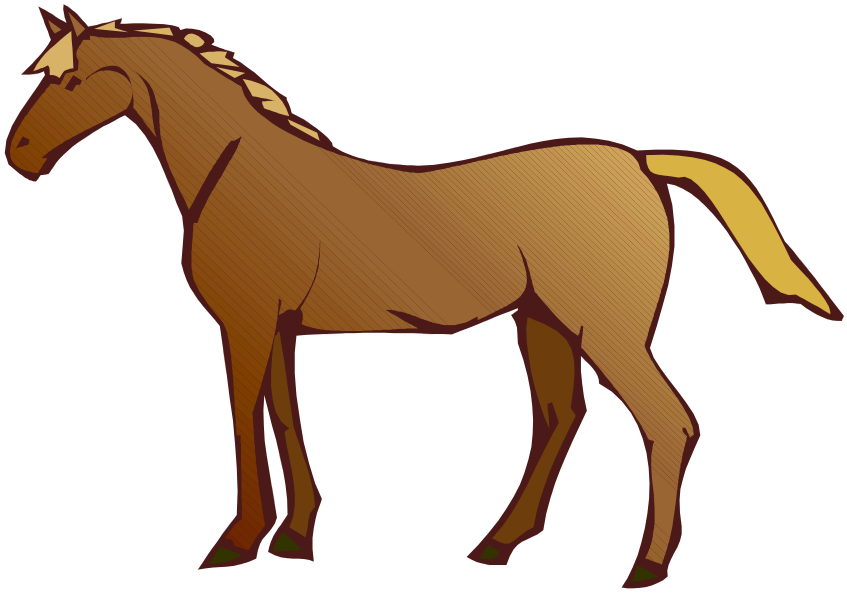
4H52

RUTGERS UNIVERSITY
4-H Youth Development
New Jersey Agricultural Experiment Station

My 4-H Horse Project Record Book



For use by New Jersey 4-H horse project members

Member name: _____ Birth date: ____/____/____

Address: _____ Grade: _____

Phone #: _____

4-H County: _____ Years in Project: _____

Name of club: _____ 4-H Year: _____

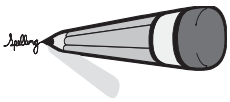
Club leader's name: _____

End-of-year signatures

At the end of the 4-H year, when your record book is complete, your 4-H club leader will ask to see this record book. He or she may also review it during the year.

By signing below, I am stating that I have completed this record book myself and, to the best of my knowledge, the information included in it is correct.

4-H member signature	**Date**



By signing below, I am stating that I am familiar with this work and, to the best of my knowledge, the member completed this record book and the information included in it is correct.

Title	**Signature**	**Date**
Parent		
4-H club leader		

Written by

Keith G. Diem, Ph.D., Program Leader in Educational Design
Marjorie R. Margentino, Program Associate, 4-H Animal Science
Annette Devitt, Salem County 4-H Agent

In cooperation with 4-H volunteers of the state 4-H Horse Project Advisory Committee:
Estella Almeida, Wendy Hale, Judy Hennessy, Cathy Porter, Virginia Sisco

Some artwork courtesy of Stablemates 4-H Club of Hunterdon County/Learn and Earn Project

Based on "My 4-H Record Book," by Keith G. Diem, Ph.D.,
Program Leader in Educational Design

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Introduction



This project record book has been created specially for members enrolled in the 4-H horse project. Keeping a record book is an important part of the project. It will help you set goals for the project year, record your accomplishments and help guide your efforts to keep important records on your horse.

What is a 4-H project?

A project is a subject or topic that you learn about in 4-H. More important, a project is something you do, which results from knowledge and skills you learned in the project. In this case, your project is a horse, pony, or mule. You learn about your project from attending club meetings and educational workshops, and working with adult leaders and other 4-H members. You can also learn from field trips and camps, by participating in shows and competitions, as well as through your family and self-study.

Why complete a record book?

A record book is not meant to be a chore. Instead, it is a way for you to learn. Here are some important reasons why 4-H expects you to complete a 4-H record book for your project.

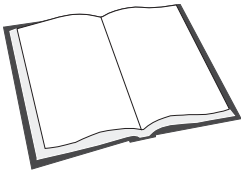
Keeping a 4-H record book will help you …



- Learn how to organize yourself
- Learn how to set reasonable goals for yourself
- Appreciate what you've learned this year from the goals you reached
- Recognize what things you learned in your 4-H project
- Explain what you've learned
- Keep track of costs of your project
- Gather information needed to apply for awards and scholarships
- Complete applications and resumes for jobs and college
- Meet requirements to participate in some county, state, or national 4-H events.

Guidelines for the 4-H Horse Project Record Book

One record book can be completed for all horses, ponies, or mules that you have registered. If you are participating in the "Breeding/Mare & Foal Project," "Growing & Training Project," or "Competitive Trail Ride Project," you will also need to complete the appropriate supplement(s) included in the Appendix of this record book. If you participate in the horse project without an animal, you can skip any part of this book that asks for project animal information.



