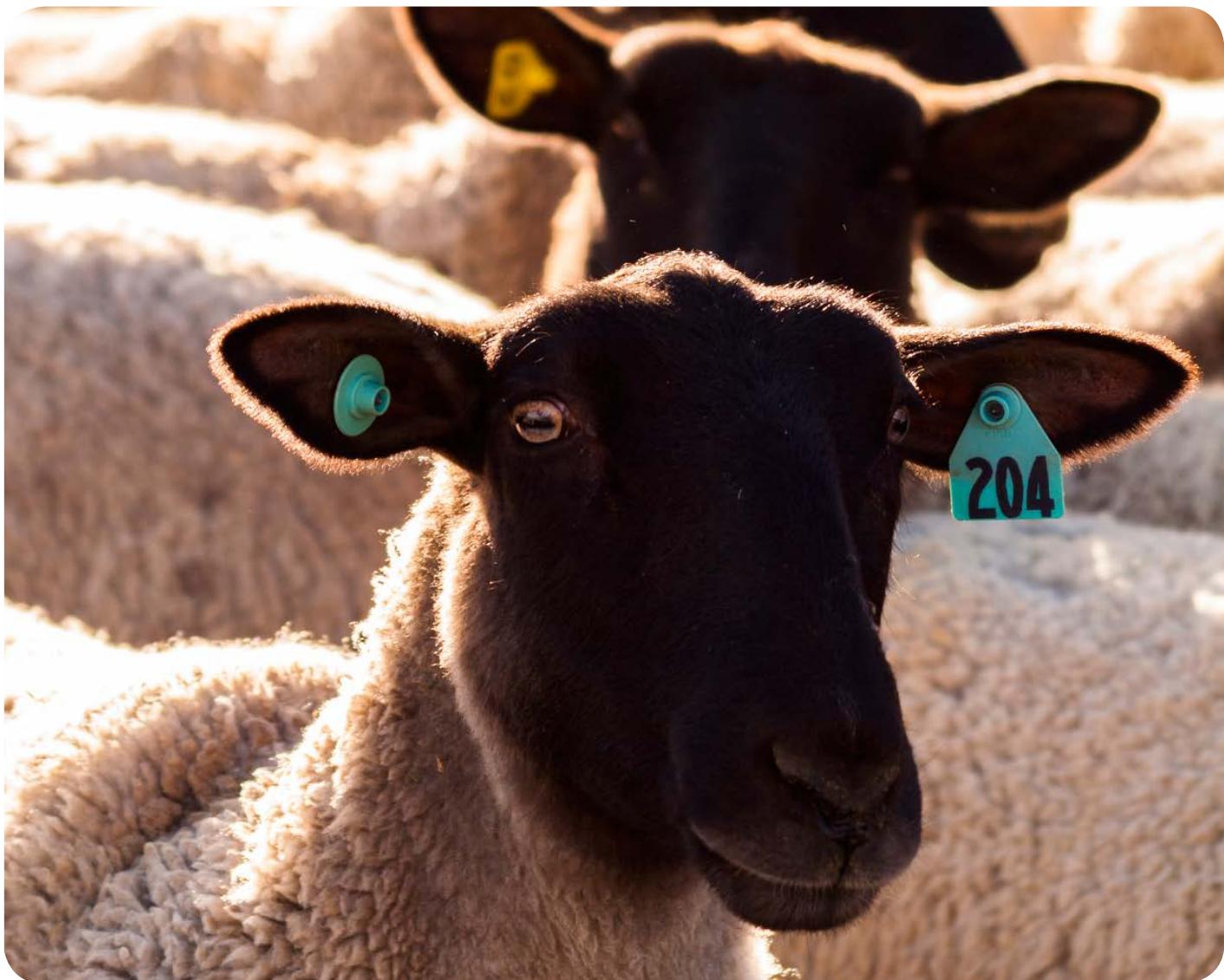




# DISCOVER



## 4-H SHEEP CLUBS



EXTENSION  
UtahStateUniversity



# DISCOVER

# 4-H SHEEP CLUBS

Josh Dallin | Stacey MacArthur | Jim Jensen  
Utah State University Extension

## Description

The Discover 4-H Clubs series guides new 4-H volunteer leaders through the process of starting a 4-H club or provides a guideline for seasoned volunteer leaders to try a new project area. Each guide outlines everything needed to organize a club and hold the first six club meetings related to a specific project area.

## Purpose

The purpose is to create an environment for families to come together and participate in learning activities that can engage the whole family, while spending time together as a multi-family club. Members will experiment with new 4-H project areas.

## What is 4-H?

4-H is one of the largest youth development organizations in the United States. 4-H is found in almost every county across the nation and enjoys a partnership between the U. S. Department of Agriculture (USDA), the state land-grant universities (e.g., Utah State University), and local county governments.

4-H is about youth and adults working together as partners in designing and implementing club and individual plans for activities and events. Positive youth development is the primary goal of 4-H. The project area serves as the vehicle for members to learn and master project-specific skills while developing basic life skills. All projects support the ultimate goal for the 4-H member to develop positive personal assets needed to live successfully in a diverse and changing world.

Participation in 4-H has shown many positive outcomes for youth. Specifically, 4-H participants have higher participation in civic contribution, higher grades, increased healthy habits, and higher participation in science than other youth (Learner et al., 2005).

Updated May 2014



## Utah 4-H

4-H is the youth development program of Utah State University Extension and has more than 90,000 youth participants and 8,600 adult volunteers. Each county (Daggett is covered by Uintah County) has a Utah State University Extension office that administers the 4-H program.

## The 4-H Motto

"To Make the Best Better!"

### The 4-H Pledge

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.

### 4-H Clubs

What is a 4-H Club? The club is the basic unit and foundation of 4-H. An organized club meets regularly (once a month, twice a month, weekly, etc.) under the guidance of one or more volunteer leaders, elects its own officers, plans its own program, and participates in a variety of activities. Clubs may choose to meet during the school year, only for the summer, or both.

### Club Enrollment

Enroll your club with your local Extension office. Each member will need to complete a Club/member Enrollment form, Medical History form, and a Code of Conduct/Photo Release form (print these from the [www.utah4h.org](http://www.utah4h.org) website or get them from the county Extension office).

### Elect Club Officers

Elect club officers during one of your first club meetings. Depending on how many youth you have in your club, you can decide how many officers you would like. Typical officers will include a president, vice president, pledge leader, and secretary. Other possible officers or committees are: song leader, activity facilitator, clean-up supervisor, recreation chair, scrapbook coordinator, contact committee (email, phone, etc.), field trip committee, club photographer, etc. Pairing older members with younger members as Sr. and Jr. officers may be an effective strategy to involve a greater number of youth in leadership roles and reinforce the leadership experience for both ages. Your club may decide the duration of officers—six months, one year, etc.



## A Typical Club Meeting

Follow this outline for each club meeting:

- Call to order—President
- Pledge of Allegiance and 4-H Pledge—Pledge Leader (arranges for club members to give pledges)
- Song—Song Leader (leads or arranges for club member to lead)
- Roll call—Secretary (may use an icebreaker or get acquainted type of roll call to get the meeting started)
- Minutes of the last meeting—Secretary
- Business/Announcements—Vice President
- Club Activity—arranged by Activity Facilitator and includes project, lesson, service, etc. These are outlined by project area in the following pages.
- Refreshments—arranged by Refreshment Coordinator
- Clean Up—led by Clean-up Supervisor



## Essential Elements of 4-H Youth Development

The essential elements are about healthy environments. Regardless of the project area, youth need to be in environments where the following elements are present in order to foster youth development.

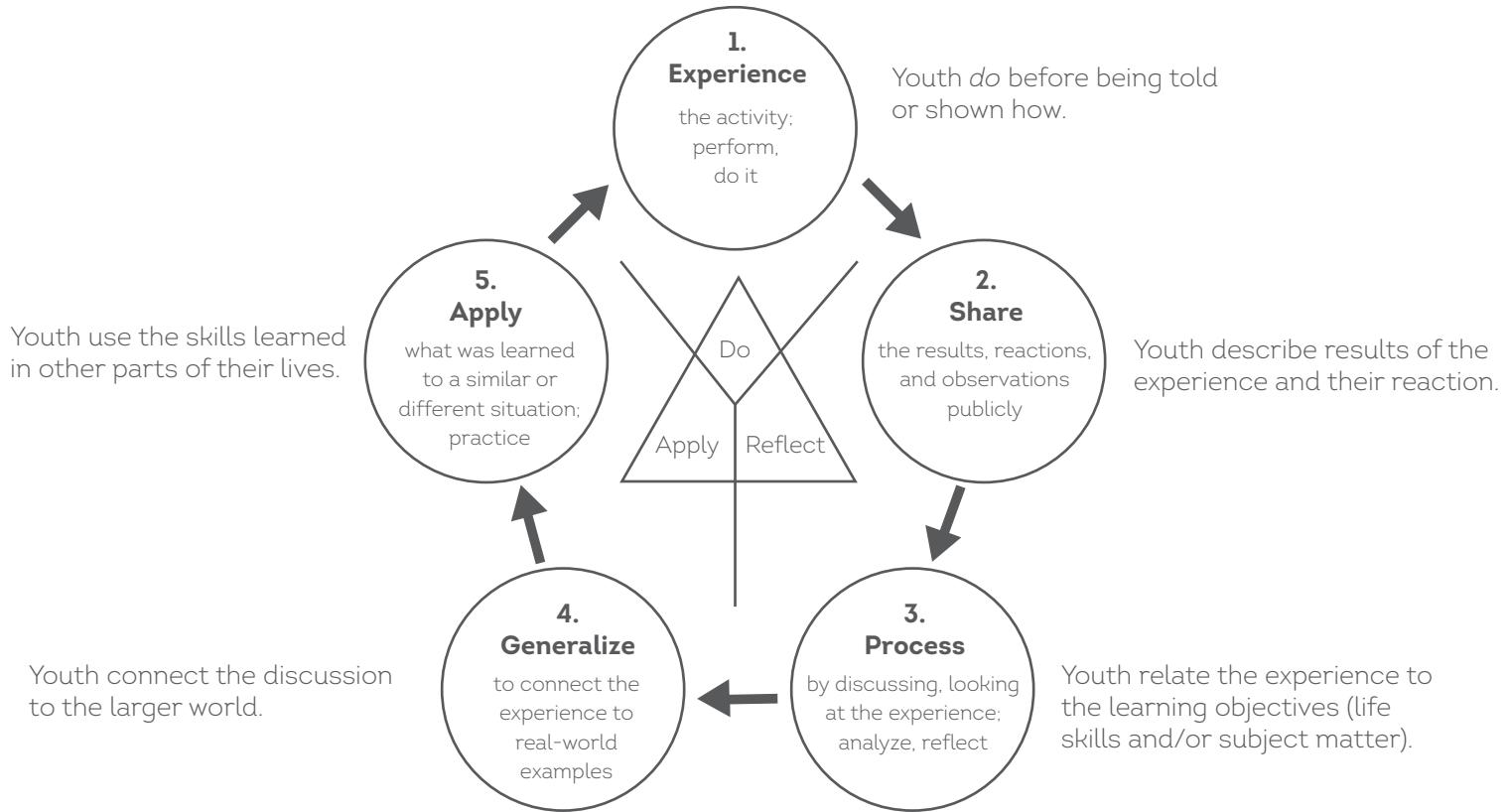
1. **Belonging:** a positive relationship with a caring adult; an inclusive and safe environment.
2. **Mastery:** engagement in learning; opportunity for mastery.
3. **Independence:** opportunity to see oneself as an active participant in the future; opportunity to make choices.
4. **Generosity:** opportunity to value and practice service to others.

(Information retrieved from: <http://www.4-h.org/resource-library/professional-development-learning/4-h-youth-development/youth-development/essential-elements/>)



## 4-H "Learning by Doing" Learning Approach

The Do, Reflect, Apply learning approach allows youth to experience the learning process with minimal guidance from adults. This allows for discovery by youth that may not take place with exact instructions.



## 4-H Mission Mandates

The mission of 4-H is to provide meaningful opportunities for youth and adults to work together to create sustainable community change. This is accomplished within three primary content areas, or mission mandates, - citizenship, healthy living, and science. These mandates reiterate the founding purposes of Extension (e.g., community leadership, quality of life, and technology transfer) in the context of 21st century challenges and opportunities.  
(Information retrieved from: [http://www.csrees.usda.gov/nea/family/res/pdfs/Mission\\_Mandates.pdf](http://www.csrees.usda.gov/nea/family/res/pdfs/Mission_Mandates.pdf))

1. **Citizenship:** connecting youth to their community, community leaders, and their role in civic affairs. This may include: civic engagement, service, civic education, and leadership.
2. **Healthy Living:** promoting healthy living to youth and their families. This includes: nutrition, fitness, social-emotional health, injury prevention, and prevention of tobacco, alcohol, and other drug use.
3. **Science:** preparing youth for science, engineering, and technology education. The core areas include: animal science and agriculture, applied mathematics, consumer science, engineering, environmental science and natural resources, life science, and technology.

# Getting Started



## Getting Started

1. Recruit one to three other families to form a club with you.
  - a. Send 4-H registration form and medical/photo release form to each family (available at [utah4h.org](http://utah4h.org))
  - b. Distribute the Discover 4-H Clubs curriculum to each family
  - c. Decide on a club name
  - d. Choose how often your club will meet (e.g., monthly, bi-monthly, etc.)
2. Enroll as a 4-H volunteer at the local county Extension office (invite other parents to do the same)
3. Enroll your club at the local county Extension office
  - a. Sign up to receive the county 4-H newsletter from your county Extension office to stay informed about 4-H-related opportunities.
4. Identify which family/adult leader will be in charge of the first club meeting.
  - a. Set a date for your first club meeting and invite the other participants.
5. Hold the first club meeting (if this is a newly formed club).
  - a. See *A Typical Club Meeting* section above for a general outline.
    - i. Your activity for this first club meeting will be to elect club officers and to schedule the six project area club meetings outlined in the remainder of this guide. You may also complete a-d under #1 above.
    - b. At the end of the first club meeting, make a calendar outlining the adult leader in charge (in partnership with the club president) of each club meeting along with the dates, locations, and times of the remaining club meetings.
6. Hold the six project-specific club meetings outlined in this guide.
7. Continue with the same project area with the 4-H curriculum of your choice (can be obtained from the County Extension Office) OR try another Discover 4-H Club project area.



## Other Resources

Utah 4-H website: [www.Utah4-h.org](http://www.Utah4-h.org)

National 4-H website: [www.4-h.org](http://www.4-h.org)

4-H volunteer training:

To set up login:

<http://utah4h.org/htm/volunteers/get-involved/new-volunteer-training>

To start modules: <http://4h.wsu.edu/volunteertraining/course.html>  
(password = volunteer)

## References

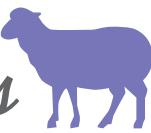
Information was taken from the Utah 4-H website ([utah4h.org](http://utah4h.org)), the National 4-H Website ([4h.org](http://4h.org)), the Utah Volunteer Handbook, or as otherwise noted.

Lerner, R., M. et al., (2005). Positive youth development, participation in community youth development programs, and community contributions of fifth grade adolescents: Findings from the first wave of the 4-H Study of Positive Youth Development. *Journal of Early Adolescence*, 25(1), 17-71.

**We would love feedback or suggestions on this guide; please go to the following link to take a short survey:**

<http://tinyurl.com/lb9tnad>

# 4-H SHEEP CLUB *Meetings*



## Club Meeting 1

Bringing Your Lamb Home

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NDSU Youth Market Lamb Project Guide

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Utah State University Extension

 **DISCOVER**  
**4-H SHEEP CLUBS**

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# 4-H Club Meeting 1

## Bringing Your Lamb Home



### Supplies

- Copies of "Project Game Plan" Worksheet (pg. 6-7)
- Copies of "Project Record" Worksheet (pg. 8-11)
- Pens/pencils
- Clip boards or hard surface to write on
- NDSU Youth Market Lamb Project Guide

#### PRIOR TO ACTIVITY

1. Contact a local sheep producer and ask for permission to hold this club activity at his or her ranch. You will need to secure a location that has the following items:

- Sheep pen with shelter and fencing
- Feed troughs
- Water troughs
- Alfalfa hay
- Grain
- Bedding

If you are unable to find a sheep producer, contact your local county agent for ideas.

2. Also, ask the producer to attend the club meeting and answer questions club members or parents might have.

3. Inform all members and parents of ranch location.

4. Assign members to read pages 4-7 in their "Youth Market Lamb Project Guide" booklets.

# How to *Prepare*



## 1. IDENTIFY ITEMS NEEDED BEFORE PURCHASING A LAMB

During this portion of the activity, stress to members and parents that all items on the list are REQUIRED and are not just recommendations. Without all the items, members are not prepared to purchase and care for a lamb. These items are crucial in sustaining the life of the lamb.

