



STATE 4-H CONGRESS 2016

General Information Packet June 27-30, 2016

If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in this activity, please contact Mellissa Breen, State 4-H Office, at 540-231-6372/TDD*) during business hours of 8 a.m. and 5 p.m. to discuss accommodations 5 days prior to the event.

*TDD number is (800) 828-1120



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Mission of Virginia 4-H State Congress

The mission of Virginia 4-H State Congress is to provide competitive and non-competitive educational experiences to Virginia teens and the adults who work with them, helping them to develop life skills and leadership abilities to become contributing citizens in their communities.

Goals of Virginia 4-H State Congress

1. Provide a high-quality educational experience for 4-H youth ages 14-18.
2. Promote 4-H as a major statewide educational youth program;
3. Provide educational, recreational and social experiences for youth that would not normally be available at the unit or district level;
4. Enhance skill development through all 4-H Congress activities including the Great Summer Showcase, Service Learning, & Competitions.
5. Recognize all competition and award winners in front of their peers at State 4-H Congress at a Congress-wide event.
6. Recognize the support of volunteer adult 4-H leaders that support 4-H Congress;
7. Promote an understanding of the value of diversity among Congress participants;
8. Enhance delegate's sense of personal and social responsibility through an environment that fosters independence, accountability, decision-making and time management.

2016 PROGRAM INFORMATION & HIGHLIGHTS

MONDAY EVENING WELCOME PICNIC AND MIXER: On Monday evening you will get an opportunity to enjoy an informal welcome picnic which will be held on the AG Quad. This picnic will consist of music, food, and fellowship designed to allow delegates to mix and mingle and get to know each other in an informal setting.

CONGRESSIONAL GAMES: Congressional Games are making a comeback this year with opportunities in corn hole, basketball, volleyball, kickball, swimming, water polo, board games and much more. Congressional Games will be the Tuesday evening program and pre-registration will be required. Delegates will need to sign up for a specific competitive activity or the non-competitive board game and card room. All Delegates must participate in Congressional Games and participants must check-in to confirm attendance. Please remember to pack appropriate attire for the Congressional Game you sign up for (including swimwear if needed.)

Congressional Games are assigned on a first come, first served basis so be sure to submit all paperwork and payment to meet all deadlines.

DANCES: Two dances will be held. Monday evening's dance will be informal, this is another great opportunity for delegates to mingle and meet other Congress participants. Wednesday evening's dance will be a semi-formal dance. Both dances will include a **VARIETY** of music. Alternate recreation will be available for those delegates who choose not to attend the dances.

GREAT SUMMER SHOWCASE: The "Great Summer Showcase" (GSS) will provide 4-H Congress delegates with exciting learning opportunities, including hands-on, interactive workshops in afternoon sessions. Workshops will be three (3) hours in length. Participants can choose from one of five different content areas. The workshop areas include: Animal Science, Communications and Expressive Arts, Healthy Living, Environmental Education, Leadership, Citizenship, and STEM (Technology, Engineering and Math; Science is included in separate

animal science and environmental science tracks). There is a listing of 2016 workshops on the Congress website. REMINDER: **Workshops are assigned on a first come, first served basis so be sure to submit all paperwork and payment to meet all deadlines.**

4-H STATE COMPETITIONS: 4-H members have a chance to compete with their peers from across the state. Please review the policy and guidelines found in this packet. Participants with high scores in each blue ribbon category will be highlighted at the Share-The-Fun Show on Wednesday. (Please send pictures of those competing at the local level to Mellissa Breen 4HCongress@vt.edu or Mellissa Breen, 107 Hutcheson Hall (0419), Blacksburg, VA 24061). Action photos during unit and district contests are encouraged. These will be used during the award program on Wednesday night. Please see the competition information for more details.

2016 COMPETITION WORKSHOPS: For delegates who will not be competing in competitions on Tuesday morning, we will be offering competition workshops to introduce delegates to the various competition areas available through 4-H. Delegates will choose their top selections and we will attempt to grant the delegates first choice; however sessions will be filled on a first come, first-served basis. A service learning project will be available for those not wishing to learn about competitions. For those delegates registering themselves in 4HOnline, they will not need to rank their choices. They will just choose the workshop they would like to attend.

Workshops include:

1. Wildlife Habitat Evaluation Program (WHEP)
2. Introduction to Land Judging
3. LifeSmarts
4. Extemporaneous Speaking
5. Public Speaking and Presentations
6. Food Challenge
7. 4-H Fashion Revue
8. Teen Opportunities (National 4-H Congress, 4-H All Stars, Teen Excellence in Leadership Institute, and State 4-H Cabinet)
9. Service Learning Project - Heart Healthy Welcome Packs

RECOGNITION OF 4-H ALL STARS: This year marks the 94th Anniversary of Virginia 4-H All Stars. During 4-H Congress, those who will be tapped into the All Stars will be recognized during an opening assembly program and the tapping ceremony will be held on Wednesday afternoon. Newly tapped 4-H All Stars will be invited to a Celebration Banquet on Wednesday evening after to the Tapping Ceremony. Additional information including time, cost, and location will be announced in early May. **In addition, All-Stars would like to collect two digital pictures of each delegate who will be tapped into All-Stars, preferably pictures depicting members in their major 4-H project area. Please email these to Mellissa Breen at 4HCongress@vt.edu by April 22. Be sure to include the following in the subject line: "All Star Photo" and the All Star's name. For example, All Star Photo – Susie Smith.**

ALL STAR TAPPING: The All Star tapping will be held on the Ag Quad on Wednesday afternoon (2:30-3:30 PM). **All delegates are expected to attend the All Star tapping.**

ALL STAR ORIENTATION: The All Star orientation will be held on Wednesday from 3:30-4:30 PM.

ALL STAR ICE CREAM SOCIAL: This event will be held on Tuesday from 8:30 – 10:00 PM during the Congressional Games at War Memorial Gym. This event is sponsored by the Virginia 4-H All Stars.

COLLEGE AND CAREER TRACKS: On Wednesday morning, Colleges across Virginia Tech will be offering an in-depth view of their particular departments and potential career options available. Virginia Tech has eight Colleges participating and that includes: Agriculture and Life Sciences, Architecture and Urban Studies, Pamplin College of Business, Engineering, Liberal Arts and Human Sciences, Natural Resources and Environment, Science, and Veterinary Medicine. In addition to the colleges within Virginia Tech, there will be alternative offerings during this time as well. For those who have already selected a college or who might not be interested in higher education there will be several other options. Virginia Tech Career Services will offer a workshop on career development. New this year will be a Careers in Agricultural Mechanics and Virginia Tech Corps of Cadets military workshop. In addition, community college possibilities will be showcased. Finally, True Colors, a personality assessment workshop, will be presented.