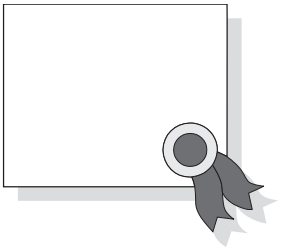
It is important to keep your record book up-to-date monthly. A project record book is required to participate in state 4-H events, such as Horse Bowl, Model Horse Show, Horse Judging, Hippology, Equestrian of the Year, Horse Show, and Trail Ride.

Set a goal to accomplish at least three of the listed "Personal Development Activities" and three "Horsemanship Skills" during the project year. To expand your horizons, try to accomplish new skills each year in the project, including skills you did not master in previous year(s).

The record book has been three-hole punched so that it may be easily kept in a three-ring binder. With each new project year, add your new record book to the binder. It is recommended that you save your record books from previous years in your binder. That way, you can easily compare your progress and achievements throughout the years. It will also help you when you apply for awards, jobs, college, etc.

Member in good standing requirements

In general, all 4-H members are expected to meet the following standards each year. These are the minimum requirements. Your club may have additional requirements.



- Attend at least 70 percent of regular club meetings and/or activities.
- Complete a 4-H project, doing one's own work with minimal assistance from parents or others.
- Give a club or county 4-H public presentation.
- Complete this project record book and necessary supplements.

How this record book is organized

Besides this introduction, this record book is organized into these main sections:



- Starting Out - My goals for the 4-H year/Taking inventory
- Along the Way - Keeping track of what I do
- Looking Back - What I learned this year
- Thinking Ahead - My goals for next year
- Appendix (including project goals, project supplement sheets, "My Monthly Horse Project Log," and key 4-H horse project forms.)

Starting Out - My goals for the 4-H year

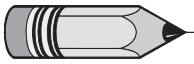
The beginning of the 4-H year is a good time to begin thinking about what you'd like to do or learn in 4-H during the upcoming months. List some of your goals for the year and what plan you have to accomplish your goals. Talk to your leader and parents to decide what goals are realistic to try and possible to finish this year.

During each year in the 4-H horse project, members must choose a minimum of three (3) Horsemanship Goals and three (3) Personal Development Goals to pursue. Choices are listed in the Appendix. Write your choices below. Don't be afraid to challenge yourself! Of course, you may aim to reach more than the required goals. For now, write your six goals (three from HS1-147 and three from PD1-51) below, and your plan for reaching each goal. If the items on the lists have all been accomplished, develop some of your own. You may also choose special ones not listed. Be sure to get the needed signatures on the next page.

My goals for this year	**What I need to do to reach each goal**
Example: I will learn how to give a public presentation.	Attend county public presentation workshop. Have my leader and parents help me choose a topic that will be good for me. Practice my presentation. Give the presentation at a club meeting.
HS #_____	
HS #_____	
HS #_____	
PD #_____	
PD #_____	
PD #_____	

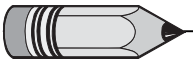
Signatures for goal setting

I will work toward the above goals I have set for myself for the upcoming 4-H year to the best of my ability:



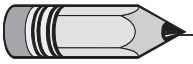
_____*(Member signature)* _____ *(Date)*

I will support my child's goals for the upcoming 4-H year:



_____*(Parent signature)* _____ *(Date)*

I will help support this member's goals for the upcoming 4-H year:



_____*(4-H Leader signature)* _____ *(Date)*

Taking Inventory

For the horse project, you will need to keep track of your project animals. This includes any horse you own or lease prior to April 1 of the current 4-H year. A 4-H Horse Registration Form is located in the Appendix. Be sure to complete a registration form for each of your 4-H project horses and turn the form(s) into your county 4-H office prior to April 1.

Horse's Registered Name	**Horse's Stable Name**	**Date of Birth**	**Sex**	**Height**	**Breed**	**Ownership ***	**Date of Purchase or Lease**

*Ownership:
1. Personally owned
2. Family owned
3. * Lease/borrowed (Must have a 4-H Horse Project Lease/Borrow Form. See Appendix.)

Along the Way - Keeping track of what I do

For this section, it is best to write down what you have done shortly after completing it so you won't forget important events and activities. This section includes the following parts:



- What I did in this project this year
- Animal care & management
- Project finances
- Other clubs and projects

What I did in this project this year

The following page is where you can list what you did in your 4-H project. Don't forget to include these types of 4-H events and activities you might have done this year:

- Events participated in
- Leadership roles - such as offices held, committees led
- Shows & competitions
- Special meetings & clinics
- Community service
- Public speaking
- Field trips
- County 4-H fair
- Awards or recognition earned



Name of event/ activity	***Date & Location***	***What I did***	***Level*** *(Club, County, State, National)*	***Award or recognition earned?***
Example 1: Visited nursing home with the club	*1/1/01 Evergreen Convalescent Center, Milltown*	*I showed photos of my horse and the equipment I use to some of the patients*	*Club*	*Received a thank-you letter from the Center Director*
Example 2: County 4-H Qualifying Horse Show	*7/15/01*	*Entered Starfire in five classes*	*County*	*2nd place barrel racing, 3rd place western equitation*

Name of event/ activity	***Date & Location***	***What I did***	***Level*** *(Club, County, State, National)*	***Award or recognition earned?***

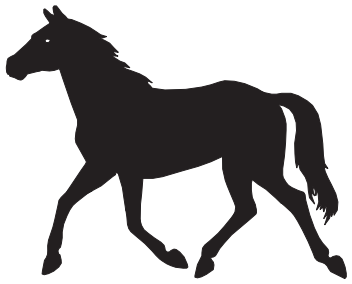
(Add copies of this page if necessary)

Animal Care & Management

Because your project is a living creature, it requires regular care and management. Here is the place to explain what you regularly do for or with your animal on a daily, weekly, monthly, and yearly basis. Be as specific as possible.