While you are discussing each item on the list below, identify the object at the ranch you are visiting. This will allow members to see examples of what they will need. If possible, have the producer go with you and add any expertise or advice he or she sees fit.

- **Space**

Before purchasing a lamb, make sure you have the space to raise one. The space you provide for your lamb needs to be cool, dry, and draft free. You will also need space to exercise your lamb. Be sure that keeping your lamb in that space complies with all city or county ordinances.

- **Fencing/Panels**

Fences should be at least 48 inches high. When building a pen for your lamb, it is important to be aware that dogs can be a danger. Consider selecting materials that will keep your lamb in and dogs out.

- **Shelter**

The shelter needs to keep the lamb dry and provide it with shade during hot weather. It can be a barn, shed, or any type of structure that will cover the animal.

- **Bedding**

Sawdust, wood shavings, or straw can all serve as bedding for your lamb.

- **Water**

When selecting the area for your pen, remember that your lamb needs 1-2.5 gallons of water per day. You need to select a location that has fresh, clean water readily available. If you are using a bucket, the water will need to be changed daily.

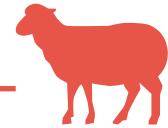
- **Feed Trough**

You will need to make sure the feed trough is easily accessible and is also kept clean. Lambs will not eat dirty feed.

- **Feed**

1. Alfalfa
2. Complete rationed show lamb grain

Complete pelleted growing rations that range from 16-18 percent protein are adequate and easily accessible through many commercial feed companies. Check your local feed store. This type of ration can be fed to your lamb until it is marketed.



## 2. WORK ON "PROJECT GAME PLAN" WORKSHEET

Hand members a worksheet and have them work on it with their parents. It would be beneficial to have the producer stay during this activity. The producer can serve as a great resource and may be able to suggest local stores where supplies and feed may be purchased.

Many of the questions on this worksheet may not be answered at this time. But, all of them must be completed before bringing home a lamb. Send the worksheet home with the members and assign them to bring it to the next meeting completed. This will give them time to research how they will acquire supplies, space, etc. All of the information on the Project Record Worksheet can be used at a later date to help complete the 4-H Portfolio.

Remind members and parents that the initial expense of the project may be high. But, many of the items they are purchasing can be used year after year and with future lambs, they will have already purchased most of the required items.

## 3. DISTRIBUTE AND EXPLAIN "PROJECT RECORD" WORKSHEET

Good record keeping is extremely important for all 4-H projects. These records help to indicate the financial outcomes of your projects and also aid in making future management decisions.

Have members fill out the name, county, and record start date on their worksheets.



Mission Mandates

Explain that they need to read through the entire worksheet prior to purchasing their lambs. Every time a purchase is made, feed is bought, income is received, the animal is weighed, etc., all information needs to be recorded on the worksheet. As they begin to purchase supplies before they bring their lamb home, they need to be recording the purchases and amounts.

Page #4 of this worksheet is strictly a summary sheet and will not be filled in until the lamb is sold.

## 4. THANK THE RANCHER FOR ALLOWING YOU TO VISIT HIS OR HER RANCHING

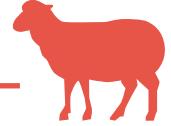
## 5. ASSIGN MEMBERS TO READ PAGES 9-12 IN THE "YOUTH MARKET LAMB PROJECT GUIDE" BEFORE THE NEXT ACTIVITY.

## 6. BEFORE ENDING THE ACTIVITY, HOLD A GROUP DISCUSSION USING THE QUESTIONS FROM REFLECT AND APPLY



Mission Mandates

**SCIENCE** – Throughout the course of this project, members will be adding items to their "Project Record" Worksheet. It is important that they use correct math skills when calculating totals. Once totals have been calculated they can determine whether or not the project was profitable.

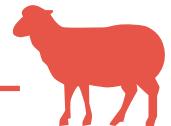


## Reflect

- What do I need to do before I get my lamb?
- How often should I update my record sheets? What is the benefit of filling out this sheet?

## Apply

- Why is it important to keep track of how much you spend and how much you earn?
- If you are not prepared to bring a lamb home, it could be disastrous. What other things in your life have you had to prepare for?



## Belonging

Be alert and aware of any dangers that could surface during the meeting at the ranch location. It is important to create a learning environment that provides a positive, safe experience.

## Mastery

It is crucial that the members add to their worksheets when expenses occur. This will instill a good daily habit and help them with future finances.

## Generosity

At an upcoming activity consider writing a thank you note to the rancher. It is important to teach members how to appropriately show appreciation.

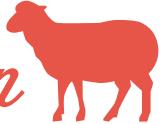
## References

Information retrieved from:

- The Ohio State University Extension Sheep Resource Handbook for Market and Breeding Projects.
- North Dakota State University Extension Youth Market Lamb Project Guide.

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# Project *Game Plan*



Name: \_\_\_\_\_

1. Where do I plan on housing my lamb?

2. Does my location fit the requirements?

\_\_\_\_\_ Is there space to exercise my lamb?

\_\_\_\_\_ Is water available?

\_\_\_\_\_ Does keeping my lamb here comply with county and city ordinances?

3. What type of fencing will I be using?

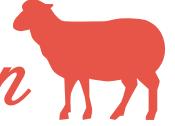
4. Where will I get my fencing? How much will it cost?

5. How will I get this fencing? How will I construct my pen?

6. What type of shelter am I providing for my lamb? What will it cost?

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# Project *Game Plan*



7. What type of bedding am I going to provide for my lamb?

8. Where will I get bedding? (feed store, local farmer, etc.) What will it cost?

9. What am I going to use as a feed trough? How will I get a feed trough and what will it cost?

10. Where will I get the alfalfa and grain? What is the cost per bag/bale?

11. Am I committed to feeding and watering my lamb TWICE a day EVERY DAY?



# Youth and 4-H

## Sheep Project Record Worksheet

### This information will be helpful when filling out your 4-H Portfolio

Name: \_\_\_\_\_

County: \_\_\_\_\_

Record Start Date: \_\_\_\_\_

Record End Date: \_\_\_\_\_

(Use one record worksheet for each project.)

Project Type: \_\_\_\_\_

#### Project Animal Information

Number or name of animal	Animal's value at start of project	Status of animal at end of project (sold, died, etc.)
	\$	
<b>Total</b>	\$ [1]	

## Project Animal Performance Record

Number or name of animal	Date started on feed	Beginning weight	Final weight	Total lbs. of gain	Date of final wt.	Total days fed
<b>Total</b>				[2]	<b>Total</b>	
				[3]		

## Project Income

Date	Describe what you sold, used at home, earned from shows, or have left at end of project	Total value
<b>Total</b>		[4]
<b>Total</b>		\$

## Feed Record Summary

Month	Type of feed (grain mix, hay, pasture, etc.)	Quantity (pounds, etc.)	Total cost
<b>Total</b>		[5]	[6]
<b>Total</b>		\$	

## Other Expenses

Date	Describe expenses other than feed or project animal purchases (entry fees, veterinary services or supplies, interest, etc.)	Total cost
<b>Total</b>		[7]
<b>Total</b>		\$

## Financial Summary

Item	Directions	Your Project Value
<b>Income</b>		
<i>How much value has your project developed?</i>	Enter box [4]	<input type="text"/>
<b>Expenses</b>		
<i>What was the value of the animals you started with or bought?</i>	Enter box [1]	<input type="text"/>
<i>How much did you spend on feed?</i>	Enter box [6]	<input type="text"/>
<i>How much did you spend on other expenses?</i>	Enter box [7]	<input type="text"/>
<i>What are your total expenses?</i>	Add boxes [1], [6], [7]	<input type="text"/>
<b>Profit or Loss</b>		
<i>Was your project profitable for you? (Positive value means profit; negative means loss.)</i>	Subtract total expenses from income	<input type="text"/>

## Project Evaluation

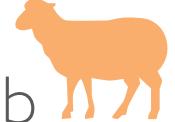
Project Trait	Directions	Your Calculations			
<b>Average Daily Gain</b> <i>(How rapidly did your project gain weight?)</i>	Divide [2] by [3]	[2]		[3]	$=$ <input type="text"/> pounds per day
<b>Feed Efficiency</b> <i>(How much feed did your project need to gain one pound?)</i>	Divide [5] by [2]	[5]		[2]	$=$ <input type="text"/> pounds of feed per pound gained
<b>Feed Cost of Gain</b> <i>(How much did feed cost to produce a pound of gain?)</i>	Divide [6] by [2]	[6]		[2]	$=$ <input type="text"/> dollars per pound of gain

Prepared by Brad R. Skaar and Dan Morrical, Extension livestock specialists; Chuck Morris, 4-H youth development, Iowa State University Extension



# 4-H Club Meeting 2

## "Ewe Choose" Selecting Your Lamb



### Supplies

- Four lambs tied up
- Lamb producer
- Pens/pencils
- Paper
- Copies of "Idea" List of Producers
- NDSU Youth Market Lamb Project Guide

#### PRIOR TO ACTIVITY

1. Contact a local sheep producer for assistance with this activity. If you are unable to find a sheep producer, contact your local county agent or Extension office for ideas.

During this activity you will be discussing how to select a lamb. Ask the producer if he/she would be willing to separate four lambs from their flock for you to evaluate.

It would be helpful to have several lambs that are conformationally correct and at least one that is incorrect.

Ask the producer if he or she would be willing to stay for the activity, and discuss with members things to look for when selecting a market lamb. The producer's knowledge and expertise will be very useful.

2. Make sure you inform all members and parents of activity location. Remind them of reading assignment pages 9-12 from the "Youth Market Lamb Project Guide" provided with this series.
3. Compile a list of market lamb producers in your area who members could purchase lambs from. Do not hesitate to ask your local county agent, other 4-H club leaders, or producers for ideas of names to put on the list. Once a list is compiled, make copies to distribute at the activity.

# How to *Choose a Lamb*



## 1. REMIND MEMBERS TO BE COURTEOUS AND RESPECTFUL WHILE VISITING THE RANCH

## 2. HAVE THE PRODUCER DISCUSS AND IDENTIFY ITEMS TO LOOK FOR IN SELECTING A LAMB TO PURCHASE

(Members should have read about this in their reading assignment.)

Refer to "Youth Market Lamb Project Guide" pages 9-12 for descriptions of the following items:

- Frame Size and Height
- Muscling
- Structural Correctness
- Balance
- Eye Appeal



Mission Mandates

Encourage members and parents to ask questions during this portion of the activity.

## 3. EVALUATE FOUR SHEEP

- Distribute pencils and paper.
- Using the knowledge just learned from the producer and the reading assignment, have each member evaluate the four lambs.
- Have the members write down which one they would purchase and why. Also have them write down which one they think is the worst and why.
  - Allow 10-15 minutes for the youth to evaluate.
- Discuss with members their choices and have them explain why they picked the ones they did. Assist them if needed.
- Once the group has finished evaluating the sheep, have the producer give his or her opinion on the four lambs and specific reasons as to what he or she likes and dislikes about them.

## 4. INFORM MEMBERS OF SEVERAL IMPORTANT SHOW RULES

Different shows have different rules. Be sure to check the rules and regulations of the show you plan on attending.

Several state rules are:

- Age – Exhibitors must be in the third grade, but not less than 8 years of age as of October 1st of the current 4-H year. Exhibitors can only show through the same season as their high school graduation, but not past their 19th birthday. Exception: Disabled persons as defined by public law 98-527. In these special cases, animals must still be the project animals of the exhibitor and be cared for daily by the disabled person.



Mission Mandates

**SCIENCE** – Evaluation of animals, understanding animal anatomy as it relates to structural correctness, as well as correlating muscle & size to final meat production are all topics studied in animal science.



- Ownership of animals – The exhibitor will own, possess, feed, and care for his/her project animal(s) for not less than 60 consecutive days for market sheep immediately prior to the show they intend to participate in. No interruption of ownership or possession can occur.
- Tagging – Local Extension/4-H agents will publicize tagging information regarding date, places, etc., and arrange local tagging for state-assisted shows. Animals must be tagged by ownership deadline dates. Possession and ownership requirements must be met for each show entered.
- Market Animal Weights – Ideal market weights as determined by the meat industry may vary somewhat from year to year, but the following show-day ranges are what suggested weights are based on:  
Sheep: 90 – 130 lbs., .50 lbs. gain/day

Before purchasing a lamb, you need to be sure that you are going to meet the requirements of the show you plan to attend. The rules listed above are the rules for state-assisted shows and may be different than those of county fairs. It is important for you as an exhibitor to CHECK THE RULES OF THE SHOW YOU ARE ATTENDING!

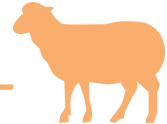
## 5. DISCUSS THINGS TO KEEP IN MIND WHEN PURCHASING

- All of the items discussed today; frame size and height, muscling, structural correctness, balance, and eye appeal.
- Select a lamb with weight that is appropriate to the amount of time you have from project start until fair time. Know the dates of your fair and figure the number of days you will be feeding your lamb. Lambs will generally be purchased weighing 50-60 pounds.

Your lamb has to weigh a certain amount (check your show rules) in order to be allowed in the show. An average lamb on a good ration will gain .50 to .75 pounds per day. Be sure your lamb weighs enough when purchased so it will hit the target weight.

**Anticipated Weight for Lambs Gaining 0.5 Pound per Day:**

Days Until Show	Purchase Weight	Final Weight
100	50	100
100	65	115
100	80	130
80	50	90
80	65	105
80	80	120
60	50	80
60	65	95
60	80	110



- All lambs should have an owner identification (scrapies) tag, be polled or dehorned, and have their tail docked before purchase.
- A market lamb is a lot of fun, but involves daily responsibility. Before purchasing a lamb, ask yourself if you are ready to take responsibility and care for it each and every day.

## **6. DISTRIBUTE THE "IDEA" LIST OF PRODUCERS**

Make it clear that this is only a list of ideas and they as members are free to purchase from any producer they wish.

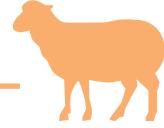
## **7. DISCUSS PURCHASING A HALTER AND TRAINING TO LEAD**

Now would be a great time to purchase or make a halter to lead your lamb. It is a good idea to start training your lamb to lead not long after you bring it home. When halter breaking lambs, they should be caught, haltered, and tied to a fence with the lamb's head in an upright yet comfortable position. Never leave a tied lamb unattended; strangulation and/or death may occur.

After the lamb has been accustomed to the halter breaking process, leading the lamb is the next step. When leading the lamb, a gentle pull should be applied to the rope halter. If the lamb resists, ask an adult or older sibling to apply light pressure to the tail to initiate forward movement. Continue leading your lamb often to prepare it for leading without a halter, which will be addressed in a different activity. Try leading your lamb at night or in the morning when it is cool and less stressful for your lamb.

## **8. ASSIGN EACH MEMBER TO READ PAGES 17-19 FROM THE "YOUTH MARKET LAMB PROJECT GUIDE" BEFORE THE NEXT ACTIVITY.**

## **9. BEFORE ENDING THE ACTIVITY, HOLD A GROUP DISCUSSION USING THE QUESTIONS FROM REFLECT AND APPLY.**

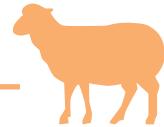


## Reflect

- What do I need to look for as I select my lamb?
- What rules do I need to remember before purchasing my lamb?

## Apply

- When presented with many choices, what do you do to make a selection?
- What have you purchased in the past that you had to take care of?
- What do you take care of now? (pet, lawn, bedroom, etc.)
- Are you being responsible with what you take care of now? What can you do better?



## Belonging

During this and upcoming activities work on getting to know each of the members. Discuss with them what their hobbies are outside of 4-H.

## Mastery

Explain to 4-H youth that in life many of the choices they make will need to be justified with a reason. In judging lambs it is the same way. It is important for them to take notes and be able to explain why they chose the one they did.

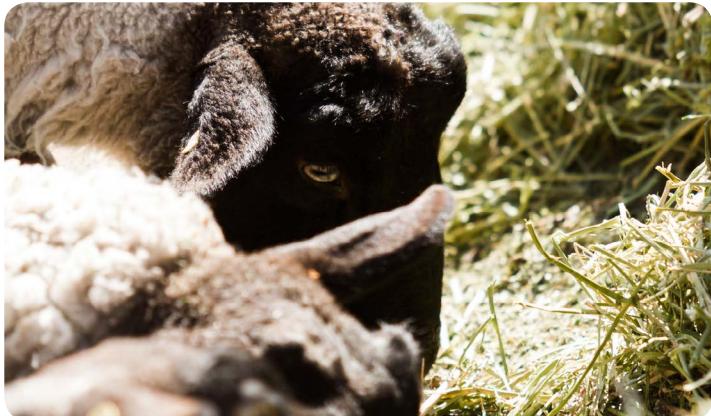
## References

Information retrieved from:

- The Ohio State University Extension Sheep Resource Handbook for Market and Breeding Projects.
- North Dakota State University Extension Youth Market Lamb Project Guide.

