



Utah 4-H TRY Training Retreat November 4-5, 2011

Utah 4-H is teaching an overnight Teens Reaching Youth (TRY) Training Retreat at Thanksgiving Point on November 4-5.

Teams will arrive on Friday night and stay through Saturday. This is open to 8-12th graders. Space is limited, application deadline for all TRY tracks is October 10, 2011.

Teams applying for State TRY training will be notified in mid October. At this retreat, teams and their coach will have a choice of being trained in one of the following trainings:

- **Health & Nutrition from the Garden:** Children are motivated to eat the fruits of their labor in their study of "Health and Nutrition from the Garden." This imaginative curriculum teaches children that growing and eating nutritious fruits and vegetables is rewarding and fun. This includes activities on gardening, healthful snacks, food safety and the ABC's of healthful eating.
- **Getting Kids Outside:** The growing movement to reconnect children and nature, and to battle "nature deficit disorder" can be fun and engaging for teens. Activities that encourage kids to "get outside" will be shared to start getting kids moving and exploring outside.

Application deadline: October 10, 2011.
More information available at Utah4-H.org

- Cost is \$15 per person (includes food and supplies)
- Teams can apply for a fee waiver and travel reimbursement. We will contact teams to let them know if accepted.
- Youth who come without a team are welcome to participate at the full cost of registration.



4-H TRY Teams prepare youth to teach younger kids, fun, hands-on activities!



4-H TRY Teams members learn and grow while helping younger kids do the same!

UtahStateUniversity 
COOPERATIVE EXTENSION

Corinne Mayberry
Youth Education Coordinator

3003 N. Thanksgiving Way
Lehi, UT 84043

Office: (801) 768-4944
Fax: (801) 768-4958

cmayberry@thanksgivingpoint.org

Utah4-H.org