



Randolph County Center
North Carolina Cooperative Extension
112 West Walker Ave.,
Asheboro, NC 27203
336-318-6000

Randolph County 4-H

May 2014

Summer Fun 2014

4-H Summer Adventure Days are educational programs sponsored by Randolph County 4-H to assist youth to develop essential life skills while having fun!

Educational Classes include:

**Camp Caraway Fun; Environmental Camp; Arts Extravaganza
Shooting Sports; Kids in the Kitchen; Hunter Safety Education
and so much more.**

Special Classes are also available for 5 – 7 year old youth

Registration will begin Monday, May 19.

You may download class descriptions, medical forms,
code of conduct, and registration forms from our website at
<http://Randolph.ces.ncsu.edu/>
Click on **Youth & 4-H** and follow the links to the summer forms

TO REGISTER: Participants must fill out a registration form and return it with check made payable to **RANDOLPH COUNTY 4-H**. Each participant must also have their own registration form and medical release/code of conduct form. These may also be downloaded with the application form. Registration is on a first come first serve basis.

**Visit the Randolph County Extension Center to register.
Randolph County Extension is located
at 112 W. Walker Avenue, Asheboro.**

If you would like us to mail a copy of the information to you, contact our office at 336-318-6000.

Sincerely

Barbara Dunn Swanson
Extension Agent
4-H Youth Development



This is non-school material that is neither endorsed or reflective of the views of Asheboro City Schools or Randolph County Schools.

Persons with disabilities and persons with limited English proficiency may request accommodations to participate by contacting Barbara

Come join us for a
summer of 4-H Fun!
Classes meet at the
Extension Office
unless otherwise
noted.



Randolph County 4-H Presents 2014 Summer Adventures

4-H Investigates June 17,18 & 19 9am – 3:30pm \$10 Ages: Rising 6th grade + Class: 12
Previous Participants Excluded Meet at South Asheboro Middle School, Asheboro
Do you love shows like CSI and NCIS? Well if so, this is the program for you! Participants will become detectives to solve a 'murder' mystery. Solve the crime by exploring blood typing, fingerprint analysis, and DNA analysis. Lunch and snacks will be provided. A field trip to the courthouse will also be featured. Participants from other counties will join us here in Randolph County for this adventure.

Fitness Fun Days June 25 9am – 3pm \$5 Ages: 9+ Class: 12
Bring a bag lunch and dress comfortably. Come get your fitness on while learning new ways to stay active for a healthy lifestyle. We will travel around town and discover innovative ways to move and groove!

Gardening Fun in the Sun June 25 10am – 2pm \$5 Ages: Rising 6th & up Class: 12
Come join the Cooperative Extension for a fun filled day in our Demonstration Garden. Learn about fruits and vegetables in this hands on workshop. Designed to inspire participants to learn what it takes to grow healthy food crops and the steps our foods take on their way to the kitchen table. *Wear outdoor clothing that can get dirty, closed toe shoes NO SANDALS, hat and sunscreen Strongly Recommended. Bring a bag lunch, water and snacks will be provided.*

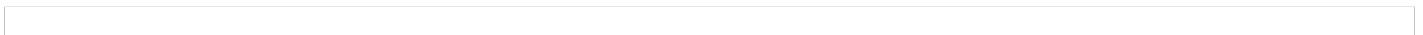
Lego Robotics June 26 8:30a – 4:15p \$15 Age: 4th – 7th graders Class: 12
This workshop will introduce participants to the basics of Lego Mindstorm NXT robots. Participation will build a basic robot and learn some basic concepts of programming robots. Lunch and snack will be provided. We will travel to Salisbury to join other 4-H youth.

Laptop Logistics June 26 10:00a – 3p \$3 Age: Rising Middle School+ Class: 12
Bring a bag lunch and wear comfy shoes. Meet @ Randolph Public Library and get 'schooled' in some of the technical aspects of today's internet. You will use a laptop provided by the library and maneuver career building sites, social media, internet safety and techno fun. We will also take a walk downtown and enjoy some of the great sights in downtown Asheboro.

