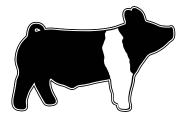
OSCEOLA COUNTY FAIR KISSIMMEE VALLEY LIVESTOCK SHOW OSCEOLA COUNTY4-H YOUTH MARKET HOG JUNIOR RECORD BOOK





Participant's Picture



ALL INFORMATION PROVIDED IN THIS RECORD BOOK MUST BE FOR THE CURRENT PROJECT YEAR

Exhibitor's Name:

Name of Parent(s) or Guardian:

Signature of Parent(s) or Guardian:

Name of 4-H Leader or Chapter Advisor:

Signature of Leader:

Exhibitor's Mailing Address:

Date of Birth	Age as of	Age as of 9/1 for the project year:		
Grade:	Year(s) in project:	Year(s) in 4-H/FFA:		
Name of 4-H Clu	b or FFA Chapter:			
Animal's Name:		Animal Tag Number:		

JUNIOR HOG KVLS MARKET ANIMAL RECORD BOOK CHECK OFF LIST 2021-2022

Record books are due on Wednesday, <u>January 19, 2022</u> from 4:00 – 6:00 p.m. at KVLS.

The date for the Skill-a-thon is Wednesday, <u>January 26, 2022</u> from 2:00 - 6:00 p.m. at the KVLS Arena.

Report cards are due on <u>January 26, 2022</u>. Note: All exhibitors must bring report cards to the Skill-a-thon.

If you do not bring your report card on January 26, 2022 you must take the Skill-athon and make a passing grade of at least 70%.

- □ Is the record book in a 4-H/FFA Cover?
- □ Is the typed Auctioneer Statement attached to the front cover?
- □ Is the Judging Sheet attached to the front cover?
- □ Is your record book in correct order? [Cover Page, Project Plans and Goals, Beginning Inventory, Expenses During Project (Feed, Hay, Equipment and Vet/Health), Closing Equipment Inventory, Weight Record, Financial Summary, Show and Sale Record, Demonstrations and Exhibits, Leadership and Citizenship, Project Highlights, Activities, Certificates (Participation/Demonstration), Project Attachments (Project Story & Project Pictures), Auctioneer Statement and Club Meeting Log]
- □ Look through your record book one more time and make sure each page is complete. NOTE: The Financial Summary/Project Summary ("AFTER SALE" data in the right column), Show Record, Sale Record and activities are to be completed after the show and sale.

REMINDERS: Your record book score must be 70% or better in order to participate in the KVLS Market Animal Show and Sale.

Record books must be completed by the exhibitor and in their own handwriting.

Please sign below to verify that you have completed this check off list.



4-H MARKET ANIMAL RECORD BOOK NOTES



Record books are due on Monday, May 2nd, 2022.

Make sure you fill-in after fair information to receive maximum points.

4-H GREEN PROJECT COVER	
PHOTO PAGE	
PROJECT REPORT SUMMARY/ACTIVITIES INCLUDING FINANCIAL SUMMARY PAGES	
STORY	
PHOTOS 1 photo per month	
CERTIFICATES—Leadership, Citizenship, Demo/Talk, Community Service (club level)	

CHECKLIST:

I personally prepared this report and it is a true record of my 4-H project. Record books MUST be completed in member's handwriting.

Approval of this report

4-H Member Signature:	Date:	
Parents or Guardian Signature:	Date:	

KVLS MARKET ANIMAL JR. RECORD BOOK JUDGING SHEET

NAME _____ AGE _____

CLUB

ALL RECORD BOOKS MUST HAVE A COMPLETED PHOTO PAGE AND TURNED INTO ** THE KVLS OFFICE IN A GREEN 4-H OR BLUE FFA COVER. ANY RECORD BOOK NOT IN A GREEN OR BLUE COVER OR NOT COMPLETE WILL NOT BE GRADED.