SHARE-THE-FUN SHOW and STATE AWARDS: This year's Share-the-Fun Show will highlight outstanding performing arts acts. The public, including delegate families, is invited to attend. In addition to Share-The-Fun, all competition winners will be honored for their achievements, and the 2016 National 4-H Congress Delegation will be announced. The show will be held in Burruss Hall on Wed. June 29, 2016 beginning at 7pm.

WEDNESDAY NIGHT PIZZA PARTY: Leave your money at home and join in on the fun as we close out a great week of Congress with laughs, pizza, and fun for everyone! The pizza party will be held during the dance on Wednesday night.

STATE 4-H LEADERSHIP POSITIONS: Consider running for **State 4-H Ambassador or Cabinet Officer**. Information about the positions and the application form will be posted on the 2016 Congress website on April 1. The application deadline is May 2. Qualifying candidates will need to have their campaign speech approved by their 4-H agent or program assistant before coming to Congress. See elections packet for specific information.

CENTS FOR SENEGAL: Virginia 4-H is working in Senegal to involve Senegalese youth in positive youth development experiences. This is an opportunity for us to become involved with the building of a community center and to assist the Senegal youth groups with their fundraising. This is a chance for us to make a connection between Virginia 4-H and the youth groups in Senegal. They need \$2000 - \$3000 for doors, windows, tables, chairs, pots and pans, etc. to complete the community center. Please help them complete the 4-H Community Center and purchase tables, chairs and supplies by donating to Cents for Senegal during 4-H Congress June 27-30, 2016 at Virginia Tech.

SERVICE LEARNING PROJECT: This year, delegates will be engaged in a service project to benefit the New River Family Shelter in Christiansburg. Toiletry supply bags and heart healthy snack packs will be made and given to the shelter to distribute to families when they arrive. In order to have a successful service project, monetary donations are needed to purchase supplies for the bags. During registration in 4HOnline, delegates and volunteers will have the option to make a \$2 donation towards the service project, and agents/Extension staff will have the option to make a \$10 donation. If selected, these donations will simply be added to the total cost of registration for a delegate, volunteer, or agent/Extension staff.

CONGRESS DELEGATION PHOTO: The entire Congress delegation will come together for a group photo on the Drillfield in front of Burruss on Tuesday evening. The photos of the Delegation may be purchased for \$5.00 each. Delegates must pay for photos in advance through the

registration system. Photos will be sent to units for distribution after Congress.

UNIT PHOTOGRAPHS: Unit delegation photos are scheduled for Wednesday and more details will follow once delegates arrive on site. Delegates and chaperones will be in semi-formal attire. Each unit will be designated a time slot for their photo. The unit photos may be purchased for \$5.00 each. Only those participants from the Unit that paid for their photo will be sent a copy.

CONGRESS SLIDESHOW DVD: Do you ever wish you could have a copy to take home of the slideshow that is produced at Congress? Well now you can! DVDs with the 2016 Congress Slideshow can now be purchased for \$5 each. DVDs will be mailed to the units for distribution after Congress.

CHARACTER COUNTS! The six pillars of character are trustworthiness, respect, responsibility, fairness, caring, and citizenship. They provide the foundation of which Virginia 4-H character is grounded. Each participant will be expected to use these six pillars to guide their thoughts and conduct throughout the week. To assure that good character is kept in the forefront of delegates minds we will be celebrating one or two pillars each day.

Monday, June 27th – Respect & Trustworthiness Day

Tuesday, June 28th – Caring & Responsibility Day

Wednesday, June 29th – Citizenship Day

Thursday, June 30th – Fairness Day

REGISTRATION PROCESS FOR DELEGATES AND ADULTS: Complete all paper forms received from your unit Extension Office. Be sure to select your competition area if you are competing this year, choose your Competition Workshop, Great Summer Workshop and College and Career Workshop and return all paper work with payment to your local Extension Office. Registration in the online registration system and registering for workshop will begin on May 6. Please check with your unit office to see how online registration will be handled in your locality. The unit office will be provided a handout with instructions on how to register all youth and adult participants within the 4-H Online Events System. Payments will be due to the State Office on May 13.

STATE 4-H AREAS OF COMPETITION

(sorted by event)

Held at State 4-H Congress; Congress registration (1 day or 4 days) required

Arc Welding †

Chicken Que †

Egg Preparation Demonstration †

Electric Energy Challenge †

Extemporaneous Speaking

Fashion Revue – Constructed Garment

Fashion Revue – Purchased Garment

Food Challenge †

Presentation – Animal Science – Dairy/Livestock/Poultry/Horse*/Camelid/Domestic Food or Fiber Animal

Examples: How to Groom a Horse, Dairy Free Stall Barn Design, How to Shear an Alpaca

Presentation – Animal Science – Pet

Examples: Geckos, Dogs, Cats, Exotic animals

Presentation – Careers, Entrepreneurship, & Economic Education

Examples: How to Start Your Own Business, Careers that Interest Me, How to Budget Money

Presentation – Citizenship and Leadership

Examples: The History of the Constitution, How to Be a Good Citizen in My School, Parliamentary Procedure

Presentation – Food Demonstration (includes food preparation)

Examples: How to Make Chocolate Chip Cookies, How to Preserve Garden Vegetables

Presentation – Food Knowledge

Examples: How to Prevent Foodborne Illness, Cooking Methods for Beef, Gluten Free Recipes

Presentation – Home, Family & Personal Management

Examples: How to Prepare Meals on a Budget, Furniture Upholstery, How to Manage Your Time More Efficiently

Presentation – Natural Resources & Environmental Education –

Examples: Forestry, Wildlife, Conservation, Fisheries, Recycling

Presentation – Nutrition, Health, and/or Fitness

Examples: How to Prepare to Run a 5K, Proper Tooth Care and Hygiene, Vitamins and Minerals

† = denotes national contest availability

* state winner for horse (and qualifying event for Southern Regional and Eastern National) is awarded at EquiSmartz, but horse presentations CAN compete at Congress

Presentation – Outdoor Adventure, Sports & Recreation

Examples: Fishing, Hunting, Trapping, How to Dribble a Basketball, Safety Gear for Rock Climbing