Don't forget to list to following:

- Feeding and watering practices
- Grooming
- Stall cleaning
- Health practices and medicines
- Riding and exercising



What I do for/with my project animal ...
Daily
Weekly
Monthly
Yearly

Project Finances

It is likely that you spent money on your 4-H project this year. This section will help you add up what it cost to complete your project.

Expenses (E)

$ This section is where you can keep track of what materials, supplies, and equipment you purchased or used for your project and what it cost to use. Feel free to add more copies of these pages if necessary.

Expenses are divided into four categories (E 1,2,3,4):



- Tack & equipment expenses
- Board, feed & bedding expenses
- Health/medical expenses (including veterinarian, farrier, deworming, etc.)
- Miscellaneous expenses (such as meetings, clinics, lessons, shows, transportation)

(E1) Tack & equipment expenses

Date	Description of expense	Cost ($)
1/1/01	*Example: New saddle blanket*	*$20.00*
E1 Total	*(Add up all expenses from above and put number in box at right)*	

(E2) Board, feed, & bedding expenses

Date	Description of expense	Cost ($)
1/1/01	*Example: 100 lbs. sweet feed*	*$20.00*
E2 Total	(Add up all expenses from above and put number in box at right)	

(E3) Health/medical expenses (including veterinarian, farrier, deworming, etc.)

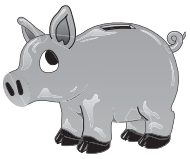
Reminder: Be sure to have proof of veterinarian-administered vaccinations. (See health information form in Appendix. This form and your original Coggins test paper should accompany your horse whenever you travel with your horse.)

Date	Description of expense	Cost ($)
1/1/01	*Example: deworming (benzimiddazole)*	*$20.00*
E3 Total	(Add up all expenses from above and put number in box at right)	

(E4) Miscellaneous expenses (Meetings, clinics, lessons, shows, transportation, etc.)

Date	Description of expense	Cost ($)
1/1/01	*Example: Attended nutrition clinic*	*$25.00*
E4 Total	(Add up all expenses from above and put number in box at right)	

Income (I)



List any income received from your project this year. For instance, sales of any project-related items or cash prizes from contests or exhibitions. It is quite likely your project had no income. If so, enter "None" under description and "0" under "Total Income."

Date	Description of income	Income ($)
1/15/01	*Example: Sold saddle*	*$150.00*
Total Income	(Add up all income from above and put number in box at right)	

Net Project Cost or Profit (N)



If your project earned more than it cost, then your project made a profit. But this is not likely so don't worry if your project did not make money! Although a business aims to earn a profit, a 4-H project is meant for learning. The important point to learn is that most activities have costs. Therefore, you must be careful to spend money wisely.

More likely, you spent more on your 4-H horse project than you earned from it. Therefore, "expenses" minus "income" is the total (or "net") cost of your project.

Total Expenses (E)	
Tack & equipment expenses (**E1**, page 10)	$
Board, feed, & bedding expenses (**E2**, page 11)	$
Health/medical expenses (**E3**, page 12)	$
Miscellaneous expenses (**E4**, page 13)	$
Total Expenses (Add up all expenses and put number in box at right)	$

Net Project Cost (N)	
Total Expenses (**E**, from above)	$
Total Income (**I**, page 13)	$
Net Project Cost (Subtract Total Income from Total Expenses and put number in box at right)	$

Example:

Total Expenses (E)	**minus Total Income (I)**	**= Net Project Cost (N)**
Example: $750	*$150.00*	$600 (net project cost)

Other 4-H clubs and projects

List any 4-H other clubs and projects in which you participated during the past year.

Club name	**Project(s)**

Looking Back - What I learned this year

This section is to be completed at the end of the 4-H year. It is meant to help you look back on all that you learned during the past year. This section includes the following parts:

- My horsemanship & personal development goals completed
- A summary of knowledge and skills I gained
- The three most important things I learned
- Telling my story



My goals completed

Look back on the goals you set for yourself at the beginning of the year, on page 5. How well did you meet those goals? If you added or changed goals during the year, list them below.

My goals for this year	**How well did each goal get met?**
Example: I will learn how to give a public presentation.	I attended county public presentation workshop. I had to change my topic three times. I should have practiced my presentation more before I gave it at the club meeting. I will start planning and practicing earlier next year!
HS #_____	
HS #_____	
HS #_____	
PD #_____	
PD #_____	
PD #_____	

Knowledge and Skills I Gained

There are many things to learn in 4-H. Check each item below that you learned or improved in 4-H during the past year.

I learned or improved my ability to...

