

Register online on 4-H Connect by:

May 26, 2013

Leadership Lab fee...

The fee of \$255.00 per person includes lodging, cafeteria meals, educational supplies, program activities, insurance and 1 t-shirt. After May 26th, the fee will be \$305.

Transportation...

Charter buses will be provided. Chartered busses will pick up all participants in Central Houston (location TBA). Check with your County Extension Agent for other means of transportation to Lab or from Lab. Buses will arrive in Brownwood by 2:00 p.m. on June 17th and return participants at pick up location on June 19th.

Forms required...

Upon submission of registration, download the Code of Conduct, Consequences of Misbehavior, Medical Information & Authorization for Medical Care form. All forms must be completed with the appropriate signatures and turned in upon arrival.

Officer Elections:

Elections for the 2013-2014 District 9 4-H Council officers will be held at Lab. Applications, election procedure and requirements are on the D-9 4-H webpage. Applications are due to the District office by May 26, 2013, and must be submitted through your county office. Each county may submit 3 candidates for district council office. Officer candidates will serve as teen leaders for the educational sessions during Lab and must attend pre-lab on June 7th for teen leader assignments. Each county designates 2 delegates to serve as electors.

Be prepared to bring:

- Appropriate clothing (bring “regular” clothes” such as shorts and jeans; “dressy” or “dressy casual” for the evening activities; and clothes for physical activities)
- All bedding—linens and pillows (sleeping bags and flat sheets are the best options)
- Towels
- Personal toiletry items including sun screen
- Costumes for the theme dances
- Positive, up-beat attitude!

Don't bring:

- Clothing that is questionable or provocative including logos not appropriate for youth development including halter tops, spaghetti straps, short shorts, etc. inappropriate designs, etc.
- Valuables that could easily be lost or stolen

Other reminders:

- Pack conservatively, it will make the experience much easier
- We encourage you to bring cameras. Photos taken would be great for record books.

Most of all bring a positive upbeat attitude!

For more information:
Contact your local County Extension Office or visit the District 9 website at:
<http://d94-h@tamu.edu>

TEXAS A&M
AGRI LIFE
EXTENSION

**District 9 & 11
4-H Leadership Lab
2013**

**4-H Is
Contagious—
Catch the Fun!**



June 17-19, 2013

**Texas 4-H Center—
Brownwood**

Leadership Lab Purpose:

Leadership Lab has many purposes. The three-day camp is intended to help young people develop and practice leadership skills through recreation and education. Activities are designed to build teamwork, knowledge and skills, as well as encourage camaraderie among youth. The lab is enjoyable and fun, but involves work too. Workshops require concentration and serious participation. Recreation requires teamwork and dedication. Through these experiences teens from D9 counties become better equipped for leadership roles at various levels. Participants are expected to use the information learned at lab and to share it with others. Lab is also the time for electing D9 4-H Council officers. Campaigning, speeches, & elections are integrated into the lab activities. Lab attendees must be 14 to 19 years of age as of the first day of lab. 4-H members, as well as non 4-H members, are welcomed to attend!

Leadership Lab Workshops:

Educational sessions

- ◆ Watch UR Bac
- ◆ Healthy Lifestyles

Workshop descriptions:

Watch UR Bac



This program teaches Texans about the dangers of alcohol misuse—including binge drinking, the understanding of what is alcohol poisoning as well as the dangers of impaired driving.

Watch UR BAC is an awareness campaign that refers to the concentration of alcohol in the blood or blood alcohol concentration (BAC) which is used as a measure of the degree of intoxication of an individual. The program informs adults and youth of various types of alcohol and the amount of alcohol by volume that is contained in beer, wine, and liquor.

Healthy Lifestyles:

Throughout the Texas 4-H & Youth Development Program, more than 120,000 youth participate in healthy lifestyles programs, encompassing the food and nutrition, health and safety projects. Through food and nutrition project activities, youth learn to make healthy food choices, improve energy and alertness, and gain knowledge of nutrients. There will be 3 sessions to include Zumba, Sports Nutrition and Healthy Snacking.



Schedule of Events:

Day one:

- Registration & Check in at 1-2:30 p.m. (Lunch on Your Own)
- Opening ceremonies
 - * Welcome
 - * Athletic Adventure (group organization)
 - * Opening activity
 - * “Your turn to lead” - meet the Candidates
- Evening Activities
 - * District Officers Candidate Speeches
 - * Theme Dance—Rodeo
 - * Games

Day two:

- Opening Assembly
 - * Icebreakers
 - * Inspiration Time
- Educational Sessions
- District Officer Candidate Interviews
- Evening Activities
 - * Banquet
 - * Theme Dance—Super Hero's
 - * Games
 - * Mascot parade

Day three:

- Opening Activities
- District Council Meeting /Officer Elections
- Closing Ceremony
 - * Officer Installation
 - * Educational session
- Departure for home at 11:00 am

***Not a complete schedule of events*