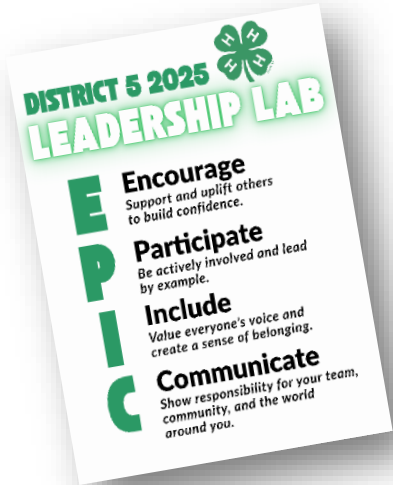


Me

## District 5 EPIC Leadership Lab

### Who is ready to explore District 5 4-H Youth Leadership?

District 5 is super excited to announce their 4-H EPIC Leadership Lab which will be held **November 14-15, 2025** in Palestine at Lakeview Methodist Camp. The theme this year is “Launch Your Leadership with District 5 4-H.”



### Lab Activities

#### Friday Evening

- Get to know each other **ice breaker** and **team-building** games
- Grab and go **grilled hot dog dinner, chips & fruit**
- **Costume themed Silent Disco dance:** Outer Space (prizes for the best dressed theme male and female)
- **Traditional 4-H Dance**

#### Saturday Morning & Afternoon

- Breakfast in the dining hall
- **Junior Leadership Learning:**
  - **Leaders 4 Life and Parli Pro Trail Mix** activity. Learn about council and ambassador opportunities in 4-H.
  - **Blackout Dodgeball team competition** – enter the blackout room, don your glow-in-the-dark vest and play a round of dodgeball with glow-in-the-dark balls
  - Take the **egg drop** and **rocket challenge** to build your team skills
- **Senior Leadership Learning:**
  - Keynote speaker to challenge your leadership style
  - Zip-line across the lake
  - Challenge your friends to a game of pool or ping pong in the **Game Room**
- **Which Fork? Etiquette Lunch Fun**
- **Free Time** with a variety of ball games open to challenge your friends (pool, human foosball, gaga ball, basketball, pickleball, ping pong) and launch yourself into outer space on the **Jump Pillow!**



## What is Lab?

- EPIC Leadership Lab is held annually for 4-H members who are in 3<sup>rd</sup> - 12th grades.
- The event is designed to prepare District 5 4-H members for various leadership roles at the county, district, and state levels.
- Participants gain valuable project knowledge and skills they can take home and implement in their local county 4-H program.
- By combining work and play, activities are designed to explore creativity in leadership roles, enhance teambuilding skills, and develop communication and public speaking skills.
- Encourage your members to come ready to have a great camp experience!

## Community Service Project

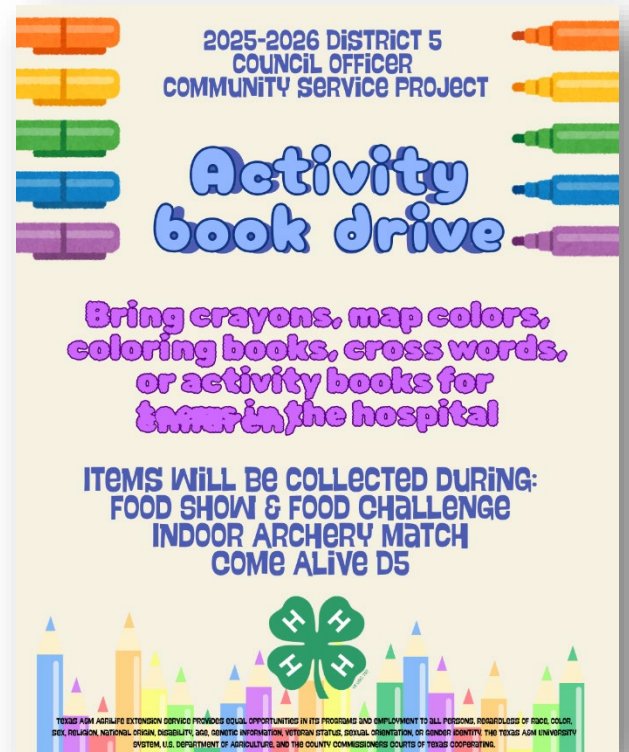
- This year the 2025-2026 District Council Officers are providing opportunities for District 5 families to give back to local hospitals that support children and teens.
- Show your support by bringing any or all of the following items:
  - Activity books, crossword puzzle/game books, coloring books
  - Colored pencils and crayons

## Cost

- \$130 fee per 4-H member participating in Leadership Lab during regular registration (September 15 – October 24). Late registration is \$180 and is open from October 25-28, 2025.
- 2025-2026 District Council Officers - \$50 per officer
- All fees must be submitted through 4-H Online.
- Fees include activities, breakfast, lunch, dinner, lodging and a 4-H Leadership t-shirt.

## Adult Participation

- Approved 4-H Adult volunteers are welcome to participate in EPIC and attend as a chaperone
- Register on 4-H Online using the dates above
- Cost - \$100 per adult (includes lodging, meals, and t-shirt).
- Assigned county agents - No fees will be charged for assigned agents assisting with Lab; however, you must register on 4HOnline and complete the required paperwork.



## Registration

- No reimbursements will be made after registration has been approved. However, substitutions of the same gender may be made at any time.
- All changes will be made through the District Office.
- Please note that confirmations will not be made until late in the registration process so that changes, if needed, can be made.

## Special Accommodations

- Any participant who requires auxiliary aids or special accommodations must contact the District office at least 2 weeks before the camp or note such needs when registering on 4HOnline.
- If your child has dietary restrictions and is unable to eat the meals provided by the camp, be sure to pack other food for breakfast and lunch.

## Check-in and Questions

- Follow the posted 4-H yard signs to check-in at the at the St. Luke’s auditorium. Check-in between 4:30 and 5:30 p.m. Dinner will be served at 6:00 p.m.
- Please contact Jheri-Lynn McSwain, District 5 4-H Specialist at 936-332-3662 with questions while your child is at camp. Dr. McSwain will be on-site during the camp.

## Required Forms

The following forms are required for youth participation and are required for completion during the registration process on 4HOnline:

1. 4-H Camp & Enrichment Program Waiver, Indemnification, and Medical Treatment form
2. Health and Safety Statement form
3. Parent Guardian Authorization, Wavier, and Consent for Self-Administration of Prescription Medication – Participants 15 years of age or older form
4. Authorization to Dispense Medication form
5. Parent Guardian Authorization, Waiver, and Consent for Over-the-Counter Medication form (this form also includes sunscreen and insect repellent use).
6. Lakeview Methodist Camp Waiver form.
  - **ALL forms must be signed by a parent/guardian and completed.**
  - If a question on forms is NOT APPLICABLE to your child, be sure to indicate by writing NONE or NA so that forms will be noted as complete.
  - Bring all medication, **in the original container**, in a Ziplock bag and remit at check-in to 4-H Specialist.
  - Children will only be released after camp to adults listed on your child’s Health and Safety form.



## Transportation

- **Youth driving themselves or other family members to lab must complete a permission form during registration.** Vehicle keys will be collected during check-in and returned at check-out.
- Youth are NOT permitted to drive non-family members to District events/contests.



- Parents or other volunteer leaders are responsible for transporting campers to and from Lakeview Methodist Camp in Palestine.

## What to Bring

- Casual, camp-type clothing will be appropriate for 4-H members and agents. We would expect the group to wear suitable clothes that will always reflect a favorable 4-H image. Any clothing that shows too much skin is not acceptable (i.e. short-shorts or exposed undergarments are considered inappropriate). Lab officials will make the final decisions concerning whether certain clothing is allowed.
- 4-H t-shirts are recommended. One camp t-shirt will be provided that will be worn on Saturday. Select your size during registration.
- See list of items to bring below:

✓	Item
	1 complete change of casual clothes (4-H t-shirts, shorts/skirts/pants are recommended)
	Closed toe shoes*
	Toiletry items
	Reusable water bottle with name**
	Sunscreen
	Twin-size bedding or sleeping bag and pillow
	Towels and washcloth
	Outer Space dance theme clothing/costume
	A few dollars if youth want to purchase snacks from camp gift store (participants are welcome to bring their own snacks, too)

\*We will be participating in leadership and team building activities and closed toes are **required**.

\*\*Bring a reusable water bottle (thermos type) as filling stations will be available.

## Lodging

Youth will be staying in dorm rooms with bunkbed style beds with 15 youth/chaperones per room. **Bed linens/sleeping bag, pillow and towels will need to be brought by each camper.**

Room assignments will be made upon arrival at camp. Adult chaperones will be housed in the same dorm building.

## Code of Conduct

Youth will be expected to follow the 4-H Youth Code of Conduct signed during 4-H enrollment. In the event the code of conduct is not followed, parent/guardian will be contacted and expected to pick-up their child at designated time to be determined by 4-H Specialist.