SECTION	COMMENTS	POSSIBLE SCORE	ACTUAL SCORE
Beginning and Ending Inventories		10	
Expenses: feed, hay, equipment and non-equipment, and vet (health)		20	
Animal Weight, Feed Conversion Record		5	
Project Summaries (Feed and Gain Summary & Financial Summary)		10	
Demonstrations and Exhibits		10	
Leadership and Citizenship		6	
Things Learned/Project Highlights		10	
Project Story		15	
Project Pictures 1 picture per month		10	
Spelling and Neatness		4	
	Subtotal – Possible Score	100	
Bonus Points			
	Total Points Possible		

No plastic covers on pages

100 - 90Blue 89 - 80Red 79 and under White

JUDGE'S COMMENTS:

Osceola County 4-H Project Report Score Sheet

Name: _____

Club:_____

Project Area: _____

Points	Possible	Criteria	Expectations
Earned Section	Points 1. Proj	ect Plans and Goals (5 points possible)	
Section	5		
	3	This is what I want to accomplish this year: - Ability to set obtainable and relevant goals.	
		- Goal should be in project area. 2 points off if not.	
Section	2: Proi	ect Overview (41 points possible)	
Section	Ť	4-H Presentations- Automatic 3 points off if one presentation is NOT in	Jr. 1 demo = 9pts Int.
	9	project area	2 demos = 9 pts Int.
		- A minimum of one oral presentation related to your project work.	demos = 9 pts SI. 5 demos = 9 pts
		- See Expectations column to receive maximum points.	
	4	Exhibit- Automatic 2 points off if one exhibit is NOT in project area	Jr. $1 \text{ exhibit} = 4 \text{ pts}$
		- A minimum of one exhibit must be in your project area.	Int/Sr 2 exhibits = 4pts
	-	- See Expectations column to receive maximum points.	
	8	Leadership- Automatic 2 points off if one is NOT in project area	Jr. 2 (proj.+1) = 8pts
		- A minimum of one leadership activity in your project area.	Int. 2 (proj.+1) = 8pts So 4 (proj.+2) = 8pts
	0	- See Expectations column to receive maximum points.	Sr. 4 (proj.+3) = 8pts Jr. 2 (proj.+1) = 8pts
	8	Citizenship-	Int. 2 (proj.+1) = 8pts Int. 2 (proj.+1) = 8pts
		Citizenship is helping others.See Expectations to receive maximum points.	Sr. 4 (proj. $+3$) = 8pts
	12	Project Highlights – 3 points for each of the following:	Jr: 1 in each area of project
	12	- Listed information and skills learned through project experiences.	highlights
		- Listed challenges faced when completing project work & how handled	Int./Sr,: 2 in each area of project
		- Listed major successes/accomplishments in project.	highlights 1.5 points off if it is not listed
		- Listed future plans/what could be done differently next time.	how challenge was handled
Section	3: Proj	ect Attachments (48 points possible)	
	10	Financial Summary Page	
	24	Project Book / Activities- 4 points for each activity completed	An Activity Form must be
		- Completed required number of activities (six) outlined in the project	submitted if:
		book as evidence of learning project skills.	-attended a workshop with no
		- Activity Forms can be submitted for an activity you completed.	certificate -attended a show not put on by
		- Approved county level workshop certificates (with Agent	4-H/KVLS
		signature) may be substituted as an activity.	-an activity was completed
		- Three points off each activity, if activity form was not submitted.	outside of the record book.
	10	Project Story	
		- Story portrays experiences with project work.	
		- Reflects on what was learned from the project experience and future plans.	
	1.0	-See guidelines within 4-H Project Report	
	10	Project Pictures	-If more than 20 pics,
		- Shows member actively engaged in learning experiences with this project	automatic one point off. If any captions or dates are
		(please provide captions and dates). One picture for each month to show progress with market animal.	missing, automatic 3 points of
		- Maximum of 20 pictures allowed.	<i>o,</i>
		- Printed photo collages are allowed.	
	100	Total Score	

PROJECT PLANS AND GOALS

Goals are your plans for the year. They should be specific, measurable, achievable, realistic, and timely (S.M.A.R.T.) A goal is a statement that reflects something you aim to accomplish within your project.

S=specific, M=measurable, A=achievable R= relevant, and T=timely

Please fill in the following statements about your project goals for the year.

My goal this year is:

My target finish date is:

To reach my goal, I will do these three things:

1.

2.

3.

Member Signature: _____ Date: _____

WHY KEEP RECORDS

- To have an account of all your accomplishments in one place.
- Records point out the advantages and disadvantages of projects.
- Records reflect your interest as a 4-H/FFA member.
- Records show self-improvement and service to others.
- Records show others what you have done.
- By keeping records, this will train you for future work.
- Records can qualify you for contests, awards and scholarships.

