

2020 SOUTHEAST DISTRICT 4-H CONTEST

An opportunity for 4-H members to develop and practice communication skills.



Date: Saturday, March 14, 2020

Location: New Kent Middle School
7501 Egypt Road
New Kent, VA 23124

Deadline to register: February 14, 2020 at 11:59 p.m.

How to register: Click/copy se4hcontest.eventbrite.com to register online.

Cost: \$5 per 4-H contestant to be collected at registration on March 14

Check-in will take place in the cafeteria the morning of the District Contest.

Schedule:	9 a.m.	Agents and Volunteers Arrival
	9:15 a.m.	Judges Orientation and Registration
	9:30 a.m.	Opening Ceremony for ALL (Pledges, Raffle Explanation)
	9:45 a.m.-1:00 p.m.	Contests (Presentations, Public Speaking, Share the Fun, Fashion Revue, and Art)
	1:00 p.m.	Awards Program (or as soon as possible)

Three raffle prizes will be given this year. If you receive a blue ribbon you get 3 tickets, 2 tickets for a red ribbon, and 1 ticket for a white ribbon. Tickets will be placed into the prize container of your choice, and the drawing will take place immediately following the awards ceremony.

Contacts:

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GENERAL INFORMATION

Age Divisions:

District Contest age divisions* (age as of 9/30/2020) are as follows:

Juniors - ages 9 –11

Intermediates - ages 12-13

Seniors - ages 14-18

(*Except Share-The- Fun, where ages are Junior-ages 9-13 and Senior-ages 14-18)

Cloverbuds do not participate in 4-H contests.

Equipment:

A lectern will be available for public speaking. There will be a computer and a PowerPoint projector in each room. **Bring presentations on a flash drive in PowerPoint. Participants will not have access to Google Docs. Contestants must furnish any other equipment, including CD players, microphones, small appliances, extension cords, and other props.** Large appliances such as ovens will not be available. Food presentation contestants should bring a finished product.

CONTEST INFORMATION

Presentations: A presentation can be a demonstration or an illustrated talk. It is a way to show others how to do something, or to teach others more about a subject. Live animals and loaded firearms are not allowed at the contest. Presentation times are: Jrs. 2-5 min, Intermed. 5-8 min, Srs. 8-15 min.

4-H Presentation Publication:

https://www.pubs.ext.vt.edu/content/dam/pubs_ext_vt_edu/388/388-056/4H-834.pdf

Science Presentation: Team Presentation

Research, problem-solving, creativity, innovation, and communication are integral skills required for the 21st Century Learner. In this 4-H Presentation category, teams of 3 – 8 will present on a current problem that researchers, scientists, or engineers are currently using science to address. Teams will also create their own innovative solution to address the problem. Presentations will be judged on the following items: identification of a problem, current research, innovative solution, and presentation delivery.

Public Speaking: A speech is an oral communication about a topic that the member wants to share. Visual aids are not usually used, although note cards are acceptable. Speech times are the following: Junior 2-5 min, Intermediate 3-6 min, and Senior 5-7 min.

Public Speaking Contest Guide:

https://www.pubs.ext.vt.edu/content/dam/pubs_ext_vt_edu/4-H/4H-421/4H-421-pdf.pdf



Share-The-Fun: Share-the-Fun encourages youth to discover and develop their talents and to develop confidence in performing before an audience. Acts may consist of one to four individuals from the same age category. Time limit is 4 minutes per act. Categories are the following:

- **Vocal:** Singing, yodeling (judged on vocal performance only)
- **Instrumental:** Playing musical instruments
- **Dance:** Tap, ballet, acrobatic, modern, folk, jazz, interpretive
- **Drama:** Play or scene from a play, monologue, mime
- **Variety:** Magic, puppetry, ventriloquism, juggling, tumbling/gymnastics, stand-up comedy, impressions, clowning, circus acts, step
- **Combination:** Any combination of above categories, judged on all parts of the performance

Share-The-Fun Contest Guide: https://www.pubs.ext.vt.edu/content/dam/pubs_ext_vt_edu/4-H/4H-424/4H-424-pdf.pdf

Fashion Revue: This event helps youth develop decision-making skills in making or purchasing apparel based on individual resources and needs.

- **Category 1:** Constructed garments
- **Category 2:** Purchased garments

All Fashion Revue participants must submit a Fashion Revue/Clothing project record, consumer comparison worksheet and a written commentary with their registration. (Get these forms from your local Extension Office.)

Fashion Revue Contest Guide: https://www.pubs.ext.vt.edu/content/dam/pubs_ext_vt_edu/4-H/4H-477/4H-477-pdf.pdf

Visual Art Contest: There are three components to the entry:

1. Visual arts contest Painting, Sculpture, Photography, Drawing, Mixed Media, Fiber, Crafts, Trash to Treasure. 4-H'er may submit only 1 work of art. All 2-D Work must be matted. Photographs should be 5 X 7" No frames other than mat. 2-D entries must be no larger than 24" X 24" including matting.

2. A narrative written and signed by the member must accompany the entry. Maximum length of 350 words addressing the following questions:

- a) How did you create your art work?
- b) What techniques did you use?
- c) What skills did you need?
- d) What materials did you use?
- e) How long did it take you to create it?
- f) How did you learn to do it?
- g) Why did you enter this contest?
- h) Why did you select this piece of art for the contest?

3. Youth **MUST BE PRESENT** to answer judges' questions, otherwise the entry will be disqualified.



Food Challenge: To be held at New Kent Extension Office on the same day as District Contest. Awards to be given at New Kent Middle School following contest.

This contest challenges members to create a dish using healthy ingredients in addition to learning in-depth information related their dish and its nutritional value concluded with a presentation. Participants must be 4-H members currently enrolled in a Virginia 4-H Youth Development county program.

Age divisions are determined by a participant's age as of the current 4-H year in accordance with what is stated in the current 4-H Rules and Guidelines. Junior/Intermediate Division: Grades 3 thru 8, Senior Division: Grades 9 thru 12

PARTICIPANT RULES (COUNTY/DISTRICT LEVEL) Note: These rules may be modified to accommodate the needs of a county/district level contest.

- Teams are per county/city; Each city/county may enter a maximum of two Junior/Intermediate teams and a maximum of two Senior teams.
- The first and second place teams should advance to the State contest.
- Each team will have at least three and no more than four members. Teams may not include members in different age divisions. Substitution of team members should be made only if necessary. No more than two team members may be substituted, up to the day of the Food Challenge. The substitute 4-H member must have participated in the county Food Challenge to be eligible.
- Each team will have the option of wearing coordinated clothing, aprons or hair coverings.
- Resource materials provided at contest. Resource materials will be provided for each team at the contest. These include MyPlate Mini-Poster, Fight Bac - Fight Food Borne Bacteria Brochure, Know Your Nutrients, and the Food Challenge Worksheet. Optional resources will include copies of grocery receipts/purchase prices for age groups calculating costs. No other resource materials will be allowed. Teams may not use their personal copies of the resources during the contest.
- Supply box. Each team must supply their own equipment for the challenge. Teams may bring only the supplies listed in the supply box section. Supply boxes will be checked by contest officials as teams check in for the contest. Any extra equipment will be removed from the team's supply box.

Table Setting: Through participation in this contest, youth will learn valuable life skills in the areas of meal preparation – either formal or informal – meal etiquette, menu preparation, use of Virginia Agricultural products within a menu and how to coordinate attire with menu and meal themes. Youth can use their imagination and creativity to create a welcoming and fun meal environment.

Table Setting Competition Guide:

https://www.pubs.ext.vt.edu/content/dam/pubs_ext_vt_edu/4-H/4H-718/4H-718.pdf

Extemporaneous Speaking: Extemporaneous Speaking challenges contestants to think quickly and prepare a speech on an assigned topic with little preparation. Participants will



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draw three possible topics, choose one, prepare for 15-30 minutes, and then deliver a 2-5 minute speech response.

Extemporaneous Speaking Competition Guide:

https://www.pubs.ext.vt.edu/content/dam/pubs_ext_vt_edu/4-H/4H-471/4H-471-pdf.pdf

9. RADIO SPOT/4-H PROMOTION

The Radio and Public Address contests provide 4-H youth with an opportunity to express themselves clearly, organize their ideas and have confidence. By competing in this contest, youth learn valuable life skills in effective communication that they will use throughout their lifetime.

Radio/Public Address Contest Guide:

https://www.pubs.ext.vt.edu/content/dam/pubs_ext_vt_edu/4-H/4H-427/4H-427-pdf.pdf

CONTEST CATEGORIES

Participants may enter **TWO CONTESTS** OR only one contest *if participating in Food Challenge*.

1. PRESENTATION CATEGORIES:

- ANIMAL SCIENCE:
Dairy/Livestock Pets Horse Poultry Egg Cookery
- CAREERS & ECONOMIC EDUCATION: Career Exploration Entrepreneurship
Economic Ed.
- CITIZENSHIP: Citizenship
- COMMUNICATIONS & EXPRESSIVE ARTS: Photography
- NATURAL RESOURCES & ENVIRONMENTAL EDUCATION: Forestry Wildlife
Fishing Outdoor Adventure Shooting Education Environmental
Education
- FAMILY SCIENCE: Personal Appearance Child Care Housing & Interiors
- FOODS, NUTRITION & HEALTH: Farm to Table (Agriculture, Food Production,
Consumer) Outdoor Cookery Food Safety/ Preservation Health & Human
Nutrition Grains Fruits & Vegetables Protein Foods (dairy, meat, fish,
poultry, dry beans, eggs) Sports & Exercise
- LEADERSHIP: Leadership



PRESENTATION CATEGORIES (Continued):

- **PLANTS, SOILS & ENTOMOLOGY:** Plant & Soil Science Horticulture Entomology
- **SCIENCE & TECHNOLOGY:** Science & Technology Science Fair Team Presentations

2. FASHION REVUE CATEGORIES:

- CATEGORY I - Constructed garments
- CATEGORY II - Purchased Garments

3. PUBLIC SPEAKING

4. SHARE-THE-FUN CATEGORIES*:

- Dance •Drama • Combination •Instrumental •Variety •Vocal

5. VISUAL ART (You may submit **only 1 entry total)**

- Painting •Photography •Sculpture • Drawing •Fiber • Mixed Media • Crafts •Trash to Treasure

6. 4-H FOOD CHALLENGE (Choose this contest only)

Intermediate team Senior Team

7. TABLE SETTING

8. EXTEMPORANEUS SPEAKING

9. RADIO SPOT/4-H PROMOTION

*If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in this activity, please contact the Virginia Beach Extension Office at (757) 385-4769 during business hours of 8:00 a.m. and 5:00 p.m. to discuss accommodations 5 days prior to the event. *TDD number is (800) 828-1120.*

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