



Cornell University  
Cooperative Extension  
Saratoga County

The Instructor Workshops provided in part through support grants from many organizations including Federal Cartridge, New York State 4-H Shooting Sports, Saratoga County 4-H Shooting Sports, New Jersey 4-H Shooting Sports, and Lindley G. Cook 4-H Camp.



### New Jersey 4-H Shooting Sports

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*Cooperating Agencies:* Rutgers, The State University of New Jersey, U.S. Department of Agriculture, and County Boards of Chosen Freeholders. Rutgers Cooperative Extension, a unit of the Rutgers New Jersey Agricultural Experiment Station, is an equal opportunity program provider and employer.

# RUTGERS

New Jersey Agricultural  
Experiment Station

# Instructor Workshop

## New Jersey 4-H Shooting Sports

April 23rd—25th, 2010

At Lindley G. Cook  
4-H Camp  
100 Struble Road  
Branchville, NJ  
07826

Registration begins at  
5:00pm

## New Jersey 4-H Shooting Sports Mission Statement

Youth development is the primary goal of the 4-H Program. 4-H Shooting Sports provide an outstanding vehicle for providing human growth and development in the life skills identified by the National 4-H Program. We teach safe and responsible use of firearms and archery equipment at home, on the shooting range, or in the field, including sound decision making, self discipline, and concentration.

### 4-H Shooting Sports : Safety, Knowledge, Understanding & Skills

**Only certified volunteer instructors supervise 4-H Shooting Sports Programs.** Instructors must be 21yrs old or older to facilitate any 4-H Shooting Sports programs in New Jersey. Many hold dual certification with other state and nationally recognized education programs.

**Safety** is always a primary concern. Youth and adults are trained to know and adhere to the Ten Commandments of firearm safety.

**Knowledge** about firearms and the natural environment is featured as the volunteers share years of experiences.

**Skills** are developed under the watchful eyes of the instructors. For some youth, these are new. Others improve and practice their techniques. All learn life skills that will last a lifetime.

**Understanding** is the most important component of the **4-H Shooting Sports Program**. It is developed as youth and adults become aware of their rights, responsibilities and their role in the natural environment.

### Courses offered based on the National 4-H Shooting Sports Curriculum materials.

**Archery:** Archery involves a fascinating group of sports for people of all ages. The lessons taught in this course cover the basics of archery. They present the beginning archer with a broad, sound foundation for learning the discipline and enjoying archery over a lifetime. The approach in these lessons has proven successful with young people and adults across the country.

**Coordinator:** This course is for the club or county level coordinator and teaches basic consensus decision making techniques, the 4-H developmental learning model, dealing with difficult situations and conflict resolution. Techniques for limiting risk, fund raising, volunteer management, and state policies and procedures are also covered.

**Hunting:** This curriculum covers many aspects of hunting. Instructors will learn about the philosophy, laws and reasons why we hunt. A focus on planning, purchase and care of equipment, sound hunting techniques and safety will be emphasized. Instructors will also discuss the aspects of hunting different types of game.

**Living History:** Within this shooting sports discipline you can go back in history and learn about life from a different era. Instructors will custom tailor their program to assist their members in discovering our rich history. Period clothing, cooking, lifestyles and multi-discipline clubs will be the focus of this class.

**Muzzle loading:** Contrary to popular belief, the sport of muzzle loading is not as complicated, messy or dangerous as many instructors think. Nor is it any more difficult to teach than conventional firearms. As one of the fastest growing shooting sports, muzzle loading has a wide appeal for both young and old. This curriculum takes you through the steps to create a viable program in your clubs. Like the other Basic Firearms Education Program courses, the muzzle loading courses are designed for the new shooter.

**Shotgun:** This program is designed to teach the fundamentals of safe and successful shotgun shooting. Shotgun knowledge, the basics of shotgun safety and proper shotgun shooting form are taught before introducing formal shotgun games.

