

UTAH 4-H 

# 4-H Camps Cowboy Camp



## I Pledge

My **HEAD** to clearer thinking  
My **HEART** to greater loyalty  
My **HANDS** to larger service, and  
My **HEALTH** to better living.

For my club, my community,  
my country and my world.



## TABLE OF CONTENTS

Camp Overview .....	<b>Page 04</b>
Introduction .....	<b>Page 05</b>
Camp Content .....	<b>Page 06</b>
Camp Wrap Up .....	<b>Page 13</b>



# CAMP OVERVIEW

**Name of Camp:**

Cowboy Camp

**Specified Project Area:**

Agriculture, Environmental, and Animal Sciences

**Number of Days of Camp:**

3

**Hours Camp Will Run Per Day:**

½ day (first day), all day (second day), ½ day (third day)

**Other:**

Recommend working with local community partners and industry experts (e.g. rodeo committees, agricultural/western trade businesses, etc.) to provide youth a first-hand experience and opportunity for networking.

**Schedule Outline:**

Phase 1: Introduction and Welcome

Phase 2: Career Exploration and Agriculture/Rodeo Workshops, Equine Science, Industry Tours

Phase 3: Application of Knowledge Activities: Top Hand Challenge, Service Project

Phase 4: Debrief and Call to Action

# INTRODUCTION

## Camp Description

Cowboy Camp aims to inspire a new generation of leaders who are passionate about agriculture and equipped to make positive contributions to their local communities, whether through their careers or civic engagement. During this three-day camp, youth will engage in a variety of hands-on activities, workshops and tours designed to foster a deep appreciation for the land, encourage stewardship of natural resources, and learn correct animal husbandry practices.

## Camp Goal(s)

- This agricultural literacy initiative is specifically designed to bridge the gap between youth from urban backgrounds and those of rural communities.
- Cowboy Camp also serves as a platform for networking and mentorship, connecting 4-H youth with industry professionals who can provide guidance and support as they explore potential career paths.

## Knowledge Learned and Skills Gained

Youth will learn about the importance of agriculture in society, and how applying this knowledge can lead to meaningful contributions in both their personal lives and broader community initiatives.

- Leadership and Civic Engagement | Community Contribution
- Career Exploration
- Technical skills related to Agricultural Practices
- Networking and Professional Connections
- Cultural Awareness
- Animal Science

## YOUTH COUNSELORS

- Run games/icebreakers
- Act as group leaders and help manage all campers during activities.
- Help find all equipment needed
- Help presenters/industry experts with workshops and presentations

# CAMP CONTENT

## ICEBREAKER

### Name of Icebreaker:

Howdy!

### How to Play:

All campers will gather in a large group and interact one with another. To play, youth will rotate around saying, "Howdy," after this initial interaction, each youth will share their name and then answer one of the following questions:

- What they hope to learn, see or do while at Cowboy Camp
- Favorite rodeo event
- Their favorite animal

## ACTIVITY 1

### Name of Activity:

Agricultural Career and Western Trades Fair

### Objective:

The Cowboy Camp Agricultural and Western Trades Fair is specifically designed to provide youth with a comprehensive introduction to various careers within all facets of the agricultural industry. Through this activity, youth are given the opportunity to network and connect with industry professionals and experts who can provide insights, guidance and mentorship.

### Supplies Needed:

- 8 Presenters/Career Professionals, Experts

### Time Allotted:

2 hours

### How to Run the Activity:

Youth will rotate through 8 Stations (Presenters), with each station lasting 15 minutes. Presenters are encouraged to give youth a brief overview of their career, educational requirements and pathway, as well as resources to further their career exploration post camp.

### Suggested Debrief Questions:

- What career resonated with your own interests and goals the most?
- What steps are involved in pursuing this career, from education to employment?

- What resources or organizations were mentioned that can help you explore this career further?
- How has this fair influenced your thoughts about potential career paths?

## ACTIVITY 2

### Name of Activity:

Behind the Chutes: A Look into PRCA Rodeo

### Objective:

Rodeo events often highlight the importance of teamwork, discipline, and perseverance; qualities essential for success in not only agricultural endeavors but all aspects of life. Rodeos have a rich history within many rural communities and have had an impact on their local economies. This activity will provide a holistic perspective on the interplay between tradition, innovation, and community in agricultural practices; preparing youth to be informed and engaged participants in the agricultural industry.

### Supplies Needed:

- Four station leaders (preferably rodeo committee members, royalty/ambassadors, athletes or contract personnel)
- Mechanical Bull
- Ropes and Roping Dummy
- Pop up barrels and timers
- Posters/Cardstock and Colored Pencils

### Time Allotted:

2 hours

### How to Run the Activity:

Youth will rotate through four different stations, each lasting 30 minutes. Each station is designed to highlight the sport of rodeo in relation to agriculture, the local economy, and cultural importance in rural communities.

#### Station 1: The History of Rodeo

- Youth will explore the historical timeline of rodeo, including key events and figures that shaped its development.
- Youth will learn about the origins of rodeo in agricultural practices and its evolution into a competitive sport.
- Youth will then compete in a foot race around the barrel (Clover Leaf) pattern

#### Station 2: Animal Athletes

- Learning by doing; youth will first learn about the animal athletes in rodeo, then have the opportunity to ride a mechanical bull.
- Youth will learn how rough stock animals in rodeo are handled and cared for. They will learn about these animals' careers and economic value, as well as the equipment needed and used in the sport.

### **Station 3: Learning the Ropes - Dummy Roping**

- In this workshop, youth will be introduced to the cowboy art of roping and have the opportunity to learn how to swing a rope and "catch a calf" (rope a dummy).
- Youth will learn how the competitive sport of roping traces back to the origins of cowboys using this skill to help doctor, and care for their cattle.

