating you give yourself.

Excellent	Very Well	Well	Not So Well	Very Poorly
5	4	3	2	1

Why did you give yourself this rating?

_____

_____

My problems were:

_____

_____

My successes were:

_____

_____

This is what I would change if I could go back to October 1 of this 4-H year and start this goal over again (knowing what I know now). Your answer may be "nothing."

_____

_____

Project Goal Page

(It is not a requirement to list multiple goals, but it is highly encouraged. Make a copy of this page for each of your goals.)

GOAL. _____

_____

HERE IS WHAT I NEED TO DO TO REACH MY GOAL.

1. _____
2. _____
3. _____

Project Goal Evaluation: How did you do?

Take a look back at the goal(s) you listed at the beginning of the year. How did you do? Evaluate each goal. Using a scale from 5 to 1, rate how you feel you did.

"How did you do?" Circle or underline the rating you give yourself.

Excellent	Very Well	Well	Not So Well	Very Poorly
5	4	3	2	1

Why did you give yourself this rating?

_____

_____

My problems were:

_____

_____

My successes were:

_____

_____

This is what I would change if I could go back to October 1 of this 4-H year and start this goal over again (knowing what I know now). Your answer may be "nothing."

_____

_____

Project Activity Log

This section is where you write about what you learn, do in club meetings, do at home in your project, extra activities you do with your animal or still life exhibit. This is where you discuss your progress in your project.

Date	**Meeting, Activity, Field Trip, etc.**	**What did you do or learn?**
Oct. 5	*Cat Project Meeting*	*Learned how to clip toenails and about nutrition for senior cats.*
Oct. 7	*Went to library.*	*I checked out a book about cat breeds.*

Project Activity Log Continued

Date	Meeting, Activity, Field Trip, etc.	What did you do or learn?

Project Activity Log Continued

Date	Meeting, Activity, Field Trip, etc.	What did you do or learn?

Still Life (Non-Animal) Project Expense Record

List any tools, equipment or supplies purchased for use with your project this year.
Use additional pages if needed.

Date	***Paid To / Purchased From***	***Description***	***Amount***
Example Oct. 6	*JoAnn Fabrics*	*Polar fleece fabric, thread, zipper for fleece jacket, sewing machine needles.*	*$11.56*
		Total Expenses	

ARCHERY RECORD

Archery Equipment Inventory

Beginning Inventory

Date Purchased	Item	Current Value

Closing Inventory

Date Purchased	Item	Current Value

ARCHERY SHOOTING SCORES

DATE	No. of Arrows	Distance Yards or Feet	Target Size and Type	No. of Points Scored/Total Possible

DATE	No. of Arrows	Distance Yards or Feet	Target Size and Type	No. of Points Scored/Total Possible

ARCHERY LEVEL ACHIEVED
in the Washington State 4H Project EM4426
(Insert Project book after this page)

Beginning Level at start of year: _____

Ending Level at end of year: _____

Photographs From My 4-H Project

(This is optional -- you do not need to include anything.)

You can earn bonus points for adding photos to your record book. Please provide captions that explain things like who, what, why, when, and where.

This is the fun section with very few rules! You may wish to include photos showing activity in your project, your animal or still life equipment, any shows you participated in, drawings, letters, newspaper clippings, stickers and other decorations that have to do with your 4-H project.

If you wish to be considered for top awards, and you include items here, please provide captions that explain things like who, what, why, when, and where.

RULE 1. Items must be from current year. No photos from prior years!

RULE 2. You may include two pages, back to back, or four single-sided pages.

RULE 3. Please be sure all items are secure on the page and/or in a plastic slip cover.

RULE 4. AFTER the county and state fairs, you are encouraged to add another page (back to back or 2 single-sided pages) of photos of you and your exhibits at fair for year-end awards.

PLEASE do NOT include ribbons, certificates, and other items that cannot be replaced.

4-H Story (for juniors)
Keep this page in your record book

Intermediates and Seniors, you do not need to keep this page in your book.

JUNIORS: You can fill in the blanks below or write a story in narrative format.

JUNIOR 4-H STORY

Introduce yourself and your family.

_____
_____
_____
_____
_____

Tell why you joined 4-H and/or chose the project(s) you did.

_____
_____
_____
_____
_____

Tell about the things you enjoyed learning or doing in your project(s) this 4-H year.

_____
_____
_____
_____
_____

Tell about your favorite parts of 4-H this year.

_____
_____
_____
_____
_____

Tell about things you would like to improve upon or do more of next year.

_____
_____
_____
_____

Tell about your experiences at the Kitsap County Fair and the Washington State Fair.

_____
_____
_____
_____

4-H Story (for intermediates and seniors)
Keep this page in your record book

Juniors, you do not need to keep this page in your book.

This is your place to sparkle and reveal your personality. Introduce yourself to the reader as though you are talking to that person. Use the first person. Finish your story after county and state fair to include your experiences at the fairs.

INTERMEDIATE 4-H STORY

1) Introduce yourself and your family.
2) Tell why you joined 4-H and/or chose the project(s) you did.
3) Tell about the things you enjoyed learning or doing in your project(s) this 4-H year.
4) Tell about a **significant accomplishment** you have made this year in your 4-H project(s). This should include something that was not part of your goal.
5) Tell about your 4-H club experiences and community service you were involved with.
6) ***FAIR EXPERIENCE:*** *For year-end awards: In September finish the story by writing about your participation in the county and state fairs.*

SENIOR 4-H STORY

1) Introduce yourself, your family, your other activities and interests.
2) Tell why you joined 4-H and/or chose the project(s) you did.
3) Tell what **you learned** from results, difficulties, and/or challenges you had in your project(s) this 4-H year. Discuss anything you wish you had done differently.
4) Tell how you have changed or grown as a person as a result or your involvement in your project(s) and 4-H this year. Be specific about those changes (your character, skills, leadership, etc.).
5) Explain how you could use the life and/or project skills you learned from being in 4-H in other areas of your life.
6) ***FAIR EXPERIENCE:*** *For year-end awards: In September finish the story by writing about your participation in the county and state fairs.*

PERSONAL PAGES (Optional)

(This is optional -- you do not need to include anything)

This is the fun section with very rules. You may wish to include photos, drawings, letters, newspaper clippings, stickers and other decorations that have to do with your interests.
(church, other clubs, school, music lessons, sports, trips, family events).

If you wish to be considered for top awards, and you include items here, please provide captions that explain things like who, what, why, when, and where and follow the rules below.

RULE 1. Items must be from current year. No photos from last year!

RULE 2. You may include two pages, back to back, or four single-sided pages.

RULE 3. Please be sure all items are secure on the page and/or in a plastic slip cover.

PLEASE do NOT include ribbons, certificates, and other items that cannot be replaced.

PERMANENT RECORD goes here

First year in 4-H add a new permanent record here.

If you are an ongoing member, you will take the permanent record out of last year's book and continue here. For computer books, you may need to add more rows if you have filled a page.

If this is your first year in 4-H, you can d*ownload the permanent record at*

http://ext100.wsu.edu/kitsap/resources/record-book-forms/

OR

Download document C0935, LEVEL 2 PERMANENT RECORD at:

http://extension.wsu.edu/4h/publications/Pages/workbooks.aspx

They are the same just two different places if one has moved.