HEAD (*Independence*)

- ☐ try something new
- ☐ set goals for myself
- ☐ plan a project
- ☐ keep myself organized
- ☐ keep track of finances
- ☐ keep records of my work
- ☐ gain knowledge of my project
- ☐ get more information about something I am interested in
- ☐ use resources wisely
- ☐ participate in a business meeting
- ☐ run a business meeting
- ☐ make wise choices and decisions
- ☐ solve problems
- ☐ learn from my mistakes
- ☐ understand that it's ok to change my mind if I need to
- ☐ pay attention to instructions

HEART (*Belonging*)

- ☐ speak confidently in front of a group
- ☐ give a public presentation
- ☐ share my feelings or point of view
- ☐ make myself understood without bullying or being loud
- ☐ listen to other people
- ☐ respect someone else's feelings
- ☐ resolve differences of opinion
- ☐ appreciate my cultural heritage
- ☐ accept people who are different from me
- ☐ get along with other kids
- ☐ make others feel welcome
- ☐ stand up for others
- ☐ make new friends
- ☐ appreciate the importance of friendships in my life

My grade in school:_____

Number of years in 4-H _____

HANDS (*Generosity*)

- ☐ work with others
- ☐ work within a group
- ☐ work within a committee
- ☐ work with adults
- ☐ get past differences to reach a goal
- ☐ help others succeed
- ☐ make something with my hands
- ☐ explore a career interest
- ☐ follow directions
- ☐ lead others
- ☐ find ways to make a positive contribution to society
- ☐ understand the importance of community service
- ☐ see that my efforts can make a difference
- ☐ take the initiative to start something on my own

HEALTH (*Mastery*)

- ☐ understand my strengths and weaknesses
- ☐ finish something I started
- ☐ be proud of my accomplishments
- ☐ accept change
- ☐ see that my character can effect a situation
- ☐ take responsibility for my own words and actions
- ☐ deal with winning and losing gracefully
- ☐ be careful and practice safety
- ☐ appreciate the importance of good health
- ☐ stay healthy
- ☐ feel good about myself

Other: _____

_____

_____

_____

The three most important things I learned

Even if you learned a lot of different things in 4-H, think of what was the most important for you. Then, list the three most important things you learned in this project during the past year in the boxes below. For example: I learned how to groom my horse, I learned that working with senior citizens is challenging but also fun, I learned to speak in front of my club without being afraid.

The three most important things I learned in this project during the past year were ...
1.
2.
3.

Telling my story


The New York Times

My 4-H Story

Project Work

To Make the Best Better

Trends

Learn buy Doing

Fun!

4-H Fair

Best Year Yet!

Helping Others

Camp

Keeping in mind the knowledge and skills you said you learned from the items you checked, write a story that explains what you gained this past year in 4-H. Use specific examples that are unique to you whenever possible. Feel free to relate what you learned in 4-H to school, family, or other activities in your life. Use extra pages if needed. Attach photos, clippings, or drawings if it helps tell your story better. Don't forget to label them with captions if you do.

4-H is proud of what 4-H members learn and sometimes likes to use excerpts (parts) of stories 4-H'ers write in 4-H publicity. If you do *not* want your information shared, please let us know by checking one of the boxes below:

❑ Do not use my story for any 4-H publicity.

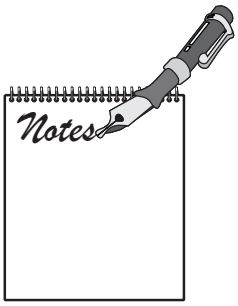
❑ If you use my story, do not credit my name.

(Begin your story on the next page)

My 4-H Story

(Continue 4-H story on next page.)

(Continue 4-H story below or attach additional pages if necessary.)



Thinking Ahead - My goals for next year

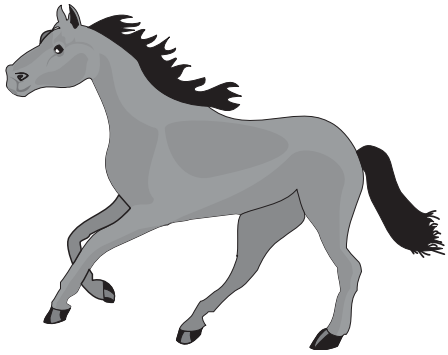
Now is a good time to begin thinking about what you'd like to do or learn in 4-H next year. List some of your goals for next year and what plan you have to accomplish your goals.

My goal for next year	***What I need to do to reach this goal***

Feel free to attach additional pages to this record book if needed.

Appendix

The Appendix contains the following:



- Horsemanship Goals (HS1-147)
- Personal Development Goals (PD1-51)
- My Monthly 4-H Horse Project Log
- 4-H Growing & Training Project Supplement
- 4-H Breeding/Mare & Foal Project Supplement
- 4-H Competitive Trail Ride Project Supplement
- 4-H Horse Registration Form
- 4-H Horse Project Lease/Borrow Form
- 4-H Horse Health Information Form
- My 4-H Scrapbook

Horsemanship Goals

During each year in the 4-H horse project, members must choose a minimum of three (3) horsemanship goals. Of course, you may complete more than the required three goals. Goals are organized by three experience levels. Choose goals that match your experience level. Don't be afraid to challenge yourself!

Horsemanship Goals

Beginner Level - goals HS1-46
Intermediate Level - goals HS47-113
Advanced Level - goals HS114-147

Note: Skills in shaded boxes come directly from the 4-H CCS horse project books.

