



## 4-H CLOVER CONNECTION

<http://oces.okstate.edu/garfield>  
<http://extension.okstate.edu/county/west-district/>  
[www.oklahoma4h.okstate.edu/](http://www.oklahoma4h.okstate.edu/)  
[www.facebook.com/4H.garfieldcounty](http://www.facebook.com/4H.garfieldcounty)

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APRIL 2023

### Sportsmanship in Equestrian Sports

Why is sportsmanship often a problem in competitive events? Surely, we can all agree on the importance of being kind and nice to one another. What has happened over the past several years? Has social media and current reality programming just reinforced the idea that bad behavior is socially acceptable or gets more attention? Or is there something else going on in a high-pressure environment?

Positive youth development is often coupled with competition as a motivator for the time and devotion needed for a project. Unfortunately, the potential for negative behavior is quite high, said Kris Hiney, Oklahoma State University Extension equine specialist. "Showing horses is definitely a sport activity with winners and, therefore, losers," Hiney said. "Sports themselves are often viewed as combative – we go to battle with the other team. So how do we compete and grow in life skills in these situations?"

Striving for intentional good behavior should be a focus of equine competitive activities. Adult leaders need to both teach and reward observation of positive competitive behavior. There are four essential elements of good sportsmanship in horse activities:

- Respect for horses
- Respect for opponents
- Respect for the "game"
- Respect for others

**Respect for horses:** Having respect for our horse partners of course means managing their physical needs, such as healthcare and nutrition. Healthcare can include making sure the horse is vaccinated and the 4-H'er is practicing good biosecurity skills in order to not spread disease to fellow competitors. Fair training practices are also essential. The horse should have the opportunity to respond how it has been previously trained to do so, and after the horse performs that behavior, leave them alone! Don't drill or punish the horse for

suddenly raised expectations due to a competition environment. The horses didn't sign up for competition or know what the goal and desire of their youth showman. Treat them as the true partner they are, and reward and recognize their efforts.

**Respect for opponents:** Youth should be rewarded for seeking excellence with fellow competitors, not just the opportunity to place higher. Taking joy in winning against clearly unequal levels of competition isn't the goal. Appreciate others' performances and strive for that excellence yourself. Simple acts of congratulating fellow youth for showing good horsemanship skills should take place at every event.

**Respect for the game:** This essentially means following the rules of the game. There's no glory in cheating. Trying one's best is key. Giving up, creating more problems, blaming others or the horse for one's own mistakes

is not good sportsmanship. Also, respecting the purpose of 4-H horse events important. The goal of 4-H is positive youth development, where the emphasis is on the youth, not the horse. At the end of the day, we want the youth to be better and gain life skills.

**Respect for others:** It takes a tremendous amount of time and effort for judges, show managers, trainers, coaches and leaders to put on these events. 4-H is unique in that it is heavily dependent on volunteers who give their time freely and willingly. Treating them poorly can quickly lead them to find better things to do with their free time. Many of the staff running horse shows do not do this professionally or even compete with horses themselves.

"Disappointment will always be part of competition, but how you handle it is important," Hiney said. "It is okay to get mad or need some time to blow off steam, but there is a time and place. Give yourself 5-10 minutes, but don't take it out on the horse, your family or

your friends. Be sure to congratulate others, no matter your placings. And always accept awards graciously."

Both adults and youth volunteer leaders help develop these skills by being good role models, and it doesn't always come easily in high pressure situations. Practice at home and in public so it becomes routine. Build feelings of camaraderie and teamwork. Give awards for those

that exemplify good sportsmanship and praise those that show evidence of hard work, not just who comes out on top. As parents and leaders, having clear guidelines and expectations for behavior is vital, as is following through with real consequences for unwanted behavior. Following

an event, discuss examples of good and poor sportsmanship that were observed.

"Good sportsmanship extends beyond just the 4-Hers themselves, but to their family, spectators and 4-H volunteers. Sportsmanship and success are not always mutually inclusive. If you are harming your animal or others in pursuit of victory, it doesn't mean much," she said. "How do you want to be remembered by those watching your behaviors? Competition is about striving to try your best, challenge yourself and show the world the best example of you."