HELPFUL HINTS

- Read the whole record book through before you start. You may want to make a copy of your record book to use as a rough draft.
- Fill in the beginning inventory first.
- Keep your records up-to-date.
- If you need more pages, make them yourself and fasten them in the book.
- When items or supplies have been donated to you for use in your project, make sure to give the item or supply a value and carry the value through to the total of the section and throughout the Record Book.
- Do not include materials in the Record Book that will add "bulk" (example: various scrapbook embellishments, such as buttons, eyelets, ribbons, dimensional stickers, letters, etc.) Use only "flat" stickers, photos, etc.
- Do not confuse page numbers with section numbers.

NOTICE TO PARENTS: Parents may provide leadership and guidance for the member. However, the Record Book must be compiled and completed by the member in their own handwriting.

<u>**CURRENT YEAR:</u>**All information in this Record Book is to include those activities and events you have done this year. Do not include information that you did last year or the years before, only include current information.</u>

NEATNESS: You can use either a pencil or pen. You may either print or use cursive writing. You may use lined or plain papers for your story and picture pages. (Make sure there are no ragged edges). If you make a mistake, erase it, or use white-out to correct pen errors. Make your records as neat as possible. THE ONLY PAGE THAT CAN BE TYPED IS THE STORY & AUCTIONEER'S STATEMENT.

ACTIVITIES: A total of six activities need to be completed. The activities can be found in the skill-a-thon book. Certificates for interactive activities and workshops may count toward your six required activities. If you are using a workshop in place of an activity please fill out the 4-H record book activity form to explain what you learned. It is recommended that you complete the activities provided in the skill-a-thon book to help prepare you for the skill-a-thon.

BEGINNING INVENTORY

This record tells you what animal and equipment you have at the start of your project. Put down prices that you paid for your equipment or the estimated value. Your parents can help you with this part. If you showed a hog last year, the closing inventory of your project could be used as a guide for your opening inventory this year.

Please round to two decimal places

(1) ANIMAL

DESCRIPTION OF ANIMAL	Date of	Weight at	*Price /	Price
(Barrow/Gilt) (Breed)	Birth	Purchase	Pound	Paid
			\$	\$

* Example: Paid \$70.00 for a 35 pound hog \$70.00 ÷ 35 pounds = \$2.00/Pound

(2) EQUIPMENT

This is a record of what you already have when you start your project. Examples (but not limited to): shovel, bucket, feed scoop, grooming supplies, halter, show box etc. (Including the cost of your pen or barn is optional.)

DESCRIPTION OF EQUIPMENT	YEAR PURCHASED	TOTAL VALUE
TOTAL VALUE OF	EQUIPMENT	

(Carry totals over to next page if more room is needed)

(Rev. 9/07)

BEGINNING INVENTORY

(2) EQUIPMENT (continued) this page only needs to be used if more space is necessary

This is a record of what you already have when you start your project. Examples (but not limited to): shovel, bucket, feed scoop, grooming supplies, halter, show box etc. (Including the cost of your pen or barn is optional.)

Make sure to have subtotals at the bottom of each beginning equipment page with a grand total at the bottom of the final page.

DESCRIPTION OF EQUIPMENT	YEAR ITEM WAS PURCHASED	TOTAL VALUE
TOTAL VALUE OF EQUIPMENT		

EXPENSES DURING PROJECT

It is important to keep up with your expenses of your hog project and to keep good records. Be sure to record your expenses as they occur so you don't forget. Please round to two decimal places.

(3) FEED EXPENSES

In this section you will list all your feed expenses (grains/mineral/etc.).

DATE	DESCRIPTION	(A) # OF BAGS	(B) lbs. per BAG	(A) X (B) lbs. of FEED	(C) \$ per BAG	(A) X (C) TOTAL COST
			BTOTAL			
		TO	TALS			
				POUNDS of FEED/MINERA	ן L	FOTAL FEED EXPENSE

EXPENSES DURING PROJECT

(4) HAY EXPENSES

In this section you will list all your hay expenses. Include hay through completion of your project Please round to two decimal places

DATE	DESCRIPTION (what kind of hay)	(A) # OF BALES	(B) PRICE PER BALE	(A) X (B) TOTAL COST
	TOTALS			
		TOTAL # OF BALES		TOTAL HAY EXPENSES

(5) EQUIPMENT EXPENSES

This includes any equipment items purchased beginning with the second day of your project. Please round to two decimal places

DATE	DESCRIPTION	TOTAL COST
	TOTAL PURCHASED EQUIPMENT EXPENSE	

(6) NON-EQUIPMENT EXPENSES

This includes any items that you spend money for other than equipment. Examples (but not limited to): stamps for letters, film/developing, bedding, soap, etc.