Presentation – Communications & Performing Arts

Examples: Ballet, Knowledge presentations about instruments (How to Care for your Violin), HAM radio, How to Give a Presentation

Presentation – Plants, Soils, & Entomology

Examples: The Importance of the Honey Bee, Establishing a Community Garden, Amending Soil to Grow Fruit Trees, How to Grow a Plant from a Seed, Understanding Invasive Plant Species

Presentation – Shooting Education

Examples: Understanding Shooting Disciplines, Precision and Accuracy for Hitting the Target, Safety Whistle Commands on the Archery Line

Presentation – Science, Technology, Engineering, Math (STEM Topics)

Examples: Minecraft, Coding, Web Page Design, Gravity, The Importance of the Triangle in Designing Structures, How to Use a 3D Printer, How to Create Effective PowerPoint Presentations

Presentation – Visual & Creative & Constructive Arts

Examples: Tie Dye, Friendship Bracelets, How to Make Paper, Duct Tape Art, How to Compose a Photo, Architecture Styles, How to Use a DSLR camera

Public Speaking

Radio Spot/4-H Promotion

Science Fair Presentation & Display
Experiments, research

Share-The-Fun – Combination

Share-The-Fun – Dance

Share-The-Fun – Drama

Share-The-Fun – Instrumental

Share-The-Fun – Variety

Share-The-Fun – Vocal

Turkey Que †

† = denotes national contest availability

* state winner for horse (and qualifying event for Southern Regional and Eastern National) is awarded at EquiSmartz, but horse presentations CAN compete at Congress

State 4-H Congress Competition Policies and Guidelines

1. Participants have a responsibility to review the rules, resource documents, and score sheets which can be found on the state 4-H website at:
<http://ext.vt.edu/topics/4h-youth/competitions/index.html>.
2. State contests will use the rules, score sheets, etc. posted only on the competitions web page listed above, regardless of how qualifying county and district contests are run. Local units and districts are encouraged to adopt and abide by the state rules out of fairness to youth participants. For contests in which there is a national event, contestants should check the national rules for any differences at that level of competition.
3. 4-H Congress (and therefore state level competition at Congress) participation is limited to senior age 4-H youth, those ages 14-19 as of September 30 of the 4-H year. Mixed-age acts that competed at the unit or district level will be ineligible at the state level. (Example: four young people in a Share-the-Fun act where at least one is age 13 or less would not qualify.)
4. All Congress competitors must have participated in a qualifying event whether at the unit or district level, depending on local situation. All units and districts are encouraged to hold contests prior to Congress.
5. A list of sample topics is provided for additional information only. Participants are not limited on subjects, but do have to fit into one of the above categories. Contestants should be prepared to show judges the connection/correlation to the category area. Judges' or contest managers' decisions are final.
6. Competition scoring will follow the Danish Awards System (Blue: 90-100; Red: 75-89; White: 74 and below). Overall high score blue ribbon winner in each category will receive a medal. Modifications have been made for competition categories where the total score is greater than 100 points.
7. A 4-H member can participate in only one competitive event during Congress even if he/she qualified in more than one contest at previous levels of competition. It is difficult when youth are assigned to multiple competitive event locations and difficult to arrange the scheduling of two competitions to accommodate one individual at two different events.
8. At 4-H Congress, the Share-the-Fun contests have limits on the number of acts each unit can send. Each unit may send one act per Share-the-Fun category.
9. At 4-H Congress, the Electric Energy Challenge and Arc Welding have limits on the number of youth each unit can send. Each unit may send one youth in these categories.

State 4-H Congress Competition Policies and Guidelines (cont.)

10. A unit may send more than one participant in all competition categories except Share-The-Fun, Arc Welding, and the Electric Energy Challenge. For example, a unit may send more than one 4-Header to compete in public speaking, fashion revue, presentations, etc. Check specific team contest rules for the number of teams and the number of participants on a team allowed in state competitions.
11. The genre of presentations, demonstrations, public speaking, STF acts, fashion review garments, etc. must remain consistent between unit/district and state competitions. Improvements based on input provided by the last judging panel can be incorporated, but the genre of the work cannot be changed.
12. Once a youth is the overall state winner in a competition category, he/she cannot compete in that category again at the state level. For instance, if a youth is the overall winner in vocal, he/she cannot compete in vocal again, but could compete in another category such as instrumental, variety, forestry, or foods, etc. State medal winners should not repurpose their act in order to try to fit into another category in another year.
13. State competition contestants are encouraged to attend 4-H Congress, but are not required to. Competitors may register as one-day participants in order to compete. Pre-registration is required; see Congress information for deadlines.

Competition Workshop

Workshop Descriptions Tuesday Morning – June 28

Many youth participate in competitions while at Congress. However, many simply do not know what competition is all about. To encourage more youth to participate in competition at Congress, competitions workshops will be offered this year during regular competition times. Delegates should rank competition areas they would like to learn more about. Rank your workshop preference (with 1 being your top choice and 5 being your last choice). There will be no changes upon arrival at Congress. Youth that are registering for competitions or national congress interviews should not selection a competition workshop.

Citizenship

LifeSmarts

Come experience “LifeSmarts”, a quiz bowl style competition. We’ll introduce you to the topics and then you’ll get a chance to test your knowledge by competing in a competition against other 4-H’ers. Each year the winner from the Virginia state competition in February represents us at the national competition. Come find out what you need to do to form a team and how the statewide competition works.

Communication and Expressive Arts

Public Speaking and Presentations

According to national surveys, the fear of public speaking surpasses the fear of flying, illness, and even death! Luck has nothing to do with being a good public speaker, it comes from preparation. Join us in an engaging workshop to learn tips and resources, play games and have fun while preparing to be a more successful public speaker. We will be covering areas including types of speeches and effective traits to etiquette and competition opportunities

Extemporaneous Speaking

Have you ever given an extemporaneous speech? You may not realize this, but you speak extemporaneously every day! Explaining to your parents why you arrived home after curfew, answering a teacher’s question in front of the class, and explaining to a 4-H member how to complete a specific task are all examples of speaking extemporaneously. This type of speaking is different than a normal presentation or public speaking because you have minimal time to plan your speech before presenting. It is also very exciting to compete in this area! This workshop will help you organize your thoughts quickly, respond thoughtfully to questions, speak clearly, and pull the speech together quickly. Skills learned will be a huge asset to you in school, 4-H, interviews, meetings, etc.

4-H Fashion Revue

Does fashion interest you? Do you like to keep up with fashion trends? You will learn how to increase your knowledge of consumerism, textiles, and garment construction while providing opportunities to express fashion trends and learn how to compete in this exciting competition.

