“4-H Shooting Sports is a positive way to develop important life skills and provide the opportunity for youth to develop a life-long activity. The support we receive makes a tremendous impact on the ability of this program to reach new audiences.”
Bryan Whaley

Thank You
Have Fun

4-H Safety and Education of Shooting Sports (SESS) is a youth development educational program that uses the skills and disciplines of shooting to assist young people and their leaders in obtaining knowledge and developing life skills.

Disciplines Available
- Archery
- Rifle
- Shotgun
- Muzzleloader
- Wildlife Skills

Volunteer

Are you interested in working with young people to develop basic shooting skills and safety? You don’t have to be expert marksmen to become involved in the program. An average shooter who cares about kids is a better instructor than an expert shooter who isn’t interested in seeing youth develop their skills. Parents are encouraged to attend meetings, assist instructors or act as range safety officers. Requirements to become a volunteer:
- 21 years of age
- Approved through the 4-H child protection policy screening process
- Attend a statewide leader training workshop
- Willing to learn techniques necessary to teach youth the basic fundamentals of shooting

Make New Friends

Get Involved

Iowa 4-H SESS members have many opportunities to participate in activities that test their shooting and wildlife skills in county, area, state and national competitions. By competing in the annual state match, youth develop self-confidence, pride and sportsmanship while striving to improve every time they are on the range.

Program Objectives
- Enhance the physical, cognitive, social and emotional development of youth through safe, educational and socially acceptable involvement in a shooting-related activity.
- Teach safe and responsible use of firearms and archery equipment including sound decision-making, self-discipline and concentration.
- Promote the highest standards of safety, sportsmanship and ethical behavior.
- Encourage understanding of our natural resources and the development of a personal environmental stewardship ethic by young people through participation in shooting, hunting and related activities.
- Strengthen families through life-long recreational activities.
- Expose participants to a broad array of vocational and lifelong avocational activities related to the shooting sports.
- Complement and enhance the impact of existing safety and hunter education programs.

To Participate

Shooting sports appeals to young people and volunteers from a wide range of urban and rural backgrounds.

To be eligible, youth must become a 4-H member and be in grades 4-12.

“[Shooting Sports] is really cool. It gets my adrenaline pumping!”

— Karissa Lorenz, Black Hawk County