# 4-H Club Meeting 3

## Nutrition, Feeding, and Health



### Supplies

- Pencils (not pens)
- Paper for note taking
- 2 copies of "Dotty the Lamb"
- Prize for the winning team
- A bag of balanced grain ration (Be sure the feed tag is present and readable)
- NDSU Youth Market Lamb Project Guide
- Alfalfa Hay (A flake is plenty)

## Getting Started

### 1. ALLOW REVIEW TIME

As 4-H youth arrive to the meeting, begin breaking them up into two different teams.

- Divide teams based on equal numbers and ability.

Assign teams to review pages 17-19 in the "Youth Market Lamb Project Guide."

- Explain that they are going to use this information to compete in a game and the winning team will receive a prize.
- Team members are allowed to make notes but the "Youth Market Lamb Project Guide" will not be allowed during the game.
- Allow 10-15 minutes for review.

### 2. FEED DOTTY RIGHT GAME

Explain to members that the feeding and nutrition of their lambs is the most important thing to focus on when raising a show lamb. Correct feed rations, balanced diets, and plentiful fresh water are key elements to a marketable lamb.

A lamb that isn't fed correctly will not express proper condition for the show. Proper feeding and nutrition will allow lambs to be marketable and healthy.

#### Rules of the Game:

1. Each team needs to select an individual to be the official "hand raiser."
2. Give each team a Dotty the Lamb worksheet (see page 21).
3. The club leader will read a question aloud to the group (see page 22).
4. The teams can discuss the answer among themselves.
5. As soon as the teams have an answer the "hand raiser" raises his or her hand.
6. The first team to raise a hand will answer the question.
7. If it is correct, members get to fill in a line to a dot on their lamb in PENCIL (not pen).





8. If the answer is incorrect, members must erase a line to a dot on their lamb and the other team has the opportunity to answer and fill in a line.
9. At the end of the 20 questions the team with the most complete Dotty wins the game.

Present a prize to the winning team.



### 3. DISCUSS TYPES OF FEED

Show the group a bag of balanced ration feed. Explain that any commercial type feed they buy will have a feed tag attached to the bag. A feed tag is like the Nutrition Facts label you see on a cereal box. It lists the ingredients in the feed. The ingredients listed are in the descending order of the percent makeup of the feed.

Complete pelleted growing rations that range from 16-18 percent protein are adequate and easily accessible through many commercial feed companies. Check your local feed store. This type of ration can be fed to your lamb until you market it.

Show the group a flake of alfalfa hay. Along with feeding lambs a balanced grain ration, they will also need to feed them alfalfa hay. Sheep need hay for digestion.

Allow your lamb to get used to its new home the first few days after purchasing it. Start the feeding routine slowly. Feed good quality alfalfa hay. Don't feed grain for the first few days if it has not previously been fed grain. Start feeding grain in small amounts and allow the lamb's digestive system to get used to the concentrated grain. This should be about  $\frac{1}{4}$  to  $\frac{1}{2}$  pound of grain per day. Allow lambs 15 minutes to finish their grain. If they don't clean up their grain in 15 minutes, remove the uneaten feed and reduce their next feeding by that amount. Increase feed gradually to approximately 2-3 pounds of grain (as recommended by the feed's nutritional label) and approximately 2 pounds of hay per day. After 2 weeks your lamb should be on full feed.

\*\*\*\*\*The amounts of feed listed above are only approximate amounts and the amount you should feed will vary based on the condition of your lamb, the weight of your lamb, etc.\*\*\*\*\*

### 4. DISCUSS WATERING

You cannot emphasize the importance of water enough!

Troughs and buckets used for watering must be kept clean and free of slime and dirt.

**Sheep should always have access to a supply of clean, fresh, water!**



**HEALTHY LIVING –** Discuss that the six nutrients needed by lambs are also needed by humans. It is important for us to be conscious of eating healthy and exercising.



## 5. DISCUSS LAMB HEALTH

Refer members and parents to page 15-16 in their "Youth Market Lamb Project Guide" for a list of common market lamb diseases.

The key to a healthy lamb is the development of a preventive health program. Assume that the lamb you have purchased has had no treatments, and consult with a veterinarian for recommendations.

Several things to do to start a preventative health program are:

- Trim hooves every 4 to 6 weeks. Use caution and always try to trim hooves at least 1 week before a show. If you cut too deep into the hoof you may temporarily cripple the lamb. This may affect how the lamb performs in the show ring.
- Set a de-worming schedule. To prevent internal parasites, de-worm regularly. Lambs should be de-wormed every 30 days for best results. This helps the lamb achieve its growth potential. There are several sheep de-wormers available that control internal parasites effectively. Use caution as you approach the show to avoid giving de-worming medication too close to the harvesting date of the animal. Talk to your veterinarian to decide on a de-worming program that best fits your situation.

## 6. DISCUSS HOW TO WASH LAMBS

At the next activity, members will be shearing their lambs. It is important that the lambs are washed and dried the day of the next activity prior to arrival.

- Members will need to capture their lambs and restrain them with a proper lamb halter. Tying the lamb at head level to a secure fence works very well.
- Use a mild soap or detergent. Soak the fleece well with water, being careful not to get water in the lamb's ears. Apply a small amount of soap and scrub the sheep from top to bottom. Use a brush and curry comb to scrape out all the dirt and dung. When the fleece is clean, rinse it thoroughly several times to remove all dirt and soap.
- Dry the sheep off with a clean rag or towel.  
(Halters, soap, brushes, and curry combs can be purchased at feed stores.)

## 7. ASSIGN EACH MEMBER TO READ PAGE 20 IN THE "YOUTH MARKET LAMB PROJECT GUIDE" BEFORE THE NEXT ACTIVITY.

## 8. BEFORE ENDING THE ACTIVITY, HOLD A GROUP DISCUSSION USING THE QUESTIONS FROM REFLECT AND APPLY.



## Reflect

- What do I need to feed my lamb daily?
- How often do I need to water my lamb?

## Apply

- Other than your lamb, what responsibilities do you have?
- Your lamb's health and well being rely on your good care. What are the consequences of not taking care of your other responsibilities?
- The same nutrients your lamb needs are the same nutrients you need. What can you do to eat healthy and exercise?



## Belonging

Clearly state the rules of the game as well as expectations of behavior and sportsmanship for this activity.

## Independence

Encourage youth to use what they have learned about nutrition in deciding what type of feed they will purchase for their lamb.

## References

Information retrieved from:

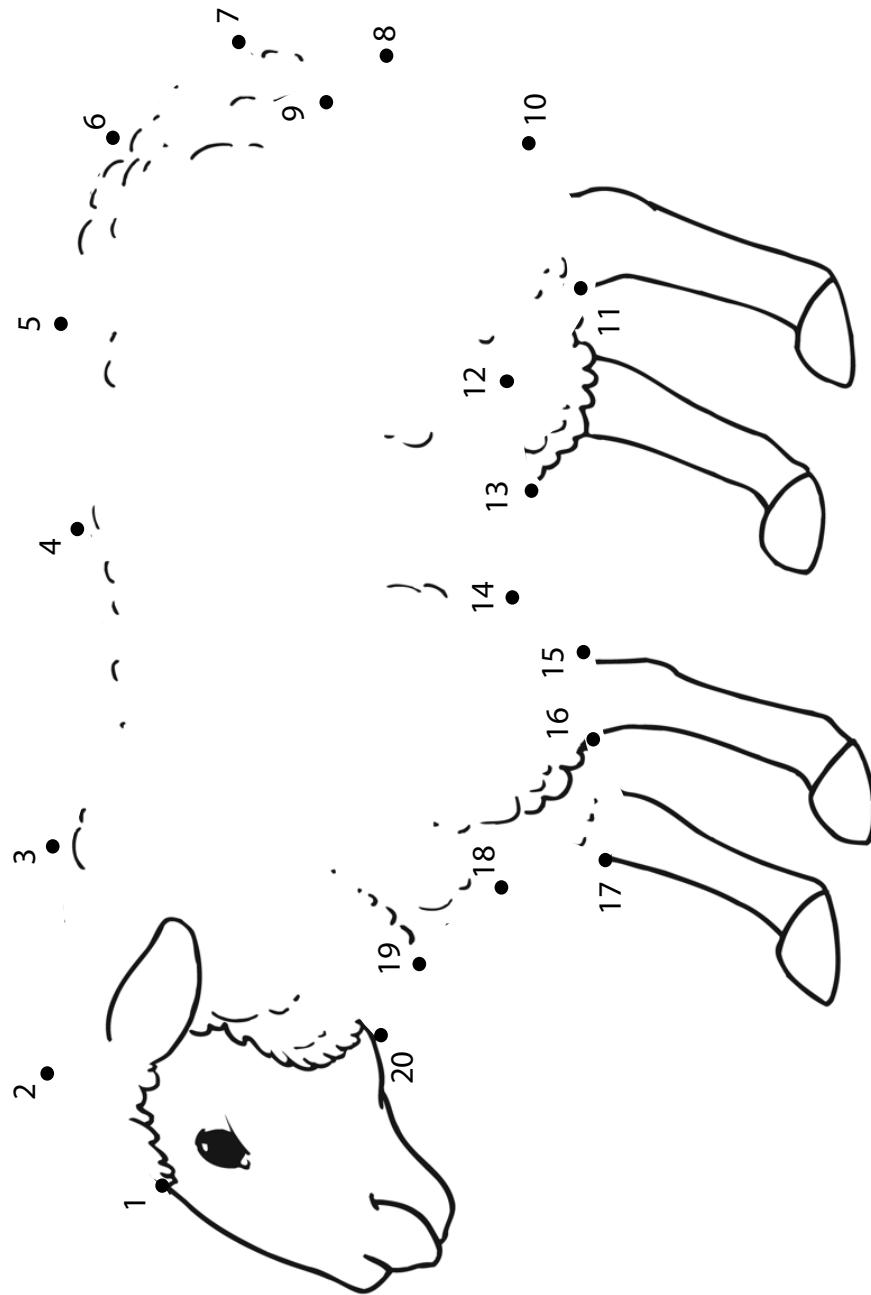
- The Ohio State University Extension Sheep Resource Handbook for Market and Breeding Projects.
- North Dakota State University Extension Youth Market Lamb Project Guide.

### Basic Show Lamb Feeding and Care

- [http://extension.usu.edu/files/publications/publication/AG\\_4-HLivestock\\_2005-01.pdf](http://extension.usu.edu/files/publications/publication/AG_4-HLivestock_2005-01.pdf)

# DOTTY THE LAMB

Proper nutrition and feeding will finish me.



## GAME QUESTIONS

1. What are the six major nutrient categories required by sheep?
2. On average how much water will a lamb drink in one day?
3. What is one thing water does for a lamb?
4. What is one thing protein is responsible for?
5. What is the primary energy source found in a lamb ration?
6. If your lamb is being lazy and doesn't want to walk, is it okay to never exercise it?
7. What do fats provide to your lamb?
8. What percent of protein will a typical show lamb ration have?
9. What are the two subgroups of vitamins?
10. True or False:

If I am too busy to water my lamb it is okay not to water it. He will be fine without it until tomorrow.

11. True or False:

TDN stands for Total Digestible Nutrients.

12. True or False:

If I feed my lamb right then it is a guarantee that it will be Grand Champion.

13. A competitive lamb comes from; selection, management, exercise, showmanship, and \_\_\_\_\_?

14. True or False:

Corn is considered a major carbohydrate source in a lamb ration.

15. What is one of the benefits to exercising your lamb?

16. What are two of the Macro Minerals?

17. I ran out of my lambs mineral supplements today, but I have a bag of horse supplements. Is it okay for me to feed it to my lamb?

18. Why is it not okay to feed my lamb mineral supplements for other species?

19. What are two of the Micro Minerals?

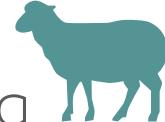
20. True or False:

Temperature can factor into how much your lamb will drink.



# 4-H Club Meeting 4

## Shearing and Fitting



### Supplies

- Electric shears
- Hand shears
- Curry comb
- Towels
- Medicated Vaseline or bag balm
- An expert shearer if needed
- Washed and dried lambs
- NDSU Youth Market Lamb Project Guide
- Fleece card
- Trimming stand
- Squirt bottle

### PRIOR TO ACTIVITY

If you are not an expert at shearing it is a good idea to call someone who is. They may charge a small fee to come and shear, but it will be a small fee well spent. Contact your county Extension office if you need information on who shears lambs in your area.

Members need to wash and dry their lambs the day of the activity prior to attending. They need to arrange transportation for their lambs to and from this activity.

## How to *Shear a Sheep*



### 1. DISCUSS REASONS FOR SHEARING

You will probably want to shear your lamb once or twice before the fair. This will help keep your lamb cool during the summer. It will also help keep the animal clean. Lambs that are cool and clean gain weight better and stay healthier.

### 2. DISCUSS DIFFERENT FITTING TECHNIQUES

Fitting the wool can be done in several different ways.

1. Slick shorn
2. Leave "butt wool" on the lamb

It is important to know the grooming rules for your fair. If you do not know how to trim the "butt wool" you may be better off slick shearing the entire lamb. Discover 4-H was created for those starting out in a new project area. Because this is a "first time" lamb project, it is recommended that at this activity you slick shear your lamb. Slick shearing your lamb can be done a week before the fair. The final trimming or "touch-up" should be the day before or early morning of the show.



Mission Mandates



Mission Mandates

**SCIENCE** – Animal health and rate of gain are both topics that are studied in animal science. Shearing your lambs will help them stay healthy in the heat as well as improve their rate of gain.





### 3. BEFORE STARTING, GATHER ALL SUPPLIES

- If you are proficient in shearing, have your supplies and materials ready.
- Have the members bring any of the items on the list they may have.
- If you have a professional come, provide as many materials as you and your club members can.

### 4. IDENTIFY AND DISCUSS SUPPLIES

- Ask whoever is shearing to quickly identify the equipment being used and discuss what each item is used for.

### 5. BEGIN SHEARING

**Caution!** It is important to note that when shearing a sheep you are using many sharp tools. Be careful not to injure yourself or any of the exposed areas of the animal, especially the hocks, the belly, the face, and the area under the dock.

Even though the members may not be able to shear their entire lamb on their own, it is important that they stay with their lamb and observe what is taking place. Encourage them to ask questions, take notes, and learn as much as possible about the shearing process!

- When shearing a sheep, it is first important to know the breed of the animal that are shearing. There are some types of lambs that have wool on their head and legs which enhances that animal's breed characteristics. For these areas, use a card and hand shears to provide an even, well groomed shear. This will allow for a well fitted lamb that still posses its important breed characteristics.
- Though slick shearing takes nearly all the wool off of the animal, there is a specific way the shearing should be done. On the next page is a diagram that points out the direction of slick shearing strokes. It is important to follow the parallel and perpendicular lines of the lamb when shearing.
- For the hard to shear places, it is best to remove the lamb from the shear stand. Explain to the youth that it is better to always have at least two people to help restrain the animal and to avoid any accidents. Show the youth proper casting (lying down) of the animal.
- As with everything in life, sometimes accidents happen and the lambs may experience a few nicks and cuts. With the help of a medicated Vaseline/bag balm and the lamb's natural lanolin, those cuts should heal in no time.
- Once the lamb is sheared it should be returned to its pen. Allow the animal time to relax and calm down before feeding it.



Do NOT shear top-notch wool. Card this area and trim to create balance and breed character.

Remove both hair and wool from poll (horn area) to neck area.

