

# **KALAMAZOO COUNTY SPORTS GUIDELINES**

## **GOALS:**

- Learn the rules, techniques and principles of a specific sport.
- Learn the history, origin and prominent figures of a specific sport.
- Learn the importance of physical fitness and health benefits of sports.
- Develop sportsmanship skills.

## **LEARNING ACTIVITIES AND SUGGESTIONS:**

- Play a competitive or non-competitive sport you enjoy.
- Join a school team or community recreation program.
- Attend sporting events of different levels of participation.
- Attend sport workshops.
- Visit sporting goods stores.

## **GUIDELINES:**

- Exhibit can be a notebook, poster (not to exceed 22" x 28"), 3-D exhibit or demonstration.
- Your project can be about a sport/athlete you researched or a sport you play.
- Document your practice time, skill level improvement or win/lose record.

## **FAIR CLASSES & TOPIC SUGGESTIONS:**

- Baseball: rules, equipment
- Bicycling: bike trails, bike repair, parts of a bicycle
- Bowling: techniques, rules, scorekeeping
- Fishing: Contact Superintendent Dave Dyer Jr. for guidelines at 345-9027.
- Football: rules, equipment, positions
- Golf: technique, rules, club selection, terms
- Hockey: rules, technique, apparel
- Rollerblading: equipment, terms
- Skating: equipment, jumps
- Skiing: Equipment, apparel, safety techniques
- Snowmobile: Maintenance, safety
- Softball: rules, equipment
- Tennis: technique, rules
- Other: such as skateboarding, surfing, darts, cheerleading, soccer etc.

## **REFERENCE MATERIALS:**

- 4-H Library: Sportworks (50 fun activities that explore the science of sports)
- 4-H Bulletins: Bicycling Adventures
- Web site: <http://now2000.com/kids/sports.shtml>