



# Shooting Sports Project



Are you ready to build skills for life? In Beyond Ready 4-H, youth gain confidence, leadership, and real-world readiness through hands-on learning. Do you want to safely and ethically shoot a bow, BB gun, rifle, or shotgun or learn more about hunting? In this project you will: learn firearm and equipment safety; build self-confidence, discipline, responsibility, and sportsmanship; strengthen life and leadership skills and develop an appreciation for the outdoors. The Kansas 4-H Shooting Sports program is open to youth 4-H ages 8 to 18.

**Archery • BB Gun • Air Rifle • Air Pistol • Smallbore Rifle • Smallbore Pistol • Shotgun • Hunting Skills • Muzzleloading • Western Heritage**

## Starting Out *Beginner:*

- Learn and use safety rules, wear eye and ear protection, and use proper and responsible etiquette and behavior on the range.
- Practice listening skills through range commands.
- Identify parts, use, and care of equipment.
- Participate in beginner disciplines.
- Grow an appreciation of outdoor activities.

## Learning More *Intermediate:*

- Learn and use safety rules and ethics.
- Develop shooting skills using different techniques and positions.
- Learn the differences and uses of a variety of equipment, such as archery equipment and rifle components.
- Grow and strengthen communication, leadership, and sportsmanship skills.
- Practice decision-making and critical thinking skills.

## Expanding Horizons *Advanced:*

- Mentor younger 4-H members by modeling safe practices.
- Learn how to care for equipment.
- Practice regularly to refine skills and encourage others to engage in the project.
- Develop positive relationships with family, teammates, and others.
- Explore the physics involved with Shooting Sports.

## Beyond Ready

### Ready to Lead

Youth involved in 4-H are **two times more likely to have the goal of becoming a leader**. Through real-world experiences and the guidance of caring mentors, they develop the confidence, communication, and decision-making skills needed to lead in today's changing world.

### Ready to Serve

Youth who participate in 4-H are **three times more likely to engage in community service**. Service learning provides them with purpose and connection at a time when **more than 53% of Gen Z report feeling lonely**. Through 4-H, youth are empowered to serve with compassion and make a meaningful impact.

### Ready to Build

With nearly **10 million unfilled jobs and 77% of employers seeking real-world skills**, 4-H helps youth build what matters. Through hands-on projects and career exploration, youth gain adaptability, problem-solving, and workforce readiness.

### Ready to Conquer

**While 52% of young people feel like they're failing at life goals**, 4-H youth rise with resilience. Backed by research and supported by caring adults, they learn to overcome challenges, set goals, and take charge of their future with confidence.

***Building a Ready Generation in a World of Change!***

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## Expand Your Experiences!

### Healthy Living:

- Promote mental and physical wellness through outdoor activities while learning muscle and skeletal relationships with body positioning.
- Build confidence, leadership, and life skills through individual and team experiences.
- Support and mentor younger members in determining eye dominances and safe practices, including firearm safety and skill development.

### Science and Agriculture:

- Explore the science of shooting sports, including the physics of projectile motion, distance, and environmental factors like wind that impact accuracy.
- Investigate equipment and ammunition, understanding how different types and sizes influence performance.
- Explore the role of shooting sports in agriculture, including wildlife management, pest control, and protecting crops and livestock.

### Community Vitality:

- Volunteer at local shooting sports events, matches, or 4-H competitions to support community engagement.
- Attend clean-ups and workdays at local refuges, ranges, and parks.
- Assist with organizing or promoting community safety education programs related to outdoor recreation.

### Communication and the Arts:

- Create a shooting sports safety display for a local library or business.
- Film and edit a video promoting 4-H shooting sports for social media.
- Man a booth at the fair teaching youth how to make turkey calls.

### Career Exploration:

- Visit an ammunition manufacturer.
- Research careers in shooting sports and outdoor activities.
- Explore college opportunities for STEM careers.
- Shadow wildlife reserve or park employee.
- Explore firearm safety careers.
- Learn about requirements to be a gunsmith.
- Explore coaching opportunities in shooting sports.
- Create a real/conceptual shooting sports product or service business and participate in a YEC (Youth Entrepreneurship Challenge) competition.
- Explore cybersecurity jobs in shooting sports careers.

### Contact Information

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### Resources & Events:

- Expand your knowledge and skills in shooting sports by engaging in educational events and learning opportunities such as:
- Club or project meetings.
  - Practice sessions.
  - Shooting clinics.
  - County Fair Match or Single County Competition.
  - Local, state, and national competitions.
  - Community Engagement and/or Community Service.

### Curriculum & Resources:

- Project materials and activities to assist youth in learning are available through meetings with 4-H certified instructors. Explore other resources including:
- [Kansas 4-H Website](http://kansas4-h.org) (Shooting Sports Project Page)
  - National Wildlife and Parks
  - Kansas Department of Wildlife and Parks

### 4-H Record Keeping:

Learning to keep accurate records is a life skill.

- Setting 4-H Project Goals (4H1100), [https://bookstore.ksre.ksu.edu/item/setting-4-h-project-goals\\_4H1100](https://bookstore.ksre.ksu.edu/item/setting-4-h-project-goals_4H1100)
- Kansas 4-H Record Keeping, <https://www.kansas4-h.org/resources/awards-and-recognition/LocalRecordKeeping.html>
- Track the following in a journal:
  - How to score targets.
  - Create spreadsheets to record practice and match scores.
  - Track attendance, inventory, and money spent on your project.

### Project Exhibit Ideas:

Opportunities for showcasing knowledge in the shooting sports project area include:

- Poster promoting 4-H Shooting Sports.
- Educational display.
- Shooting aid or accessory such as a quiver, kneeling roll, gun rack.
- Create a practice game or activity.
- Storage case.
- Public speaking or demonstration.
- Notebook.