Competition Workshop

Workshop Descriptions (cont.)

Tuesday Morning – June 28

Healthy Living

Food Challenge

What would you make if given bacon, corn, and potatoes? Or an avocado and rice? The Food Network's popular "Chopped" TV show has nothing on 4-H! Our Food Challenge is similar to parts of their show, but involves working as a team and delivering a presentation about your finished product as well. It's fun, fast-paced, creative, and tests your mettle as a team player. Workshop participants will actually complete a Food Challenge, so be ready to learn hands-on about food preparation, safety, nutrition, and public speaking.

Environmental Education/Outdoor Education

Introduction to Land Judging

Determining where to build a home or which crops to plant in certain sites and in certain soil types is a skill 4-H members can benefit from. 4-H members attending this workshop will learn about various components of the National 4-H Land and Homesite judging contest and leave with pointers that can be used to compete in the state and national events. Students will be taken to a soil pit on campus to see how it is done.

WHEP

Wildlife Habitat Education Program is a hands-on, environmental education program that teaches young people valuable lessons about wildlife management, conservation, leadership, team-building, citizenship, and communication. As a participant in this workshop, you will learn what to expect as a WHEP competitor but also come prepared to get a taste of the type of wildlife info you will learn preparing for this competition. The following topics will be highlighted: different kinds of wildlife, what they eat, and where they live; wildlife terms and ideas; how to attract different wildlife species; and how to judge the quality of wildlife habitat.

Leadership

Teen Opportunities (National 4-H Congress, 4-H All Stars, Teen Excellence in Leadership Institute, and State 4-H Cabinet

What is National 4-H Congress? How do you apply? What is tapping? TELI what? Are all these terms like speaking a foreign language? In this workshop, you'll learn more about these high level 4-H opportunities including applications process, interviewing, and what to expect. Each of these events can be confusing for the most experienced 4-H member; let this workshop break it down for you and help you reach the next level.

Service Learning

This year, delegates will be engaged in a service project to benefit the New River Family Shelter in Christiansburg. Toiletry supply bags and heart healthy snack packs will be made and given to the shelter to distribute to families when they arrive. In order to have a successful service project, monetary donations are needed to purchase supplies for the bags. During registration in 4-H Online, delegates and volunteers will have the option to make a \$2 donation towards the service project, and agents/Extension staff will have the option to make a \$10 donation. If selected, these donations will simply be added to the total cost of registration for a delegate, volunteer, or agent/Extension staff.

Great Summer Showcase

Workshop Descriptions

Tuesday Afternoon – June 28

The Great Summer Showcase Workshop has a great selection this year! They are **offered on a first to register, first to participate basis. Rank your workshop preferences (with 1 being your top choice and 5 being last choice).** Those who do not rank their choices of tracks and workshops will be placed in open workshops. There will be no changes in workshop assignments upon arrival at Congress.

Animal Science

Alpacas, Fiber to Function

Learn about the incredible alpaca. Students will have the opportunity to work with an alpaca in a show style environment, learn about their fiber and use in home and fashion, the history of the alpacas, and complete a craft. Those that attend need to wear tennis shoes, no flip flops.

Current Applied Reproductive Technologies for Cattle

During this workshop you will learn more about the anatomy and physiology of the female bovine reproductive system. In addition, you will be exposed to the different reproductive technologies currently available for beef producers. This workshop will take a hands-on approach (literally!), and the students will have an opportunity to experience and perform rectal palpation, ultrasonography, and fetal sexing. As well as, learn how to manipulate and thaw frozen semen, load artificial insemination guns, and visualize and grade bovine embryos using microscopes. Get ready to get dirty! You will most likely need a shower after this workshop! The use of coveralls, farm clothes, and rubber boots are extremely encouraged.

Discovering the Science of Dairy Science

Hey, there's more to that glass of milk than meets the eye! In this workshop we will explore the science behind many of the processes that take place on the dairy farm. We'll have plenty of hands-on activities in a lab setting to learn about the biology of the dairy cow and what makes her so special. Udders, milk samples, genomics, oh my! Who said science can't be fun?

Introduction to Horse Selection and Judging

Do you know what to look for when selecting a horse? Do you know how to judge horses? This workshop will be an introduction of horse selection and horse judging. Youth will learn the principles behind how horses are selected for certain disciplines and how those disciplines are judged. The workshop will offer a hands on format for teaching the balance and structure of the horse and how it translates into the function of the horse. There will be 2 sections, one for beginners and one for youth that have horse experience. Youth **MUST** wear closed toe shoes for this workshop! Those without closed toe shoes will **NOT** be allowed to participate.

Great Summer Showcase (Continued)

Workshop Descriptions Tuesday Afternoon – June 28

So what's it like to be a USDA Veterinarian?

Did you even know that there are Federal Veterinarians? Do they just work in meat inspection? If not, what do they do? Why do we need them? During this workshop we will explore the job of a vet who works for the USDA, Animal and Plant Health Inspection Service, Veterinary Services. We will learn about biosecurity and how important it is to keep our livestock and poultry healthy and how it helps to prevent or control disease outbreaks. You will experience how we take on and off personal protection equipment and why we use it. We will also delve into zoonotic diseases that may be encountered with animal and poultry husbandry and how we can protect ourselves against them.

So You Want to Be a Vet

Students will have the opportunity to explore the exciting world of Production Management Medicine, small and large animal health, and learn about the Virginia – Maryland College of Veterinary medicine at Virginia Tech.

Citizenship

4-H Goes Global

Adventure, travel, dancing, music, food and fun draw youth to 4-H international and citizenship projects. This program will lead participants through a series of hands-on international experiences and activities that can be incorporated into any 4-H club meeting, camp or special program. Participants learn ways to incorporate international programming into virtually any 4-H program or club. Join us as we go “around the world” with fun activities, crafts and food from a variety of cultures from Africa, South America, Europe and Asia.

Get on Board with Interstate and International 4-H Exchanges!

Are you ready to see the world through 4-H? Or at least experience 4-H in another state or country? Come to this workshop to learn what kinds of Interstate and International Exchange Programs are available for 4-H'ers and how you can participate either as a host or a traveler. Learn what 4-H'ers do on an exchange; what countries are involved for hosting opportunities; and what countries and states are involved for travel opportunities. You will also learn about the travel experiences of others, and about different foods and different cultures. Wondering how 4-H'ers afford to travel to other states and countries? Don't worry, we'll also share fundraising ideas to help you get started. Let this workshop break it down for you and get you on board for the next level of your 4-H experience.

