

# TEEN LEADER

  

# TRYOUT PACKET

  

# FOR ESE TEAM



Revised by the Maine 4H Equine Science Committee for 2009

Tryout dates: June 26, 27, 29, 2009 at Skowhegan Fairgrounds

Packet needs to be **POSTMARKED** by May 10, 2009

Sent to the *Oxford County Extension Office*

9 Olson Rd., South Paris, ME 04281

PLEASE NOTE: CHANGES HAVE BEEN MADE-See details in side.

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1 <sup>st</sup> Chair and Tryouts chair: Kate Slattery 348 Bog Road Gilead, ME 04217 Phone: 207-836-3217 Cell: no cell phone E-Mail: slattery@megalink.net	2 <sup>nd</sup> Chair: ESE Contact person Karen Snyder 425 Weeks Mills Rd New Sharon, ME 04955 Phone: 207-778-2234 Cell: 207-491-4653 E-Mail: stoneyacres@verizon.net
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Dear 4-H Horse Project Member,

Welcome to the 2009 Maine 4-H Eastern States Exposition Equestrian Team Tryout, we are glad you are trying out! You may try out for this position whether you have a horse or not. Teen Leaders will have the opportunity to earn awards at the Eastern States Exposition in Quiz Bowl, Horse Judging, and the General Knowledge test.

Whether you are attending for the first time or you are a veteran, you will need to read this packet VERY carefully! Please read the entire record before you begin to fill it out. If you have any questions, contact the Horse Committee Chairs, names and contact information are found at the beginning of this packet.

Applicants must attend all days of tryouts, which will be held at the Skowhegan State Fairgrounds in Skowhegan, Maine, June 26, 27, and 28, 2009. All participants will be expected to arrive between 4pm and no later than 6:00 p.m. on June 26th. The program will begin at 7:00 p.m. with an orientation.

You will be involved in tryouts as much as those trying out with their horses. Maine will bring up to four 4H members trying out for the Teen Leader positions as our Teen Leaders at Eastern States.

The Teen Leader responsibilities are also listed in this packet. This is not a glorified position, but rather a very important one. The ESE riders really depend on Teen Leaders when the "heat is on" at the Big E in W. Springfield, MA.

This is a wonderful opportunity for those in the horse/horseless project who do not wish to or are unable to ride at The Big E. It is an awesome learning experience. In the past, many of our future rider members were first Teen Leaders and went to Springfield without their horses and gained a lot of knowledge of how the program works.

All rules in the packet apply. Please review these rules carefully. There are some revised rules and some new rules. We look forward to seeing you at the Maine ESE Equestrian Team Tryouts!

Participants (riders, teen leader and grooms) WILL BE required to sleep in the dorms, the new barn. It has concrete floors and 4-foot walls, so some might find pitching a tent or tarp inside the stall comfortable. We are required to collect fees from chaperones staying on the grounds. We have been instructed to collect **\$15 per night from anyone using the water and/or electricity** by the Skowhegan Fairground Association. We want you to be aware of this in advance of attending tryouts.

Sincerely,

The State 4-H Horse Committee

**Maine 4-H Eastern States Equestrian Team Tryouts**  
**June 26, 27, 28, 2009**  
**Skowhegan State Fairgrounds**

Eligibility and Rules for Maine 4-H Eastern States Equestrian Team Tryouts

**You are required to be currently enrolled in the 4-H Horse project. The information you supply in your packet must be for the current year, 2008-2009. Verification will be done through the verification form in this packet. PLEASE NOTE YOUR COUNTY 4-H STAFF PERSON NEEDS TO SIGN THIS FORM.**

Maine 4-H members may attend Eastern States in up to, but no more than, two commodities for which they qualify, in any given year, as long as their participation in two commodities does not prevent the participation of another 4-H member who would be attending in only one commodity and if the two commodity programs at the Eastern States Exposition do not conflict or overlap during the Exposition.

Members who have emergencies that will make them late for tryouts must call and give reason(s) to the current horse committee chair (their name and number can be found on the Table of Contents page). Attendance at another horse event will not be accepted as a reason for lateness.

The Maine 4-H Eastern States Exposition Equestrian Team will consist of no more than 20 Riders and/or Drivers, up to 4 Teen Leader positions, and 3 Alternate Rider positions.

We are planning a meal plan at tryouts, please let us know with your packet how many meals you'd like.

