



# Post Rock District 4-H Day Guide

## Sept. 25, 2021 Fall In-Person Experience

### Kansas 4-H Communications

Kansas 4-H members have been learning communication skills and building confidence for more than 100 years. Through engagement in 4-H, youth will learn to interpret verbal and nonverbal information, develop effective public speaking skills, enhance written and spoken communication, defend a point, design a presentation, and much more!

Kansas 4-H has many helpful resources to assist you with developing communication skills. Visit the [Kansas 4-H Communications Project](#) webpage for resources. Learn more about common 4-H presentations in the [Kansas 4-H Presentation Overview](#). If you can't find a resource to meet your needs, please contact your local Post Rock District Office.

### Post Rock District Fall 4-H Day

4-H Day is an opportunity for Post Rock District 4-H members to showcase and further develop communication skills. It's an opportunity to learn and practice skills necessary to clearly organize and present ideas and instructions through a variety of communication and presentation strategies.

#### SEPTEMBER 25 EVENT DETAILS

September 25, 2021 @ Lakeside Schools

Communications contests will take place in the morning of September 25, 2021. Schedules will be made and emailed to participating families as soon as possible after the registration deadline.

#### REGISTRATION DEADLINE IS SEPTEMBER 6

Register online at <https://bit.ly/2021PRDFall4-HDay>. Registration is due by 11:59PM on September 6. If you cannot register online, call your local Post Rock District Office and we will complete your online registration on your behalf during a phone conversation. Late registrations will be lowered one ribbon placing during judging.

#### PARTICIPATION

Participants, volunteers and spectators are expected to follow the Kansas 4-H Code of Conduct. This includes behavior, presentation content, visuals, etc. Post Rock District 4-H Day is a district-level experience. Participants must be actively enrolled in the Post Rock District through 4-H Online to participate. Cloverbud members can experience 4-H Day on a participation basis only, participating in no more than one individual area and no more than one group area.

#### VIRTUAL ENTRY SUBMISSION EXPECTATIONS

Because there was a virtual 4-H Day offered in February 2021, there will be no virtual participation options for 4-H Day in September. The only exception is Model Meeting, which is ONLY a virtual option for 4-H clubs.

## AGE DIVISIONS

Post Rock District 4-H Day age divisions are determined before January 1 of the current 4-H year.

Cloverbud Division = 5–6 years old  
Junior Division = 7–9 years old  
Intermediate Division = 10–13 years old  
Senior Division = 14 years and older

## AWARDS

Each 4-H member in the Junior, Intermediate and Senior Divisions will be judged based on the contest area's expectations. Written feedback will be provided to each youth along with a white, red, blue, or purple ribbon ranking. In each contest area, one Outstanding Presentation Sensation (OPS) award will be selected from the top purples, if the judge determines there is an entry deserving of the award. In eligible contest areas and age division, youth earning a purple at 4-H Day are able to participate at the Kansas State Fair. Failure to meet the expectations outline for each contest area will impact judging scores.

## QUESTIONS OR CONCERNS

[Contact a Post Rock District Office](#) or email your 4-H Program Coordinator. Visit our website at [www.postrock.ksu.edu](http://www.postrock.ksu.edu).

Mitchell & Lincoln Counties – Nora [nrhoades@ksu.edu](mailto:nrhoades@ksu.edu)  
Osborne County – Kim [kimn@ksu.edu](mailto:kimn@ksu.edu)  
Smith County – Risa [overmiller@ksu.edu](mailto:overmiller@ksu.edu)  
Jewell County – Tonia [tiunderw@ksu.edu](mailto:tiunderw@ksu.edu)

# Post Rock District 4-H Day Contest Areas

## PUBLIC PRESENTATION CONTEST AREAS

Unless otherwise stated, there is a two entry maximum per participant in each contest area as long as each entry topic is different. Unless otherwise stated, visual aids are allowed. A projector, projector screen, computer, easel, and table will be available in each presentation room. All virtual visual aids must be brought to the presentation on a flash drive by the presenter. Internet is not available. No live shooting or loaded firearms allowed.

**Project Talk** – Review the [Kansas 4-H Project Talk](#) fact sheet to learn about this contest area and to gain valuable tips. Cloverbud Division, One entry allowed for Cloverbud, Time guideline 1-3 minutes; Junior and Intermediate Divisions, Time guideline 3-7 minutes; No Senior Division.

**Illustrated Talk** – Review the [Kansas 4-H Illustrated Talks](#) fact sheet to learn about this contest area and to gain valuable tips. You may also find the [Kansas 4-H Demonstration or Illustrated Talk Outline Planning Form](#) helpful. No Cloverbud Division; Junior and Intermediate Divisions, Time guideline 4-10 minutes; Senior Division, Time guideline 6-15 minutes.

**Demonstration** – Review the [Kansas 4-H Demonstrations](#) fact sheet to learn about this contest area and to gain valuable tips. You may also find the [Kansas 4-H Demonstration or Illustrated Talk Outline Planning Form](#) helpful. No Cloverbud Division; Junior and Intermediate Divisions, Time guideline 4-10 minutes; Senior Division, Time guideline 6-15 minutes.

**Demonstration or Illustrated Talk Group** – Visit the [Kansas 4-H Communications Project](#) webpage for resources. Two to four 4-H members in a group, with each member having an equal amount of speaking and demonstration/illustration roles. No Cloverbud participants; No age division separation, Time guideline 15 minute maximum.

**Public Speaking** – Review the [Kansas 4-H Public Speaking](#) fact sheet to learn about this contest area and to gain valuable tips. No Cloverbud, Junior or Intermediate Divisions; Senior Division, Time guideline 5-15 minutes.