“More than Hours: Making Service Count”

Are you interested in making service a part of your life, but aren't sure where to start? Have you been involved with service before and want to be more deeply involved? Have you ever been frustrated with a service experience that you felt like was not having the impact you expected? If you answered “yes” to any of these questions, this hands-on workshop is for you! Learn ways to find and get involved with impactful service opportunities that meet your goals. Participate in discussions and activities designed to help you establish a personal plan of action for making service a part of your lifestyle.

Great Summer Showcase (Continued)

Workshop Descriptions Tuesday Afternoon – June 28

Social Media Smarts – Creating a Healthy Digital Footprint

Social media has become a constant presence and almost a necessity in today's society. Teens participate in various forms of social media more than any other section of the population. In this workshop, participants will learn what it means to be a good digital citizen – how to use social media responsibly, maintain a positive digital footprint and reputation, attributing credit where credit is due, and so much more!

Real Money, Real World

Ever feel like you can't wait to be an adult? Here's your chance to immerse yourself into the "real world" and decide how YOU would spend your hard-earned money. "Real Money, Real World" is an active, hands-on experience that gives young people the opportunity to make lifestyle and budget choices. Will you have money in the bank at the end of the day? Come find out!

Communication and Expressive Arts

Mixed Media Sculpture

Using a variety of provided "treasures," students will enjoy an afternoon of creating sculpture! Concepts such as connections, texture, focal points, stability, longevity, and other elements involved in developing mixed media sculpture will be explored. Participants will walk away with new brainstorming techniques as well as the information and skills needed to create sculpture using a variety of materials. This is great for beginners or current art students.

Healthy Living

Teen Cuisine

Join us and have fun learning how to make low-cost delicious snacks and simple meals. Participants will have the opportunity to learn about basic cooking skills through this hands-on workshop. Come hungry and leave happy!

Teen Snacks: Fuel for Success!

Teens will learn tips to make healthy choices. As part of this session, recipes for healthy snacks will be provided and participants will then prepare and taste healthy snacks from each of the MyPlate food groups. Come to learn ideas for new, creative and healthy snack options!

Environmental Science/Outdoor Education

Save Our Streams

In this workshop you will learn how to monitor water quality and the definition of a citizen science project. Delegates will test water parameters such as temperature, flow of water, and size of stream. Delegates will collect aquatic macro-invertebrates to identify and help determine the health of a stream. Be prepared to get wet, dirty, and have fun. After attending this workshop, you will be able to apply what you have learned and give back to your local communities by volunteering your time and knowledge to help ensure that future generations inherit improved and protected streams, rivers, and estuaries across Virginia.

Competition Workshop

Workshop Descriptions (cont.)

Tuesday Morning – June 28

Entomology

Entomology is the scientific study of insects. Based on the annual event, Bugfest that occurs on campus every year, this workshop is a smorgasbord of bug-themed activities. Live insects will be used in scientific discovering while learning about the insect world.

STEM

1,2,3! Primary sources to 3-D Printing: Hands on at the Library

The library is a place where ideas can be created as well as learned and discussed. During this session you will explore the history of extension, agriculture, and the library in historic records about science, technology, food, nutrition, agricultural history, and extension publications and records housed by Special Collections. You will also learn about how the field of 3D printing is being used in many industries, including agriculture (<http://www.3dprinterworld.com/article/3d-printing-for-agriculture>), by taking a look at the library's new 3D printing lab and possibly taking home something freshly printed. Come explore how our librarians are making the past accessible while crafting the future.

Alternative Energy

4-H members will learn the hands-on basics of producing energy the “green way.” Participants will go outside to learn how to properly set up solar panels and measure the power they produce. The members will then look at wind energy by learning how to locate wind turbines and measure the wind they collect. Finally, the members will learn how to produce energy from waste products by using a bio-digester.

DNA Extraction and Virginia Bioinformatics Institute

We will learn about what bioinformatics is and why we have a whole institute dedicated to the topic. We will be extracting their own DNA from their cheek cells, making DNA gels, and putting on their CSI hats to figure out “who done it” in a role playing scientific investigation. In addition, youth will get to take a tour of Virginia Bioinformatics Institute.

National Weather Station Tour and SKYWARN Training

The effects of severe weather are felt every year by millions of Americans. The National Weather Service, part of the U.S. Department of Commerce, established SKYWARN with partner organizations. These volunteers help keep their local communities safe by providing timely and accurate reports of severe weather to the NWS. SKYWARN coupled with Doppler radar technology, improved satellite and other data, has enabled NWS to issue more timely and accurate warnings for tornados, severe thunderstorms, and flash floods. Participants will become official trained SKYWARN volunteers as well as tour the local NWS station in Blacksburg.

Competition Workshop

Workshop Descriptions (cont.)

Tuesday Morning – June 28

The Art of iPad Photography

How do you get better at photography? By challenging yourself. In this workshop 4-Hers will meet in the Hahn Horticulture Garden and work with a variety of iPad apps to challenge themselves with photography assessments that include: shooting leading lines, shooting framed subjects, dirtying up the frame, and composting with black and white in mind.

What's on My Plate?: A Food Science Experiment

Do you often think of food? Are you "hungry" to learn more about the science behind what is in your food? We will explore food science in a kitchen laboratory. We will learn some of the basics of why and how things happen in some of our foods; explore food science careers; and conduct our own science experiment that we can study and eat!

Up Up & Away: The Science of Rocketry

Calling all aerospace engineers! Up, Up, & Away participants will design, build, and test a variety of rockets and propulsion systems. Participants should bring clothing that can get wet!

Leadership

Being Creative in Your Style

We are all creative, just in our own style. This workshop will debunk the myths of creativity, and help participants learn their preferred creative style. Examples will be used to showcase how to work together in teams given the preferred creative styles of fellow team members.

Living, Learning, and Working Across the Generations

Do you struggle to understand and communicate with individuals from older generations? Perhaps your parents, grandparents, or teachers seem old fashioned and don't appreciate your need for technology, down time, or your communication preferences. This session will use activities, interactive discussions, and personal reflections to help develop skills to effectively communicate across generations and minimize misunderstandings. We will work to recognize how generational perspectives shape the way we regard those we interact with and live with every day.