Eastern States Horse Team Tryouts will be held on June 26, 27, and 28. Tryout Orientation will be held June 26, 2009. The ESE Team orientation is on Sunday.

Please plan to arrive between 4pm no later than 6:00 p.m. on June 26th. Further details will be sent to you after the packets have been judged.

Following are the procedures that will be taken for discipline or elimination from tryouts: Verbal Warning and/or Eliminated from trying out at the discretion of the committee

There will be dorms available for both guys and gals. All 4Hers will be in the dorm, the new barn. It has concrete floors and 4-foot walls, so some might find pitching a tent or tarp inside the stall comfortable. **You WILL be expected to sleep in the dorms.** There will be camper hookups for chaperones at \$15.00 per night.

The tryouts will be run similar to the actual Eastern States event, and therefore we will be following chaperone rules, no cell phones, no CD players, and no leaving the fairgrounds. (There are 3 public phones available on the grounds). Cell phones will be returned at the end of tryouts.

Barn curfew will be same as at Eastern States Exposition. No barn entry before 6 a.m. or after 10 p.m. The barn managers will enforce this rule.

Quiet time for all at tryouts is 11 p.m. – 6 a.m.

Due to safety issues, all horses must be groomed and saddled in stalls at tryouts. No grooming or preparation of horses will be done in the barn aisles. You need to be aware of this rule when helping out the riders. You must have barn manager approval for all horse movement.

**Judge's decisions are final. Written concerns should be sent to: Michaele Bailey, UMaine State 4-H Office, 5741 Libby Hall, Orono, Maine 04469-5741; post marked no later than five days after Eastern States Tryouts. No complaints will be examined after 5 days.** The New England 4-H Horseshow Rules and Guidelines book will be used. The USEF rulebook will govern areas not covered in that book, must be current edition.

***The State 4-H Horse Committee will arrange team and horse transportation to Eastern States Exposition for 2009. All team members must use this transportation when provided by the State 4-H Horse Committee. Cost per participant (no more than \$350.00 for riders and \$35.00 for teen leaders) will be announced at tryouts and checks will be accepted at Tryouts or can be mailed to:***

Karen Snyder  
425 Weeks Mills Rd  
New Sharon, ME 04955

***Checks should be made out to: Pine Tree State 4-H Foundation and received no later than September 1, 2009.***

## **KNOWLEDGE TEST**

Questions on Maine's knowledge test are taken from the 4H Horse Science and 4H Horse and Horsemanship books:

The knowledge test will be covering information within these two books. There will not be a focus on individual chapters.

There will also be questions from the University of Maine Extension's publications:

Check your county office for copies or order from below.

**TO ORDER THE 4H Horse Science and 4H Horse and Horsemanship books:**

<http://www.4-hmall.org/> and go to educational resources. Order numbers are CO 200 and CO 201 and each cost \$3.95 plus shipping. Or order by mail: National 4-H Supply Service, National 4-H Council 7100 Connecticut Ave., Chevy Chase, MD 20815-4999 Phone: (301) 961-2934



CO 201



CO 200

**2009 MAINE 4-H EASTERN STATES EXPOSITION**  
**EQUESTRIAN TEAM TRYOUTS**  
**APPLICATION AND SCORE CARD**

The Maine State 4-H Horse Animal Science Committee will score the Entry Application Packet. If not **postmarked** by **MAY 10, 2009**, it will not be scored, and the member will not be eligible to tryout. **Everyone will be notified about their eligibility once packets have been scored in late May.**

The forms at the end of the packet need to be filled out and brought to registration on June 26<sup>th</sup>. These forms are also available online at the Maine 4H Website, <http://www.umext.maine.edu/4h/youth/forms.htm> or at your county extension office They may also be included in your packet.

Members must fill out records and forms. (Neatness and creativity may add to your score) Information may be typed, handwritten in ink, or done on a computer, provided that you follow the same format as the original.

Please send your completed Packet to:  
 Oxford County Extension Office  
 9 Olson Road  
 South Paris, ME 04281  
 Phone: 207-743-6329

The Entry Application Packet should be placed in a loose-leaf or 3 ring notebook. The following is allowed:

- a. Decoration may be added to the cover provided it does not interfere with handling.
- b. Dividers may be used between sections.
- c. Clear protective covers may be used for all pages.
- d. Up to six (6) photographs may be included but only one (1) photo of the applicant is required.
- e. Photocopy pages as needed.
- f. Bring the forms in the back of the packet to registration of June 26<sup>th</sup>, if not sent in with packet

**Total Point Value For Each Section**

**1. TEEN LEADER APPLICATION PACKET**..... 50 Points

**Items included in your Entry Application Packet Must Be Submitted In The Following Order:**  
 (Points will be deducted as follows for the following problems. Three (3) points will be deducted if not submitted in correct order).