DATE	DESCRIPTION	TOTAL COST
	TOTAL PURCHASED NON- EQUIPMENT EXPENSE	

(7) VEERINARY AND HEALTH EXPENSES

This includes any money spent for products or services related to your animal's health. Examples include, but are not limited to: veterinarian fees, implants, dewormers, medications, fly spray, etc. When supplies, equipment, medications, etc. have been donated for use in your project, give the supply, item, medication, etc. a real value and include those values in your totals throughout the record book. Please round to two decimal places

EXAMPLE ONLY:

DATE	DESCRIPTION	COST
Oct.11, 2014 (at first official weigh-in)	Ear Tag (DONATED)	\$1.00
Oct. 11, 2014	Fly spray	\$4.50

TOTAL VETERINARY AND HEALTH EXPENSE \$5.50

DATE	DESCRIPTION	COST
	TOTAL VETERINARY AND HEALTH EXPENSE	

VETERINARY AND HEALTH EXPENSES

(Rev. 9/14)

CLOSING EQUIPMENT INVENTORY

(8) CLOSING INVENTORY

This record tells you what you have at the end of your project. This should include all the equipment you started the project with [(2) EQUIPMENT] and equipment you purchased during the project [(4) EQUIPMENT EXPENSES] and still have at the end of your project. [Do not include NON-EQUIPMENT EXPENSES from Section (5).] Please round to two decimal places.

DESCRIPTION OF EQUIPMENT	YEAR PURCHASED	TOTAL VALUE
TOTAL VALUE OF CLOSING I	NVENTORY:	

(Rev. 9/07

(9) WEIGHT RECORD

It is important that you keep up with the weight gains of your market animal. Your weight record should start with your first weigh-in when you purchased the animal and should show the weights taken throughout your project. You must have a minimum of four (4) weights recorded.

	DATE	WEIGHT	GAIN
Weight at Purchase			
First Official Weigh-In			
Estimated Weight at			
Final Weigh-In			
		TOTAL GAIN	

To calculate gain, previous weight should be subtracted from current weight.

(10/2009)

FEED AND GAIN SUMMARY

Please round to two decimal places

BEFORE SHOW/SALE

WEIGHT GAIN

Final Weight

(actual sale weight – Section (10)

AFTER SALE

(estimated show weight – Section (8)

Starting Weight

Total Weight Gain

(estimated)

(actual)

(Subtract your starting weight from your final weight to find your weight gain.)

FEED

Total Pounds of Feed Fed (Section 3)

Pounds of Feed Per Pound of Gain (Equals: Total Pounds of Feed ÷ Total Weight Gain)

> Total Cost of Feed (Section 3)

Feed Cost Per Pound of Gain (Equals: Total Cost of Feed ÷ Total Gain)

(8/2008

FINANCIAL SUMMARY

BEFORE SHOW/SALE	RECEIPTS	AFTER SALE	
1	Closing Inventory [Section (8)]		1.
2. *(*Estimated) Use animal value = \$2.00 per lb X your estimated show weight – Section (9)	Market Animal Value	[Actual – Section (11)]	2.
	Other Income/Add-on Support [Section (11)]		3.
4(Add lines 1 and 2)	TOTAL RECEIPTS	(Add lines 1, 2 & 3)	4.
	EXPENSES		
5	Cost of Animal [Section (1)]		5.
6	Feed Expenses [Section (3)]		6.
7	Hay Expenses [Section (4)]		7.
8	Equipment Expenses [Section (5)]		8.
9	Non-Equipment Expenses [Section (6)]		9.
10	Veterinary & Health Expenses [Section (7)]		10.
	Other Deductions: (Examples: Check-off Fee, Ultrasound, Buyer's Reception)		10(a)
	Commission: Section (11)	(Commission to KVLS – 5% X Sale	10(b) Price)
11(Add lines 5 through 10)	TOTAL EXPENSES	[Add lines 5 through 10(b)]	_ 11.
(Subtract yo	PROFIT OR (LOSS) our TOTAL EXPENSES from your (Line 4 – Line 11)	TOTAL RECEIPTS)	_