**Rifle:** Rifle shooting is a very safe sport, but it is only as safe as the people participating in it. We will be teaching discipline, range control commands and range courtesy. This program takes the instructor through the basics of instruction and the first shot. This course mainly uses .22 cal rifles and .177 cal air rifles.



# New Jersey 4-H Shooting Sports

An Action Packed Natural Resource Program for Youth and Adults



## 4-H Shooting Sports Instructor Workshop Spring 2010 REGISTRATION

The New Jersey 4-H Shooting Sports Program in cooperation with the New York 4-H Shooting Sports Program is hosting this regional workshop to certify or re-certify volunteer leaders as 4-H Shooting Sports Instructors. The workshop will feature training in the following disciplines: **Archery, Rifle, Shotgun, Muzzle Loading, Hunting, and Coordinator**. Disciplines may be canceled due to low enrollment.

Adults will be certified to teach the discipline to youth participants in a formal 4-H Shooting Sports Program as well as in a camp situation. Each state maintains it's own standards for certification which may exceed those established by the National Committee. Participants will be able to complete requirements in only **one discipline**. All equipment will be supplied. The workshop will be a focus on youth development, risk management and the shooting disciplines.

The workshop is for those currently involved in the 4-H Shooting Sports Program and those interested in becoming instructors. Instructor candidates must be 21 years or older, assistant instructors (18 + years of age) and Junior Instructors (16 to 18) are welcome. Candidates under the age of 18 must be accompanied and supervised by an adult.

**Participants must meet their state requirements to take part in the trainings. Please consult your state coordinator.** We encourage participation regardless of gender or physical challenges. The goal is to involve people who are interested in teaching young people how to shoot safely and learn about the natural environment. Your county must receive a completed application before you attend the workshop, and your club must be approved to conduct the activity you will be trained in.

Training begins on Friday evening with dinner and concludes with lunch on Sunday. Participants must attend the full training to receive a certificate. Registration is due by April 15th. Registrations after April 15th must be approved by the NJ State Coordinator. The workshop will be held in Sussex County at Lindley G. Cook 4-H Youth Center for Outdoor Education in Branchville, NJ, which is in the northern part of New Jersey, near the New York and Pennsylvania borders.

The training will be a **minimum of 14 hours** in the disciplines and will be done the 4-H way—"Learning By Doing".

**The registration fee is \$75.00.** All other costs are supported through the efforts of the New Jersey and New York State 4-H Shooting Sports Program, Federal Cartridge and supportive donors. This will include food, housing and all costs related to the training program. There may be items to purchase.

Name \_\_\_\_\_

Street Address \_\_\_\_\_

City, State, Zip Code \_\_\_\_\_

County \_\_\_\_\_

Phone \_\_\_\_\_

E- Mail Address \_\_\_\_\_

1 <sup>st</sup> choice	<b>Discipline</b>	2 <sup>nd</sup> Choice
<input type="checkbox"/>	Archery	<input type="checkbox"/>
<input type="checkbox"/>	Rifle	<input type="checkbox"/>
<input type="checkbox"/>	Shotgun	<input type="checkbox"/>
<input type="checkbox"/>	Muzzle Loading	<input type="checkbox"/>
<input type="checkbox"/>	Hunting	<input type="checkbox"/>
<input type="checkbox"/>	Coordinator	<input type="checkbox"/>

**Method of Payment : Cost \$75.00**

Check Amount Enclosed

Visa \$ \_\_\_\_\_

MasterCard \$ \_\_\_\_\_

Credit Card # \_\_\_\_\_ Exp. date \_\_\_\_\_

Signature \_\_\_\_\_

Please make check payable to:

**NJ State 4-H Shooting Sports  
Advisory Council**

**Mail to:** Lindley G. Cook 4-H Camp  
100 Struble Road, Branchville, NJ 07826

**Registration Due April 15th**

For more information, contact Jim Tavares at (973) 948-3550 or by e-mail at [tavares@njaes.rutgers.edu](mailto:tavares@njaes.rutgers.edu).



Visit NJ4-H Shooting Sports on the web at <http://nj4hshootingsports.org>