- |                  |  |
|------------------|--|
| <i>10 points</i> | <b>A. VERIFICATION FORM</b> (DISQUALIFIED if not in packet.) This is the only way to verify that you have been in the 4H project.<br>.....5 points if any of the required signatures are missing |
| <i>5 points</i>  | <b>B. REGISTRATION FORM-</b> must include all appropriate signatures<br>..... 1 point deducted if missing information/ signature<br>..... 5 points deducted if not in packet                     |
| <i>10 points</i> | <b>C. 4-H STORY</b><br>..... 10 points deducted if not in packet<br>..... 5 points deducted if 4-H story format not followed   |
| <i>10 points</i> | <b>D. WRITTEN ESSAY</b><br>..... 10 points deducted if not in packet   |

10 points      **E. 4-H RESUME**  
..... 10 points deducted if not in packet  
..... points awarded on completion, not editing

5 points      **F. PHOTO OF MEMBER** (Preferably 3x5 in color)  
..... 5 points deducted if not in packet  
..... 1 point deducted if photo is not labeled with name

No points      **G. REQUEST FOR ORAL EXAM**

Bonus Point system for packet can include below: (At the discretion of each judge)

- 3 points added for neatness
- 3 points added for creativity

THE FINAL SCORE IS AN AVERAGE OF THE THREE JUDGES SCORES.

2.	<b>KNOWLEDGE TEST</b>	100 Points
3.	<b>HORSE JUDGING (two classes)</b>	100 Points
4.	<b>PERSONAL INTERVIEW WITH HORSE COMMITTEE</b> This will consist of a short meeting with members of the Horse Committee to talk with each individual.	25 Points
5.	<b>DEMONSTRATED LEADERSHIP SKILLS</b> 5 Points – Positive Attitude 5 Points – Follows Directions 5 Points – Able to Work With Others 5 Points – Helpfulness to Participants 5 Points – Works Well With Committee Members	25 Points
		<b>300 Total Points</b>

## Teen Leader Responsibilities at Eastern States

- Hold horses, if needed.
- Give legs up, if needed.
- Be office contact (if applicable).
- Hold towels, brushes, etc. while delegate does the work.
- Sweep aisles (in turn) with other delegates.
- Participate in General Knowledge, Judging and Quiz Bowl.
- Be available to delegates/leaders for our state and possibly other states.
- Be in charge of daily State Flag Ceremony.
- Help with moving in/clearing out.
- “Off-duty” hours will be posted.
- Check on horses with barn managers.
- Help carry muck buckets and water buckets.
- Might help as a ring steward (must have a letter stating you are experienced as a ring steward)

### **Teen Leaders should NOT!**

- Braid or band horses.
- Groom horses.
- Shovel manure for any delegate’s horse.

### **Teen Leaders SHOULD!**

- Bring a picture to hang with other delegate pictures.
- Be available to all delegates, Maine and other New England states.
- Have team spirit and be willing to lead team chants.
- Be available and willing to help committee members at their request.
- Enjoy this wonderful experience!

## VERIFICATION FORM

I verify that I am currently enrolled in the Maine 4-H Horse Project with \_\_\_\_\_ County. I am a member of good standing in my county. I understand that this form is a requirement for trying out for the Maine 4-H Equestrian Team. I understand that this form is required as it is the only verification the committee has that I have been in the 4H horse project. Therefore, I will be disqualified if it is not included in my packet and 5 points will be deducted if any signatures are missing.

\_\_\_\_\_  
4-H Member (signature)

\_\_\_\_\_  
Date

\_\_\_\_\_  
4-H Leader or Advisor (signature)

\_\_\_\_\_  
Date

\_\_\_\_\_  
County 4-H Staff Person (signature)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent or Guardian (signature)

