WELCOME TO CACHE COUNTY 4-H



Extension
UtahStateUniversity

MEET THE TEAM



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4-H inspires the next generation of leaders, inventors, entrepreneurs, and problem solvers. We are the nation's largest Positive Youth Development Program and offer a wide variety of programs, projects, contests and events from livestock to sewing, and leadership to robotics. Each county in Utah has an Extension 4-H Program supported by Utah State University and county officials. Budgets, employee hours, meeting space and resources vary per county but the goal of the Extension 4-H program is the same; to make the best better!

4-H PLEDGE

I pledge my **HEAD** to clearer thinking, my **HEART** to greater loyalty, my **HANDS** to larger service, and my **HEALTH** to better living, for my club, my community, my country, and my world.









GENERAL 4-H PROGRAM

4-H Age Groups/Grades

Cloverbuds: ages 5-7, grades: K-2

Juniors: ages: 8-10, grades: 3-5

Intermediate: ages 11-14, grades: 6-8

Senior: ages 15-18, grades: 9-12

Volunteers: 18+, background checked and trained

Note: To work with animals or mature machinery, youth need to be 8 years old AND in 3rd grade, as of September 1st.







HOW TO BECOME A MEMBER

01 Create a household account on 4h.zsuite.org and add each youth.

02 To find a club to join, contact Elise Jenson to find a club in your area and interest.

03 Reach out to the club's leader to find out more information about if the club is accepting new members and when they meet.

04 Pay the enrollment fee of $10 per youth. Enrollment opens September 1st.

05 Check out the county and state 4-H events coming up on the Events tab on 4h.zsuite.org

06 Be sure to receive our newsletters, follow Cache County 4-H on social media!

If you need assistance in covering yearly 4-H enrollment fees, you can apply for a fee waiver.

REGISTERING YOUR FAMILY IN ZSUITE

1. Go to 4h.zsuite.org, click sign up, and create a Household (family) profile.
2. Under your household profile, each youth or adult will be added as a household member
   a. Fill out the personal information, waivers, and club for each household member profile
   b. Unless you see the specific club you are registering for, you can select a club you are interested in joining if it is not a "closed club". You can also select "no club/independent study."
3. After all youth profiles are completed, you can pay the enrollment fee online
   a. Each youth has an annual enrollment fee of $10 which covers state fees, insurance, etc.
   b. The enrollment year goes from Sept. 1 - Aug. 31
4. After enrolling, you will receive an email notifying you enrollment has been approved.
   a. After receiving approval notification, you wil be able to log in and register for a 4-H event, such as a camp, state event, etc.
5. It is highly recommended that each parent registers as a volunteer, but is not required.
   a. By indicating "I AM A GENERAL VOLUNTEER", it gives us the capacity to utilize help, even if infrequent, for 4-H. This includes ride-sharing, helping with an event, etc.
   b. Volunteers go through a screening process to ensure safety of our youth
   c. After registering, volunteers will receive an email to complete their "New Leader" and "Protection of Minors" training. It takes about **40 minutes** to complete these before your enrollment is approved. (These trainings will need to be done on a laptop or computer desktop, it will not work on a phone.)
   d. On ZSuite, log into your household under your profile. Click on "Clover Academy" on the left-hand side of the screen. Select the "Launch Clover Academy" button. Once this opens, scroll down to the bottoms of the page where you will find the volunteer training videos.

Links:

- How to Enroll videos
- Cache County 4-H Facebook
- Cache County 4-H Instagram
- Cache County 4-H Website
- Cache County 4-H Email List Sign-Up

Questions?

Contact our 4-H office at **435-752-6263**!

THE 4-H FLOW

The 4-H office coordinators do their best to provide spark camps, events and, start up club meetings that help 4-H youth find new interests or meet other 4-H youth to continue doing 4-H with. Club leaders and project leaders are key to 4-H goals for youth. The “capstone” project for all clubs is the Cache County Fair where active 4-H youth can submit projects, do demonstrations, and show animals.

01 Find out more about 4-H and decide what skills you want to work on.





02 Join or make a 4-H Club that helps you master your skills!



03 Practice your skills and try a few more in county and state 4-H events!



04 Showcase your skills in county and state contests & the County Fair!

PROGRAM AREAS

Junior Livestock



Family and Consumer Sciences



STEM



Horse



Outdoor Education



Leadership



To join or create a club in one of these program areas, contact our 4-H Program Coordinator, Elise Jenson, at elise.simkins@usu.edu.

JUNIOR LIVESTOCK INFO

The Cache County Fair is the first full week of August and is the time when youth in the Junior Livestock program get to show off what they've been working on all year. Before the fair, 4-H members need to be registered on Zsuite and FairEntry,

Tag-Ins

All animals must be tagged by the appointed date to... Find the tag-in date for your animal on the Cache County 4-H Junior Livestock page.

Education Clinics

All youth participating in the Cache County Fair are required to attend at least 2 education clinics. These clinics provide information to further educate the youth on the proper care of animals and prepare them for showing at the fair.

Education Clinic dates, times, and locations are released early spring and can be found on the Cache County 4-H Junior Livestock page.