## DATES TO REMEMBER

Robotics Club	April 5
4-H Day at Capital	April 5
Sewing Club	April 6
Photography Club	April 13
PLO	April 17
Dress Revue/ Impressive Dress	April 19
Youth Leadership Summit	April 21-23
Cloverbuds	April 26
Project WILD	April 29
Be the BEST contest due	May 20
Sr. Night/County Elections	May 22
Volunteer Conference	June 23-24
Farm Bureau Camp	June 27-28
4-H Camp	June 28-30



**Next PLO meeting**  
**April 17, 2023**  
**5:30 p.m.**

## 2022 23 COUNTY OFFICERS

- ◆ President Summer Prince
- ◆ V. President Conner Quintero
- ◆ Secretary Madison Nickels
- ◆ Reporter Joe Sharp
- ◆ Recreation Leader Shelbi Prince
- ◆ Executive Bailey Nickels

## Spring Trap

Practice has started and is held on Sundays at 4:00 at the Gun Club north of Enid on highway 81.



## Oklahoma Farm Bureau Capitol Camp

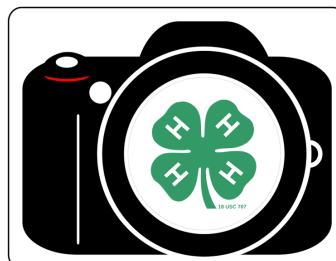
Oklahoma Farm Bureau, Oklahoma 4-H and Oklahoma FFA are once again offering youth the opportunity to learn hands on about their government and the way laws are made in our great state. Capitol Camp (formerly the Oklahoma Youth Legislative Experience) is targeted to youth who are upcoming Juniors and Seniors in high school who have an interest in policy development. Youth younger than upcoming Juniors or graduating Seniors are welcome to apply as well. Camp will be June 27-28, 2023. The cost of the camp is \$50 and that includes registration, lodging, meals and swag.

Register at:

<https://www.okfarmbureau.org/capitol-camp/>



## Photography Club



If you are wanting to learn how to take better pictures come join Mandy Schroeder, photography club leader, on April 13, at 5:15 in the Extension Office. Mandy has some great ideas!

## Sewing Club

The final time to work on your quilt will be April 6, at 4 p.m. Please sign up by March 30 to reserve a machine.



## CLOVERBUDS

Cloverbuds will meet in the Extension Office April 26, at 4:30. Come join the fun!

## Birthday in a Bag

Bailey Nickels believes that everyone deserves to celebrate their birthday. Her community service project is called 'Birthday in a Bag'. It provides everything to make a birthday cake for some who might not have a birthday cake otherwise. If you would like to help Bailey complete her birthday bags, cake mixes and frosting may be dropped off at the extension office.



## Robotics Club

Robotics Club will be from 4-5:30 on April 5, in the Extension Office.



## 2023 State 4-H Parent Volunteer Conference

June 23-24 in Stillwater

The primary purpose for this conference is to strengthen the local club or project group experience for youth, families, parents and volunteers. We want parents and volunteers to gain greater confidence in developing and implementing a local experience which will retain youth, gain youth and use an increasing number of volunteers as project and activity leaders.

Find more information at:

<https://4h.okstate.edu/volunteers/parent-volunteer-conferences/index.html>



## State Record Books

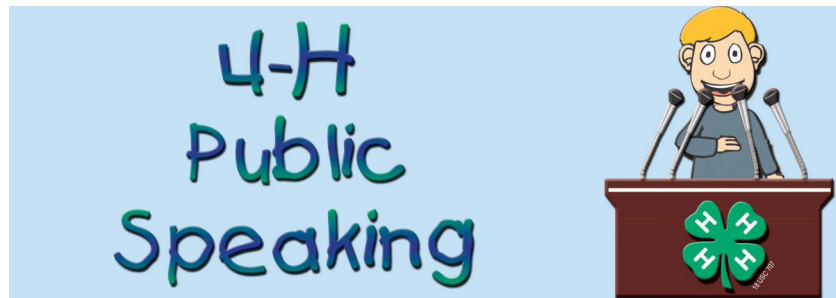
Attention 8th grade and up who are completing a State Record book: They have changed the record book form margins. The new form can be found at [https://4h.okstate.edu/members/record-book-and-scholarship-information/record-book-and-scholarship-info.html?fbclid=IwAR2FPGCLK9s6fQeU2s\\_DopT-jlHXyi9w\\_G5oCTJYipEpUHUXZZrw4uBUA8Y](https://4h.okstate.edu/members/record-book-and-scholarship-information/record-book-and-scholarship-info.html?fbclid=IwAR2FPGCLK9s6fQeU2s_DopT-jlHXyi9w_G5oCTJYipEpUHUXZZrw4uBUA8Y)

You should be able to copy and paste a previous book into it. Let me know if you have questions. Record books are due digitally to the county by April 7th to be reviewed. All final hard copies with signature page due to the office by April 19.

