

// 2020 4-H REC LAB // REGISTRATION WORKSHEET

After completing this worksheet please **return it to your county office or complete your registration in 4honline**. If you have any questions about the registration process please contact your county office. **COMPLETING THIS WORKSHEET DOES NOT COMPLETE YOUR REGISTRATION FOR REC LAB.**

Name: _____ County: _____

Phone: _____ Email: _____

YOUTH ONLY: Chaperone Name: _____

Chaperone County if different than your own: _____

LODGING

Participants will be housed at the Hobson Public School and should bring: sleeping bag, air mattress or sleeping pad, towel and other personal items. If you do not wish to stay at the school you will be responsible for making your own lodging arrangements at your own cost. **YOUTH MUST BE ACCOMPANIED BY AN ADULT CHAPERONE**

T-SHIRT

Participants will receive a t-shirt with registration. Please select your preferred size.

- Small
- Medium
- Large
- X-Large
- 2X-Large

ADDITIONAL INFORMATION

Request accommodations or inform us of special dietary or other needs:

- Vegetarian
- Gluten Free
- Other Food Allergies, please specify: _____
- Latex or Other Serious Allergies, please specify: _____

Anything else we need to know:

WORKSHOPS SELECTION

Workshops will take place Saturday, April 25. Please indicate your first (1) and second (2) choice workshop for each session. **Review the workshop descriptions before selecting your preferences.**

► SESSION 1: Please indicate your first (1) and second (2) choice.

- _____ Zumba Fitness
- _____ Range Science
- _____ WeConnect Culture
- _____ "Eyes" Breakers
- _____ Bright Side to Parli Pro

- _____ Let's Manage Stress – **This is a two hour workshop. If choosing this workshop choose the same workshop in session 2.**

► SESSION 2: Please indicate your first (1) and second (2) choice.

- _____ Why Not Break Free
- _____ Everything you Wanted to Know About the 4-H International Programs
- _____ First Aid Kit for Animals (\$10 supply fee)
- _____ Creating Confident Cloverbuds
- _____ 4-H Weather & Climate Youth Learning Lab

- _____ Let's Manage Stress – This is a 2 hour workshop. **ONLY choose this workshop if you chose it in Session 1.**

► SESSION 3:

*The following two workshops are approximately 3 hours and are offsite and require travel. Estimated arrival return time is 4:30 pm. **Also choose in session 4.***

- _____ Get Outside and Explore (transportation provided)
- _____ Archery (Stanford Rod and Gun Club, Judith Basin Co Fairgrounds)

1 hour workshop. Please indicate your first (1) and second (2) choice.

- _____ Emotional Trauma and Healing
- _____ Renewable Energy
- _____ Opportunities for Your Rabbit Business
- _____ Ages and Stages
- _____ Pros of Parli Pro
- _____ How to Develop and Present a Workshop

► **SESSION 4: Please indicate your first (1) and second (2) choice.**

These are 3 hour workshops. **ONLY choose if you chose it in Session 3.**

- _____ Get Outside and Explore (transportation provided)
- _____ Archery (Stanford Rod and Gun Club, Judith Basin Co Fairgrounds)

The following four workshops are 2-hour sessions. **If choosing any of these workshops, do not choose a workshop in Session 5.**

- _____ Create a Future You Love
- _____ Beginning Felting (\$8 supply fee)
- _____ Zipper Bag Zing! (\$5 supply fee)
- _____ Extreme Teambuilding
- _____ Intro to Modern Square Dancing
- _____ Leadership from a Military Perspective

The following workshops are 1-hour sessions. **If choosing any of these workshops, you will also need to choose your first (1) and second (2) choices in Session 5.**

- _____ 4-H Stem Lab Activities (\$5 supply fee)
- _____ Looking Into the Future
- _____ Zentangle
- _____ Make a State Award Part of Your Future

► **SESSION 5: Please indicate your first (1) and second (2) choice.**

- _____ Montana Cookie Farm
- _____ Impromptu Comedy/"What's My Line"
- _____ Swinging in the 20's
- _____ Youth Entrepreneurs

4-H Talent Show

There will be a talent show on Saturday during rec lab. Please check the box below if you would like to be considered for the talent show. Talents need to be 4-H appropriate and under 5 minutes.

_____ Yes, I would like to showcase my talent at rec Lab. **Please describe your talent below.**