



4-H SHOOTING SPORTS PROJECT



Step It Up!

Are You Into It?

4-H Safety and Education in Shooting Sports (SESS) uses skills and disciplines of shooting to assist young people and their leaders in obtaining knowledge and developing life skills. The disciplines include archery, rifle, shotgun, muzzleloader and wildlife skills.

- Learn 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 through participation in shooting, hunting, and related activities

Pass it on! Now that you know how, share it with others. Here are ideas to get you started.

Communication

- Listen to and respect range commands
- Create a poster, news release, or video
- Speak about proper handling, shooting, and types of firearms; and wildlife & hunting skills

Here's what you can do all year!

Starting Out Basic / Level 1	Learning More Intermediate / Level 2	Expanding Horizons Advanced / Level 3
<ul style="list-style-type: none"> • Identify parts, uses and care of archery equipment and rifles • Learn and practice range commands • Learn and use safety rules such as eye and ear protection and correct behavior on the range • Learn wildlife or hunting basics 	<ul style="list-style-type: none"> • Learn the differences and uses of a variety of equipment, such as types of archery equipment and rifle components • Develop shooting skills using different techniques and positions • Advance your shooting experiences by trying shotguns and muzzleloaders • Learn and use hunter safety rules and hunter ethics 	<ul style="list-style-type: none"> • Make archery equipment • Do gunsmithing • Demonstrate advanced skills by participating in higher level competitions • Do and teach about conservation practices

Citizenship

- Follow range and hunting safety rules and regulations
- Clean up the shooting range and participate in environmental projects
- Partner with local groups to promote safety and hunter ethics

Leadership

- Invite friends to participate in SESS
- Take leadership and partner with local groups to promote conservation and habitat improvement in your area
- Plan and organize a shooting match

4-H
GROWING TOGETHER



Take Shooting Sports further!

Here are other opportunities to explore Safety & Education in Shooting Sports:

- Participate in local, regional, state and national matches. Find out more here: www.extension.iastate.edu/4h/projects/ShootingSports/sessevents.htm
- Attend Iowa 4-H Youth Conference and participate in workshops, motivational speakers and a community service project, bringing ideas back to your community
- Is it fair time? Consider taking an exhibit, a piece of your project learning to the fair for judging and to show off what you have learned throughout the year. It might get selected to go to the Iowa State Fair.
- Contact your county ISU Extension Office for other local workshops, activities, and events
- Meet others interested in shooting sports. Check out camps at the Iowa 4-H Center.
- Interested in a college? Schedule a visit with Iowa State University to explore a variety of majors www.iastate.edu
- Check out the Iowa State University trapshooting club
- Work with your local county conservation to improve wildlife habitat.
- Become involved in your local shooting sports related non-profit groups (i.e. NWTf, Pheasants Forever, Whitetails Unlimited, Ducks Unlimited and others).

Exhibit Ideas

- Present the proper outfit and accessories for hunting, shooting, etc.
- Give a presentation on proper gun handling, shooting skills, wildlife, hunting, types of firearms or archery equipment
- Make a poster comparing different brands of available equipment
- Give a demonstration on how to train a dog for hunting
- Present about different breeds of hunting dogs
- Make a poster comparing wildlife habitats and how humans interact with them on a daily basis
- Teach others how to prepare a dish with wild game
- Write a paper learning about general outdoors safety and orienteering skills
- Make a poster with pictures of wildlife
- Give a presentation on firearm and hunter safety
- Make a project out of used targets or shells- sculpture, painting, etc.
- Compare and contrast different brands and types of ammunition.

Resources

4-H Resources	Other Resources	Record Keeping
<ul style="list-style-type: none"> • Iowa 4-H Safety & Education in Shooting Sports www.extension.iastate.edu/4h/projects/ShootingSports/ • National 4-H Shooting Sports www.4-hshootingsports.org/ • 4-H Shooting Sports Activities and Events www.extension.iastate.edu/4h/projects/ShootingSports/sessevents.htm 	<ul style="list-style-type: none"> • Brownells www.brownells.com/ • Iowa DNR www.iowadnr.com • National Rifle Association www.nranews.com/ • USA Shooting www.usashooting.com/ • National Muzzle Loading Rifle Association www.nmlra.org/ • Crosman www.crosman.com/airguns • Amateur Trapshooting Association www.shootata.com • National Archery Association http://usarchery.org/ • National Wild Turkey Federation www.nwtf.org/iowa/ 	<ul style="list-style-type: none"> • 4-H Yearly Summary (4H 0096) • SESS Project Record • Shooting Log • Minnesota 4-H Shooting Sports and Wildlife Journal (MI 08579, 2008)