Strengths Quest

Developing as a leader might be one of the most significant and important opportunities you will have as a student. Chances are, at some point in your life, you will have the opportunity to lead; in fact, you may already have served as a leader several times. Learning and emerging as a leader is a process that takes knowledge, skills, and practice, and it requires you to be intentional in how you use your talents. How you think, learn, study, and work best is unique to you. Leverage your talents to help you "do what you do best" in the classroom. Your career choice is one of the most important decisions you will make. Strengths Quest can provide you with guidance and ideas for your career.

College Career Track Workshops Descriptions

Wednesday Morning – June 29

Pamplin College of Business

The Pamplin College of Business has seven different majors, Accounting and Information Systems, Business Information Technology, Economics, Finance, Hospitality & Tourism Management, Management, and Marketing Management. Its on-campus enrollment is about 3,600 undergraduates and 290 full-time graduate students in the MBA, Master of Accounting and Information Systems, Master of Hospitality & Tourism Management, and Ph.D. programs.

In this Business Basics Workshop, students will have an opportunity to create their own businesses and 'compete for money' from our 'investors'. Students will also participate in an engaging activity which will teach communication, team work, and leadership skills.

College of Natural Resources and Environment

Studies in natural resource-related fields require field experience to integrate classroom instruction and technological applications. Getting their boots on the ground and using equipment that will be available in the workforce is an integral part of a student's education in conservation and sustainability fields.

Come explore gear students use in classes related to forestry, wildland firefighting, environmental management, and arboriculture. Familiarity and mastery of the equipment allows our students to find jobs and continue the high quality work that VT alumni are known for.

Learn about sustainable biomaterials and packaging systems and design. Intentional design and development of products made from natural resources are key to making products that are easily recycled and reused to reduce waste for a greener planet.

Learn about all sorts of wild critters, from lions, tigers, and bears (oh my!), to birds, amphibians, reptiles, and fish. Learn about different techniques that are used to catch wild animals and the important things that researching them can teach us about our planet.

You will also learn about meteorology (the study of weather) and meet the Hokie Storm Chasers, a group of students who travel the country to follow severe storms and tornadoes and collect data on all sorts of severe weather.

College of Agriculture and Life Sciences

Students who attend the CALS workshop will visit many different areas: the career options are endless! First, they will learn how leaders in the agricultural field help develop solutions. Next the group will travel to the food science lab where they will participate in a food sensory panel. Then, the group will learn about careers in agronomy and crops sciences. Finally, a tour of the Hahn Horticulture Gardens is on the agenda.

Edward Via College of Osteopathic Medicine

Students will be guided by first and second year medical students at the Edward Via College of Osteopathic Medicine (VCOM) through in-depth demonstrations and workshops at selected VCOM facilities including the Anatomy Lab and high-technology high fidelity simulation center; additionally, students will attend and participate in sessions about "What is osteopathic medicine?" and medical school admission criteria/strategies.

College Career Track Workshops

Workshop Descriptions (cont.)

Wednesday Morning – June 29

College of Engineering

Virginia Tech Engineering is a “Hands On, Minds On” experience. We have so many opportunities for VT students to get their hands dirty learning about engineering here at Virginia Tech. Engineering is about more than solving equations, it is about solving problems. If you are interested in changing the world through technology development and cool research, come to our presentation. Students will be shown exciting research labs at Virginia Tech such as Charli (the first full-size humanoid robot built in the US), The Solar House, DreamVendor 3D printer, and the Ware Lab where we are Inventing the Future every day!

College of Veterinary Medicine

The Virginia-Maryland Regional College of Veterinary Medicine is a regional professional facility. The VMRCVM offers comprehensive educational programs, provides clinical care for clients, throughout the region, and conducts a variety of animal and biomedical research programs in addition to training new veterinarians. Youth will take a tour of the hospital (focusing on large animal clinic), see a display from the anatomy lab, and learn more about the admission process to VMRCVM. In addition, youth will hear from a current vet student and his experiences.

College of Liberal Arts and Human Sciences

The College of Liberal Arts and Human Sciences includes programs in the arts, humanities, social and human sciences, and education. The ROTC programs, school of performing arts and cinema, human development, and music departments are just a few of the many departments that make up this diverse college. In this session, you will have the opportunity to participate in hands-on activities related to these fields!

College of Architecture and Urban Studies

Building Construction and School of Visual Arts will join together to offer Stop Motion Animation and “In the Build LAB”. Stop motion animation introduces students to the concept of using an inanimate object and finding ways to make that object come to life! We will also explore technologies, materials, and the process of construction.

There is More Than One Way to Earn a Degree

Community college, online, study abroad, public and private colleges. Learn what all these terms mean and about the many college paths you can take. This course will help you to navigate the what can be overwhelming waters of furthering your education.

Backpack to Briefcase-Career Preparation

Are you already in college and thinking about your career path? Maybe you are not in college yet but you are interested in how to prepare yourself for your first job or possible career. This session is for you. It will be taught by Virginia Tech Career Services and will provide interactive activities on how to find a job, interviewing skills, resume writing, negotiating pay, and more.

College Career Track Workshops

Workshop Descriptions (cont.)

Wednesday Morning – June 29

True Colors

Have you ever wondered why you get along with some people, while others get on your nerves? True Colors is a user friendly personality traits seminar that uses colors to identify four distinct perspectives. This will lead to enhance relationships, increased understanding, improve communication, and new awareness in knowing yourself and others.

Careers in Agricultural Mechanics

Members will explore 3 different careers in Agricultural Mechanics, Welding, Small Engine repair and Electrical wiring. Members will first learn the basics of safety for each of these areas. They will then complete basic projects in each of these areas to introduce them to the skills involved in these careers.

Military Connections

Have you considered joining the military after high school or being involved in a military program while in college? Then this workshop is for you. The Virginia Tech Corps of Cadets' leader development program is perfect for students who know they want to differentiate themselves with leadership in the public or private sectors after graduation as well as students planning on serving in the military after college. Learn about Military-Leader track which include Air Force, Army and Navy ROTC program and also the Citizen-Leader Track which is for students who desire a military-structure, but are not obligated to serve in the military after graduation.



CHARACTER COUNTS!_{SM} at Congress

TRUSTWORTHINESS, RESPECT, RESPONSIBILITY, FAIRNESS, CARING, AND CITIZENSHIP — these six core ethical values, which the CHARACTER COUNTS!_{SM} program calls "Pillars of Character," provides the basis for what Virginia 4-H stands for and what each member, leader and staff member should strive to practice.