Environment Camp July 7-10 8:15am – 4:30 \$20 Ages: Middle School Class: 12
Bring Your Lunch, drink/water bottle & 2 canned food items for the food pantry.
We will travel to Greensboro and participate in a camp where we can discover the ENVIRONMENT! We will take daily field trips to investigate our natural resources....trees, water, wildlife and soils through hikes and hands-on activities. We will enjoy a wild game lunch on Wednesday. *Bring/wear closed toe/heel shoes, socks, long pants, sunscreen and bug spray for our field trips.*

Shooting Sports @ Millstone July 11 8:30am - 4:00pm \$20 Ages: 10+ Class: 20
Join us for a day of shooting fun and adventure at Millstone Camp. This day-long event will offer instruction from certified camp staff on firearm safety, rifle, archery with canoeing and pool time included too. *Bring bag lunch & drink, swimsuit, sunscreen and towel; wear close toed shoes, NO SANDALS*

Macon Martial Arts July 14 1:00p – 4:00p \$6.00 Age: 8+ Class: 12
Join the staff of Macon Martial Arts as we get some physical activity and learn about martial arts.



iDentity Camp July 15 - 17 8am – 4:30pm \$20 Ages: Grades 6+ Class: 12

Youth will learn about how UNIQUE we are and how our own culture is special. Participants will gain an awareness of learning or physical disabilities and an appreciation of how people overcome their limitations. Participants will learn about empowering others and standing up for what's right. Topics include learning about military families, different ethnicities and more. *Travel, Lunch and snacks will be provided. We will travel to Guilford County to participate in this class with youth from other 4-H programs.*

Are You Army Strong? July 18 8:30am – 3:45pm \$10 Ages 10 + Class: 12

Do you have what it takes to be in the Army? We will travel to Lexington and meet real-life soldiers as they guide you through a day of life in the Army. They'll guide you through a "PT" (physical training) routine and challenge you to complete tasks to prepare you for military life. Make sure to wear athletic shoes and comfortable clothes for physical activity. This will be a fun opportunity to explore a military career.

Life and Science Museum Tour Durham, NC

July 23 9:00a – 4:00p \$10.00 Age: 9+ Class: 12

Sit inside a real Apollo Space Capsule, explore a full-scale Lunar Lander, or touch a 13-foot tornado. See more than 75 animal species of Carolina Wildlife and more! We will also tour a 6-acre outdoor exhibit the National Science Foundation proclaimed a "national model" as the first science center expansion linking people with plants, animals, and interactive exhibits in the out-of-doors.

Arts Extravaganza July 24 9am – 3:30pm \$25 Ages: 8+ Class: 12

We will explore our inner artist as we travel to Preppy Possum to create our own special painting. We will also visit a local pottery and take the wheel to create our own pot. *Bring a lunch & drink.*

Camp Caraway July 25 8am – 1pm \$21 Ages: 8+ Class: 30 ** Meet at Camp Caraway (336.629.2374).** Youth will enjoy a day of canoeing, wall climbing, swimming and outdoor fun! *Please wear tennis/water shoes, bring a towel and sunscreen. NO SANDALS! Drinks and snacks will be provided.*

Energy Architects July 29 8:30a – 4:00p \$10.00 Age: 4th – 7th grade Class: 10 MAX.

As an energy architect youth will learn about the effects of energy use through hands-on activities. Participants will construct a model home to help them understand airflow, heat transfer, and energy efficiency. Some electric circuitry will also be explored. We will travel to Davidson County to participate in this class.

Kids in the Kitchen July 29-31 9:00a – 12:00p \$30 Age: 8-12 yrs. Class: 12

Youth will be learning about nutrition and the delicious world of cooking! This hands-on class will teach youth skills necessary for planning and preparing meals at home. Please bring something to pull back long hair.

Ice Cold Fun! July 30 9am – 3pm \$10 Ages: 9+ Class: 12

Spend the morning skating on ice at the Greensboro Ice House and swim away the afternoon with your 4-H friends! You will need to have long socks, long pants and long sleeves or light jacket for the morning and a swimsuit and towel for the afternoon!

Junk Drawer Robotics August 5-7 8:00a – 4:30p \$25.00 Age: 6th – 8th Class: 12

Have you ever built a robot from junk? Here's your chance! You will be challenged to build a robotic arm from everyday household items. Youth will gain an understanding of the basic science concepts related to robotics while building skills in science, technology and engineering. This program is for youth who love science and love to design things! *We will travel to Rockingham County and work with 4-H members from other counties as we learn robotics. Lunch and snacks will be provided.*

Butterfly Fun August 8 10am – 2pm \$5 Ages: 8+ Class: 12

Buzz around with us and experience a day in the life of a butterfly. We will have lots of activity that will keep you from 'FLYING AWAY' this summer! Bring a lunch/drink.

Hunters Safety August 12, 14, 19, 21 7:00p – 9:45p \$3 Age: 8 & up Class size: 30

Participants will learn about firearms and ammunition, gun care and cleaning, archery safety, game identification, fundamentals of shooting, hunter ethics and first aid. You must attend all four classes to receive certification.

