The 4-H Shooting Sports Program enables youth to become responsible, self-directed, and productive members of society. The program transfers knowledge, skills, and attitudes to develop human capital, using subject matter and resources of land-grant universities.

- Promote the highest standard of safety, sportsmanship, and ethical behavior.
- Strengthen families through participation in life-long recreational activities.
- Teach safe and responsible use of rifles as well as sound decision making, self-discipline, and concentration.
- Learn skills from volunteer leaders certified in the discipline they instruct.

### Starting Out
**Beginner**
- Learn safety and courtesy on the range.
- Keep a shooting diary with notes and observations.
- Identify different types of safety equipment and how to use them.
- Participate in live fire exercises utilizing the fundamentals of firearms safety.
- Demonstrate how to safely handle a rifle.

### Learning More
**Intermediate**
- Describe four ways to save money and be economical while participating in your project.
- Give a presentation on some technical aspect of rifle shooting.
- Develop a personal reference library of resources that will be helpful in your project.
- Set specific goals related to rifle shooting and develop a plan to accomplish these goals.

### Exploring Depth
**Advanced**
- Develop your own special rifle event. Create a plan, chart progress, analyze successes and/or problems and report the results.
- Arrange a field trip for your project members to a location that has significance to rifles.
- Demonstrate proficiency in detecting and correcting rifle shooting errors in novice shooters.

The activities above are ideas to inspire further project development. This is not a complete list.

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**4-H THRIVE**

**Help Youth:**

**Light Their Spark**

A spark is something youth are passionate about; it really fires them up and gives them joy and energy. Help youth find how this project excites them.

**Flex Their Brain**

The brain grows stronger when we try new things and master new skills. Encourage youth effort and persistence to help them reach higher levels of success.

**Reach Their Goals**

Help youth use the GPS system to achieve their goals.

**Goal Selection:** Choose one meaningful, realistic and demanding goal.

**Pursue Strategies:** Create a step-by-step plan to make daily choices that support your goal.

**Shift Gears:** Change strategies if you’re having difficulties reaching your goal. Seek help from others. What are youth going to do when things get in their way?

**Reflect**

Ask project members how they can use their passion for this project to be more confident, competent and caring. Discuss ways they can use their skills to make a contribution in the community, improve their character or establish connections.
Expand Your Experiences!

Science, Technology, Engineering, and Mathematics

- Measure and record differences in accuracy when utilizing different types and brands of rifle ammunition.
- Experiment with distances and trajectories in rifle shooting and report on the results.

Healthy Living

- Explain at least three methods for securing a rifle and making it safe from unauthorized users.
- Research hearing loss and the importance of using ear protection when participating in rifle shooting.

Citizenship

- Plan and implement a community service activity related to the project.
- Work with a local agency to promote and/or provide safety locks for guns.
- Visit your local County Board of Supervisors meeting and report on the activities of your 4-H club or project.

Leadership

- Become a role model for others by taking the position of Junior or Teen Leader.
- Mentor younger members in setting shooting specific goals and developing a plan on how to achieve them.
- Be responsible for teaching materials used at project meeting.

Table: Connections & Events, Curriculum, 4-H Record Book

<table>
<thead>
<tr>
<th>Connections &amp; Events</th>
<th>Curriculum</th>
<th>4-H Record Book</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Presentation Days</strong></td>
<td>National 4-H Shooting Sports Guide—Basic Rifle (Issued to project leaders certified to instruct the project)</td>
<td>4-H Record Books give members an opportunity to record events and reflect on their experiences. For each project, members document their experiences, learning and development.</td>
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<tr>
<td><strong>Field Days</strong></td>
<td>4-H Shooting Sports Education Project—Member Manual 4-H-1007-W <a href="http://www.extension.purdue.edu/extmedia/4h/4-h-1007-w.pdf">www.extension.purdue.edu/extmedia/4h/4-h-1007-w.pdf</a></td>
<td>4-H Record Books also teach members record management skills and encourage them to set goals and develop a plan to meet those goals.</td>
</tr>
<tr>
<td></td>
<td>4-H Shooting Sports Project: S.T.E.M. Connections <a href="http://cekern.ucanr.edu/files/267532.pdf">http://cekern.ucanr.edu/files/267532.pdf</a></td>
<td>To access the 4-H Record Book online, visit <a href="http://ucanr.edu/orb/">http://ucanr.edu/orb/</a></td>
</tr>
</tbody>
</table>

All 4-H Adult Volunteers who will be acting as a project leader for a shooting sports project MUST be certified in each discipline they teach by the California 4-H Shooting Sports Advisory Committee.

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University of California Agriculture and Natural Resources

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