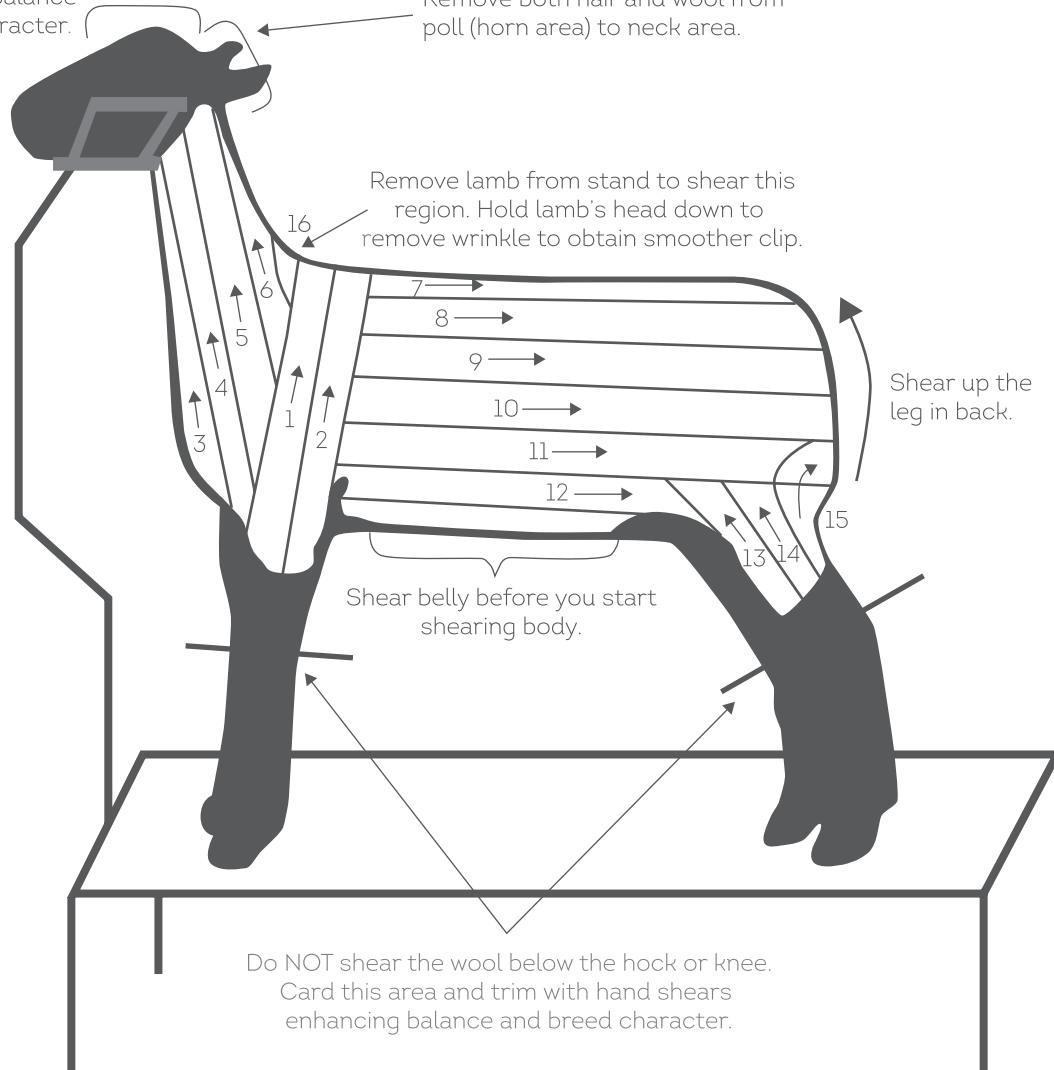


Diagram 1. Direction of slick shearing strokes.

## 6. ASSIGNMENTS

Each member needs to read page 21-26 in the "Youth Market Lamb Project Guide" before the next activity.

Members will need to bring their lamb with a halter to the next activity. If they haven't already, they need to have their lamb trained to lead with a halter (discussed in activity #3) before the next activity.

## 7. BEFORE ENDING THE ACTIVITY, HOLD A GROUP DISCUSSION USING THE QUESTIONS FROM REFLECT AND APPLY.



## Reflect

- Other than improving the appearance of your lambs, what are benefits of shearing?
- Now that you have seen shearing done, what did you find difficult or easy? What will be important to remember for your next lamb project?

## Apply

- Observing an expert can be a helpful learning tool. What other skills have you learned by observing others?



## Belonging

This activity provides a great opportunity for your club to have fun and get better acquainted! It is likely that only one or two members will be shearing their lambs at a time. You may want to give food assignments and have a "pot luck" dinner. This will provide a social activity while members aren't shearing.

## Independence

If you as a leader feel comfortable you may want to allow members to shear open and straight areas (such as areas 8, 9, and 10 on the diagram on page 25). This will be easy for them and will allow them to build the confidence that is needed to shear the more difficult areas down the road.

## Generosity

If you have a shearing expert attending the activity and are holding a "pot luck" dinner, it would be a great idea to invite him or her to eat with you.

## References

Information retrieved from:

- The Ohio State University Extension Sheep Resource Handbook for Market and Breeding Projects.
- North Dakota State University Extension Youth Market Lamb Project Guide.

Shearing Graphic:

- <https://sites.google.com/site/kolbetlivestock/4-h-ffa-members/fitting-grooming>



# 4-H Club Meeting 5

## Showmanship Basics



### Supplies

- Lambs
- Halters
- Outdoor area large enough to hold a practice lamb show
- Copies of "Quick Tips for Showmanship" Handout
- NDSU Youth Market Lamb Project Guide

### PRIOR TO ACTIVITY

Contact a local sheep showman in your area who can work with the youth in your club on showmanship techniques. If you need ideas on who to contact, ask your local Extension office or county agent.

Schedule your meeting at a time of day that is cool. This will prevent heat exhaustion and weight loss for your lamb.

Members will need to arrange transportation for their lambs to and from the activity.

## Learning the *Ropes*

Learning proper showmanship techniques helps make your lamb look its best in front of the judge. It is not only important to feed your lamb right and fit your lamb, but also to show your lamb well. After all of the hard work you have put into your lamb project, now is your chance to show it off.

During this activity have the local showman do the demonstrating. Be sure that the showman is aware that any advice, tips, etc., he or she has are very welcome! It is important to note that a showmanship competition can be subjective according to what a judge is looking for. There are many different styles and ideas of showing. Do what makes you feel most comfortable and what works best for you.

### 1. DEMONSTRATE HOW TO LEAD LAMBS WITHOUT A HALTER

- The exhibitor should walk on the opposite side of where the judge is standing keeping the lamb between him or her and the judge.
- One hand should be placed under the lamb's lower jaw.
- The other hand should apply gentle but firm pressure at the back of the head.
- When walking, move slowly and smoothly, keeping a nice, constant speed.
- If the lamb resists walking, place the right hand on the lamb's dock to encourage the lamb to move forward.



## 2. PRACTICE LEADING LAMBS WITHOUT A HALTER

Allow members to walk their lambs in a large circle, similar to a show ring. While they are practicing, have the local showman watch the youth and give advice and tips.

## 3. DEMONSTRATE HOW TO SET A LAMB UP

The goal is to have all four legs set squarely with the hind legs slightly wider than the front legs. This will help make the lamb look wider from behind.

- A. Maintain control of your lamb with one hand under the jaw.
- B. Use the other hand to reach over the lamb to set the feet.
  - Always set the rear legs first and then move to the front legs.
- C. When setting the lamb's legs, pick up the leg and set it down in one smooth motion.
  - The lamb will fight less if you pick up the leg above the knee or hock.
- D. When the lamb is set, have it stand with its head and neck high with the ears pointing up and forward.

## 4. DEMONSTRATE HOW TO BRACE A LAMB

Bracing refers to the forward push or drive of the lamb against the inner portion of the showman's thigh. This helps make the lamb feel firm and trim to the judge when handled.

- A. To brace the lamb, stand in front and hold it securely with its nose pointing level to the ground. Gently push back on the lamb with your inner thigh placed in the lamb's breast and shoulder area
- B. Keep your lamb in a light brace the whole time you are in the show ring. The only exceptions include when you are leading your lamb or when the judge comes to look at the front of your animal. When the judge comes to handle your lamb, apply pressure on your lamb to get the hardest brace possible.
- C. Never pull up on the lamb's neck with your hands. Instead, use your thighs to control the animal. Keep all four legs on the ground.

## 5. PRACTICE

Allow members time to practice setting up their lamb and bracing it. While members are practicing have the local showman watch the youth and give advice and tips.

## 6. PEN LAMBS UP ALLOWING TIME FOR REST

## 7. DISTRIBUTE AND DISCUSS "QUICK TIPS FOR SHOWMANSHIP" HANDOUT



The last three sections are review. Read through the "In the Ring" section and have someone demonstrate how to turn a lamb. Encourage members to keep this handout and practice showing at home.

## **8. HOLD A PRACTICE SHOW**

Now that the members have learned the basics of showmanship, ask the local showman to serve as the ring man/judge for a "faux" show. Be sure to include the following items in the show:

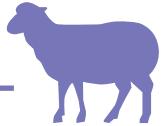
- Walk in a clockwise circle several times.
- Bring the lambs into a line side by side.
- Have the "judge" walk up and down the line allowing youth to practice staying on the correct side of the lamb.
- Have the "judge" handle each lamb allowing members a chance to brace their lamb correctly.

During this faux show, encourage the local showman to give as much critique and advice as he or she can. This show can serve as a great learning tool.

## **9. ASSIGN HOMEWORK**

Assign members to fill out the "Common Showmanship Questions" on their handout at home. Encourage them to try and memorize the answers. It is very likely members will be asked at least several of the questions listed.

## **10. BEFORE ENDING THE ACTIVITY, HOLD A GROUP DISCUSSION USING THE QUESTIONS FROM REFLECT AND APPLY**



## Reflect

- What can you do at home to prepare your lamb for the upcoming show?
- What are things to be mindful of in the show ring?

## Apply

- The more you practice with your lamb, the more comfortable it will be with you and the more comfortable you will become with it. What other skills in your life are improved upon if you practice?
- What have you learned from raising your lamb that you can use in your everyday life?



Mission Mandates



## Belonging

As a club you may want to create/order t-shirts, hats, jackets, etc., to wear as a club to the upcoming show. This will help encourage group identity among your club members.

## Generosity

Be sure that members are being courteous and respectful to one another during the practice show. Encourage them to help each other and be patient with those who are struggling. Also remind them that it is important to congratulate the winning exhibitors. Teach them to be gracious and kind to the judge.

## References

Information retrieved from:

- The Ohio State University Extension Sheep Resource Handbook for Market and Breeding Projects.
- North Dakota State University Extension Youth Market Lamb Project Guide.

Study information retrieved from:

- [http://texas4-h.tamu.edu/files/2011/12/livestock\\_101\\_intro\\_history.pdf](http://texas4-h.tamu.edu/files/2011/12/livestock_101_intro_history.pdf)



Mission Mandates

**HEALTHY LIVING** – The authors of a study done on the benefits of youth exhibiting livestock indicated that six major benefits surfaced as a result of competition through exhibiting livestock: (1) social relations, (2) character, (3) family, (4) competition, (5) learning new cultures and environments, and (6) helping finance the youth's higher education.

# Quick Tips for *Showmanship*



## IN THE RING

- Enter the ring on time.
- When lining up, leave plenty of room between you and the exhibitor next to you.
- ALWAYS keep your lamb between you and the judge.
- To turn your lamb:
  - Keep your hand on the jaw, not on the throat.
  - Turn the lamb's head toward your belt buckle.
  - Slowly move the sheep toward you.
  - Switch hands until you stand at the opposite shoulder.
- Be alert at all times.
  - Keep one eye on the judge and one eye on your lamb at all times.
- Be courteous and respectful to other exhibitors.
- Pay attention to the instructions the ring man or judge gives you.
- Be calm, patient, and have fun!
- Always shake hands and congratulate the class winner.
- Be prepared to answer the judge's questions.

-A list of sample questions is provided. Familiarize yourself with the answers!

## LEADING WITHOUT A HALTER

- Walk on the left side in a clockwise position.
- Left hand should be placed under the lamb's lower jaw.
- Right hand should apply gentle but firm pressure to the back of the head.
- Walk slowly and smoothly, keeping a nice, constant speed.
- If the lamb resists walking, place the right hand on its dock to encourage the lamb to move forward.

## SETTING UP A LAMB

- Keep control of your lamb with the left hand under the jaw.
- Use the right hand to reach over the lamb and set the feet.
  - Always set the rear legs first and then move to the front legs.
- Pick up the leg and set it down in one smooth motion.
  - The lamb will fight less if you pick up the leg above the knee or hock.
- When the lamb is set, have it stand with its head and neck high and ears pointing up and forward.

## BRACING THE LAMB

- Stand in front of the lamb.
- Hold it securely.
- Place its nose pointing slightly upward.
- Gently push back on the lamb with your knee placed in the lamb's breast and shoulder area.
- Lightly brace your lamb while you are in the show ring.
  - The exception is when you are leading your lamb or the judge comes to look at the front of your animal.
- When the judge comes to handle your lamb, push harder on your lamb to get the hardest brace possible.
- Never pull up on the lamb's neck with your hands.
  - Instead, use your knees to control the animal.
- Keep all four legs on the ground. Picking your animal up off the ground is unacceptable.

# Common Showmanship *Questions*



1. What breed is your lamb?
2. What is the exercise program for your lambs?
3. How much does your lamb weigh?
4. When was your lamb born?
5. How old is your lamb?
6. What do you feed your lamb?
7. How much do you feed your lamb?
8. What is the percent of crude protein in your feed ration?
9. What would you like to change about your lamb?
10. Name two sheep by-products.
11. How many pounds of feed must be fed for 1 pound of gain?
12. What is the health program for your lamb?
13. Is your lamb a ewe or wether?
14. What would you change about your lamb?
15. What is the best feature of your lamb?
16. What are some different meat breeds of lambs?
17. How much should a market lamb weigh?
18. What is the gestational length of a lamb?
19. What is the average amount of back fat on a lamb?
20. What are the main cuts of a lamb?



# 4-H Club Meeting 6

## Show Time: Fair Preparation



### Supplies

- Items on "Fair Checklist" Handout
- Copies of "Fair Checklist" Handout
- Supplies needed to create fair displays
- NDSU Youth Market Lamb Project Guide

### PRIOR TO ACTIVITY

Find out what time weigh-in starts for the show you are attending.

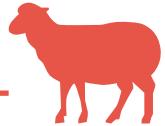
## Before the *Fair*

### 1. DISCUSS FITTING THAT WILL NEED TO BE DONE BEFORE THE SHOW

- Lambs will need to be shorn a second time.  
This should be done anywhere from the day before the show to a week before. It is preferred to shear about 3 days before in case a knick or scratch is created by the shears. This should give an adequate amount of time for the wounds to heal.
- Some clubs like to wash their animals before going to the fair. They will then blanket them, place them in a clean trailer, and try to avoid having to wash them again. If your club decides to do this, please plan accordingly so no body is late getting to the weigh-in. If you wash your lamb before going to the fair, remember that although you may not wash your entire lamb while you are there you may need to do some spot cleaning.

### 2. IDENTIFY AND DISCUSS ITEMS ON THE "FAIR CHECKLIST" HANDOUT

- Go over each item in detail. Explain what the item is and how it should be used.
  - Have the items at the meeting to provide a visual for members and parents.
  - Make sure that parents understand that the items on this list are important and must be brought to the show.
  - The list is a suggestion of items. Please modify for your own show and situation if needed.



### 3. PLAN CLUB SHOW LOGISTICS

- Be sure that every member has a trailer or has made plans with others to get their lambs to the fair.
- Weigh-ins start at \_\_\_\_\_ o'clock. Inform members and parents of this time. DO NOT BE LATE! You may want to plan a meeting spot for your club and all weigh in together.
- Once you have weighed in, you can place lambs in their pens.
  - Some shows assign pens. As a club you may want to get pens near each other.

### 4. DISCUSS IMPORTANT THINGS TO REMEMBER WHILE AT THE SHOW

- The fair or show you are attending will most likely have a lot of fun things happening. It is great to have fun at the show, but it is also important to remember that your lamb is the number one priority while you are there.
- You and your project represent 4-H. Represent this organization well and be sure that:
  - Pens are clean.
  - Lamb is clean and well cared for.
  - You behave respectfully.
  - You are on time to all scheduled events.
  - Thank those who work at the fair and especially thank the purchaser of your lamb.
- Keep your feed away from your neighbor's pen. Lambs can be on strict diets and eating the wrong feed could cause severe sickness.
- Start early on show day. Give yourself more time than you need to get your lamb ready. This will keep you and your animal less stressed.

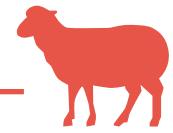
### 5. CREATE CLUB DISPLAY

This is a chance for your club to get creative! Each member taking a lamb to the fair should create a sign to put on their pen with the exhibitor's name and the lamb's name on it. You may also want to include pictures of working with the lamb. While you are working on the smaller signs for the individual members you may want to consider creating a larger club sign. This could include your club's name, pictures, names of each of the members, etc.

These signs will represent you as a club and the entire 4-H organization. It is important that they be neatly done and that you do not put items on them that could scare the lambs.

### 6. REMIND MEMBERS TO FILL OUT THEIR RECORD WORKSHEETS FROM ACTIVITY 2 AND COMPLETE IT ONCE THEIR LAMB IS SOLD. THIS INFORMATION CAN THEN BE TRANSFERRED TO THE 4-H PORTFOLIOS.

### 7. BEFORE ENDING THE ACTIVITY, HOLD A GROUP DISCUSSION USING THE QUESTIONS FROM REFLECT AND APPLY.



## Reflect

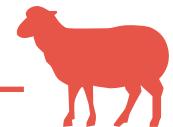
- What has been the most difficult struggle you have had to face while raising your lamb?
- How did you overcome that struggle?
- What has been one of the most important things you have learned while raising your lamb?