These six Pillars should guide all Congress participants' thoughts and conduct. These core beliefs help us to distinguish right from wrong. Additionally, the principles represented by these six pillars act as filters through which to make decisions. So, being trustworthy is not enough — we must also be caring. Adhering to the letter of the law is not enough — we must accept responsibility for our actions. In holding others to be accountable - we must not forget to be compassionate.

Character really does count! In personal relationships, at school, at the workplace, at 4-H Congress – in life – who you are makes a difference. Character is not hereditary, nor does it develop automatically; you must consciously develop it.

So while you are at State 4-H Congress and even after you leave, put your head, heart, hands and health into living by the Six Pillars of Character_{SM} and the principles they represent.

• **Trustworthiness**

- Be honest
- Keep promises
- Be loyal

• **Caring**

- Be kind
- Express gratitude
- Forgive others

• **Respect**

- Follow the Golden Rule
- Be tolerant of differences
- Deal peacefully with anger, insults and disagreements

• **Fairness**

- Play by the rules
- Take turns and share
- Be open-minded

• **Citizenship**

- Obey laws and rules
- Respect authority
- Protect the environment

• **Responsibility**

- Do what you are supposed to do
- Pursue excellence
- Be self-disciplined

CHARACTER COUNTS!_{SM} is a service mark of the CHARACTER COUNTS!_{SM} Coalition, a project of the Josephson Institute of Ethics.

VIRGINIA 4-H CONGRESS CODE OF CONDUCT

Purpose

The purpose of the 4-H program is the positive development of youth. We believe in creating a safe learning environment that encourages the four-fold development of a young person (i.e., Head, Heart, Hands, and Health). We expect all persons involved in 4-H (youth members, parents, teen/adult volunteers) to practice behaviors that foster the total development of youth. Each 4-H member and associated individuals participating in 4-H activities must accept the responsibility of creating a positive image that reflects 4-H ideals. Furthermore, the Virginia 4-H program recognizes that "CHARACTER COUNTS!" All 4-H participants should always strive to uphold the 6 Pillars of Character as described on the previous page. In seeking uniformity in the conduct expected at 4-H programs/events, the following code of conduct has been developed to provide a clear understanding of expectations. Participants and parents/guardians must sign a Code of Conduct form in order to participate.

Code of Conduct

1. For the safety and wellness of all participants, a completed and signed 4-H Health History Report Form is required for participation in 4-H events. In addition, medications and medication forms (for all participants under 18 years old) must be turned in at the registration table upon arrival at the 4-H event (or according to another system outlined in the registration/orientation information).
2. Participants should attend and be actively involved in all scheduled activities as part of this 4-H program/event (unless under the supervision of a medical staff person.) Curfew is to be followed as specified in the schedule for overnight events. Failure to be in assigned locations may lead to dismissal from the 4-H event. Some areas are off-limits to participants (ex: swimming pool; bodies of water such as lakes and rivers; challenge course, etc.) unless under appropriate instructor supervision. **(For Congress, teen and adult delegates are required to be in attendance at all scheduled programs, events, and activities. In addition, Congress delegates must be present for each evening's unit meeting in the dormitory with the supervising agent/volunteer by the time specified in the Congress program.)**
3. Visitors to a 4-H program/event must check-in with the Extension Agent, Program Director, or other adult in charge of the 4-H program/event upon arrival.
4. Participants should remain at a 4-H program/event until the program/event is scheduled to end. Participants may not leave a 4-H program/event without prior permission from Extension Agent, Program Director, or other adult in charge of the 4-H program/event. Participants may only be picked up from a 4-H program/event by the person designated on the 4-H Health History form. Identification may be requested at the time of pick-up.
5. Participants are expected to follow the directions of 4-H volunteers and paid staff. All 4-H'ers are under the supervision of the Extension Agent, Program Director, or other adult 4-H leader responsible for the 4-H program/event.
6. Participants should respect the property of others and be responsible for themselves. Deliberate destruction or removal of facilities or equipment is not permitted. Financial responsibility for any damages caused by deliberate destruction will be assumed by the

participant and/or parents/guardians. The same applies to the property and personal items of other participants.

7. Participants should treat all others and themselves with respect. Aggressive, abusive, vulgar, or violent language and behavior towards others (ex: fighting, threats, insults, cursing, discrimination, etc.) are not permitted.
8. Participants should respect the privacy of others. Girls are not permitted in boys' lodging rooms nor are boys permitted in girls' lodging rooms. **(For Congress, females are not allowed to visit male sleeping rooms or areas designated for male occupancy, and males are not allowed in female sleeping rooms or areas designated for female occupancy.)**
9. Possession, distribution, or use of fireworks, weapons, knives, or other items that can be used as a weapon are not permitted at 4-H programs/events, except under adult supervision in scheduled instructional activities (ex: shooting education class supervised by a certified instructor, etc.).
10. Possession, distribution, or use of alcoholic beverages, illegal drugs, tobacco products, and unauthorized prescription drugs are not allowed at any 4-H sponsored program/event and must be reported to law enforcement. The Virginia 4-H program reserves the right to conduct a search of a participant's outer clothing, luggage, personal belongings, lodging rooms, and furniture being used by a participant(s) if there is "reasonable suspicion" that the participant has drugs, alcohol, or weapons. **(For Congress, all teens over 18 and adults are encouraged not to smoke. State law prohibits smoking by youth under age 18.)**
11. Animals and pets are not allowed at 4-H programs/events unless needed to accommodate a disability or as part of an organized program, or through specific authorization from Extension Agent, Program Director, or other adult in charge of the 4-H program/event. Animals that are used as part of a 4-H program/event should always be provided with proper care.
12. Electronic and mechanical devices (ex: cellular phones, pagers, walkie-talkies, video games, radios, CD players, TV's, laptop computers, etc.) are not allowed at 4-H programs/events unless they are needed as part of an organized 4-H program/event, or with authorization from the Extension Agent, Program Director, or other adult in charge of the 4-H program/event. Without authorization, these items will be confiscated and returned to the participant (or the participants' parents/guardians) at the end of the program/event.
13. For Congress, teens are not allowed to drive their personal vehicles. All vehicles are to be parked in parking lot(s).
14. Suggestive dancing is NOT appropriate at 4-H Congress
15. Participants are expected to dress appropriately based upon the **Virginia 4-H Congress Dress Code** as outlined below: All delegates will dress neatly and appropriately for the scheduled activities. Upper and lower garments, undergarments and shoes will be worn at all times. Comfortable shoes are critical and recommended. You will walk several miles each day from event to event on campus. The following dress code is expected:

MALES

Sport - shorts and tee-shirts (no holes or cutouts; no tank tops, no inappropriate language or graphics), appropriate sports attire for congressional games/recreation.