Fly Fishing *** Date & Time to be announced @ registration; Cost \$8; Class size: 12***

Join Jonathon Black for a day of fly fishing.



2014 Summer Adventures 5 - 7 Year Olds

(Classes will meet @ South Asheboro Middle School, 523 W. Walker Ave., Asheboro, NC 27203, unless otherwise stated in the class description.)

Container Gardening

Tuesday, June 24 10:00 AM - noon
Class size 15
Cost \$5

Get ready to dig in the dirt and learn about growing plants in beautiful containers. Wear old clothes that can get dirty!

The Little Mermaid Movie Showing at Sunset Theater

Thursday, June 26 Noon - 2:45
Class Size 15
Cost: \$5

Meet at Bicentennial Park with a sack lunch and following lunch, walk to the Sunset Theater to watch the movie The Little Mermaid. Parents may pick up youth at Bicentennial Park at 2:45 PM.

Patriot Day

Tuesday, July 1 10:00AM - Noon
Class Size 15
Cost \$5

As we look toward celebrating Independence Day, spend time learning about our history and enjoy an early 4th of July celebration!

Macon Martial Arts

Tuesday, July 8 10:00 AM - noon
Class size 15
Cost: \$6

Join the staff of Macon Martial Arts as we get some physical activity and learn about martial arts.

Environment Explorers

Thursday, July 10 10:00 AM - noon
Class size 15
Cost \$5

We will explore how the environment has an influence on animals, water systems, and our food supply!

Manners Please

Tuesday, July 15 10:00 AM - Noon
Class size 15
Cost \$8

We will explore how to use manners when we eat, when we are in school and with our friends. Students will prepare and enjoy an EARLY PIZZA LUNCH!

Preppy Possum Paint Class

Thurs, July 17 **9:30 AM - 11:15 AM**
Class size - 15
Cost \$12

Meet us at Preppy Possum at 9:30 and prepare to be an ARTIST for the morning! You will each go home with your very own painted canvas! Class will end and youth may be picked up at 11:15 AM. Wear clothes that can get paint on them! Paint aprons will be provided!

Meet us @ Asheboro Family Sports Center

219 N Carolina 42, Asheboro at 10:00AM
Tues July 22 **10:00 AM - Noon**
Class: 15
Cost: \$8.00

Youth will bowl one game followed by a game of putt putt golf. Parents may pick up their children at noon. Wear Socks for Bowling

Junior Scientists

Thursday, July 24 **10:00 AM - Noon**
Class size 15
Cost: \$5

Become a detective and learn all about science through experiments and hands on FUN!

Healthy Hero's

Tuesday, July 29 **10:00 AM - Noon**
Class size: 15
Cost \$5

Join us as we discuss ways we can eat fresh and local foods and get exercise to live a healthy life.

I'm the Chef!

Thursday, July 31 **11:00 AM - 1:00 PM**
Class size 15
Cost: \$10

Youth will discuss meal preparation and nutritious food. Lunch will be cooked and enjoyed by all participants

Pottery Class

Tues August 5 **10:00 AM - Noon**
Class size 12
Cost: \$8

Youth will learn about pottery while creating their own masterpiece bowl.

Splash Fun @ the YMCA

Thursday, August 7 **1:00 PM - 3:00 PM**
Class size 15
Cost: \$5

Meet @ the YMCA for some cooling fun at the Splash Pad!



REGISTRATION: Registration is open to all Randolph County youth. You may register at the NC Cooperative Extension Office, Randolph County Center, 112 W. Walker Ave from 8:00am to 4:45pm. No registration will be taken over the phone, but we will be happy to answer any questions at 318.6000. You may also register by mailing the registration and a check to Randolph Co. 4-H, 112 Walker Ave., Asheboro, NC 27203. Make checks payable to Randolph County 4-H.

CODE OF CONDUCT/MEDICAL RELEASE FORM: Upon registration, you will receive Code of Conduct, Media Release, and Medical Release forms. **Please Note: The medical release form must be notarized.** A Notary will be available during registration hours. Notarized forms must be returned to the 4-H Program no less than 2 working days before the activity in order for the child to participate. For your convenience, you can download these forms to bring with you to registration by visiting our website at: <http://randolph.ces.ncsu.edu>.

FEE: The fee for each class covers all expenses, transportation, insurance, and program cost, unless otherwise noted in the description. Refunds will only be made if the class is canceled by our office.