## Apply

- How can you apply what you have learned while raising your lamb to your school work?
- What lessons or knowledge have you learned from meeting as a 4-H club that aren't directly related to raising a lamb? How can you apply this knowledge in your everyday life?
- Where does your club go from here?
  - Continue focusing on raising lambs in more depth or
  - Begin a new Discover 4-H project area.



Mission Mandates



## Belonging

Creating signs is not always required by shows but it is a great way to create a group identity and an inclusive environment within your club. Let the members have fun with this project and be creative.

## Independence

Now that you have completed the activities provided, it is important to allow members the opportunity to plan where they want to go from this point forward. Be sure to listen to each person's ideas and help members realize their thoughts to influence the group's direction. As the discussion progresses, bring up what goals the club wants to accomplish. Use these goals to guide what the club does now. It is crucial that each member's ideas be heard and considered instead of one or two members controlling the direction of the group.

## References

Information retrieved from:

- The Ohio State University Extension Sheep Resource Handbook for Market and Breeding Projects.
- North Dakota State University Extension Youth Market Lamb Project Guide.



Mission Mandates

**CITIZENSHIP** – Now that you have completed the seven activities on raising a lamb, you may want to consider planning a service project as a club that would meet a need in your community.

### FEED SUPPLIES

- Bucket for watering (It may be a good idea to bring an older bucket as it may get lost or damaged)
- Trough or bucket to feed grain
- Grain & Hay

### SHOW SUPPLIES

- "Sock" or Lamb Blanket
- Extra "Sock" or Lamb Blanket just in case
- Halters
- Mild Soap/Detergent
- Hose
- Scrub Brush
- Old Towels
- Squirt Bottle
- Extension Cord
- Electric and Hand Shears
- Trimming Stand
- Wire

### SHOW CLOTHES

- Old clothes for working in prior to show
- Clean Show Clothes
- Jeans
- Boots (If you have them)
- White Button-Up Shirt (Tucked in)
- Belt
- 4-H Patch on Left Sleeve

Change into these right before you show in order to keep them clean!

Bring an extra clean pair of clothes that you can change into after the show so that you can go enjoy the fair!

### OTHER IMPORTANT ITEMS

- Camera (Take lots of pictures to put into your 4-H Portfolio!)
- Lawn Chairs
- Health Papers (Obtained from your local veterinarian, if needed)
- Thank You Cards (It is very important that you thank those that purchase your lamb! Have a thank you card already written out so you can deliver it to the person that bought your lamb right away.)

# Continue Discovering



## More to *Discover*



Congratulations on completing your Discover 4-H club meetings! Continue with additional curriculum in your current project area, or discover other 4-H project areas. Check out the following links for additional 4-H curriculum.

1. <http://utah4h.org/htm/discover4hclubs>
2. <http://www.4-h.org/resource-library/curriculum/>
3. <http://utah4h.org/htm/resource-library/view-all-curriculum>

## Become a 4-H Member or Volunteer

To **register** your Utah club or individuals in your club visit:

<http://www.utah-4.org/htm/staff-resources/4-h-online-support>  
<http://utah4h.org/htm/about-4-h/newto4h/>

Non-Utah residents please contact your local 4-H office:

<http://www.4-h.org/get-involved/find-4-h-clubs-camps-programs/>



## Stay *Connected*

### Visit Your County Extension Office

Stay connected with 4-H activities and news through your county Extension office. Ask about volunteer opportunities and don't forget to register for your county newsletter. Find contact information for counties in Utah here:

<http://extension.usu.edu/htm/counties>



## Enjoy the Fair!

Enter your project or create a new project for the county fair. Learn about your county fair and fair judging here:

<http://utah4h.org/htm/events-registration/county-fairs>



## Participate in Local or State 4-H Activities, Programs, Contests or Camps

For Utah state events and programs visit:

<http://utah4h.org/htm/events-registration>

<http://www.utah4h.org/htm/featured-programs>

For local Utah 4-H events and programs, visit your county Extension office.

<http://extension.usu.edu/htm/counties>

Non-Utah residents, please contact your local 4-H office.

<http://www.4-h.org/get-involved/find-4-h-clubs-camps-programs/>



## Discover *Service*

### Become a 4-H Volunteer!

➤ <http://www.youtube.com/watch?v=UBemO5VSyK0>

➤ <http://www.youtube.com/watch?v=U8n4o9gHvAA>

To become a 4-H volunteer in Utah, visit us at:

<http://utah4h.org/htm/about-4-h/newto4h/>

### Serve Together as a 4-H Club or as an Individual 4-H Member

Use your skills, passions, and 4-H to better your community and world.

You are needed! Look for opportunities to help in your area or participate in service programs that reach places throughout the world (religious groups, Red Cross, etc.).

## Hold a Club Service Project

USU Collegiate 4-H Club hosted "The Gift of Giving" as a club activity. Club members assembled Christmas stockings filled with needed items for CAPSA (Community Abuse Prevention Services Agency).

<http://tinyurl.com/lu5n2nc>



## Donate 4-H Projects

Look for hospitals, nursing homes, or other nonprofit organizations that will benefit from 4-H projects. Such projects include making quilts for CAPSA or Primary Children's Hospital, or making beanies for newborns. During Utah 4-H State Contests, 40 "smile bags" were sewn and donated to Operation Smile.

## Partner with Local Businesses

92,000 pounds of processed lamb, beef, and pork were donated to the Utah Food Bank in 2013 by multiple companies.

<http://tinyurl.com/pu7lxyw>

## Donate Money

Clubs or individuals can donate money gained from a 4-H project to a worthy cause. A nine-year-old 4-H member from Davis County donated her project money to help a three-year-old battle cancer.

<http://tinyurl.com/mqtfwxo>

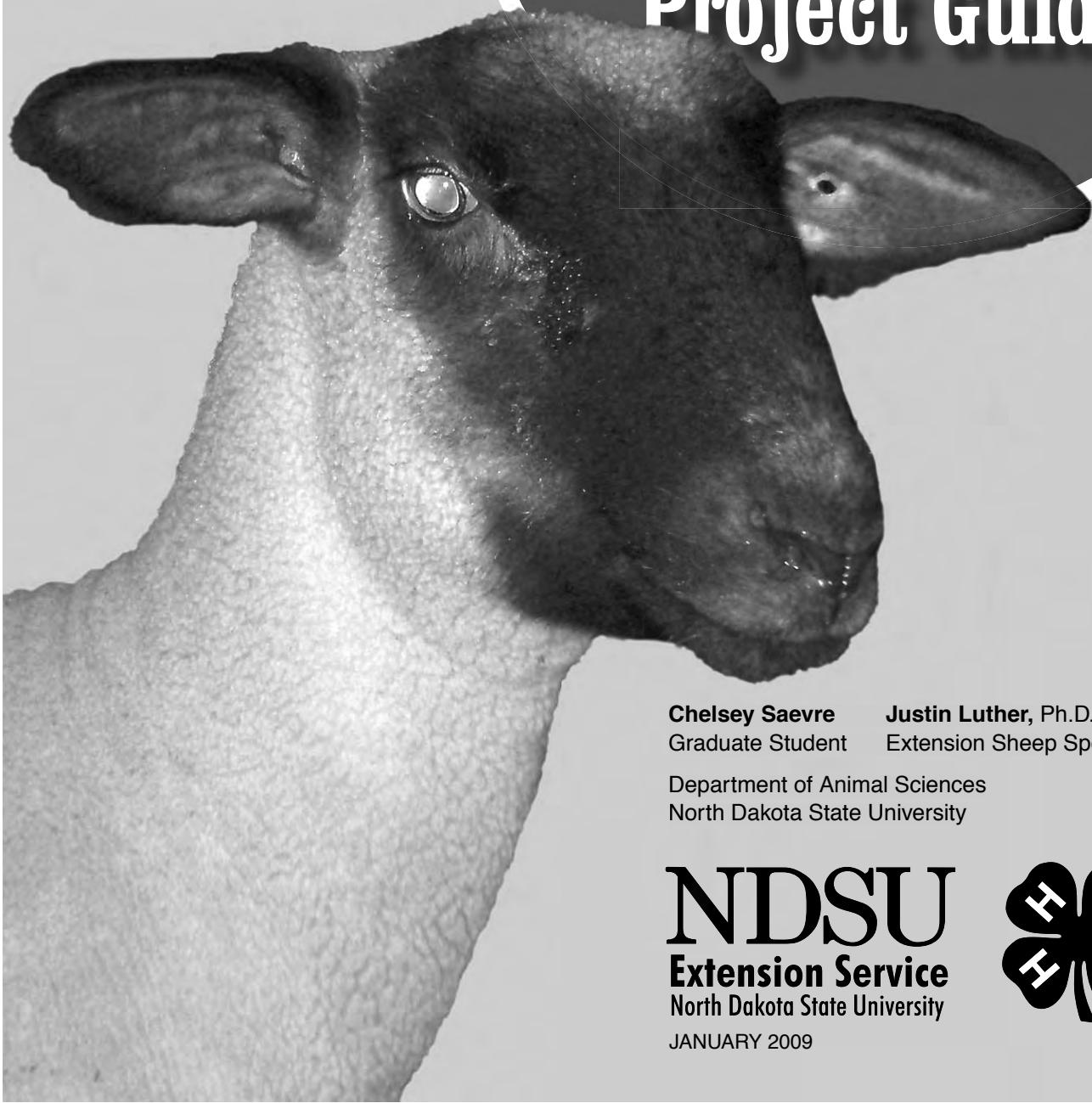


## Give Us Your *Feedback*

Help us improve Discover 4-H curriculum. We would love feedback or suggestions on this guide; please go to the following link to take a short survey:

<http://tinyurl.com/lb9tnad>

# Youth Market Lamb Project Guide



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**Extension Service**  
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# Introduction

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You have made the choice to participate in the youth market lamb project with nearly 1,000 other youth from throughout North Dakota. Although the project is designed to be a fun learning experience, it will require a lot of time and effort from your entire family. Parents and project mentors, in particular, must be committed to supporting your project. During the next few months, you will have the opportunity to develop a stronger work ethic, self-discipline, patience, commitment, professionalism and a sense of achievement. Even though your project may be completed by the end of the summer, the skills and additional experiences gained will stay with you for a lifetime.

Throughout the spring and summer, a successful market lamb project has many components. You will be introduced to most of the basic concepts that are necessary in every successful livestock operation. These include goal setting, selection, recordkeeping, nutritional management, proper animal health care, animal husbandry and handling techniques, and livestock marketing. If your involvement in the youth market lamb project progresses from year to year, you even may have the opportunity to advise other members of your 4-H club or FFA chapter as they get started in the project. This will give you the opportunity to learn leadership skills and even serve as a role model to younger members.

This guide has been developed to help you get started and will serve as a resource throughout your project. Becoming familiar with this guide before your project starts will help you remain conscious and aware of the dynamics of the youth market lamb program. In addition, this guide may help you realize all of the work and responsibility that is involved before making a commitment to the project.

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# Evolution of the Youth Market Lamb Project

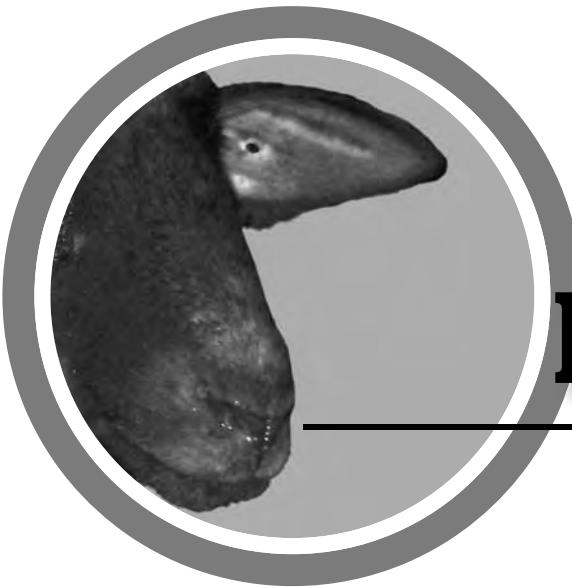
You can find more than 1,000 breeds of sheep in the world. Each will have certain traits or characteristics that make it better suited for a particular environment or consumer demand when compared with others. Even within a particular breed, sheep producers will disagree upon which traits should receive more emphasis or selection pressure than others. Approximately 30 years ago, breeders of Hampshire and Suffolk sheep began to disagree greatly upon which traits should receive more emphasis than others. Some breeders felt that more selection pressure should be placed on traits such as muscling, leanness and levelness of design, whereas others felt that selection pressure should be placed growth, mature frame size and breed character. While both of these breeder groups continued to emphasize structural correctness, they obviously took their respective breeds in separate directions to meet the demands of their customers. Today, within the Suffolk, Hampshire, Dorset and even Rambouillet breeds, we see distinct differences among sheep that have been developed for youth market lamb projects (Figure 1) versus those that have not been selected for this purpose (Figure 2). Therefore, for an individual to be competitive within the market lamb project, he or she generally will need to purchase his or her lamb(s) from a designated club lamb breeder.



**Figure 1.** Suffolk market lamb bred for youth market lamb projects and exhibited at the 2007 Iowa State Fair.



**Figure 2.** Suffolk ram lamb exhibited at the 2007 Iowa State Fair.



# Facilities

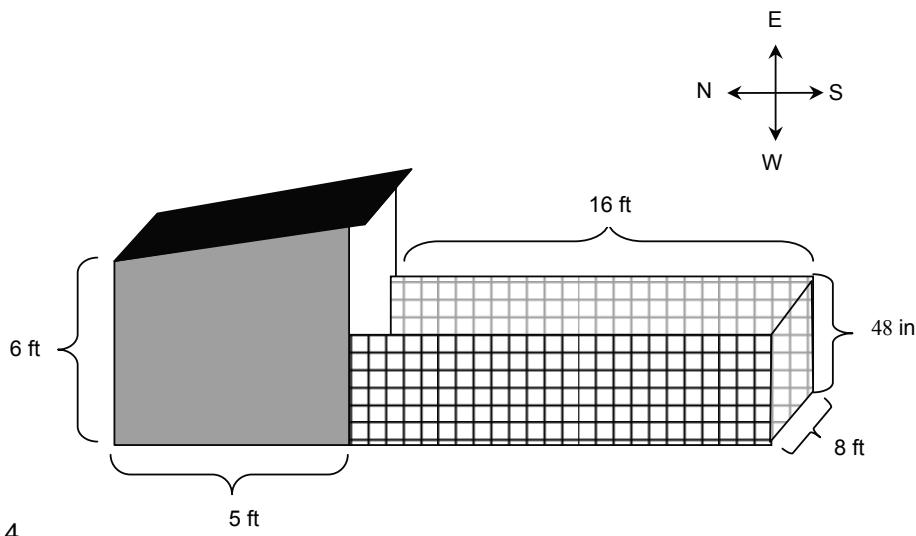
Facilities for your new project can be as complex or as simple as you feel you need them to be to achieve your goals. A good housing area for your show lambs should be well-ventilated, dry and clean. The area should be elevated, well-drained and face toward the east or south for protection from wind, rain and other adverse weather conditions. Electricity and water availability is convenient but not completely necessary if these amenities are in relative proximity.

Pen size recommendations will vary with the number of lambs, their age and size. The average show lamb requires a minimum of 24 square feet of indoor pen space to achieve acceptable performance. A larger outdoor dry lot adjacent

to the indoor pen space also is necessary. This serves two functions; it allows lambs access to fresh air and promotes exercise throughout the day. However, you also will need to provide additional exercise for your lamb, and this will be discussed later in the guide.

## Estimated Dry Lot Space Requirements

Number of Lambs	Recommended Dry Lot Size
1	100 ft <sup>2</sup>
2	200 ft <sup>2</sup>
3	250 to 300 ft <sup>2</sup>
4-5	350 to 400 ft <sup>2</sup>
6+	500+ ft <sup>2</sup>



**Figure 3. Example of an outdoor shelter for market lambs. Increasing total square footage will allow adequate space for multiple market lambs.**

Fences surrounding the outdoor dry lot should be at least 48 inches high, inhibiting sheep from escaping and preventing the entrance of predators, such as coyotes or stray dogs. The list of materials for fence making is endless; however, woven wire tends to work better than other materials. Woven wire is made from smooth wire that is crosshatched in a horizontal and vertical pattern. Animals can see the crosshatches easily, making a good physical barrier. The smooth wire reduces the incidence of injuries to your sheep. Cost and difficult installation can be some of the disadvantages of woven wire.

Cattle panels also can be used as dry lot fences for show lambs. These flexible and strong crosshatched panels also can be used for gathering sheep or for loading purposes. Cost and installation are disadvantages of cattle panels.