Casual – sport shirts, polo shirts, slacks, and nice jeans or shorts.

Professional – shirt and tie may be paired with khaki or dress pants.

Semi-formal – suit or jacket/nice pants, shirt and tie.

FEMALES

Sport – shorts and tee-shirts (appropriate sports attire for congressional games/recreation)

Casual – slacks, jeans, shorts or skirts with blouses, knit tops.

Professional – dress slacks or skirts with appropriate top, suits, dresses.

Semi-formal – Sunday best, party dress (long or short), dressy top with soft trousers or skirt. Strapless gowns are acceptable as long as they cover the appropriate body parts and have no exposed undergarments.

INAPPROPRIATE DRESS AND APPEARANCE

- Clothing with negative, indecent language or symbols
- Excessively tight or short garments
- Exposed undergarments
- Clothing with holes, tears or slashes on the torso area (lower pant legs is O.K.)
- Halter tops/tube tops
- Tank tops with straps of less than 2 inches in width and/or cut low enough to show bosom
- Skirts or dresses that do not reach mid-thigh (below fingertips) or do not cover appropriate body parts
- Belly shirts that expose excessive midriff
- See through blouses, skirts or pants
- Any adornment that could be perceived as or used as a weapon
- Headgear of any type should not be worn indoors

****No Spaghetti Straps.**

****Skirts or dresses are advised to reach mid-thigh (below fingertips) and cover the appropriate body parts.**

Consequences

Unacceptable behavior during a 4-H program/event (as defined within this Code of Conduct or through a review process by 4-H staff/volunteer) will result in consequences to the participant. Consequences may include:

1. Early release from this 4-H program/event without refund, (for Congress, teens and adults who choose not to abide by the 4-H Code of Conduct will be subject to early release from Congress and will be required to return any scholarship money awarded to them),
2. Restitution or repayment of damages,
3. Denial of future participation in the 4-H program/event at the local, district, state and national levels for one or more years (as determined by the unit staff in charge of, or responsible for, the 4-H program/event),
4. Forfeiture of financial support for a 4-H program/event
5. Removal from 4-H offices held (if applicable), and
6. Releasing the youth to the appropriate law enforcement agency and/or the proper authorities.

NOTE: Any conduct not specifically covered by this Code of Conduct, but deemed inappropriate by those responsible for the 4-H program/event will be viewed as a violation and appropriate action will be taken by the Congress Dean. If an infraction occurs, the person in charge of the 4-H program/event will provide appropriate communication to parents/guardians.

Medication Protocol

- Each delegate is responsible for his/her own prescription medications. Prior to attending congress, discuss any medication needs with your 4-H Agent.
- Should delegates need assistance with medication while at Congress, contact the medical staff.
- Over-the-counter medications (acetaminophen, Ibuprofen, etc.) are available at the Medical Station and therefore, not necessary to bring with you. Refrigeration is available at Congress Headquarters for medications (insulin, etc.).



VIRGINIA STATE 4-H CONGRESS **“Congress Heroes” Program**



In an effort to ensure that State 4-H Congress is affordable for all teens wishing to attend, the State 4-H Office and the Virginia 4-H Foundation propose the “Congress Heroes” program. Through the proposed program youth will share information with corporate and private partners to help generate funds to support Virginia 4-H as well as providing an avenue for 4-Hers to have their Congress registration fee sponsored.

4-Hers interested in attending State 4-H Congress are encouraged to ask friends, family, and businesses to become a “Congress Hero”. Their tax deductible donation will help provide Virginia teens the opportunity to learn about leadership, citizenship, and life skills through innovative workshops, dynamic speakers, competitive events, service learning, and a college fair. Small donations can make a big difference.

If a 4-Her is successful in securing \$250.00 in Heroes sponsorships, the 4-Her will only have to pay half of the registration fee for State 4-H Congress. Those who secure \$300.00 in Clover sponsorships wouldn't have to pay any registration fee to attend State 4-H Congress. If the full \$300 is submitted before the May 13 deadline, no registration fees need to be submitted. However, if only partial amounts have been recruited, please submit the amount owed with your paperwork. After 4-H Congress is over a registration refund of \$100.00 will be issued to those who were successful in securing \$250.00 sponsorship. For those securing \$300.00 or more, a registration refund will be refunded. The sponsorship money and the attached form must be completed for each sponsor and submitted to the State 4-H Office. After the registration deadline, no credits will be applied even if sponsorship is received. All checks will be cashed immediately after receipt; donations are non-refundable, even if the 4-H'er doesn't attend Congress.

PLEASE DO NOT SEND CASH. Checks and money orders are the only method of payment accepted. Please make these payable to the Virginia 4-H Foundation – State 4-H Congress. The tax deductible gift credit can only be given to the name on the check/money order. If the “Congress Hero” is interested in receiving a gift receipt for tax purposes for their donation, their gift must be paid in the form a check or money order. If money is collected from numerous sources multiple checks can be submitted and the names on those checks will receive a gift receipts. However, if only one check is written, only the name on that check will receive a gift receipt.

There is no pressure to ask individuals or businesses to be Congress Heroes, but the rewards are many. First, there is financial credit for the Congress registration fee if the \$300 sponsorship is met. Also, all youth who secure *any* amount of Hero sponsorships will be entered in a drawing for prizes donated by our sponsors and friends. A collection has already begun of 4-H related items. **The top five 4-H'ers for 2016 who raise over \$300 in donations will receive prizes.**

Registration Forms and Where to Find Them

Delegates and Adults will complete and return forms to local 4-H Agent no later than April 22, 2015. Agents will return forms and payment to State Office no later than May 13, 2016.

NEW IN 2016!!! For participants with a complete and active 4HOnline profile inclusive of Health History and Code of Conduct, no additional forms will need to be sent to the State 4-H Office. The State 4-H Office will print the forms onsite for those participants with a complete and active profile in 4HOnline. However, if hardcopies of the Health History and Code of Conduct are collected by the unit office and are not a part of the 4HOnline profile, the unit will need to mail copies of the forms to the State 4-H Office no later than May 13.

Download all Congress related forms from:

<http://www.ext.vt.edu/topics/4h-youth/state-congress/index.html>

- 1) 2016 Congress Registration Form
- 2) 2016 Congress Code of Conduct Agreement
- 3) 2016 Health History Form
- 4) 2016 Congress Hero Form