\_\_\_\_\_  
Date

**4-H EASTERN STATES EXPOSITION EQUESTRIAN TEAM TRYOUTS**  
*TEEN LEADER REGISTRATION FORM*

NAME \_\_\_\_\_ COUNTY \_\_\_\_\_

ADDRESS \_\_\_\_\_

TOWN \_\_\_\_\_ ZIP CODE \_\_\_\_\_

HOME PHONE ( ) \_\_\_\_\_ AGE AS OF JANUARY 1 \_\_\_\_\_ BIRTHDATE \_\_\_\_\_

E-MAIL ADDRESS \_\_\_\_\_

4-H CLUB NAME \_\_\_\_\_

4-H LEADER'S NAME \_\_\_\_\_

IN CASE OF EMERGENCY CONTACT \_\_\_\_\_ PHONE: \_\_\_\_\_

Person responsible for me during my stay at Maine 4-H E.S. Tryouts:

\_\_\_\_\_  
(Print Name) \_\_\_\_\_  
(Phone while at tryouts)

**As a chaperone for this 4-H'er, I understand that I will be responsible for this 4-H member. As this 4-Her's parent / legal guardian**

**I give my permission for \_\_\_\_\_ to participate in the Maine ESE 4-H tryout program. I designate**

\_\_\_\_\_ **to chaperone my child as I cannot.**

\_\_\_\_\_  
Signature of Parent/Legal guardian (must be 21 or older) \_\_\_\_\_  
Relationship

I understand as a 4-H member attending Maine 4-H E.S. Tryouts that I will not be permitted to leave the fairgrounds during the Horse Events. I will abide by the Code of Conduct and understand there may be consequences to my actions.

\_\_\_\_\_  
(Signature of 4-H'er) \_\_\_\_\_  
(Date)

Person who will transport 4-H'er home \_\_\_\_\_ If 4Her makes the team, a parent should be at the orientation in order to sign forms. (Print name)

- NUMBER OF YEARS ATTENDING TRYOUTS (INCLUDE CURRENT YEAR) \_\_\_\_\_
  
- NUMBER OF YEARS ATTENDING EASTERN STATES AS AN MAINE 4-H ESE EQUESTRIAN TEAM MEMBER EXHIBITING A HORSE \_\_\_\_\_
  
- NUMBER OF YEARS ATTENDING EASTERN STATES AS A MAINE 4-H EQUESTRIAN TEAM MEMBER NOT EXHIBITING A HORSE \_\_\_\_\_

# Insert Your Completed

## 4-H STORY IN THIS LOCATION

<http://www.umext.maine.edu/4h/forms/projectrecord/story.htm>

<b>Part I</b>	Introduce yourself. Include your age, interests, and when and why you joined 4-H.
<b>Part II</b>	Tell/show how you used the life skills and knowledge from your 4-H experience in your daily life. Include major learning experiences, special interests and unusual situations that you encountered.
<b>Part III</b>	Tell what you learned from working with other youth. Include relevant life skills that you learned or improved. Use your <i>Targeting Life Skills Wheel</i> to provide examples, and try to include at least one life skill from each quadrant.
<b>Part IV</b>	Tell how you have demonstrated leadership in 4-H or in other activities you participate in. Tell about your communication skills, how you prefer to make decisions, how you manage resources, how you like to work with groups.
<b>Part V</b>	Describe the community service projects you have worked on. Describe any citizenship programs or activities you have participated in.
<b>Part VI</b>	Describe how your 4-H experience has contributed to “who you are” at the present time. Describe how 4-H participation influenced your school and career goals. Tell about your plans for the future and the career you might like to pursue.
Part 7	Describe why you would be an asset to the Eastern States Exposition riding team for Maine ¼ - ½ page.

# INSERT YOUR COMPLETED ESSAY HERE

## ESSAY

*Please answer the following questions in written format.*

**What Leadership Skills do you possess?**

**Why would you want to be a Teen Leader and what have you done that helps make you a good candidate for being a Teen leader?**

**What is your past experience with horses?**

***Your essay should be ½ to 1 page in length and should follow your 4-H story in the packet.***

**INSERT YOUR 4H RESUME HERE**

**POINTS WILL BE AWARDED  
FOR COMPLETION OF RESUME**

**Not editing**

PLEASE USE ONE OF THE RESUME FORMATS AT:

[HTTP://WWW.UMEXT.MAINE.EDU/4H/YOUTH/FORMS.HTM](http://www.umext.maine.edu/4h/youth/forms.htm)

REQUEST FOR ORAL  
HORSE GENERAL KNOWLEDGE TEST

Please acknowledge that you require the horse general knowledge test to be administered to you in an oral format by signing below.

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(Rider's Signature)

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(Parent's Signature)

The following pages are not required for the ESE Tryouts packet, but need to be completed and turned in at ESE Tryouts registration on June 26, 2009. These forms are also available online at <http://www.umext.maine.edu/4h> or at your county extension office.

