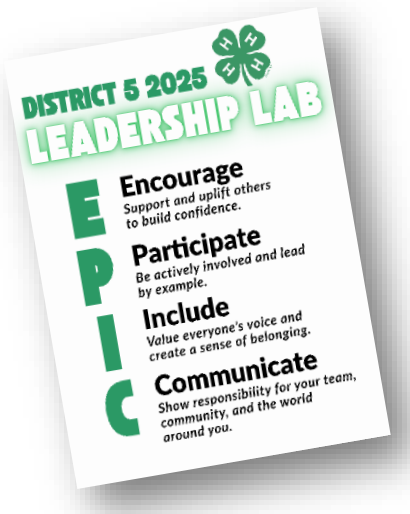

District 5 EPIC Leadership Lab

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 6-7, 2026** in Palestine at Lakeview Methodist Camp. The theme this year is "American Throwback" to celebrate the 250th birthday of the USA and honor all things American.

Lab Activities

Friday Evening

- **5:30 – 6:00 pm** Check-in for Camp
- **6:00 – 7:00 pm** Get to know each other **ice breaker** and **team-building** games
- **7:00 – 7:30 pm** Welcome & Camp Orientation
- **7:30 – 10:00 pm** Costume themed Silent Disco dance: American Throwback (prizes for the best dressed theme youth and adult)
- **10:00 – 11:30 pm** Traditional 4-H Dance

Saturday Morning & Afternoon

- **7:30 – 8:30 am** Breakfast in the dining hall
- **9:00 – 11:30 am Junior & Intermediate I Leadership Learning:**
  - Gaga and Pickleball Competition
  - Sportfishing and Casting Contest (try your hand a bank fishing)
  - Use your Lego Imagineering Creativity (read the clue and use your imagination to creatively build a masterpiece to win the prize)
  - Leading with Parli Pro (learn how to lead a 4-H meeting using parliamentary procedure)
- **9:00 – 11:30 am Intermediate II and Senior Leadership Learning:**
  - 4-H Ambassador Career Fair (learn about leadership opportunities at the state level)
  - Paintball Challenge (bring a change of clothes that are paint-worthy!)
  - Your Choice; What to Buy? (learn to make wise consumer decision making choices with this hands-on contest)

Texas A&M AgriLife Extension Service provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, and veteran status. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.

- **11:30 – 1:00 pm** Lunch and Learn: Grilling 101 for a Tasty and Food-safe Meal (youth will learn how to use a charcoal grill, handle hamburger safely, and make their own burger for lunch).
- **1:00 – 2:00 pm** 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!**
- **1:00 – 2:00 pm** Stitching for Service: Quilts of Valor block making session (learn to use a sewing machine to make a quilt for a veteran).
- **2:00 – 2:30 pm** Pack up the Dorms
- **2:30 – 3:00 pm** Wrap Up Camp and Dismiss

What is Lab?

- EPIC Leadership Lab is held annually for 4-H members who are in 3rd - 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!

New!

Community Service Project

- This year the 2026-2027 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
  - A new stuffed animal (comfort item for use by fire and police departments)

Texas A&M AgriLife Extension Service provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, and veteran status. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.

Cost

- $125 fee per 4-H member participating in Leadership Lab during regular registration (September 18 – October 22). No late registration.
- 2026-2027 District Council Officers - $75 per officer.
- All fees must be submitted through TX4H at https://tx4h.tamu.edu
- 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 TX4H using the dates above
- Cost - $100 per adult (includes lodging, meals, and t-shirt).
- Assigned county agents - No fees will be charged to assigned agents assisting with Lab; however, you must register on TX4H 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 5:30 and 6:00 p.m. Eat dinner BEFORE you arrive.
- 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

Texas A&M AgriLife Extension Service provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, and veteran status. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.

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 repellant 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 and/or insect repellant (if needed)
	Twin-size bedding or sleeping bag and pillow
	Towels and washcloth
	American Throwback 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**.

Texas A&M AgriLife Extension Service provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, and veteran status. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.

**Bring a reusable water bottle (thermos type) as filling stations will be available – be sure to label with your name.

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.

Texas A&M AgriLife Extension Service provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, and veteran status. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.