

**300 – YOU'RE THE ATHLETE****General 4-H Project**

- ✿ For project COMPLETION and GRADE, Member MUST participate in either:
    1. **County 4-H Project Judging Day** – Ross County Fairgrounds  
Member is eligible for County Awards (Judges' Choice, Outstanding, Honorable Mention) and State Fair Selection (if applicable)
    2. **Early 4-H Project Judging** – Ross County Service Center  
Members unable to attend County Project Judging Day should plan to attend Early Judging. Member is eligible for County Rosettes (Outstanding, Honorable Mention).  
*\*Exception for State Fair selection at Early Judging - If there is only one member judged in a project, then the judge has the option to select a state fair representative.*
  - ✿ Complete "Thank You" note activity (see copy of instruction sheet included in your project book)
  - ✿ To receive Fair Premiums, your project must be displayed at the Ross County Fair in a Jr. Fair Building booth.
  - ✿ **For Project Judging Dates & Times & Details:**  
ASK your Club Advisor  
READ the *May Family HOTLINE* sent to every 4-H family  
LOOK on the 4-H App or website <http://ross.osu.edu>
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**Skill Level:** Intermediate

**Completion:**

1. At least one (of 7) section (*Play Book*, *Practice Field*, and *Big Even*).
2. Either 2 other *Play Book* and at least 2 *Practice Field* activities OR 1 other section (*Play Book*, *Practice Field*, and *Big Even*)
3. At least 2 Learning Experiences
4. At least 2 Leadership/Citizenship/Career applications
5. "My Season highlights" (project summary)
6. Prepare an educational exhibit based on this project (item made from project book, photo exhibit, notebook, scrapbook or poster (minimum 14" x 22" and maximum 22" x 28")).
  - a. Example: Poster of Activities 12 & 13 (pgs.72,73) of meal plans with nutrition labels
  - b. Example: Video demonstrating proper weight training techniques (Activity 3, pg.84)
  - c. Be creative!

**Judging:**

1. Interview based on skills learned, activities completed, and educational exhibit.
2. Bring to interview on 4-H Project Judging Day:
  - a. completed Project Book
  - b. Educational exhibit

**County Fair Exhibit:**

An educational exhibit relating to project work displayed in a fair booth.

**State Fair Competition:**

1. State Fair participants will be selected during county-level competition on 4-H Project Judging Day.
2. Event: Health Day  
Completed project book, \*display, and interview  
\*Display must fit into a 3 foot area or 3 feet of table space.

