



Post Rock District 4-H Day Guide

2021 Virtual 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 4-H Day — 2021 Virtual Experience

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.

Registration deadline is February 4, 2021. [Register online](http://bit.ly/2021PRD4-HDay) at <http://bit.ly/2021PRD4-HDay>. 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.

Entry submission deadline is February 15, 2021. Registered entries must be recorded in advance and submitted by the entry submission deadline. Late submissions will be lowered one ribbon placing during judging and may not be able to be judged at all.

PARTICIPATION

In 2021, Post Rock District 4-H Day will ONLY consist of individual contest areas. There will be no group entries allowed. We will look for opportunities to have group communications entries later in the 4-H year.

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

All entries must be pre-recorded as a video. Videos should be recorded start to finish, with no breaks during the presentation. Time will begin when the youth starts talking/performing and it will end when they stop. Film each video horizontally on a smart phone, tablet, video camera, or other appropriate device. Save videos in the highest quality format available. Videos must not be edited after recording. Edited videos will be disqualified. Participants should perform their entry as if they are presenting to a judge at his/her location (props should be displayed on a table, posters on display, PowerPoint projected, etc.). Participants can use live animals and outdoor filming environments, if appropriate for the contest area. No live shooting or loaded firearms allowed. If you do not have the equipment needed to record your presentation or to stage your visual aids, you should make an appointment to record at a Post Rock District Office. Extension equipment will not be loaned out for at-home filming.

Entries can be submitted by one of the three following options. Note your submission preference during registration.

1. Save the recorded video on a USB flash drive and submit it to a Post Rock District Office.
2. Save the recorded video on a Google drive. Download a shareable link of the Google drive's video and email the link to Teresa Shipley, Office Professional, tshipley@ksu.edu.
3. Schedule an appointment at a Post Rock District Office to film your presentation. Staff will contact you to schedule the appointment and identify what equipment is needed.

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 divisions, youth earning a purple at 4-H Day are able to participate at the Kansas State Fair. *In 2021, a virtual judging process will be conducted after the February 15, 2021 entry submission deadline. We will try to get the process completed as quickly as possible, but please be patient. We'll email participants results as soon as they are available.*

QUESTIONS OR CONCERNS

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

Mitchell & Lincoln Counties – Holle holle@ksu.edu

Osborne County – Kim kimn@ksu.edu

Smith County – Risa overmiller@ksu.edu

Jewell County – Tonia tiunderw@ksu.edu

Post Rock District 4-H Day Contest Areas

Failure to meet the expectations outlined for each contest area will impact judging scores. *Information has been edited to reflect expectations for the 2021 virtual 4-H Day.*

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. *In 2021, a projector, projector screen, computer, easel, and table will be available if filmed at an extension office.* 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. *In 2021, participants can use live animals and outdoor filming environments, if appropriate for the contest area.*

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, 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 4 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. *No group entries allowed in the 2021 virtual 4-H Day.*

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. 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. *Entries in this contest area must be completed by an appointment at a Post Rock District Office for 2021 virtual 4-H Day.*

Public Service Announcement – Entries will be a short, commercial-style recorded video or audio 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. Videos are to be designed for use on television, a website or a social media platform. Video presentations should be recorded to suit the desired platform of use. Audio presentations are to be designed for use on radio or as a voice-over on a video or slideshow. Audio presentations can be recorded as only audio or as a video with the youth in or outside of the frame. Refer to the [Nebraska 4-H Public Service Announcement](#) resource for tips. Cloverbud Division, Time guideline 30 second maximum; Junior, Intermediate and Senior Divisions, Time guideline 30 seconds to 2 minutes.



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. *In 2021, all instruments and necessary props must be provided by the participant for music contest areas.* Accompanist for vocal entries can be an adult. All musical entries must begin with a 1 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. *No group entries allowed in the 2021 virtual 4-H Day.*

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. *No group entries allowed in the 2021 virtual 4-H Day.*

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. *No group entries allowed in the 2021 virtual 4-H Day.*

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. *No group entries allowed in the 2021 virtual 4-H Day.*

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.

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. *No group entries allowed in the 2021 virtual 4-H Day.*

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. *No group entries allowed in the 2021 virtual 4-H Day.*

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. *No group entries allowed in the 2021 virtual 4-H Day.*

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. *No group entries allowed in the 2021 virtual 4-H Day.*

MODEL BUSINESS MEETING

Model business meeting guidelines are currently being updated and will be posted on the Post Rock District’s website as soon as available. *Not a contest area in 2021 virtual 4-H Day.*



Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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