### **Station 4: The Art of Advertising**

- After learning about the local rodeo, youth will draw, design and create art to advertise the different rodeo activities and events.

### **Suggested Debrief Questions:**

- How does rodeo impact local economies and communities?
- What skills are needed for and fostered through the sport of rodeo?
- How does rodeo highlight the rich cowboy culture related to agriculture?

## **ACTIVITY 3:**

### **Name of Activity:**

Cowboy Camp Top Hand Challenge

### **Objective:**

This activity is designed to blend experiential learning with educational outcomes; providing youth with opportunities to acquire practical skills, deepen their understanding of agricultural practices, and cultivate values such as teamwork, sportsmanship, and goal achievement within the context of rodeo and ranching activities.

### **Supplies Needed:**

- Pop up barrels
- Rope and Roping Dummy
- Judge
- Timer
- One individual designated to ask trivia questions
- "Cowboy Camp Top Hand" buckle for challenge winner

### **Time Allotted:**

1 hour

**How to Run the Activity:**

Youth will form a line behind the starting point. When acknowledged, they will run on foot through the barrel pattern, answer a trivia question related to agriculture/equine science/rodeo, rope the dummy, then run to the finish line. After completing the course, the youth will then answer the question, "What does being a Cowboy/Cowgirl mean to you," to the judge. Scores from the relay race and judged answer will be added. The youth with the highest overall score will walk away as the "Top Hand."

**Suggested Debrief Questions:**

- As a debriefing session, youth will all gather around and share what they've learned at camp so far, highlight one another's' achievements throughout the challenge, and recap what being a cowboy/cowgirl means to them. This is a great way to build camaraderie and sportsmanship throughout the group of campers.

**ACTIVITY 4:****Name of Activity:**

The History of Horses and the Future of the Equine Industry

**Objective:**

By the end of the workshop, participants will have gained a deeper appreciation for the multifaceted role of horses throughout history and their enduring economic significance. They will understand how horses have adapted to changing societal needs and technological advancements, while continuing to make substantial contributions to global economies. This workshop will inspire participants to consider the future of horses in a rapidly evolving world and their continued relevance in various sectors.

**Supplies Needed:**

- Presenter/Expert or Extension Professional
- Horse(s)
- Various horse tack to aid the presentation

**Time Allotted:**

1 hour

**How to Run the Activity:**

Using the horses and tack as lesson aids, the presenter will walk the youth through the history of horses. This is designed to be a hands-on learning opportunity, allowing the youth a first-hand experience with horses and horsemanship. Youth may help the presenter groom and saddle the horse.

**Suggested Debrief Questions:**

- How has the use of horses changed throughout the course of history?
- What is the future of the horse industry?
- What kind of impact do horses have on the economy?
- How has learning to work with a horse empowered you?

**ACTIVITY 5:****Name of Activity:**

Country Music, Cowboy Poetry and Dancing

**Objective:**

Youth will get to kick the dust up, dance and sing along to local artist(s) as they play the twangy ballads of country music. They will also be treated to the stories told of cowboy tales and legends, all through the talent of a local poet.

**Supplies Needed:**

- Local artist/singer and cowboy poet
- Youth counselors to teach line and swing dancing
- Speaker and device to stream music for dance lessons

**Time Allotted:**

2 hours

**How to Run the Activity:**

For the first hour of this activity, youth counselors will teach line and swing dance. Youth will then get to showcase their new skills as they listen to live country music, and be entertained by the cowboy stories told through poetry.

**Suggested Debrief Questions:**

- How is dancing, country music and cowboy poetry all a part of “the cowboy culture”?

**ACTIVITY 6:****Name of Activity:**

Horseback Riding

**Objective:**

A cowboy is only as good as their horse. Through this activity, youth will have the opportunity to interact with horses and complete a trail ride. Horsemanship is an all encompassing skill that benefits youth physically, emotionally, mentally and socially. Learning to communicate with twelve-hundred pound animals allows for youth to grow, all while practicing one of the arts of

cowboying.

**Supplies Needed:**

- Local outfitter to supply horses, helmets, tack and trail guides

**Time Allotted:**

2 hours

**How to Run the Activity:**

Work with a local outfitter to complete this activity.

**Suggested Debrief Questions:**

- What was the most enjoyable part of riding for you, and why?
- Did you experience any moments of increased confidence or achievement, and what contributed to those feelings?
- How do you think horsemanship can help with personal development or other areas of your life?

**ACTIVITY 7:****Name of Activity:**

Tour an Agricultural Industry Related Facility

**Objective:**

Exclusive tours of various facilities related to the agricultural industry, provide youth practical, real-world understanding of agricultural practices and industry operations. By observing and engaging with professionals in a working environment, participants will gain insights into the day-to-day functions, technological innovations, and economic impacts of the industry. This acts as a networking opportunity as youth are exposed to various career paths and industry professionals.

**Supplies Needed:**

- Local outfitter to supply horses, helmets, tack and trail guides

**Time Allotted:**

1 to 4 hours

**How to Run the Activity:**

Work with local community partners and/or businesses to design a tour that highlights their

contribution to agriculture, the economy and their industry. .

**Suggested Debrief Questions:**

- What new career opportunities or roles in the agricultural industry did you learn about from the professionals you met?
- How might these connections or insights assist you in exploring career opportunities or further education in agriculture?
- What aspects of the tour inspired or motivated you?

# CAMP WRAP UP

## *Application*

- What impact will Cowboy Camp have on your life (educational path, future career, etc.)?
- What did you learn about cowboy culture? Agriculture?
- How can the skills learned be applied to other areas of your life? (e.g. sportsmanship).
- What actions will you take to support the agricultural community after attending Cowboy Camp?