(10/2009)

AWARDS & RECOGNITIONS RECEIVED IN THIS PROJECT

DATE of SHOW	ANIMAL TA	AG#	CLASS ASSIGNED	PLACE/RIBBON
AWARDS				
AWARDS RECEIVED:				
(12) SALE RECORD (to be completed after the sale)				

DATE of SALE	BUYER	PRICE PER POUND	SALE WEIGHT	SALE PRICE

ADD-ON SUPPORT:

1

NAME OF SUPPORTER	\$ AMOUNT

Presentations

List your 4-H Presentations (demonstrations and illustrated talks). This is an opportunity to tell others about your 4-H project. Some examples of places that 4-H Presentations can be done are at 4-H club meetings, County Events, District Events. Presentations and demonstrations can not be included on leadership page.

- Juniors should have at least <u>one</u> 4-H presentation and it should be project related.
- Intermediates should have at least two 4-H presentations and one should be project related.
- Seniors should have at least three 4-H presentations and one should be project related.
- <u>Three</u> points will automatically be deducted if NO presentation is listed in project area.
- **KVLS Requirements:** JR, INT, SR one demonstration required when record books are due to KVLS on 1/19/2022

DATE	PRESENTATION TTLE/ PROJECT AREA	LOCATION
04/30/14	Different Dog Breeds/ Dog	4-H County Events, Osceola Extension

Exhibits

Exhibits are an opportunity for you to show what you learned in your 4-H project. This may be done by exhibiting something in the fair (for example showing your animal, participating in Fashion Revue, game board, tabletop) or through a contest (for example Marine Ecology, Consumer Choices).

- Juniors must have at least <u>one</u> exhibit and it should be project related to receive maximum points.
- Intermediates and Seniors must have at least two exhibits and one must be project related.
- KVLS Requirements: JR, INT, SR minimum of two exhibits completed by 1/19/2022

DATE	SUBJECT	LOCATION
2/15/19	Table Top	Club Meeting

Leadership

Leadership is defined as any time when you teach or lead others. For example: camp counselor, club officer, show others how to groom an animal, Farm City Ambassador, etc. Keep in mind that sometimes a demonstration can be considered leadership. This is only if the audience is also doing the task at the same time. Remember, an activity can only be listed once. If it is listed as a demonstration, it cannot be listed for leadership.

- Juniors and Intermediates must have at least two leadership activities
- Seniors must have at least <u>four</u>.
- <u>Two</u> points will automatically be deducted if NO leadership is listed in project area.

<u>Citizenship/Community Service</u>

Citizenship is anytime you have helped others. Did you help someone out? Did you donate something? Did you help the environment? Example: helping a friend build a hog pen, help pick-up litter, and donate your old show shirt to a 4-H member.

- Juniors and Intermediates must have at least two citizenship/community service activities
- Seniors must have at least <u>four</u> citizenship/community service activities. List citizenship/ community experiences below; use additional page if necessary.

PROJECT HIGHLIGHTS

Project highlights are an important part of your record book. It shows what you have learned, challenges you have faced, successes and accomplishments you have had and, along with what you may do differently next time. When completing the challenges faced section, make sure you explain how you handled them. More explanation is always better.

- Juniors (ages 8-10) list a minimum of <u>one</u> thing learned in each category.
- Intermediates (ages 11-13) list a minimum of <u>two</u> things learned in each category.
- Seniors (ages 14-18) list a minimum of <u>two</u> things learned in each category.

List information and skills learned through project experiences:

Example:

• I learned how to properly feed my animal so that my animal makes weight at the Osceola County Fair.

List challenges faced when completing project work and how you handled them:

Example:

• One challenge I faced was breaking my animal. At first, I could not get a hold of my animal without the help of adults. After much practice and help from my dad, I was able to put a halter on my animal and lead him around.

List major successes/accomplishments in your project:

Example:

• One major accomplishment in my project was giving a demonstration at county events on my animal. I had to research and practice my speech in order to do a good job.

What I will do different next time/future plans:

Example:

• One thing that I will do differently is to begin my demonstration earlier in the year. This was the first year I did county events and I was very nervous. I could have used some more practice.

