



2023 Catch the Wave Onslow 4-H Summer Program

4-H is the youth development program of North Carolina Cooperative Extension. The Onslow County 4-H Program offers summer programming – a series of educational camps designed to build life skills through shared experiences and hands-on learning. Camps are open to ages specific to the age appropriateness of the activities. **Youth must be 5 to 18 years of age as of January 1, 2023.** Follow the 3 easy steps to register:

1

4-H Enrollment

Enrollment is now online! Go to nc.4honline.com to set up your account. **All youth are required to have a completed active AND updated 4-H online account in order to participate.** This will need to be updated every January.

2

Registration

Registration is in-person on a first-come, first-served basis. Turn in your completed **4-H Catch the Wave** Registration Form (back of packet) at the 4-H Office. Some camps require additional paperwork that is available at registration. **Please make sure all information is correct in 4-H online.** Waitlists will begin once a camp is full. **NO PHONE, EMAIL, FAX, OR MAIL-IN REGISTRATION will be accepted.**

3

Payment

Program participant fees are due at time of registration. **Please bring cash with exact change or check payable to NCEE Onslow.** Spaces will NOT be held without payment. Waitlists do not require payment up front, but will be due if a space opens and your child attends. Returned checks result in a \$30 charge.

Register at our new location!

**234 NW Corridor Blvd.
Jacksonville, NC 28540
Suite 108**

Contact:

John Osborne, 4-H Program Assistant:
john_osborne@ncsu.edu
Tara Taylor, 4-H Agent: tara_taylor@ncsu.edu
Office: 910-455-5873
onslow.ces.ncsu.edu
www.Facebook.com/Onslow4H

Additional Information:

- Fees cover insurance and supplies. Fees should be assumed non-refundable, though it may be up to the agent's discretion to offer a refund in special circumstances.
- Space is limited. Once enrolled, your child is expected to attend and participate. If your child can no longer attend, please contact the 4-H Office as soon as possible so we can offer the space to the waitlist.
- Please keep track of which camps your child has registered for. Start and end times are enforced. Please arrive on time and pick up your children on time. We are especially unable to wait for late campers when departing for "away" trips, due to schedules established with our partnering organizations.
- Due to NC law, 4-H staff are not allowed to supply or install car seats. If a car seat or booster seat is needed, please provide one and place it in the state van. Your child's safety is very important to us!
- If your child will be taking any medication (prescription or over-the-counter) during a program, please advise the 4-H staff, complete medication paperwork and supply medication in the original container for the leader to be responsible for.

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June

Catch the Wave for Public Speaking Presentation Preparation and Practice Days

Date: June 13 - 14, 2023
Time: Sign up for a time slot
Ages: 5 - 18
Cost: \$FREE!
Location: 4-H Office



Prepare for and practice giving 4-H presentations and demonstrations. This is an especially great opportunity for 4-H'ers signed up to attend the June 16th Southeast District Activity Day. Even if you have never done this before, sign up! We can help you develop your skills and be successful.

Southeast District Activity Day

REGISTRATION DEADLINE:

MAY 30 BY 11AM
Event date: June 16, 2023
Time: 9:00am-2:00pm
Ages: 5 - 18
Cost: \$FREE!
Location: Lenoir Community College, Kinston NC



Must sign up now to prepare and participate. No late registration due to entering registration for each participant by a state given deadline. Must be entered fully into 4-H online before May 30 to be able to register. You could win money and district honors, then advance to State Presentations at NCSU on July 22. Check with Tara or John for a list of topics. Transportation will not be provided.

What: Livestock Skillathon & Judging Clinic

When: June 27 - Skillathon

When: June 28 - Livestock Judging



Cost: \$15 per person per day (\$30 if you attend both)
Who: Any youth 8-19 that would like to learn more about the livestock industry and in particular these two events. These events are designed for beginners.
Where: E Carroll Joyner Beef Education Unit, Raleigh NC
*Transportation will be limited. This will NOT be an overnight camp.
Registration Deadline: June 15

Camp, Cook, Play! #1 with EFNEP

(This is a duplicate to the July program)

Date: June 14 and 15, 2023
Time: 1pm-4pm
Ages: 8-12
Location: Extension Office Kitchen
Cost: FREE



Join Mrs. Paige and learn all about healthy food and fitness choices! Youth will learn how to make their own healthy snacks and participate in low level fitness activities on both days. Please dress accordingly.

"Lightning Bug" Electric Workshop

Date: June 29, 2023
Time: 9:00am-12:00pm
Ages: 11 - 14 | **Camp Limit:** 8
Cost: \$10
Location: 4-H Office



In this Advanced Electric Workshop, 4-H'ers will explore the topic of electricity, then work on a soldering kit that they will get to take home!

July

"Electrify Your Music" Electric Workshop

Date: July 6, 2023
Time: 9:00am-12:00pm
Ages: 12 - 18 | **Space Limit:** 8
Cost: \$10
Location: 4-H Office



In this Advanced Electric Workshop, 4-H'ers will explore the topic of electricity, then work on a soldering kit that they will get to take home!

State 4-H Horse Show

Date: July 5-9, 2023

Join Onslow County 4-Hers In Raleigh at the James B Hunt Horse Complex on the State Fairgrounds in July to cheer on the 13 youth that will be participating. Let us know if you would like to march in to Opening Ceremonies on Friday night, July 7. Our county delegation invites you to join us for icy pops and a marching good time!



Camp, Cook, Play! #2 with EFNEP
(This is a duplicate to the June program)

Date: July 5 and 6, 2023

Time: 1pm-4pm

Ages: 8-12

Location: Extension Office Kitchen

Cost: \$FREE



Join Mrs. Paige and learn all about healthy food and fitness choices! Youth will learn how to make their own healthy snacks and participate in low level fitness activities on both days. Please dress accordingly.

State Presentation Practice Day

Date: July 20, 2023

Time: Sign up for a time slot (1pm-5pm)

Ages: 13 - 18

Cost: \$FREE



Practice with a panel of judges to refresh your speaking skills and question answering before the July 22nd State Presentation competition at NCSU in Raleigh.

NC 4-H Congress

Dates: July 22 - 25, 2023

Ages: 13-18

Cost: \$250

(Scholarships will be provided to help with lodging costs.)

Location: NC State Campus/Raleigh



NC 4-H Congress is a wonderful state level opportunity to enhance leadership skills, learn about your community and participate in service projects and in the democratic process through campaigning and electing state 4-H officers, as well as have fun with fellow 4-H'ers!

Cloverbud S.T.E.M.'ming!

Dates: July 18 - 20, 2023

Ages: 5 - 7

Cost: \$30

Location: Onslow County Farmers' Market building.
Your 4-H Cloverbud will get to explore the topics of Biology, Chemistry, Physics, and much more in this 3-day workshop series. Children must come prepared to be outdoors, on the ground, and be ready for anything! Pack along water, healthy snacks, and wear closed-toe shoes, sunscreen, and bug repellent! 9AM - 12PM



What: State 4-H Livestock Contests

When: July 26-28

Who: Youth ages 8-19.



This is our State 4-H Skillathon, Quiz Bowl, and Livestock Judging Contests. We will also have an awards dinner on Friday evening at the McKimmon Center.

Where: NC State University (Riddick Hall, E Carroll Joyner Beef Education Unit, McKimmon Center)

*If you have any questions or interest in this type of event please contact Tara Taylor for more information. This will require work outs and practices to prepare. Scheduling would be based on participants/coaches availability.

August

Residential Overnight 4-H Camp

Date: July 30 - August 4, 2023

Ages: 8-12 (Ages as of July 30)

Cost: \$525 (fundraising available)

Location: Eastern 4-H Center



We have TWO male spaces remaining to attend our annual week of fun and adventure at the Eastern 4-H Center located on Bull's Bay! Outdoor and indoor activities can include canoeing, swimming, rock wall climbing, camp sports, environmental education, and much, much more!

Catch the Wave with Kayaking - teen style! *

Date: August 15

Ages: 12 - 18 at leader's discretion

Cost: \$35



This is a day of kayaking and/or paddle boarding as we explore estuarine and aquatic sciences, along with team-building activities.

***Must know how to swim.**

2023 *Catch the Wave* Onslow 4-H Summer Registration Form



Child's Name: _____ Age as of January 1: _____
First Name Last Name

Parent/Guardian Name: _____ Best Phone Number: (____) _____

Emergency Contact Name/Phone: _____ (____) _____

Valid Email Address to Receive Reminders: _____

Can your child swim? Circle one: No Yes-strong Yes-weak Parent Signature: _____

How did you hear about 4-H Summer Programming? _____

Select	Summer Program	Date	Time	Ages	Cost
	Southeast District Activity Day Registration	May 30	by 11:00am	5-18	\$0
	Presentation Prep & Practice	June 13 & 14	Call Tara/John for Time Slot	5-18	\$0
	Camp, Cook, Play! #1	June 14 & 15	1:00pm- 4:00pm	8-12	\$0
	Southeast District Activity Day	June 16	9:00am-3:00pm	5-18	\$0
	Livestock Skillathon	June 27	8:00am-5:00pm	5-18	\$15
	Livestock Judging Clinic	June 28	8:00am-5:00pm	5-18	\$15
	Lightning Bug - Advanced Electric	June 29	9:00am-12:00pm	10-18	\$10
	Camp, Cook, Play! #2	July 5 & 6	1:00pm-4:00pm	8-12	\$0
	<i>Electrify Your Music – Advanced Electricity</i>	July 6	9:00am-12:00pm	12-18	\$10
	Cloverbud S.T.E.M.ming	July 18,19,&20	9:00am-12:00pm	5-7	\$30
	State 4-H Presentations Prep & Practice	July 20	Call Tara/John for Time Slot	13-18	\$0
	State 4-H Presentations at NCSU	July 22	Contact Tara Taylor	13-18	\$0
	State 4-H Congress at NCSU	July 22-25	Contact Tara Taylor	13-18	\$250
	Residential Camp at Eastern 4-H Center	July 30-Aug. 4	Contact Tara Taylor	8-12 boys	\$525
	Catch the Wave with Kayaking* - Teen Style	August 15	Contact Tara Taylor/John	12-18	\$35
	TOTAL DUE				

***Must know how to swim.**

For office use only:

Date: _____ Cash: _____ Check #: _____ Receipt by: _____ Total Paid: _____

4-H Online Verified: _____ Additional Forms Collected: _____

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