TIME AND LOCATION: Activities will be held at the Extension Office unless otherwise noted; trips will also depart from and return to this location.

IN ADDITION:

- An ice chest will be provided when participants are asked to bring a bag lunch and drink.
- Please do not send electronic equipment or other valuables with your child, including cell phones.
- If participants choose to bring spending money for souvenirs on trips, they are responsible for it, and any purchases.

JOIN | THE REVOLUTION OF RESPONSIBILITY 



NC State University and NC A&T State University commit themselves to positive action to secure equal opportunity regardless of race, color, creed, national origin, religion, sex, age, or disability. In addition, the two universities welcome persons without regard to sexual orientation, NC State University, NC A&T University, U.S. Department of Agriculture, and local governments cooperating. Special accommodations will be made for the physically disabled, vision, or hearing impaired person upon request. If special accommodations are required please notify us upon registration, or no less than two weeks before the activity. This program is operating under the 4-H Code of Conduct and Disciplinary Procedure. You can obtain a copy from your 4-H Agent. This 4-H Code of Conduct and Disciplinary Procedure is a condition of participation in any North Carolina 4-H activities or programs.



Randolph County 4-H Presents

2014 Summer Adventures

Enroll Now!

REGISTRATION FORM - one form per child please!

Please return this form, medical/informed consent, and photo release form and fees to:
Randolph County 4-H, 112 W Walker Ave., Asheboro, NC 27203

NAME: _____ AGE: _____ BIRTHDATE _____ GRADE _____

GENDER: _____ RACE: _____ PARENT EMAIL ADDRESS: _____

ADDRESS: _____

Parent/Guardian NAME: _____ Daytime Phone #: _____

4-H Club _____

Please check off which adventures your child will attend:

<input type="checkbox"/> 4-H Investigates	\$10	<input type="checkbox"/> Life/Science Museum Tour	\$10
<input type="checkbox"/> Fitness Fun Day	\$5	<input type="checkbox"/> Arts Extravaganza	\$25
<input type="checkbox"/> Gardening Fun	\$5	<input type="checkbox"/> Camp Caraway	\$21
<input type="checkbox"/> Lego Robotics	\$15	<input type="checkbox"/> Energy Architects	\$10
<input type="checkbox"/> Laptop Logistics	\$3	<input type="checkbox"/> Kids in the Kitchen	\$30
<input type="checkbox"/> Environmental Camp	\$20	<input type="checkbox"/> Ice Cold Fun!	\$10
<input type="checkbox"/> Shooting Sports!	\$20	<input type="checkbox"/> Junk Drawer Robotics	\$25
<input type="checkbox"/> Macon Martial Arts	\$6	<input type="checkbox"/> Butterfly Fun!	\$5
<input type="checkbox"/> iDentity Camp	\$20	<input type="checkbox"/> Hunter Safety	\$3
<input type="checkbox"/> Are You Army Strong?	\$10	<input type="checkbox"/> Fly Fishing	\$8

Registration Fee \$ 5.00

TOTAL _____



Persons with disabilities and/or limited English proficiency may request accommodations to participate by calling our office at 336.318.6000 at least 10 days prior to the event.

**Enroll
Now!**



Randolph County 4-H Presents
5 - 7 Year Olds
2014 Summer Adventures

REGISTRATION FORM - one form per child please!
 Please return this form, medical/informed consent, and photo release form and fees to:
 Randolph County 4-H, 112 W Walker Ave., Asheboro, NC 27203

NAME: _____ AGE: _____ BIRTHDATE _____ GRADE _____
 GENDER: _____ RACE: _____ PARENT EMAIL ADDRESS: _____
 ADDRESS: _____
 Parent/Guardian NAME: _____ Daytime Phone #: _____
 4-H Club _____

Please check off which adventures your child will attend:

<input type="checkbox"/> Container Garden	\$5	<input type="checkbox"/> Preppy Possum Paint Class	\$12
<input type="checkbox"/> Movie @ Sunset Theater	\$5	<input type="checkbox"/> Asheboro Family Sports	\$8
<input type="checkbox"/> Patriot Day	\$5	<input type="checkbox"/> Junior Scientists	\$5
<input type="checkbox"/> Macon Martial Arts	\$6	<input type="checkbox"/> Healthy Hero's	\$5
<input type="checkbox"/> Environment Explorers	\$5	<input type="checkbox"/> I'm the Chef	\$10
<input type="checkbox"/> Manners Please	\$8	<input type="checkbox"/> Pottery Class	\$8
		<input type="checkbox"/> Splash Pad @ the YMCA	\$5

Registration Fee \$ 5.00

TOTAL _____



Persons with disabilities and/or limited English proficiency may request accommodations to participate by calling our office at 336.318.6000 at least 10 days prior to the event.



**4-H MEDICAL INFORMATION AND INFORMED CONSENT FOR TREATMENT
FOR NC 4-H SPONSORED EVENTS**

4-H'ers Name _____

PLEASE READ AND COMPLETE THE FOLLOWING FORM. THIS FORM MUST BE PRESENTED AT THE OFFICIAL REGISTRATION FOR THE 4-H SPONSORED EVENT BEING ATTENDED.

I. Medical Information

Known allergies to foods, drugs, insect stings or bites, etc: _____

Special medical concerns or conditions that event supervisors should know about, including contagious illnesses, epilepsy, asthma, diabetes, previous injuries to bones/joints, etc.: _____

List special dietary needs: _____

Medications currently being taken (name of medication, dose, and frequency): _____

Family Physician: Name _____ Phone # (____) _____

Address _____

II. Insurance Information

The 4-H program purchases insurance for youth participants for many sponsored events. In some cases, this coverage will not pay for some medical expenses and it may be necessary to bill the family or your insurance company.

Health Insurance Company _____ Health Insurance
Policy # _____ Company Address _____
Number (____) _____ Phone Company Telephone _____

III.

If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in this activity, please contact _____ [name, office] at _____ [phone number/TTY] during business hours of 8 a.m. and 5 p.m. to discuss accommodations at least _____ [hours/days] prior to the activity.

Signatures Acknowledging Parts I, II, and III

Parent's/Guardian's signature _____ Date: _____

Participant's Signature: _____ Date: _____

Parent/Guardian telephone #: Home _____ Work _____

IV. Informed Consent

In the event that a participant needs minor medical care from 4-H or more significant medical care from a qualified health care provider, including in rare cases possible hospitalization and/or surgery, the parent/guardian is asked to sign the informed consent form below. In case of serious medical condition, 4-H will make every effort to notify the parents, but the first priority may be providing care to the participant.

Authorization to Consent to Health Care for Minor

I, _____, of _____ County, am the custodial parent having legal custody of _____, a minor child, age _____, born _____.

I authorize any adult(s) acting as agents (including official volunteers) or employees of the _____ 4-H program and in whose care the minor child has been entrusted, to do any acts which may be necessary or proper to provide for the health care of the minor child, including, but not limited to, the power (i) to provide for such health care at any hospital or other institution, or the employing of any physician, dentist, nurse, or other person for such health care, and (ii) to consent to and authorize any health care, including administration of anesthesia, X-ray examination, performance of operations, and other procedures by physicians, dentists, and other medical personnel except the withholding or withdrawal of life sustaining procedures.

This consent shall be effective for one year from the date of the execution.

Custodial Parent Signature _____ Date _____

STATE OF NORTH CAROLINA
COUNTY OF _____

On this _____ day of _____, 20____, personally appeared before me the said named, _____, to me known and known to me to be the person described in and who executed the foregoing instrument and he (or she) acknowledged that he (or she) executed the same and being duly sworn by me, made oath that the statements in the foregoing instrument are true.

My commission expires _____, 20____.

Notary Public

(OFFICIAL SEAL)



North Carolina 4-H and _____ County 4-H
**Photographic, Video, and Audio
Optional Publicity Release**



I do _____ or do NOT _____ give permission to North Carolina State University, through its Cooperative Extension program for North Carolina 4-H, and _____ County Extension staff, to take photographs and/or record video and/or audio or otherwise record images and likenesses of me and/or my property and to use these for 4-H Youth Development nonprofit educational, promotional, and/or marketing materials. I further consent that my name and identity may be revealed therein or by descriptive text or commentary.

I expressly release North Carolina State University, its agents, employees, licensees and assigns from and any and all claims which I may have for invasion of privacy, right of publicity, defamation, copyright infringement, or any other causes of action arising out of the use, adaptation, reproduction, distribution, broadcast or exhibition of such recordings of my image, voice, or likeness.

I understand this permission is entirely optional, and that participants who do not give permission will remain eligible for 4-H services, benefits, and privileges the same as those who do give permission.

Participant Name (please print): _____

Participant Signature: _____ Date: _____

If individual is under the age of 18, consent of the legal parent or guardian is needed.

Parent/Guardian signature: _____

Parent/Guardian name (please print): _____

Signature: _____ Date: _____