TO: County Extension Agents - 4-H & FCS

FROM: Shonna Covin
CEA-FCS, Hemphill County
Fitness Challenge Chair

Shawnte Clawson
District 1 4-H Specialist

SUBJECT: District 1 Fitness Challenge Contest 4-H Day @ WTAMU
November 9, 2013 – West Texas A&M University –
Virgil Henson Activity Center
Registration: through November 1, 2013 via 4-H Connect
Registration Fee: $20.00

Fitness Challenge Committee: Shonna Covin, Jackie Farrell, Wendy Hazzard,
Erica Hefner, Charlie Weatherford, Tina Hicks

Age & Gender Divisions
Seniors: 14-18 as of August 31, 2013
Intermediates: 11-13 as of August 31, 2013
Juniors: 8 and in the 3rd grade, 9 - 10 as of August 31, 2013

It is the responsibility of agents to validate birthdates of participants and correct
placement of youth in age categories. It is also the responsibility of agents to certify
eligibility of contestants and substitutes.

Teams will be comprised of 3 or 4 individuals & will enter in one of the following
divisions: Male, Female, or Coed.

Registration
Registration will be completed using 4-H Connect. Registration will be through
November 1, 2013. There will be no on-site registration. Entry fees are non-
refundable. If you register and cannot attend the contest and training, substitutions and
reimbursements will be handled at the county level.
Schedule for the Day
Since this is a new contest the inaugural event will focus as much on training as it will on the actual contest. Participants will go through each of the fitness components as outlined in the guide with guidance from an instructor. However, hands on training will take place along the way to ensure that participants will know what to expect when the event becomes a state qualifying contest.

11:30 am  Registration, Introductions & Orientation
12:00 pm  Contest begins with stations directed by WTAMU, Sports & Exercise Science, Assistant Director and students.
2:00 pm  Overview of the Fitness Components and Tips for Lifetime Fitness Awards
2:30 pm  Family Day at WTAMU
          Optional Career tour for Senior 4-H Members
6:00 pm  WTAMU Football Game

Attachments:  Map
              Substitution Form

cc:  Bandon Dukes
     Angela Burkham
SUBSTITUTION FORM

County: ________________________________

Date of Substitution: _______________________

Name of District 1 4-H Contest: ____________________________

Name of 4-H member registered for contest: ____________________________

Name of substitute: ____________________________

As County Extension Agent, I verify the academic eligibility and qualification of the substitution. Any registration fee reimbursement will be done at the county level.

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Signature of CEA

Panhandle District 1 Office
North Region
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Fax: (806) 677-5644

For Contest Official Use Only

Approved ________________
Date ________________