1. Photo Release Form
2. 4H Participant Health and Permission Form  
<http://www.umext.maine.edu/4h/forms/webdocs/permission.htm>

### **RECOMMENDED LIST OF ITEMS TO BRING**

The same list is for riders, drivers, grooms and teen leaders

The “Dorm” has a cement floor and is in the new horse barn. It is recommended you bring a cot, air mattress, sleeping bag/ blankets, pillow and maybe a tarp.

Toiletries

Emergency Treatment form (completed and signed by legal guardian/parent)

4H Participation and Permission Form (completed and signed by legal guardian/parent)

Photo Approval Form (completed and signed by legal guardian/parent)

Flashlight

Rain gear

Work clothes and boots

Show riding outfits, boots with heels, and helmets with harness and ASTM/SEI approval label intact

Halters, lead shanks and tie rope

Tow large water buckets, grain bucket, salt and hay bag

Padlock for tack box. Padlock for tack stall and dorm door.

Hay and grain sufficient for length of stay – labeled in closed container or packages

Fork and muck bucket or wheelbarrow for cleaning stalls

Grooming equipment

Tack (saddle, saddle pad/blanket, girth, saddle rack, bridle)

Shavings sufficient for length of stay. All stalls will need to be stripped and shavings removed before you will be allowed to leave.

Any participant who is on medication will notify the committee at the time of registration

Appropriate riding attire for off riding time- shoulder straps must be greater than 2 inches

Decorations are allowed for tack stalls. ABSOLUTELY NO tacks, pins, sharp objects are allowed to be used in the barns.

Hang buckets with twine or large bucket hooks from the metal tubing. NO screw eyes.

NOTE: Drop nosebands, figure eights, flash nosebands, draw reins, tie downs, harsh bits or sharp spurs are not permitted.

## UNIVERSITY OF MAINE SYSTEM AND 4-H PHOTO RELEASE AGREEMENT

I, \_\_\_\_\_, hereby grant and authorize the University of Maine System, acting through the University of Maine, (hereinafter UMS) and the 4-H Program (defined as 4-H Afterschool, National 4-H Council, 4-H Cooperative Extension System, USDA/CSREES, Maine 4-H Program, 4-H clubs and programs, etc.) its employees and agents to make use of, license or assign the use of, my image, appearance, likeness, voice and/or photograph, and other reproductions of any of these, in still photographs, videotapes, publications, audio, sound recordings, web sites, electronic and other media and/or motion pictures, (hereinafter all of which are included in the term "Material") obtained during the current 4-H year (October-September) at 4-H-sponsored events, and to do so with or without mention of my name.

I understand and agree that I am to receive no compensation of any kind, monetary or otherwise, on account of or arising from the production, publication, recording, rebroadcasting, or other use of such Material.

UMS shall have complete ownership of the Material produced or published and shall have the exclusive right and license to make such use of that Material as it wishes, including, but not limited to the right of performance, display, reproduction and distribution in all media, and the right to create, perform, display and distribute derivative works of the Material.

I agree to indemnify and hold UMS, the University, its employees and agents, harmless from and against any and all claims, damages, lawsuits, judgments, and expenses, including reasonable attorneys' fees that UMS may become liable to pay or defend arising out of or caused by any matter or material furnished or spoken by me in connection with my appearance.

I hereby release UMS, its employees and agents from all expenses, claims and liabilities incurred by me arising out of or in connection with my appearance and/or the use of the Material, except to the extent that those expenses, claims or liabilities are the direct result of the negligent acts or omissions of UMS, the University, its employees or agents.

This agreement shall be governed and construed according to the laws of the State of Maine.

If under 18, must be signed by parent or guardian

DATE	SIGNATURE	PLEASE PRINT NAME
ADDRESS		PHONE NUMBER
IF APPLICABLE, SIGNATURE OF PARENT OR GUARDIAN		

Meal Plan Information

Nancy Weeks and the Loose Shoe 4H Club will be offering a meal plan this year for tryouts. They have provided food for us in the past and have done an outstanding job!