Goal#	**Beginner Level Horsemanship Goals** (1-3 years in 4-H Horse Project)
HS-1	Understand the importance of wearing a safety helmet while riding.
HS-2	Learn horse terminology.
HS-3	Identify common horse colors and markings.
HS-4	Identify the parts of a horse.
HS-5	Learn to evaluate the confirmation of horses.
HS-6	Identify breeds of horses.
HS-7	Recognize horse behaviors.
HS-8	Learn to safely work with horses.
HS-9	Learn how to approach a horse.
HS-10	Demonstrate proper haltering and leading techniques.
HS-11	Demonstrate how to tie a safety knot.
HS-12	Learn about grooming tools and uses.

HS-13	Put together a grooming kit.
HS-14	Demonstrate how to groom a horse.
HS-15	Identify the parts of a horses' hoof.
HS-16	Demonstrate the correct way to pick out a horse's foot.
HS-17	Identify tools used by a farrier.
HS-18	Identify parts of English and/or Western saddles.
HS-19	Learn how to do a safety inspection of tack.
HS-20	Learn to clean tack.
HS-21	Identify parts of a bridle.
HS-22	Demonstrate proper saddling techniques.
HS-23	Demonstrate proper bridling techniques.
HS-24	Learn proper fit and adjustment of equipment.
HS-25	Identify the basic gaits of the horse.
HS-26	Determine how to select a project animal.
HS-27	Understand the basic digestive system of a horse.
HS-28	Identify the three types of feeds.
HS-29	Learn the five major nutrient classes.
HS-30	Compare feed weight and volume.
HS-31	Learn proper feed storage.
HS-32	Learn the normal vital signs of a healthy horse.
HS-33	Learn basic types of wounds.
HS-34	Learn basic equine disease descriptions and terminology.
HS-35	Identify common external parasites.
HS-36	Evaluate your barn for general safety.
HS-37	Learn basic winter care of your horse.
HS-38	Design a horse facility.
HS-39	Understand a horse show prize list.
HS-40	Learn how to fill out a horse show entry form.
HS-41	Learn the health requirements for horse shows and trail rides.
HS-42	Learn proper attire for horse shows.
HS-43	Learn basic horse show etiquette.
HS-44	Learn basic riding skills.
HS-45	Identify proper trailering equipment and safety items.
HS-46	Keep track of the expenses of having a horse.

Goal#	**Intermediate Level Horsemanship Goals** (4-6 years in 4-H Horse Project)
HS-47	Compare and discuss the body types of a group of horses.
HS-48	Identify the different "types" of horses and their uses.
HS-49	Judge a class of four horses and present reasons.
HS-50	Identify the parts of the horse's skeleton.
HS-51	Learn the function of the hoof parts.
HS-52	Identify and learn proper treatment for hoof-related problems.
HS-53	Learn the parts of a horseshoe.
HS-54	Explain the use of farrier tools.
HS-55	Understand the proper procedures for trimming and shoeing a horse.
HS-56	Evaluate hay quality for horses.
HS-57	Understand a feed tag.
HS-58	Compare the taste, palatability and texture of common feeds.
HS-59	Learn to determine the quality of forages.
HS-60	Learn how to take animal's temperature, pulse, and respiration.
HS-61	Set up a vaccination plan for your horse in consultation with your veterinarian.
HS-62	Identify horse health supplies.
HS-63	Stock an equine medicine cabinet.
HS-64	Identify common horse parasites.
HS-65	Learn how to control external parasites.
HS-66	Examine a fecal sample to determine degree of parasite infestation.
HS-67	Learn how and set up a plan to control internal parasites.
HS-68	Identify the different types of teeth.
HS-69	Learn equine dental terminology and procedures.
HS-70	Identify different types of bits
HS-71	Identify types and uses of horse saddles.
HS-72	Select a saddle.
HS-73	Identify parts of a harness.
HS-74	Identify types and uses of horse blankets.
HS-75	Identify the parts of a mare's reproductive tract.
HS-76	Identify the parts of a stallion's reproductive tract.
HS-77	Identify the steps for preparing a mare for breeding.
HS-78	Understand the purpose of a pre-purchase exam and the terminology used.
HS-79	Learn the ideal standards and conformation for various breeds of horses.

HS-80	Learn about faults in way of going.
HS-81	Identify artificial gaits of a horse.
HS-82	Learn comparative terms and phrases for horse evaluation.
HS-83	Identify and compare the conformation, unsoundnesses, and blemishes in a group of horses.
HS-84	Learn the structure for a set of oral reasons for judging horses.
HS-85	Present a set of oral reasons for judging horses.
HS-86	Identify horse vices.
HS-87	Classify three horses according to several behavioral traits and disposition.
HS-88	Demonstrate how to bathe a horse.
HS-89	Demonstrate basic clipping techniques.
HS-90	Demonstrate different methods of mane braiding or banding.
HS-91	Demonstrate how to properly lunge a horse.
HS-92	Learn how to ground train a horse.
HS-93	Demonstrate how to long-line or ground-drive a horse.
HS-94	Demonstrate how to properly adjust stirrup length.
HS-95	Show a horse in a halter class.
HS-96	Learn how to condition a horse for competitive trail riding.
HS-97	Participate in a competitive trail ride.
HS-98	Learn proper trail and road etiquette for horseback riders.
HS-99	Determine necessary tack and emergency equipment for trail riding.
HS-100	Plan a pleasure trail ride.
HS-101	Identify suitable horse fencing.
HS-102	Identify necessary components to winterize your barn.
HS-103	Inspect barn for fire prevention safety.
HS-104	Plan an evacuation drill for your barn.
HS-105	Learn how to properly wrap a horse's leg for shipping.
HS-106	Learn about different types of horse trailers and discuss their special features.
HS-107	Learn to load and unload a horse.
HS-108	Learn to safely travel with horses.
HS-109	Identify the equipment necessary for taking your horse on a long trip.
HS-110	Plan a long trip with your horse.
HS-111	Design your ideal horse trailer.
HS-112	Discuss various means of horse identification.
HS-113	Determine appropriate horse bedding materials and ways to deal with horse waste.

Goal#	**Advanced Level Horsemanship Goals** (7 or more years in 4-H Horse Project)
HS-114	Identify the different muscle and ligament systems of the horse.
HS-115	Determine a horse's age by examining the horse's teeth.
HS-116	Learn to score the body condition of horses.
HS-117	Recognize abnormal vital signs in your horse.
HS-118	Recognize symptoms of colic in horses.
HS-119	Identify equine diseases and their treatment.
HS-120	Learn to administer medication under the guidance of your veterinarian.
HS-121	Prepare a horse first aid kit.
HS-122	Treat a minor wound.
HS-123	Learn the life cycle of an internal and external parasite.
HS-124	Learn about corrective shoeing and why it is used.
HS-125	Learn to balance horse feed rations.
HS-126	Analyze differences in monthly feed intake and discuss the reasons.
HS-127	Determine winter management practices for pasture.
HS-128	Understand proper ventilation of a horse barn.
HS-129	Understand the function of bits.
HS-130	Demonstrate advanced clipping techniques (body, trace, blanket, etc. clips)
HS-131	Demonstrate different methods of tail braiding.
HS-132	Understand the function of a mare's reproductive system.
HS-133	Understand the function of a stallion's reproductive system.
HS-134	Evaluate stallion selection for breeding.
HS-135	Learn about mare and foal care.
HS-136	Learn about foaling.
HS-137	Determine causes of soundnesses and blemishes.
HS-138	Discuss the causes of vices in horses.
HS-139	Understand horse psychology.
HS-140	Demonstrate riding ability by performing and passing ten horsemanship steps. (As listed on page 24 of the "Blazing Trails" project activity guide.)
HS-141	Learn how to pack a pack saddle.
HS-142	Develop horse overnight camping skills.
HS-143	Discuss the different equestrian sports that compete at an international level.
HS-144	Learn about the horse industry in New Jersey.
HS-145	Learn how to promote horses.
HS-146	Identify and discuss a problem affecting the horse industry.
HS-147	Conduct a horse economic impact survey.

If the above skills have all been accomplished, develop some of your own. You may also choose any special skills not listed above.

Personal Development Goals

During each year in the 4-H horse project, members must choose a minimum of three (3) personal development goals. Don't be afraid to challenge yourself! Of course, you may complete more than the required three goals.

Goal #	Personal Development Goal
PD-1	Participate in a community service project (such as a food drive, community clean-up, etc.)
PD-2	Participate in a community pride project (such as a parade or community day.)
PD-3	Help prepare a display or booth relating to horses or horse events.
PD-4	Serve as a member of a club committee.
PD-5	Attend 4-H Camp.
PD-6	Participate in your county fair.
PD-7	Assist at a 4-H Horse Show as a ribbon runner, ring crew or at another designated task.
PD-8	Keep a scrapbook of pictures you've drawn or photographed of horses throughout the year.
PD-9	Learn the 4-H Pledge & Motto.
PD-10	Serve as a host for a 4-H meeting, making everyone welcome.
PD-11	Provide refreshments for a club meeting.
PD-12	Participate in a Model Horse Show.
PD-13	Participate in Horse Bowl.
PD-14	Participate in Horse Judging.
PD-15	Participate in Hippology.
PD-16	Participate in 4-H Horse Shows (qualifying, county fair, or state.)
PD-17	Participate in a 4-H Trail Ride.
PD-18	Attend a clinic relating to horses/riding skills.
PD-19	Help plan a fun activity for your club.
PD-20	Help with club/county 4-H fund raisers.
PD-21	Give a demonstration or illustrated talk to your 4-H club.
PD-22	Assist in a 4-H Trail Ride at a designated task.
PD-23	Write a story for your club about an event you have participated in.
PD-24	Give a demonstration, illustrated talk, book report to a group other than your 4-H club.
PD-25	Serve as a chairperson of a club committee.
PD-26	Help develop & exhibit a science display related to horses.
PD-27	Make arrangements for your club to go on a field trip.

PD-28	Arrange for a speaker to talk to your club.
PD-29	Become a member of the State 4-H Teen Horse Council.
PD-30	Participate in State Equine Presentations.
PD-31	Participate on a state team at Eastern National 4-H Horse Round-Up.
PD-32	Attend Citizen Washington Focus (CWF).
PD-33	Attend National 4-H Youth Congress.
PD-34	Attend National 4-H Conference.
PD-35	Explore careers in the horse industry. Write a short article or give a talk to your club about the career.
PD-36	Write an article for the Horse Project Teen Council (HPTC) state newsletter.
PD-37	Assist a younger member in preparing a demonstration.
PD-38	Join your county 4-H teen council
PD-39	Assist a younger member at a horse show or county fair.
PD-40	Do a career self-analysis profile.
PD-41	Explore careers in the equine industry.
PD-42	Develop a business plan for an equine business.
PD-43	Assist a younger 4-H member with their horse project.
PD-44	Teach horsemanship and safety.
PD-45	Teach others to ride a horse.
PD-46	Teach others a lesson related to horses.
PD-47	Organize a horse bowl contest.
PD-48	Conduct a horse skill-a-thon.
PD-49	Organize a horse judging contest.
PD-50	Help plan a horse show.
PD-51	Enter an item in the Equine Art Show (such as drawing photograph, needlework, short story or poem).

If the above activities have all been accomplished, develop some of your own. You may also choose any special activities not listed above.



My Monthly 4-H Horse Project Log

Month:_____Year: _____

Using a calendar can be a helpful tool for keeping daily information about your 4-H project. Such information could include but is not limited to club meetings, field trips, purchases of feed & supplies, health procedures, professional services such as a vet or farrier, and special project moments, such as the birth of an animal or receiving of an award. Keeping a calendar is also a helpful way to remind yourself of important meetings, events, and activities, such as your 4-H club meetings, veterinarian appointments, deworming, etc. If this method works for you, duplicate this page for all the months of the year or use your own calendar. The important point is not to forget important records!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						

Two things I learned this month: _____

_____

_____

4-H Growing & Training Project Supplement

This project is for 4-H horse project members who are raising or training a young horse. To help members learn the principles of horse management as they relate to training and development of young horses, members are expected to learn the following:

Skill expected during specified age of horse	**Date passed**	**Approved by**
Foal to Yearling:		
1. Haltering (Halter your foal.)		
2. Teaching to lead (Lead your foal as directed.)		
3. Teaching to back (Back two (2) lengths.)		
4. Picking up the front and rear feet.		
5. Grooming as for show.		
6. Posing as for show.		
7. Sack out your colt.		
Yearling to 2 year old:		
8. Teach your horse to move on the line as for a showmanship and grooming class.		
9. Teach your horse to load.		
10. Teach to yield to pressures, side-step two (2) steps, right and left.		
11. Work on lunge line at walk and trot, right and left.		
12. Stop and rest yearling with long-lines.		
13. Saddle your yearling.		
2 year old to 3 year old:		
14. Ground-drive with longe lines.		
15. Back, trot, canter under saddle, pivot under saddle.		
16. Do a figure 8 at trot.		
17. Trot over ground rails.		
18. Turn on the forehand 180 degrees, right and left, pivot foot kept within 2 feet of starting point.		
19. Turn on the haunches 180 degrees, right and left, pivot foot kept within 3 feet of starting point.		

4-H Breeding/Mare & Foal Project Supplement

This project is for 4-H horse project members who are breeding a mare.

To help members learn the principles of breeding management relating to the broodmare, and horse management as it relates to training and development of young horses, members are expected to learn the following:

Knowledge expected of 4-H member	**Date passed**	**Approved by**
1. Know the feed requirements of the mare through the gestation and lactation periods.		
2. Be familiar with the normal estrous cycle of the mare, such as: length of cycle, time between cycles, time of ovulation, etc.		
3. Know the length of the gestation period and normal foaling signs.		
4. Illustrate by sketch or diagram the reproductive tract of the mare.		
5. Know how to care for and feed the mare at foaling time.		
6. Know the feed requirements of the weanling, yearling, and two year-old horse.		
7. Complete information about the mare, stallion, and foal requested below.		
8. Complete the foal's pedigree chart on the next page.		

Name of Mare: _____

Breed or type:_____ Sire: _____

Age: _____ Color: _____ Weight: _____

Is mare a Jersey Bred?: ❑ Yes ❑ No

Date of breeding:_____ Date mare foaled: _____

Sex of foal: _____ Description of foal: _____

_____

Name of Stallion mare was bred to:

State stallion is standing in: _____ Jersey Bred? ❑ Yes ❑ No

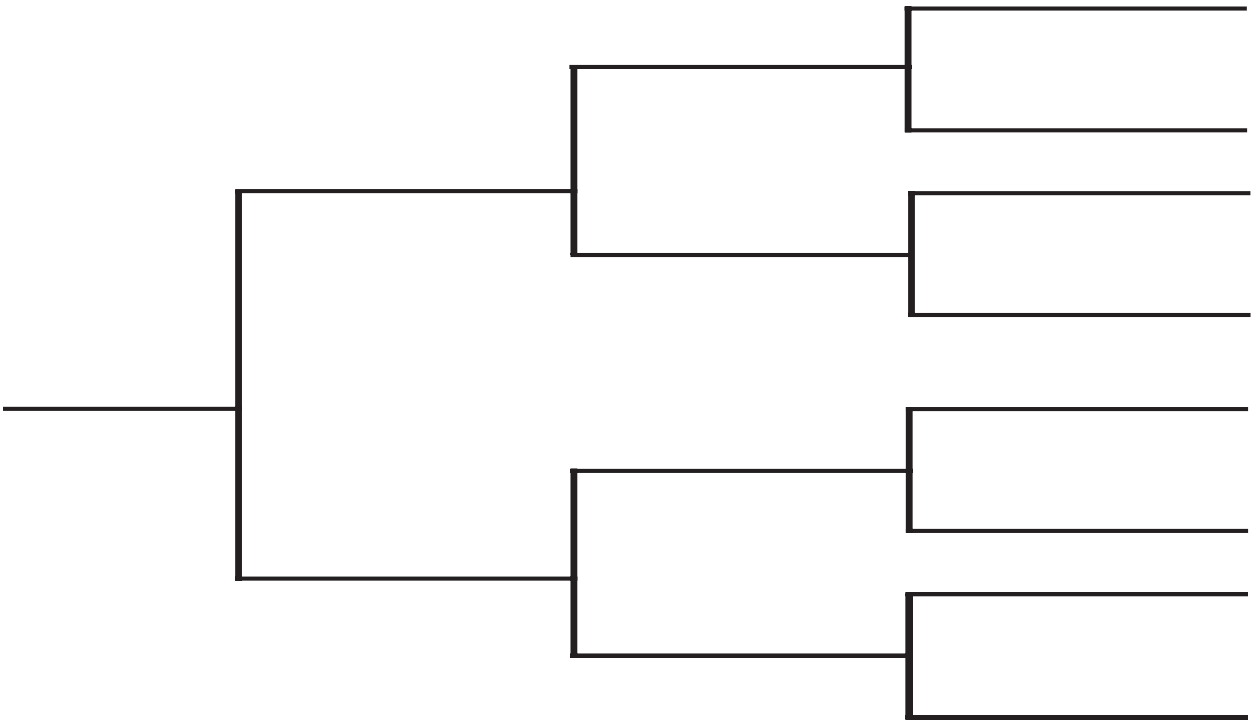
Breed or type: _____ Reg. No. _____

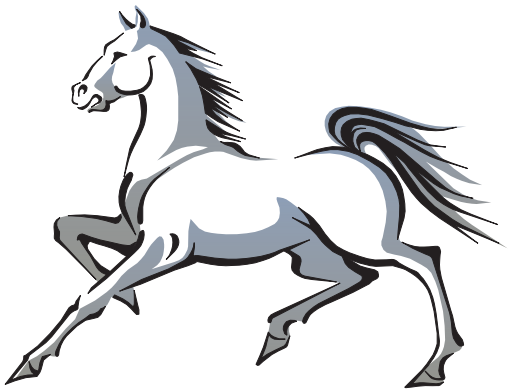
Sire: _____ Reg. No. _____

Dam: _____ Reg. No. _____

Total of any breeding costs: $ _____

Foal's Pedigree





4-H Competitive Trail Ride Project Supplement

Goals

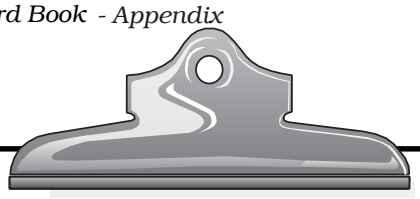
	Develop a conditioning program that will adequately prepare a horse for a 15-mile competitive trail ride.
	Compete in a 15 mile competitive trail ride on a county level.
	Identify and learn to successfully negotiate a common trail obstacle.
	Develop a conditioning program that will adequately prepare a horse for a 25-mile competitive trail ride.
	Compete in a 25-mile competitive trail ride on a state level.
	Learn how to properly cool out a horse after a competitive ride.
	Develop your own goal(s):

Suggested Conditioning Programs

	GOALS	**Minutes**	**Miles**
A.	Walk	10	0.7
	Trot 6, Walk 4 (3 times)	30	3.5
	Trot	5	0.8
	Walk	15	1.0
	Total	**60**	**6.0**
B.	Walk	10	0.7
	Trot 7, Walk 3 (3 times)	30	3.9
	Trot	8	1.2
	Walk	12	0.8
	Total	**60**	**6.6**
C.	Walk	10	0.7
	Trot 8, Walk 2 (3 times)	30	4.1
	Trot	8	1.2
	Walk	12	0.8
	Total	**60**	**6.8**
D.	Walk	10	0.7
	Trot	15	2.3
	Walk	5	0.3
	Trot	20	3.0
	Walk	10	0.7
	Total	**60**	**7.0**

4-H Competitive Trail Ride Conditioning Record

	April	May	June	July	August	September
Conditioning Schedule Followed						
Miles Achieved						
Obstacles Achieved						



My 4-H Scrapbook

You can use this space to attach photos, notes, or other information about your 4-H experience this year. Feel free to add more pages if you'd like.

The 4-H Pledge

I PLEDGE . . .
. . . my HEAD to clearer thinking,
. . . my HEART to greater loyalty,
. . . my HANDS to larger service,
. . . and my HEALTH to better living,
for my club, my community,
my country, and my world.



4-H Motto

"To Make the Best, Better"

4-H Slogan

"Learning by Doing"

Visit the NJ 4-H web site: www.nj4h.rutgers.edu
(This publication is available for downloading)

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