**Spontaneous Speaking** – Each participant will draw from the topics: Promote 4-H, Personal Interest, Current Event, Entertainment Review. After drawing, the participant will have 10 minutes to compose a talk about the specific topic. No online or print research allowed during preparation time. Participant will be provided with a writing utensil, note paper and index card. Phones and computers are not to be used. When time expires, the participant will present their talk to a judge. No visual aids allowed. Visit the [Kansas 4-H Communications Project](#) webpage for resources. No Cloverbud, Junior or Intermediate Divisions; Senior Division, One entry allowed, Time guideline 2-5 minutes.

**Public Service Announcement** – Entries will be a short, commercial-style live presentation which promotes 4-H. Topics may be about joining 4-H, promoting the club experience, sharing a 4-H success story, exploring a project/experience available through 4-H, etc. Presentations should be designed and presented as if they were going to be recorded for use on a media platform (television, website, social media, radio, voice-over, etc.). Refer to the [Nebraska 4-H Public Service Announcement](#) resource for tips. Cloverbud Division, One entry allowed for Cloverbud, Time guideline 30 second maximum; Junior, Intermediate and Senior Divisions, Time guideline 30 seconds to 2 minutes.

## **MODEL BUSINESS MEETING**

Model meetings will not be performed at 4-H Day. Model meetings must be submitted on a flash drive or with a sharable google drive link emailed to our team on or before 4-H Day. The meeting agenda and secretary's notes must be submitted along with the recorded meeting. Submit before or on the day of 4-H Day. It will be judged as soon as possible following 4-H Day and results shared with the club. Refer to the [Model Meeting Scoresheet](#) for tips.

## **MUSIC CONTEST AREAS**

Participants in any music contest area are strongly encouraged to also enter a public presentation contest area. Unless otherwise stated, one entry is allowed per participant in each contest area. A piano, seat/chair and stand will be available for use. All other instruments and necessary props must be provided by the participant. Accompanist for vocal entries can be an adult. All musical entries must begin with a one-minute minimum verbal introduction and not to exceed 2 minutes. It might include introduction of self, name of your musical number, an interesting fact about composer, your instrument, etc. A copy of the music number to be performed is to be submitted to the judge with measures numbered.

**Chorus** – Twelve or more 4-H members in group, No age division separation, Cloverbuds may be included as an “extra” with purpose of participation experience only, Perform 2 numbers.

**Vocal Ensemble** – Two to 11 4-H members in group, No age division separation, Cloverbuds may be included as an “extra” with purpose of participation experience only, Perform 2 numbers.

**Vocal Solo** – Cloverbud, Junior, Intermediate, and Senior Divisions, Perform 1 number, Number time guideline 30 seconds-2 minutes based on experience/skill level.

**Band** – Twelve or more 4-H members in group, No age division separation, Cloverbuds may be included as an “extra” with purpose of participation experience only, Perform 2 numbers.

**Instrumental Ensemble** – Two to 11 4-H members in group, No age division separation, Cloverbuds may be included as an “extra” with purpose of participation experience only, Perform 2 numbers.

**Instrumental Solo** – Cloverbud, Junior, Intermediate, and Senior Divisions, Perform 1 number, Number time guideline 30 seconds-2 minutes based on experience/skill level, Two entry maximum per participant so long as instrument used is different (Cloverbuds can only have one entry).

## DANCE CONTEST AREAS

Participants in any dance contest area are strongly encouraged to also enter a public presentation contest area. Unless otherwise stated, one entry is allowed per participant in each contest area. Participants are responsible for providing their own music and radio. No live music allowed. No speaker system available. No internet available. All dance entries must begin with a 1-minute minimum verbal introduction and not to exceed 2 minutes. It might include introduction to self, description of dance style, interesting fact about dance, etc.

**Dance Solo** – Cloverbud, Junior, Intermediate, and Senior Divisions, Perform 1 number, Time guideline 5 minute maximum.

**Dance Group** – Two or more 4-H members in group, No age division separation, Cloverbuds may be included as an “extra” with purpose of participation experience only, Perform 1 number, Time guideline 5 minute maximum.

**Other Creative Movement** – Individual or group of any size, No age division separation, Cloverbuds may be included as an “extra” with purpose of participation experience only, Perform 1 number, Time guideline 5 minute maximum.

## DRAMATICS CONTEST AREAS

Participants in any dramatics contest area are strongly encouraged to also enter a public presentation contest area. Unless otherwise stated, one entry is allowed per participant in each contest area. Participants are responsible for providing their own props. No speaker system available. No internet available.

**Reading** – May be a musical, poetry, dramatic, interpretive, humorous, or other type of reading. No visual aids allowed; however, the participant is to present with the book/binder of reading in-hand. Presentations should begin with a short 15-45 second introduction (in addition to reading time) describing reading title, author and why reading was selected. Cloverbud Division, Time guideline 3 minute maximum; Junior and Intermediate Divisions, Time guideline 5 minutes maximum; Senior Division, Time guideline 7 minutes maximum.

**Creative Dramatic or Skit** – Original creations or properly secured royalty dramatics/skits/play may be used. No dramatic/skit/play is barred because of previous year use at a 4-H Day. Individual or group of any size, No age division separation, Cloverbuds may be included as an “extra” with purpose of participation experience only, Time guideline 15 minute maximum.

**Other Novelty Talent** – Individual or group of any size, No age division separation, Cloverbuds may be included as an “extra” with purpose of participation experience only, Time guideline 5 minute maximum.



### **Kansas State University Agricultural Experiment Station and Cooperative Extension Service**

K-State Research and Extension is an equal opportunity provider and employer.

K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities.

Accommodations for persons with disabilities may be requested by contacting a Post Rock Extension District Office two weeks prior to the start of the event at 785-378-3174 or nrhoades@ksu.edu. Requests received after this date will be honored when it is feasible to do so.

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