National Congress application (10<sup>th</sup> & 11<sup>th</sup> grade), Sidwell Ag scholarship (8<sup>th</sup> grade and up), and Key Club (9<sup>th</sup> grade and up) are all due April 19<sup>th</sup> as well. These applications are also found at the above website.

Please let Jessica know what awards you plan to enter so nothing gets missed.

## Be The BEST in Oklahoma 4-H Pre-Recorded Video Public Speaking



Members may only participate in either the prerecorded video contest or the in-person contest, but not both.

Due to rising costs of awards: A \$5 registration fee per participant in both the pre-recorded video and the in-person contest is requested mailed to Pontotoc County 4-H, 1700 N. Broadway, Ada, OK 74820. Please note the participant's name(s) along with the registration fee. No refunds. Self/family entries are PREFERRED over Extension Office's entering youth.

Pre-Recorded Video entries are due on or before Friday, May 5. Entries should be submitted at this link:

<https://form.jotform.com/210336187529155>

In-Person entries are due on or before Friday, May 5. Entries should be submitted by postal mail using the provided entry form/scoresheet. Contest date and location: Saturday, May 20, at 10 a.m. Pontotoc County Extension Office/Agriplex – Ada. For entry form, contact the office.



Fun-filled memories are made at 4-H county camp and camp will be coming soon. Save the dates June 28-30.



## Project WILD Workshop

A Project WILD workshop is scheduled by Ellis County Extension Office on Saturday, April 29 from 9 a.m. to 3 p.m. Any adult who wants to teach kids about the outdoors is welcome. Professional development credit is available to classroom teachers. Register with the Ellis County Extension Office at [lynda.latta@okstate.edu](mailto:lynda.latta@okstate.edu) or (580)885-7775, no later than April 26. Cost is \$20 and each participant will receive both the Project WILD and Aquatic WILD activity guides containing over 130 hands-on activities.

For more information contact the Garfield County Extension Office or Ellis County Extension Office.

## IMPRESSIVE DRESS ENTRY

APRIL 19, 2023

(ENTRIES DUE APRIL 12, 2023)

YOU MAY ENTER ONLY 2 CLASSES

NAME \_\_\_\_\_ CLUB \_\_\_\_\_

\_\_\_\_\_ CLOVERBUD

\_\_\_\_\_ ACTIVE/CASUAL

\_\_\_\_\_ BEGINNING (3<sup>RD</sup> – 5<sup>TH</sup>)

\_\_\_\_\_ DRESS WEAR

\_\_\_\_\_ INTERMEDIATE (6<sup>TH</sup> – 8<sup>TH</sup>)

\_\_\_\_\_ FORMAL WEAR

\_\_\_\_\_ ADVANCED (9<sup>TH</sup> – 12<sup>TH</sup>)

\_\_\_\_\_ CONSUMER BUYING CLASS (6<sup>TH</sup> – 12<sup>TH</sup>) MUST HAVE RECEIPTS

## FASHION REVUE ENTRY

SEWN ITEMS THAT MATCH COUNTY AND STATE FAIR CLASSES

UNDER APPAREL FOR APPROPRIATE AGE GROUP

\_\_\_\_\_ BEGINNING (3<sup>RD</sup> – 5<sup>TH</sup>)

\_\_\_\_\_ INTERMEDIATE (6<sup>TH</sup> – 8<sup>TH</sup>)

\_\_\_\_\_ ADVANCED (9<sup>TH</sup> – 12<sup>TH</sup>)

**NARRATIVES MUST BE INCLUDED WITH ENTRY  
PLEASE ATTACH TO ENTRY FORM**

*Example:* “Chris Clover is modeling a green button-down oxford shirt and khaki pants. He accents his outfit with brown loafers and a brown belt. Chris wears this outfit to church. He says he chose this shirt because he likes the color green. Chris is a member of the XYZ 4-H Club and is an 8<sup>th</sup> grader at Enid Middle School.”



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"Persons with disabilities who require alternative means for communication or program information or reasonable accommodation need to contact (Jessica Nickels, Extension Educator, 4-H) at (580-237-1228 or [jessica.nickels@okstate.edu](mailto:jessica.nickels@okstate.edu)) at least two weeks prior to the event."