4-H Project Activities (ONLY for 4-H Members)

Please list the six activities you completed in your 4-H project area using the table below. If activities were completed in group setting, please attach certificates with County Agent signature. There must be at least six activities—these can be found in the skill-a-thon book, activity certificates or a combination of skill-a-thon activities and activity certificates.

NEW-An Activity Form needs to be completed for:

- a workshop (if no certificate was given)
- a show that was not put on by 4-H/KVLS
- any activity completed outside of the record book

The purpose of the activity sheet is to share what you learned. A form is included and can be found on the next page

Examples:

- Steer Parts, 10/1/18, Page 17
- Steer identification plate, 12/3/18, Activity Form and picture page 25
- Pin the parts on the hog, 1/7/19, Certificate from club leader (activity done at a club meeting)
- Goat Workshop, 11/25/18, Activity Form and certificate

Activity	Date	Page #/Certificate/Activity Wks
1.		
2.		
2		
3.		
4.		
5.		
6.		



What activity did you complete (Title)?

What did you learn?

How did this activity help you with your project?

Project Attachments

- Make sure you have your <u>Photo Page</u> (use any clear photo of yourself) as the first page of your report.
- Project Story: Create a story of some of your project experiences.
 - ✓ Tell about an enjoyable experience during this project year
 - ✓ Tell about a difficult experience this project year
 - \checkmark Share what you have learned
 - \checkmark Share at least one thing you will do differently next time
 - ✓ Share something unique about this project or your 4-H year
 - ✓ Share what you did after the Osceola County Fair

Your story should be long enough to cover the work you have done in this project during the 4-H year. Minimum 1 page length for Juniors, neatly handwritten or typed in 14 pt font or minimum 2-3 pages length for Intermediates and Seniors, neatly handwritten or typed. Write on only one side of paper. Be sure to have an introduction, body and conclusion.

Project Pictures: one picture for each month is required to show progress of your market animal. An automatic 3 points off if any captions or dates are missing. Make sure that you are in the pictures. Maximum of twenty pictures allowed. Flat stickers are acceptable, but do not include bulky scrap booking accessories! Printed photo collages are allowed. No 3-D items. You may also include pictures of you helping others in your citizenship and leadership activities. This does not count towards the limits on your numbers of photo. You may include club award certificates and market animal weigh-in receipts, if applicable, in this section.

AUCTIONEER STATEMENT INSTRUCTIONS

Complete and <u>**TYPE</u>** Auctioneer Statement on next page and attach it to the inside of the front cover of your record book.</u>

Due to the limited time available, and the high number of animals to be auctioned, *statements must be brief*.

- Type the statement in a 16 pt. font.
- Write it in 3rd person (she, he, her, his), NOT in 1st person (I, me, my).

Things you *may* include:

- The exhibitor's name (commonly called, not formal), age, school grade (7th, 8th not A, B) and school name (DO NOT include the word "School" following "Elementary," "Middle," or "High.");
- The animal's name, your club's name and any offices you currently hold (do not use the word, "currently");
- The number of years you have been in 4H/FFA and number of years in this market project;
- Something learned/experienced this project year (relating to the project serious or humorous);
- What your earnings will be applied toward;
- If you are a senior, mention that it is your last year and any goals/plans you have (college/major, military, etc.); and
- Any special thank-you's or acknowledgements.

Read it carefully and remove any unnecessary words.

AUCTIONEER STATEMENT

EXHIBITOR'S NAME _____

NAME OF ANIMAL _____ TAG/TATOO # _____

Please write a short one paragraph story (100 words or less) about yourself for the auctioneer to read before he/she auctions your animal. Remember, this page must be typed and attached by a paper clip inside the front cover.

CLUB MEETING LOG

Club Name

PLEASE NOTE: YOU MUST ATTEND AT LEAST 1 (ONE) 4-H MEETING AFTER THE FAIR

DATE OF MEETING	PLACE OF MEETING	NAME OF LEADER

DATE OF 4-H/FFA MEETING ATTENDED AFTER FAIR:

DATE of MEETING	PLACE OF MEETING	NAME OF LEADER





"The Foundation for the Gator Nation" an Equal Opportunity Institution



Handbook revised by Brittany Justesen and Jessica Sprain, Extension Faculty Osceola County Cooperative Extension Service and the University of Florida