They will offer Breakfast and Lunch Saturday and Sunday, and Dinner Friday and Saturday. The cost for these 5 meals is:

Under 5 – Free

4Hers - \$25.00

All others - \$30.00

**Please fill out this form and return with your packet so Nancy can plan and buy enough food.**

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

Address: \_\_\_\_\_

Tel. #: \_\_\_\_\_

I WOULD LIKE TO PURCHASE \_\_\_\_\_ 4H AND \_\_\_\_\_ FAMILY MEAL  
PLANS. THERE WILL BE \_\_\_\_\_ UNDER 5 AS WELL.

Please list names and which plan here:

## Schedule for ESE tryouts:

### Friday

4-6 pm Arrival Time: Stop at fairgrounds gate to have vaccination records checked. Check in at the Livestock Office BEFORE going to the barn. Have all paperwork and meal money ready.

Dinner will available from Nancy's Cook Shack and Loose Shoe 4H Club

7:30 Orientation – “town meeting”

8:00 General Knowledge Test

10:00 Barn closes

11:00 Lights out

### Saturday

6:30 Barn opens

6:30 – 8AM Breakfast

8am Fitting and Showmanship classes start

10-3 Equitation Classes (you will ride twice)

12-1 pm Lunch Available

2pm Teen Leader interviews in Livestock office

4:00pm Horse Judging (riders, drivers, grooms, and teen leaders)

5:00pm Meet the judge

5:30-7pm Dinner available

7:30 “Town Meeting” review the day, introduce National Team members

8:30 4H group Activity

10:00 Barn Closes

11:00 Lights OUT

### Sunday

6:30 Barn Opens

6:30 –8 Breakfast , packets available for viewing

6:30 Start Packing

8:00 Awards and Announce Team

8:30 Orientation for those who made the team – parents please attend this

8:30 Reflection for those who did not make the team, finish packing and check out

12:00 Final goodbyes



Parental Statement

*My son/daughter/ward has my permission to attend this program. Should my son/daughter/ward require medical attention while attending this program, I hereby give my consent for physicians to provide necessary medical treatment and will pay for same. I consider my son/daughter/ward's health to be POOR\_\_\_, FAIR\_\_\_, GOOD\_\_\_, EXCELLENT\_\_\_. I am not aware of any physical, mental or communicable conditions that will interfere with participation in this program which have not already been discussed with the event Coordinator.*

*Furthermore, I have read and understand the statements my son/daughter/ward has agreed to above and support this agreement. I realize that I am personally responsible for my son/daughter/ward while he/she is attending this program. I understand and expect that should my son/daughter/ward break this agreement and the adult coordinators find it necessary to dismiss him/her from this program, that I am responsible for his/her transportation home.*

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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

Relationship to participant:: circle one    Parent    Guardian    Other \_\_\_\_\_

Telephone: day\_( \_\_\_\_\_ ) \_\_\_\_\_ evening\_( \_\_\_\_\_ ) \_\_\_\_\_

Mailing Address if different from participant's:

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Participant Health Information

Family Physician \_\_\_\_\_ Telephone\_( \_\_\_\_\_ ) \_\_\_\_\_

Insurance Company \_\_\_\_\_ Policy Number \_\_\_\_\_

Date of last Tetanus shot \_\_\_\_\_

**PLEASE ANSWER THE FOLLOWING QUESTIONS:** (explain all "yes" answers)

- Respiratory Problems(Asthma, blood spitting, persistent cough, abnormal chest X-ray, T.B., etc.) ..... Y/N
- Heart Disease(High or low blood pressure, shortness of breath, murmurs, chest pain, Rheumatic Fever) ..... Y/N
- Stomach or intestinal problems (Ulcers, jaundice, hernia, colitis, indigestion, etc) ..... Y/N
- Kidney, Gall Bladder, or Liver Disease..... Y/N
- Diabetes or Hypoglycemia (low Blood Sugar) ..... Y/N
- Muscular/Skeletal Problems (Arthritis, hernia, recent fractures, etc.) ..... Y/N
- Eye, ear, nose, or throat problems (hay fever, ear infection, impaired sight or hearing) ..... Y/N
- Skin diseases ..... Y/N
- dizziness, etc.) ..... Y/N
- Emotional or mental disorders (Frequent anxiety, excessive fears, etc.) ..... Y/N
- Surgical Operations, accident or injuries, which required hospitalization in the past 2 years ..... Y/N
- Recent exposure to a Contagious Disease..... Y/N
- Allergies..... Y/N
- Are you currently under a doctor's care?..... Y/N
- Are you currently taking medication?..... Y/N
- Do you have any special dietary needs?..... Y/N
- Do you have any limiting physical conditions? ..... Y/N

Explanations: