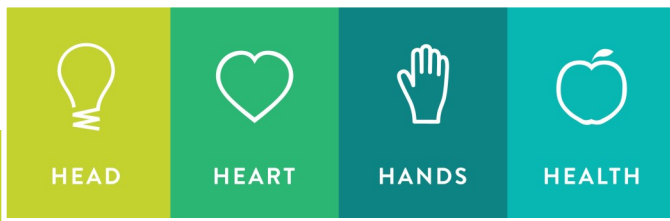


# PRINCE WILLIAM 4-H COMPETITIONS

Through Prince William 4-H, youth are provided opportunities to develop their unique talents and capabilities. In 4-H, we "Learning by Doing." 4-H provides opportunities for both training (learning) and practice (doing). Through competitions, 4-H'ers develop life skills that are relevant now and in the future. Youth who develop life skills become self-directed, productive, contributing citizens.



A variety of 4-H competitions and events are available for youth to practice and perfect the life skills they learn through their projects.

## LEARNING COMPETITIONS

4-H programming with youth is guided by an experiential learning process that includes goal setting, cognition, practice, and performance. The performance stage is when members demonstrate what they have learned through various 4-H activities and events, including competitions. Youth are scored against a published rubric. Competition experiences enhance positive youth development and prepare youth with positive competitive knowledge, skills, attitudes, and aspirations that can lead to success through life.

## SHARE THE FUN & PRESENTATIONS

Share-the-Fun and Presentation Day are our most popular competitions and encourage 4-H'ers to display their talents in expressive arts and develop presentation skills and confidence performing in front of an audience. Judges evaluate 4-H performers based on talent, audience response, creativity, showmanship, and use of costumes/props. The goal is to help participants develop their talents in a creative and constructive manner, develop research and writing skills, learn computer skills, and improve communication skills. Competition categories include: presentations, extemporaneous speech, public speech, drama, dramatic reading, table setting, fashion review, science fair, radio and public address, and vocal-instrumental-combo performance.

## PROJECT RECORDS & PORTFOLIOS

4-H Project Records form an excellent summary of a 4-H'ers career. Youth will use information in the 4-H records to complete 4-H resumés, Virginia 4-H All Star forms and in making application for jobs, scholarships and honors. 4-H Portfolios combine all 4-H experiences over the lifetime of the member. Both Project Records and portfolios are submitted annually to Prince William 4-H for scoring. Special interest clubs, such as horse and shooting education, require project records and portfolios prior to competing.



## DOING COMPETITIONS

Team competitions provide opportunities for youth to develop the interpersonal, leadership and cooperative skills necessary to be successful in our interdependent and global society. Teams and individuals may progress from local to district, state, and national competitions.

-  **4-H Food Challenge:** 4-H teams learn kitchen and cooking safety, how to prepare nutritious meals and snacks, and key concepts of healthy living. Learning experiences focus on nutrition, food purchasing, food preparation, food safety, and related careers.
-  **4-H Shooting Education & Sports:** This program uses shooting as a vehicle to teach youth life skills such as responsibility, self discipline, and teamwork. Firearm Safety and marksmanship are also taught using the disciplines of shotgun, skeet/trap, air pistol, air rifle, BB, small bore, muzzleloader, and archery.
-  **4-H Horse Competitions:** Virginia's 4-H horse program emphasizes project based learning about equine selection, nutrition, management, riding, recreation, fun, competition, horsemanship, and sportsmanship. Competitions focus on hippology and horsemanship.
-  **4-H Livestock Competitions:** This animal science project enables youth to develop their interests in beef cattle, sheep, meat goats and swine. 4-H'ers learn about selection, care and feeding of livestock, animal health, and the importance of good record keeping. Competitions are available in livestock judging and stockmen's contests, and livestock shows.

## PRINCE WILLIAM COUNTY FAIR

Share your 4-H experiences and growth with the county! The PWC Fair is held every August and youth have opportunities to submit their work and demonstrate their knowledge in everything 4-H! Most youth competitions are free to enter and are great portfolio building experiences.

## STATE FAIR OF VIRGINIA

4-H'ers can share their knowledge and 4-H experiences at the state level, too!

## 4-H COMPETITION LEVELS

Prince William 4-H  
Northeast District 4-H  
Virginia 4-H  
National 4-H

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