Barbed wire is used extensively for large species, such as horses, cattle, etc. However, it should not be used for market lambs, particularly for a small operation. Strands of barbed wire allow easy access for predators, sheep can escape easily and the barbs can cause serious damage if skin comes in direct contact with it.

Although many types of floor surfaces for your indoor facility are acceptable (dirt, concrete, etc.), the type of bedding you choose is critical to your lambs' comfort and performance. Lambs raised on clean, comfortable and fresh bedding will achieve higher average daily gains. Bedding should be cleaned and replaced on a weekly basis and more frequently if necessary, depending on the degree of moisture and ammonia buildup in the pen. Continuous exposure to wet, stagnant bedding may cause health concerns for your lamb. Acceptable types of bedding include wood shavings, straw or other crop residues, depending on cost and availability.

The most common and recommended type of bedding to use for your show lambs is wood shavings. Wood shavings are available in many styles; however, cedar shavings tend to be the healthiest for lambs due to a larger particle size and low dust level. When purchasing shavings, noticing the particle size and cleanliness of the shavings is important. Small and dirty particles will have higher levels of dust. Dusty bedding can cause irritation in the lambs' upper respiratory tract, resulting in snotty noses, wheezing and coughing. Excessive coughing ultimately can lead to rectal prolapsing and/or other health issues that are detrimental to the performance of your lamb.

Crop residues (straw, corn stalks, soybean stems, hulls, etc.) are commonly used throughout the winter and early spring months to keep lambs warm and pen floors well-insulated. During the heat of the summer, crop residues are rarely used due to their large particle size and high dust levels, and lamb consumption of these products can lead to decreased performance. Lambs often will consume crop residues, giving them a "full" or enlarged belly appearance. Since this takes away from the overall attractiveness of the lamb, bedding consumption should be avoided.

Whichever bedding you choose, make sure the lamb is comfortable, clean and dry. In addition, make sure that bedding consumption is not decreasing your show lambs' performance.



# Equipment

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Equipment used for raising show lambs can be very minimal or quite extensive, depending on the goals of your project. Listed below are a few commonly found items in a show lamb barn. Most of these items can be purchased at your local farm store or through a livestock supplies dealer. When considering large pieces of equipment (for example, clippers, blowers, trimming stands, etc.), cost can be prohibitive. If several members in your youth organization are interested in sheep, consider asking your club or chapter to purchase some equipment to share among the members.

## Water Trough

Water is a critical nutrient that is essential for achieving optimal growth and development. Clean, fresh water should be available to the lamb(s) at all times. The water trough should be in a dry, cool area inside the barn and out of the sunlight. Troughs should be rinsed and scrubbed weekly to avoid the buildup of harmful bacteria. Avoid using strong detergents or soaps because the fragrance in some products may reduce water consumption. A lamb will consume 1 to 2.5 gallons of water per day, depending on size. This

will fluctuate further with temperature, intake, feed additives, exercise and overall lamb health. Water never should be fully restricted; however, smaller amounts can be rationed just prior to show day to prevent a "full" or enlarged-belly appearance. This will allow your lamb to have a trimmer appearance.

## Feeders

Proper management of feeders is important for obtaining maximum feed intake and performance. Self feeding units and individual hand feeders both work well in the early stages of growth. However, a hand feeding program is more desirable during the finishing period because it allows intake to be monitored closely, and proper adjustments in intake can be made according to the lamb's degree of finish. Lambs fed with a self feeder throughout the project will finish out much sooner than lambs fed with a closely monitored hand feeding system.

Self feeders should be approximately 8 inches off the ground to avoid contamination with bedding, feces and urine. Trays should be managed daily to keep the lamb from sorting different feed ingredients and to prevent mold and bacteria buildup. If a lamb is given free access to a complete corn/oat ration, it often will pick out only the corn and leave the remaining mixture behind.

## **Other Sheep Equipment**

Making sure the lamb receives a balanced portion of all ingredients in the ration while eating is important. Stirring the different grains and other processed feed ingredients within the trays will help solve this problem. Excess dust and fine particles from the ration also can accumulate in the trays. This should be removed on a weekly basis to avoid buildup. If this problem persists or becomes unmanageable, changing rations may be the best option.

When starting a hand feeding program, try to avoid feeding close to the ground. Hang the feeders at lamb shoulder height and increase feeder heights as needed. Feeding at shoulder height or even higher will train the lamb to keep its head up and also will avoid any fecal or urine contamination. These feeders should be managed daily and scrubbed on a weekly basis. Once again, avoid the use of strong detergents that may reduce lamb intake.

If accurate feed monitoring is an issue, consider building individual feeding stalls. A feeding stall will serve as an area for the lamb to consume the feed without the competition of its pen mates. This management tool is used widely as a way to measure the feed intake of each lamb accurately.

**Halter** – A halter is needed to lead and maintain control of the lamb; it also can be used during exercise.

**Hose and hose nozzle** – These are used during washing and may be needed to supply your lamb(s) with clean, fresh water.

**Fan** – Throughout the heat of the summer months, a fan should be used to maintain air movement to keep your lambs cool.

**Lamb blanket** – A lamb blanket is used to help keep lambs clean after shearing and before the show. The blanket in Figure 4 consists of a tightly woven canvas available in small (60 to 90 pounds), medium (90 to 110 pounds), large (110 to 140 pounds) and extra-large (140 to 180 pounds) sizes. A blanket with a mesh rear should be used for ewe lambs to avoid urine stains (Figure 4).

**Lamb tube** – A lamb tube is a tightly fitted stretch blanket that keeps lambs clean and tight hided until show time. Tubes come in spandex or cotton materials of various colors. Tubes are available in several sizes: small (50 to 80 pounds), medium (80 to 110 pounds), large



**Figure 4. Lamb Blanket.** Source: Sullivan Show Supply, IA



**Figure 5. Lamb Tube.** Source: Sullivan Show Supply, IA.

(110 to 140 pounds) and extra-large (140 to 165 pounds). Lamb tubes and canvas blankets also can be worn to protect tightly shorn lambs from adverse weather conditions (Figure 5).

**Shovel** – When cleaning lamb pen(s), a shovel can be used to remove bedding or manure from the area. Shovels also should be taken to shows to clean pens afterward.

**Stiff brush** – When cleaning troughs and feeders, a stiff brush should be used to remove buildup of residual feed adequately.

**Hoof trimmers** – Hoof trimmers are needed to maintain proper hoof care throughout your project. Depending on growth, hooves should be trimmed once a month. Trim hooves a week before show day to allow adequate time for healing if accidentally trimmed too closely.

**Bath towels and rags** – These can be used to dry lambs after washing and wipe clean the ears and nose of your lamb(s).

**Blow dryer** – A hot blow dryer will dry the wool quickly between washing and shearing.

**Soap** – Any livestock or dish soap will suffice for bathing lambs.

**Show box** – A box or tote should be designated the show box. This box should hold all or most of the equipment taken to the show.

**Drench gun** – This is used for drenching medication or rehydrating lambs that will not drink. A drench gun also can be used to obtain an appropriate amount of stomach fill on show day if the appetite of your lamb(s) has declined.

**Livestock scale** – A livestock scale is useful to monitor your lamb's weight gain. Lambs should be weighed on a weekly basis. Since scales can be expensive, cooperative ownership may be more feasible.

**Wool card or slicker brush** – This device is used for the wool left on below the knees and hocks of the lamb after shearing. The wool should be carded or pulled in an outward direction and then trimmed with hand shears.

**Hand shank shears** – These shears are used to trim excess wool on the legs to obtain a smooth, heavy-boned appearance.

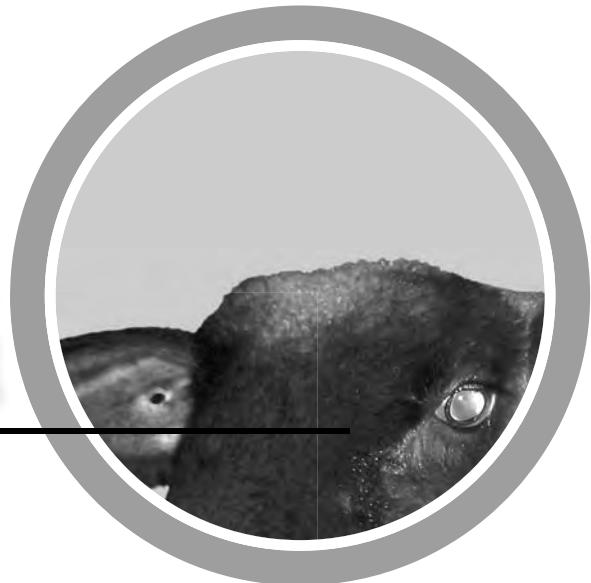
**Trimming stand** – The trimming stand is useful to restrain lambs while shearing and preparing for show.

**Fly spray** – Fly spray should be used prior, during and after the show to prevent fly strike.

**Clippers with appropriate blade sizes** – Clippers fitted with a 20-tooth comb and four-point cutter or a 23-tooth comb and nine-point cutter can be used to remove a majority of the wool. Most market lamb exhibitors will follow with a set of fine or surgical hair blades to ensure a smooth, tight cut without the appearance of clipper lines.

**Syringes and needles** – Syringes and needles should be available for injection of medications. If giving an intramuscular (IM.) injection, use a 20- or 18-gauge, 1-inch needle. For subcutaneous (SQ) injections, you can use a 20- or 18-gauge, 1½-inch needle. Always use new, sterile needles to reduce chances of infection or injury at the injection site.

# Selection

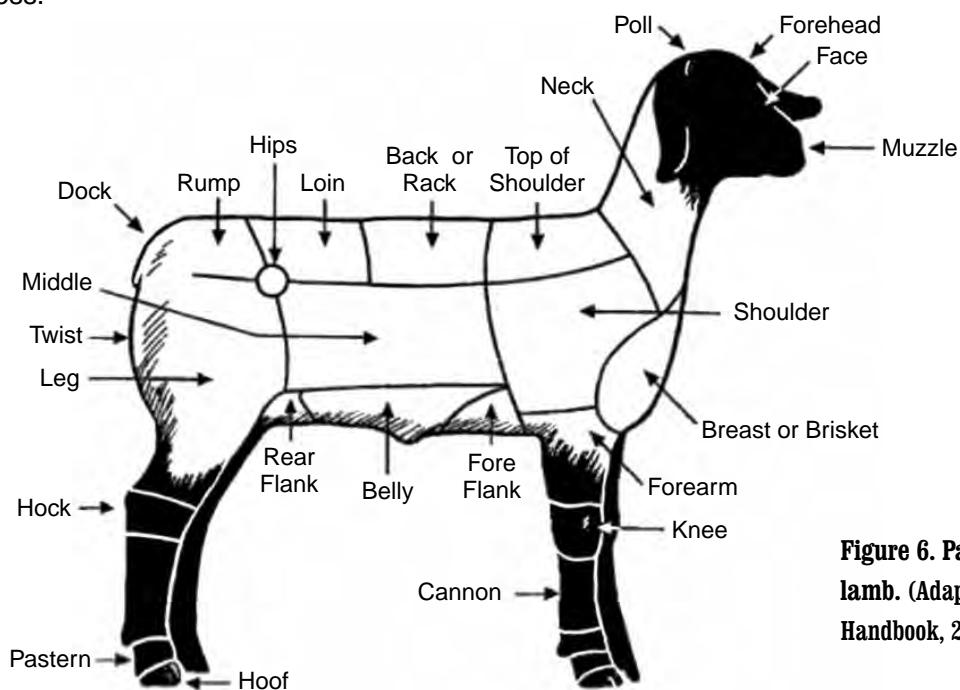


**P**roper selection techniques are critical when attempting to purchase your lamb. The type of lamb(s) you choose will directly influence the management strategies you implement during the summer months. Always remember that a winning lamb is a combination of proper selection, management, nutrition and showmanship.

Selection of young lambs requires patience, practice and well-thought-out project goals. Take time when analyzing a set of lambs and never hesitate to ask for assistance. Project leaders, FFA advisers, breeders and more experienced youth usually are pleased to help in the selection process.

Show lambs can be purchased directly off the farm or from a variety of show lamb sales offered throughout the spring. North Dakota usually has a show lamb sale every weekend in the late spring. Establishing a positive relationship with the breeder(s) of your purchased lamb(s) is encouraged because the breeder can help answer any questions that may arise in the months ahead.

You should take many factors into consideration when selecting your show lamb(s). These factors include, but are not limited to, muscling, structural correctness, balance and eye appeal, and breed.



**Figure 6. Parts of the market lamb.** (Adapted from Sheep Resource Handbook, 2000)

## Frame Size and Weight

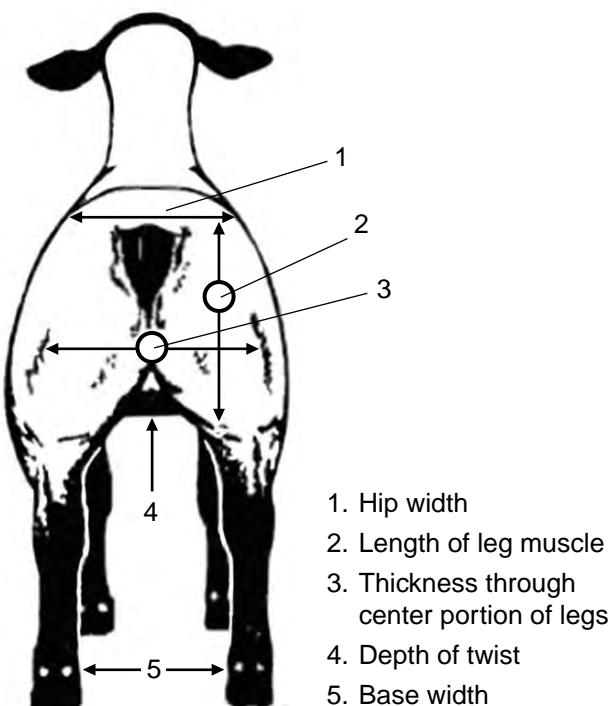
Exhibitors should remain conscious of the desired weight at which their lamb should be exhibited. To find this optimum weight, place emphasis on frame size and maturity.

Frame size refers to the growth potential of the lamb. Typically, large framed animals will be taller at the top of the shoulder, longer necked, longer bodied and longer in their cannon bone. These lambs should finish or have an appropriate amount of fat deposited at 140 to 155 pounds. Small framed animals are shorter in their overall stature. Typically, they are shorter necked, shorter bodied and shorter through their canon bone than moderate to large framed animals. These lambs should finish at 110 to 125 pounds. Moderate to large framed lambs currently do well in the show ring due to their higher growth potential and later maturity pattern.

Maturity is directly correlated with frame size. Maturity can be defined as the time at which growth of lean tissue declines and fat deposition increases. Usually, larger framed, growthier lambs will be later maturing, reaching heavier market weights before fat deposition begins. These lambs are easier to feed because excessive fat deposition is not a problem that arises early in the project. Small framed, shorter statured lambs will be earlier maturing. Early maturing animals require less days on feed before depositing fat. These lambs are generally selected against due to their lighter finishing weight and high exercise requirements. These lambs often need to maintain a constant weight and degree of finish during the latter weeks or month(s) before the show. For most exhibitors, this is a difficult task. Without careful attention to the degree of finish, small framed lambs can get excessively fat and potentially be penalized in class because they possess less consumable product (a lower muscle-to-fat ratio).

## Muscle

Lambs exhibiting acceptable to superior muscling early in life usually will possess these characteristics as they mature and stay healthy. Some parts of the lamb that should be analyzed for muscling are shown in Figure 7. When handling a lamb, select one that is wide and firm over the center portion of the rack, loin and hip. When viewing the lamb from behind, it should carry muscle volume and dimension down through the center portion of the leg. Also, choose a lamb that stands and strides wide because this is a good indication of future muscle development. When the lamb is finished and taken to slaughter, the remaining carcass will be divided into a fore-saddle and hind-saddle, which are split from one another at the 12th and 13th ribs. Retail cuts coming from the hind-saddle (loin and leg) are more valuable than cuts

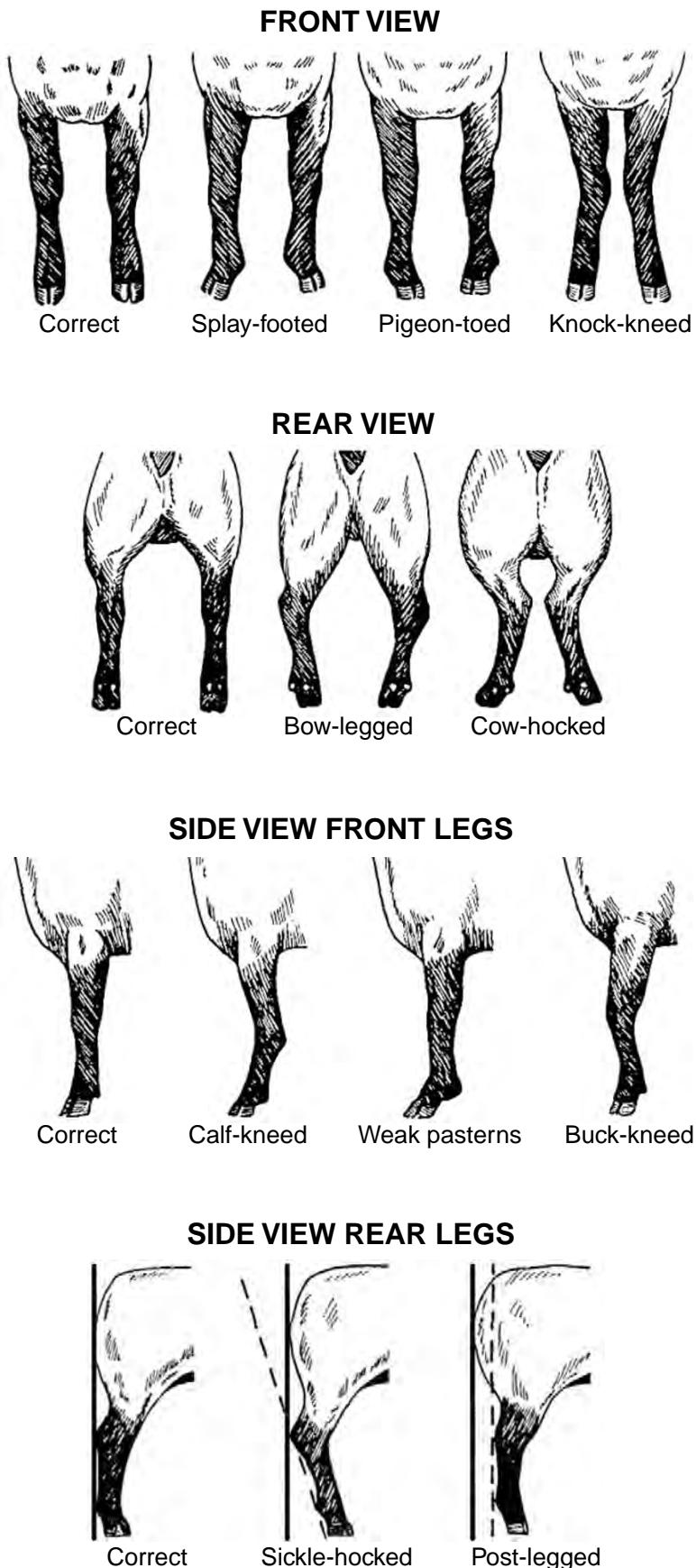


**Figure 7. Parts of the lamb that should be analyzed for muscling. (Adapted from Sheep Resource Handbook, 2000)**

coming from the fore-saddle of the carcass (shoulder and neck). For this reason, selection pressure most often is placed on muscling characteristics in the hind-saddle. Also keep in mind that bigger, older lambs generally will have more muscle development. However, older lambs will not always fit into the time frame of your project. Only lambs that are within the desired age and weight bracket for your project should be selected.

## Structural Correctness

The term structural correctness can be defined as the lamb's ability to maintain a proper skeletal design as it stands and moves about the pen. When analyzing structural correctness, you should select a lamb that exhibits a long and level spine leading into a long, square hip. On the move, the lamb should maintain this levelness with no signs of weakness across the top. The lamb should show adequate bone circumference and hoof size relative to overall frame size and stand on a strong set of pasterns. Hoof placement during the stride should be sound and square, with no visible weaknesses. Avoid lambs that are open shouldered, weak topped and steep hipped. Figure 8 provides common structural problems that can occur with a lamb's feet and legs. Lambs having these structural problems should be avoided.



**Figure 8. Common structural problems that can occur with a lamb's feet and legs.**  
(Adapted from Sheep Resource Handbook, 2000)

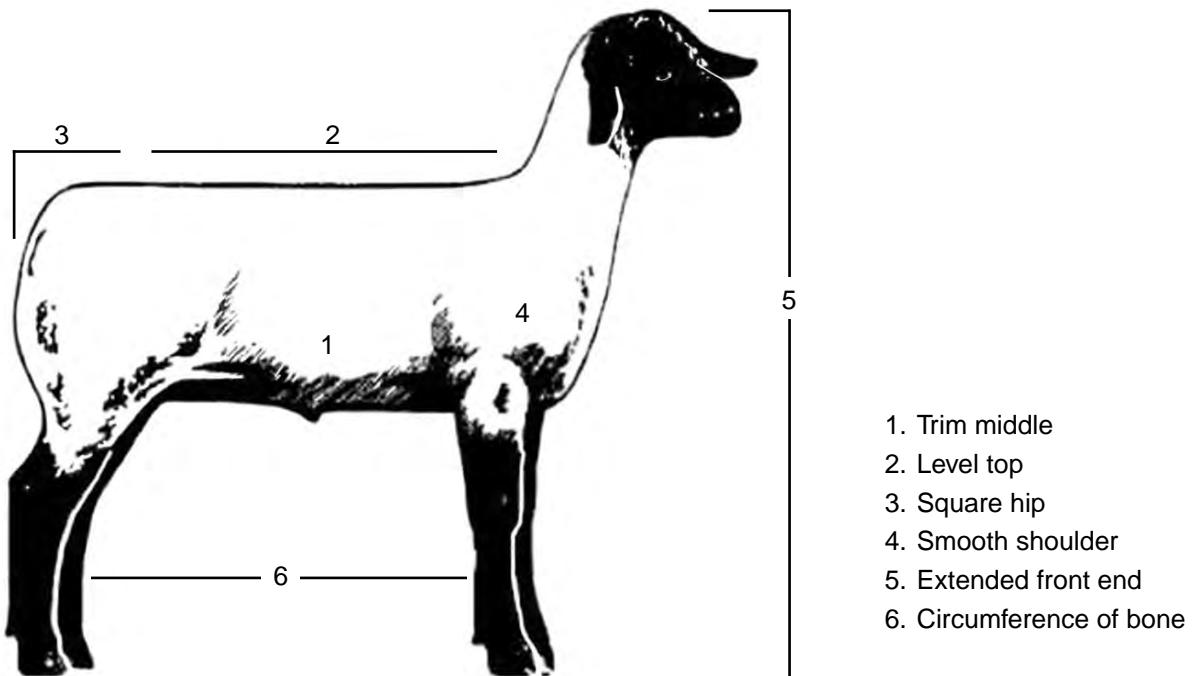
## Balance

Balance refers to the overall completeness of the lamb. A well balanced lamb is the proper blend of muscle volume, structural correctness and eye appeal. Although balance has no value after slaughter, well balanced lambs generally are more competitive in the show ring. On the profile, the lamb should stand tall at the top of the shoulders with a level top, trim middle and square hip (as shown in Figure 9). In addition, the lamb should possess adequate substance of bone. When analyzing a lamb from the top, it should get wider as you view it from the shoulders to the hip. The shoulders should be tightly set, leading into a firm, wide rack that progressively gets wider as you move your hand back to the hind-saddle.

## Breed

Many breeds of sheep are exhibited as market lambs; however, most black faced breeds (Hampshire or Suffolk) tend to outperform white faced breeds (Dorset, Rambouillet or Southdown) when shown together. Every market lamb show is different. In some cases, all lambs are shown by weight, regardless of breed, while other shows may sort breed and weight classes. Check with your local, state or national show guidelines for class rules and regulations.

Most market shows will classify by breed based on the All-American Market Lamb Show Guidelines. Disqualifications and discriminations are listed below for each breed. This system largely uses the “three strikes you’re out” method for disqualifications; however, some single characteristics also may result in an absolute disqualification (Table 1).



**Figure 9. Profile view of a well balanced lamb.** (Adapted from Sheep Resource Handbook, 2000)

**Table 1. All-American Market Lamb Show Breed Guidelines**

Breed	Three of the following results in disqualification	One of the following results in disqualification
<b>Cheviot</b>	1. Solid pink nose 2. White hooves 3. Long ears and/or extremely long neck 4. Excessive brown or black hair (more than 25%) 5. Wool cap 6. Wool below the knees	1. Horns or solid scurs 2. Absence of white hair (frosting) on face and legs of black lambs 3. Steep hip and a genetic tendency to be double-muscled
<b>Columbia</b>	1. Scurs 2. Solid black nose or pigmented ears 3. Excessive black or brown hair (more than 25%) 4. Short, thin ears 5. Open face or absence of wool cap 6. Absence of wool below hock or knee	1. Horns 2. Steep hip and a genetic tendency to be double-muscled
<b>Dorset</b>	1. Any dark colored spots in the hair or wool 2. Large, drooping ears 3. Fine textured, silky hair covering 4. Absence of hair covering in typical areas 5. All solid black hooves 6. Dark colored septum — dividing tissue between the nostrils 7. Dark colored lining of the nose or mouth 8. All-black, colored or spotted lambs	
<b>Hampshire</b>	1. Broken wool cap 2. Very fine or thin hair on face or legs 3. Scurs 4. Excessive (more than 25%) white hair on jaw or legs	1. Steep hip and genetic tendency to be double muscled 2. Horns 3. Speckled face so the lamb appears to be a "brockle" 4. Excessively dark or blue hide 5. Inadequate wool covering on head and legs
<b>Montadale</b>	1. Solid pink nose 2. Completely white hooves 3. Excessive wool cap 4. Heavy wool covering below the hock and knee 5. Excessive brown or black hair (more than 25%)	1. Horns 2. Excessive dark coloration so lamb appears to be a "brockle" 3. Absence of white hair (frosting) on face and legs of black lamb 4. Steep hip and a genetic tendency to be double-muscled
<b>Natural Color</b>	At least 35% black fibers within the fleece, excluding head and legs, is acceptable	

**Table 1. (continued)**

Breed	Three of the following results in disqualification	One of the following results in disqualification
<b>Oxford</b>	1. Long, droopy black ears 2. Bare face 3. Black spots in wool or hair 4. Inverted eyelids	1. Speckled face and/or legs 2. Horns or solid scurs 3. Lack of topknot 4. Long, slick, droopy black ears 5. Steep hip and genetic tendency to double muscle and white spots on the ear
<b>Shetland</b>	1. Long, heavy tail, broad to point 2. Deformities of jaws 3. Undersized animal for its age 4. Narrow or swayed back 5. Close-set and crooked legs	1. Docked tail 2. Horns, if present, growing toward the head or neck so as to be life threatening
<b>Shropshire</b>	1. Coarse or long, droopy ears 2. Coarse or roman nose 3. Excessive white on face, ears or legs 4. Legs completely bare of wool below the knee and hock 5. Black armpits or black spots in skin or wool	1. Horns 2. Lack of wool cap 3. Steep hip and a genetic tendency to be double-muscled
<b>Southdown</b>	1. Solid white hair color on muzzle 2. Pink nose 3. Excessive white on face, ears or legs 4. Completely slick ears 5. Pink or striped hooves 6. Black spots in the fleece 7. Open pool on the head	1. Speckled face or legs 2. Horns or solid scurs 3. Solid black lambs 4. Steep hip and a genetic tendency to be double muscled
<b>Suffolk</b>	1. White in face and legs 20% 2. Wool on head 3. Coarse hair on head and legs 4. Short, thick ears 5. Wool on legs 6. Brown, not black, head 7. Hooves not black	1. Excessively blue or dark hide 2. Speckled face or legs 3. Horn



# Health

A basic understanding of sheep health can be very valuable throughout the months of your project. Having the ability to recognize health problems quickly and begin a treatment protocol is important to prevent unexpected decreases in lamb performance. Below are a list of common market lamb diseases, along with symptoms, prevention protocols and available treatments.

## Common Market Lamb Diseases

Disease	Organism/Cause	Time of Occurrence	Clinical Signs	Possible Treatment	Prevention/Vaccination	Remarks
<b>Enterotoxemia</b>	Clostridial Perfringens C & D	Anytime	Convulsions, sudden death.	Administration of the C & D antitoxin according to the label instructions, plus an injection of penicillin.	Vaccination of ewes and lambs.	Also referred to as "overeating" disease
<b>Hoof Rot</b>	Anaerobic bacteria; <i>Dichelobacter nodosus</i>	Wet, damp conditions	Severe lameness accompanied with foul-smelling odor. Decreased rate of gain.	Isolate infected animals, trim hooves, apply antibiotic agents directly to hoof. Injection of tetracycline or penicillin also may be needed.	Vaccine is available but yields variable results. Trim hooves, maintain dry housing conditions.	Zinc or copper sulfate foot baths are helpful.
<b>Pneumonia</b>	Multiple: bacteria, viruses, stress, dehydration, improper ventilation	Anytime	Fever, decreased rate of gain, cough, abnormal breathing, nasal discharge, lethargy.	Various antibiotic treatments available dependent on known cause.	Proper management techniques.	Also referred to as "shipping fever."
<b>Rectal Prolapse</b>	Short tail docking, coughing, diet, age, scours, heredity, sex and/or pregnancy	Anytime	Rectal tissue protrudes outside the anus. Bright red tissue will protrude during straining or coughing.	Discuss options with your veterinarian. Proper treatment will depend on stage of prolapse.	Proper management techniques. Culling. Proper docking length. Reduce incidence of scours and cough.	Suturing is only a temporary solution until slaughter.



## Common Market Lamb Diseases

Disease	Organism/Cause	Time of Occurrence	Clinical Signs	Possible Treatment	Prevention/Vaccination	Remarks
<b>Ringworm</b>	Trichophyton fungi	1-4 weeks after exposure to the fungus	Circular, thick, flakey lesions.	Topical antifungal medications. Discuss options with veterinarian. May take 8-16 weeks for recovery.	Frequent washing and close shearing promotes susceptibility, stress weakens immune system. Disinfect equipment with antifungal agents.	Use caution, transmissible to humans. Many shows do not allow exhibition of lambs with this contagious disease.
<b>Scours</b>	Bacteria, viruses, protozoa, stress, poor ventilation, abrupt feed changes	Anytime	Abnormal frequency, fluidity or volume of fecal excretion. Dehydration. Death.	Antibiotics and electrolytes to prevent excessive dehydration. Discuss treatment options with veterinarian.	Sanitation, dry, clean bedding, reduce stress levels, limit drastic nutritional changes.	
<b>Soremouth</b>	Pox virus	Anytime	Scabs or blisters forming around lips, flanks, vulva, teats.	7% iodine solution applied to scabs.	Live vaccine is available.	Use caution, transmissible to humans.
<b>Urinary Calculi</b>	Increased levels of calcium, magnesium, phosphorus and potassium in the diet	Anytime	Painful and swollen penis, infrequent or irregular urination.	Oral dose of ammonium chloride. Discuss options with veterinarian.	Maintain 2:1 calcium-phosphorus ratio in diet. Add ammonium chloride to ration to acidify urine, preventing mineral buildup.	Commonly found in wether lambs.
<b>White Muscle Disease</b>	Diets deficient in selenium and/or vitamin E	Usually after lambing	Stiffness, hunched back, mild paralysis and/or starvation.	Injection of selenium and vitamin E: Bo-Se or Mu-Se.	Supplement vitamin E and selenium in diet.	
<b>External Parasites</b>	Wool maggots, sheep bot, sheep keds and lice	Anytime	Unthriftness, anemic, decreased weight gain.	Apply insecticide.	Shearing, clip and disinfect soiled or matted areas and apply insecticides.	
<b>Internal Parasites</b>	Roundworms, tapeworms, flukes and lungworms	Anytime	Unthriftness, anemic, decreased weight gain.	Administer dewormer.	Obtain a proper dewormer protocol from your veterinarian.	

**Typical Values for a Healthy Club Lamb**

Body Temperature ..... 102.8 degrees Fahrenheit  
 Pulse/Heart Rate ..... 75 beats/minute  
 Breathing Rate..... 20 breaths/minute

# Nutrition and Exercise



There is no show lamb ratio available that will guarantee a champion. A competitive lamb is a combination of selection, management, nutrition, exercise and showmanship. To develop a successful feeding program, you must closely observe the changes in the lamb throughout the feeding program. The exhibitor must have the ability to use all of the available information to decide when and how feed changes should be made. A good relationship with your local nutritionist or the breeder of your show lamb can be beneficial to help in guiding you through your feeding protocol.

Overall, basic nutrition plays a major role in the productivity, health and well-being of your project. The six major categories of nutrients required by sheep are: 1) water, 2) carbohydrates, 3) protein, 4) minerals, 5) vitamins and 6) fats.

## Water

One of the most commonly overlooked nutrients when formulating rations for all livestock species is water. Water plays an important role in vital functions, such as digestion, nutrient transport, waste excretion and temperature regulation, which all allow for optimum growth and performance of the show lamb. On average, a typical lamb will consume 1 to 2.5 gallons of water a day, depending on temperature, feed additives and overall health of the lamb.

## Carbohydrates

The primary energy source found in sheep rations are carbohydrates. Microbes inside the rumen break down carbohydrates, forming volatile fatty acids. Fatty acids are absorbed via the small intestine and utilized as energy for the lamb. Carbohydrates tend to be the most common limiting factor in lamb diets. Inadequate energy intake reduces growth potential and causes weight loss. The relative energy value of a feed can be represented as TDN (total digestible nutrients). In the ration, corn is considered a major carbohydrate source.

## Protein

Aside from water, protein makes up the highest nutrient composition in show lamb diets. Proteins are responsible for protecting the body (wool and hair), digesting food (enzymes) and stimulating growth (hormones). In young growing lambs, protein requirements generally are higher and decline as the growth rate declines. A typical show lamb ration will be 16 percent to 18 percent protein. Soybean meal serves as the main protein source in most rations.

## Vitamins

Vitamins are organic substances required by all livestock species. Vitamins fall into two subgroups: fat soluble and water soluble. The water-soluble vitamins are C and the vitamin B-complex. Fat-soluble vitamins are A, D, E and K. Most lambs suffer from a minor deficiency in vitamin A. Discuss the ration vitamin supplement with your nutritionist to prevent any deficiency problems in your ration.

## Minerals

Minerals are inorganic compounds found in the diet and are unable to be broken down by chemical reactions. Minerals are classified based on their level found in the diet: macro- and micro-minerals. Macro-minerals (exceeding 100 parts per million, or ppm) include minerals such as calcium, phosphorus, chlorine, magnesium, potassium, sodium and sulfur. Micro-minerals (below 100 ppm) include chromium, cobalt, copper, fluorine, iron, selenium, zinc and iodine. When raising a market lamb, never feed mineral supplements labeled for other species. Mineral supplements generated for other species will contain higher amounts of copper. Sheep have a very low tolerance for copper (less than or equal to 5 ppm), and if ingested at higher levels, toxicity will occur.

**Table 2. Estimated dry matter (DM), energy (TDN) and crude protein (CP) requirements of rapidly growing market lambs (average daily gain of 0.9 lb).**

Lamb weight (lbs.)	DM intake (lbs.)	TDN intake		CP intake	
		(lbs.)	% of diet	(lbs.)	% of diet
60 to 90	2.6	1.7	66	0.5	18
90 to 120	3.2	2.0	62	0.5	16
120 to 150	4.7	2.6	55	0.7	15

**Table 3. Example rations balanced to meet the nutrient requirements of the market lamb.**

Ingredients for <b>Ration #1</b>	Amount (lbs.) needed for mixing a 100-lb. batch	Amount (lbs.) needed for mixing 2,000-lb. batch
Rolled Corn	50	1,000
Rolled Oats	9	180
Rolled Barley	9	180
Soybean Meal	20	400
Molasses	10	200
Sheep Mineral	1	20
Limestone	1	20

Ingredients for <b>Ration #2</b>	Amount (lbs.) needed for mixing a 100-lb. batch	Amount (lbs.) needed for mixing 2,000-lb. batch
Rolled Corn	50	1,000
Sheep Balancer B136 Medicated*	20	400
Rolled Oats	10	200
Soybean Meal	9.2	184
Molasses	10	200
White Salt	0.4	8
Ammonium Chloride	0.4	8

\*Commercially available pellet (37% protein) containing 27.2 grams per ton lasalocid (Bovatec).

## **Fat**

Fats are used to provide energy and fatty acids for the lamb. They serve as a concentrated form of stored energy.

Listed below are a few dealers from throughout the nation that supply complete show lamb mixes and/or top dresses. Purchases can be made through the internet and shipped to your home. Show lamb mixes also can be purchased from your local feed cooperative. Contact your Extension agent for local listings of feed companies in your area.

### **Champions Choice**

[www.championschoicesupplements.com](http://www.championschoicesupplements.com)

### **High Noon Feeds LLC**

[www.highnoonfeeds.com](http://www.highnoonfeeds.com)

### **Honor Showlamb Feeds**

[www.showchow.com](http://www.showchow.com)

### **Kent First Rate Lamb Feeds**

[www.kentshowfeeds.com](http://www.kentshowfeeds.com)

### **MoorMan's ShowTec**

[www.admani.com](http://www.admani.com)

### **SFI Show Feeds**

[www.showfeedsinc.com](http://www.showfeedsinc.com)

### **Starmaster Show Feeds**

[www.starmastershowfeeds.com](http://www.starmastershowfeeds.com)

### **Suther's Feeds**

[www.sutherfeeds.com](http://www.sutherfeeds.com)

## **Exercise**

Exercising your lamb throughout the project months is necessary to maintain a lamb that handles fresh and firm, and is properly finished. Exercise and proper nutrition coincide to help formulate the ideal lamb for show day. You have many different ways to exercise show lambs, depending on space, time and equipment availability. The main goal in the exercise program should be to provide a significant stimulus to encourage the development of muscle and, in some cases, reduce the rate of fat deposition.



# Fitting

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**F**itting lambs for a show requires washing, shearing and conditioning. Prior to shearing, lambs should be washed using a livestock or liquid dish soap, being careful to rinse out all of the soap. Try to avoid soap contact with ears, eyes and lips, where irritation may occur. After washing, use a bath towel or blower to remove most of the moisture from the wool and head. Shearing can be done while the wool still is damp, not wet. Clippers fitted with a 20-tooth comb and four-point cutter or a 23-tooth comb and nine-point cutter can be used to remove a majority of the wool. Most market lamb exhibitors will follow with a set of fine or surgical hair blades to ensure a smooth, tight cut without the appearance of clipper lines. While shearing, the clippers should run parallel to the length of the body rather than vertically.

Shearing parallel to the body makes lambs appear balanced and longer bodied. Wool below the knees and hocks should not be shorn. This portion of the legs can be carded and blended with hand shears. Use a small clipper to clip the head and ears, being careful to avoid contact with the eyes. After shearing, the lamb should be conditioned, blanketed and put into a clean, dry pen. Conditioning the lamb helps restore some of the moisture lost in the shearing process. Commercial conditioners, such as Freshen Up or Sullivan Silk, can be used; however, homemade mixes work well also. Mix 1 part hair conditioner to 3 parts water in a spray bottle and apply as needed. Immediately following the conditioning process, a lamb tube and/or canvas blanket should be placed on the lamb to maintain cleanliness. Try to wash and shear as close to show day as possible to avoid excessive wool growth.



# Training Your Lamb to Show

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**P**ractice showing should take place at home as soon as the lamb arrives. Breaking the lamb to lead and brace will not happen immediately; it will take many weeks to train your show lamb to respond adequately to your cues.

Teaching your lamb to lead should be one of the first priorities when you begin to work with your lamb. Breaking the lamb to lead by halter and by hand may be difficult; however, with time and patience, it will become much easier. When halter breaking, lambs should be caught, haltered and tied to a fence with the lamb's head in an upright, yet comfortable, position. While the lamb is tied, the exhibitor should work with the lamb by setting the feet and legs. Never leave tied lambs unattended; strangulation and/or death may occur.

After the lamb has been accustomed to the halter breaking process, leading the lamb is the next step. When leading the lamb, a gentle pull should be applied to the rope halter. If the lamb resists, ask an adult or older sibling to apply light pressure to the tail to initiate forward movement.

After the lamb has been halter broken successfully, teaching the lamb to lead without the halter is the final step in the leading process. The exhibitor should walk on the left side of the lamb, moving slowly with the left hand under the lamb's lower jaw and using the right hand to apply a gentle but firm pressure at the back of the

head. If the lamb resists, place the right hand on the lamb's dock to encourage movement forward.

Once the lamb has been trained to lead, teaching it to set up and brace is the final step. Set the lamb squarely on all four feet, maintaining control of the lamb with the left hand under the chin and using the right hand to reach over the lamb to set the feet. Always set the rear legs first and then move to the front legs. When setting the lamb's legs, pick up the leg and set it down in one smooth motion. The lamb will fight less if you pick up the leg above the knee or hock. When the



**Figure 10. Profile bracing view. Notice the exhibitor's hand and feet placement. The lamb is set square; the neck is extended upward, with the nose level; and the ears are pointed up and forward.**

lamb is set, stand with the head and neck high with the ears pointing up and outward.

Bracing a lamb requires careful cooperation between the exhibitor and the lamb. Bracing refers to the forward push or drive of the lamb against the inner portion of the showman's thigh. This helps make the lamb feel firm and trim when handled by the judge. Training the lamb to brace at a constant, steady pressure for long periods of time (approximately five minutes) is important. Teaching the lamb to brace requires time and practice at home. Try to avoid lifting the lamb off the ground while bracing; this will weaken the top line and look unnatural. The upward lift also may teach the lamb to jump into you while attempting to obtain a brace. A lamb can be trained to brace by simply walking it backward while maintaining constant pressure between the lamb's chest and the exhibitor's inner thigh.



**Figure 11. Rear bracing view. Notice the exhibitor's hand placement. The lamb's nose, neck and spine should be in a straight line. Rear legs should be set wider than the front legs.**

When the lamb is able to respond to the personal cues from the exhibitor, an older adult should "handle" the lamb while bracing to accustom the lamb to the handling process that will occur in the show ring. The judge will begin by handling the lamb's rack and gradually work his hand down to the lamb's leg. This handled area of the lamb should be full and firm, with no evidence of the spine.

When evaluating the muscle over the loin, the judge will look for three areas: width, depth and length. Width can be obtained by placing the thumb on one edge and reaching across to the other edge. The wider the loin, the more retail product available after slaughter. Depth of the loin muscle is found by gripping the loin edge gently between the thumb and index finger. Lastly, length is determined by measuring the distance



**Figure 12. Front view. Notice the exhibitor's hand and body placement. The lamb's nose should point forward, with ears placed up and forward.**

between the last rib and hip bone. Moving from the loin area, the judge will evaluate the size and tone of muscle in the leg. The judge will place his index fingers together on the inner side of the

lamb and reach around the front side to see how close they come together. Secondly, he will place his hand on the backside of the leg to feel the firmness of the leg muscle.



**Figure 13. Judge handling dimension of the rack.**



**Figure 14. Measuring length of loin.**



**Figure 15. Judge handling lower leg.**



**Figure 16. Checking degree of finish over the ribs.**



# Showmanship

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Showmanship is judged on the exhibitor's ability to control and present the lamb to the best of its ability. Realize that engaging in showmanship is important because it not only teaches the exhibitor how to present the lamb, but more importantly, it promotes responsibility, determination, goal setting and sportsmanship attributes. Showmanship begins at home following many hours of practice with the lamb. A good showmanship lamb should be quiet and calm, and respond quickly to your cues to turn, stop, move forward and brace.

## The Exhibitor

The exhibitor should dress neatly and be presented in a professional manner to portray a positive image to the judge. Wear a clean, tucked-in, button-down or polo shirt, belt and nice jeans. Leather boots are also a necessity for safety and appearance. Never wear hats, flip-flops, tennis shoes, T-shirts or shorts when exhibiting market lambs.

The exhibitor is responsible for being familiar with the show schedule and watching classes before their own. By watching other classes, exhibitors can pick up on what the judge is expecting from the showmanship classes. Be familiar with the ring setup and how to maneuver around the ring effectively, and be prepared if questions are asked.

## The Lamb

Like the exhibitor, the lamb should be presented in a professional manner. The lamb should be fitted to meet the requirements of the show. Before entering the ring, wipe the nose with a damp cloth and check for saw dust, straw and



Figure 17. Example of a well-dressed showman.

other bedding particles on the legs and underline. The exhibitor should enter the ring on time and assist other exhibitors if needed. Be aware of the judge's position at all times and try to keep the lamb between you and the judge. Pay attention to what is taking place in the ring and always follow the judge's or ringman's instructions correctly. Avoid verbal and eye contact with adults or mentors standing along the sideline of the show ring.

Be courteous, pleasant (smile softly) and stay alert. Do not maintain steady eye contact with the judge. A good showman will glance between the judge and the lamb, making periodic eye contact with the judge, yet still maintaining a primary focus on the lamb. Work gently and calmly with the lamb in the ring, trying to avoid any sudden movements. Try to maintain a well-posed lamb; any unnecessary fussing or maneuvering with the lamb will distract the judge. Any inappropriate physical contact with the lamb (slapping, hitting, etc.) will be penalized severely in class standing.

When moving about the ring, always walk on the left hand side in a clockwise direction. Do not crowd other exhibitors and maintain a straight line. Never step over the back or behind your lamb and avoid resting your arm or hands on the top of the lamb's back. When exhibiting the lamb's profile (side view), you may brace the lamb or kneel beside it. If kneeling beside the lamb, avoid

kneeling in the sawdust or dirt of the show ring. Never stop showing your lamb until you leave the ring or some judges may change their final placing. Always shake hands and congratulate the class winner in your division. If selected to win the division, always shake hands with the judge following the class.

Lastly, remember that showmanship is a learning process. Never give up based on class standing and try to learn from your mistakes. Watch other exhibitors, ask questions and try to improve your skills for future shows. Good luck!



**Figure 18. Example of a nicely fitted lamb for showmanship.**

## **Common Showmanship Questions**

Listed below are some questions judges commonly ask during showmanship classes. These questions range in difficulty; as a showman becomes older, the questions will become more difficult.

1. What breed is your sheep?
2. What is the exercise program for your lambs?
3. What does your lamb weigh?
4. When was your lamb born?
5. What do you feed your lamb?
6. How much do you feed your lamb?
7. What is the percent of crude protein in your feed ration?
8. What would you like to change about your lamb?
9. Where is the (loin, hind saddle, poll, etc.) located on your lamb?
10. What is the average loin eye size for market lambs?
11. What is the average amount of backfat for market lambs?
12. Name two sheep byproducts.
13. What is the pelt value of your lamb?
14. How many parts are there to the sheep stomach? Can you name them?
15. Name examples of meat breeds.
16. Name examples of wool breeds.
17. What is the gestation length of a ewe?
18. What is the average dressing percent of market lambs?
19. How many pounds of feed must be fed for 1 pound of gain?
20. What is the normal body temperature of a sheep?
21. How many teeth does a lamb have? A mature sheep?
22. Which lamb do you like in the class? Why?
23. Which showman do you like in the class? Why?
24. What is the health program for your lamb?



## Establishing Project Goals

The first step involved in the youth market lamb project, as in any project, is to establish goals. You will need to decide the level at which you will want to compete. If this is your first year, you may choose to exhibit your lamb(s) only at the county or community fair. On the other hand, you may have the desire to compete among more individuals from throughout the state by attending one or several of the designated North Dakota Junior Point Shows, or even the North Dakota State Fair. You also could participate in numerous regional and national shows..

Writing down answers to the following questions may help you establish the goals of your project. In addition, reading through the current guide before providing answers the following questions may be useful. The knowledge gained from this guide also will help you establish your project goals.

Is this your first year being involved in the market lamb project? If not, for how many years have you been actively involved?

Why are you interested in the youth market lamb project and what are some of the things you hope to learn?

How many lambs can you take care of in your current facilities?

How much money are you able to spend on your lamb(s)?

Which market lamb shows would you like to attend throughout the year?

A goal of the youth market lamb project is to provide opportunities for children and youth to build character. North Dakota 4-H supports the **CHARACTER COUNTS!SM\* Six Pillars of Character: Trustworthiness, Respect, Responsibility, Fairness, Caring, and Citizenship**. In order to ensure that the youth market lamb project provides a positive environment for all individuals to learn and grow, participants should agree to abide by these expectations of behavior.

**I will be trustworthy.** I will be worthy of trust, honor and confidence. I will be a model of integrity by doing the right thing even when the cost is high. I will be honest in all my activities. I will keep my commitments by attending all sessions of a planned event.

**I will be respectful.** I will show respect, courtesy, and consideration to everyone, including myself, other program participants, and those in authority. I will act and speak respectfully. I will treat program areas, lodging areas, personal property and transportation vehicles with respect. I will follow all published dress code guidelines for an event and/or activity.

**I will be responsible.** I will be responsible, accountable, and self-disciplined in the pursuit of excellence. I will live up to high expectations so I can be proud of my work and conduct. I will be on time to all program events. I will be accountable by accepting responsibility for my choices and actions.

**I will be fair.** I will be just, fair, and open. I will participate fairly by following the rules, not taking advantage of others and not asking for special exceptions. I will not cheat or misrepresent project work.

**I will be caring.** I will be caring in my relationships with others. I will be kind and show compassion for others. I will treat others the way I want to be treated. I will show appreciation for the efforts of others. I will help others to have a good experience by striving to include all participants.

**I will be a good citizen.** I will be a contributing and law-abiding citizen. I will be respectful to the environment and contribute to the greater good.

\* CHARACTER COUNTS! is a service mark of the CHARACTER COUNTS! Coalition, a project of the Josephson Institute of Ethics.

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