Animal Weigh-Ins

On the week of the fair, youth will bring their animals to the fairgrounds to have their animals weighed before the show. Your animal will stay at the fairgrounds all week and you are expected to care for your animal each day throughout the fair. The minimum weight requirements for each species are listed below:

Beef: 1200 lbs
Swine: 240 lbs
Lambs: 105 lbs
Goats: 50 lbs

THE 4-H PORTFOLIO

All youth showing livestock at the Cache County Fair are required to complete a portfolio. The 4-H Portfolio is a simple resume and cover letter format to help the youth select the highlighting parts of their 4-H experience while practicing an important skill to use in future college and career experiences. A buckle will be awarded to the top two portfolios in each age division.

RESUMES

The resume should represent a cumulative summary of the 4-H members background, skills, and accomplishments. The 4-H member should summarize their 4-H experience by highlighting their project involvement, activities, awards/recognitions, leadership experiences, and community service. Each year, applicants will need to update their information, maintaining the most pertinent information over time.

COVER LETTERS

The cover letter should be a narrative to accompany the resume. Maximum 1 page. The cover letter should target the objectives listed below.

- Summarize your project for the current year and specifically outline the skills you have developed, knowledge you have gained, and goals you have achieved.
- Describe your 4-H leadership experiences and how you have grown as a person.
- Provide details on the impacts of 4-H community service and how these experiences have affected your community.
- Explain how your involvement in the Utah 4-H Junior Livestock project has impacted your life and challenged you to grow and push yourself outside of your comfort zone.

Junior Livestock Clinic portfolios are due in person to the Cache County 4-H office or emailed to **dylan.waldron@usu.edu** by September 1st!

For more information or portfolio examples,
visit the Utah 4-H Portfolio page.

4-H HORSE BASICS

We are thrilled to welcome you to Cache County Horse 4-H! This is a fantastic opportunity for your entire family to learn, make new friends, engage in community service, and participate in local activities. As a volunteer-driven program, your support is essential for its success! 4-H is a national nonprofit organization dedicated to youth development, with education as its main focus.
You must register on zsuite and pay your horse activity fees to participate in horse 4-H activities.

Helmet and Age Policy

All youth riders participating in Utah 4-H sponsored events should wear an American Standard for Testing Materials (ASTM) or Safety Equipment Institute (SEI) certified helmet.

JUNIOR: 3rd-5th grade
INTERMEDIATE: 6th - 8th grade
SENIOR: 9th-12th grade

Locations

Horse council: Varies, USU South Farm
Horse Classics: Cache County Offices
Winter Ride Nights: Cache County Fairgrounds Indoor arena
Shows: Cache County Fairgrounds Large/roping outdoor arenas

Visit **extension.usu.edu/cache/4h/horse** for specific scheduling information or join the GroupMe chat!

4-H HORSE EVENTS

Winter Ride Nights

Winter Ride Nights are held the first, second, and third Wednesday of each month 4:30-7:30pm October-April at the fairgrounds. Sign up/specifics on GroupMe

Horse Camp

Horse camp is an opportunity to learn new skills and events. Classes will be taught by experienced adults and will include, speed, working rancher and show events. Held the first part of June and is open to anyone in Horse 4-H.

In-Hand

In-Hand: For young horses (ages 1-3) shown in halter only

Two-Hand

Two-Hand: For horses ages 3-5, shown using two hands

Western Show

There are 4 western shows throughout summer with 7 events.

4-H HORSE CLASSICS

Horse classics are horseless events that any horse 4-H member can compete in. There are team events such as Horse Judging and Horse Bowl, as well as individual events such as speeches.

Demonstrations

Presentations must relate to the horse industry, but can include props. This event is prepared with a topic of your choice.

Hippology

This contest consists of a written exam, stations relating to equines, horse judging, and a team activity

Horse Bowl

Horse bowl is a competitive event where a judge presents a question and the first to ring the buzzer and correctly answer the question will get a point for the team.

Horse Judging

Participants will compete to judge performance and halter classes, take a general knowledge exam and present reasons to a judge. This is an individual event placed as a team.

Speeches

Impromptu: Contestants will select their speech topic by randomly selecting 3 cards, they will choose two. These topics will be relevant to to the youth.
Prepared: Present a previously prepared speech to a panel of judges, topics must be relevant but are not limited to 4-H related topics.

FAQS

01

When can I sign up to be in 4-H?
Anytime! However, the 4-H year runs from September 1st-August 31st.

02

How much is it to join 4-H?
The initial enrollment fee is $10 for the whole year. Some clubs or classes will have additional fees. If you need assistance in covering yearly 4-H enrollment fees, you can apply for a fee waiver on Zsuite.

03

How old do I have to be to join 4-H?
Youth can start participating in 4-H at age 5 and participate up until they are 18 years old. Keep in mind that youth working with animals, machinery or in shooting sports must be 8 years old AND in 3rd grade as of September 1st of the active 4-H year.

04

Do I have to be enrolled in 4-H in order to particpate in events?
All youth interacting in 4-H events or groups must be enrolled, unless otherwise noted by 4-H staff. There will be times when an event will be open to the public.

05

Can I pay my fees in the 4-H office?
No, all enrollment and club fees are encouraged to be paid online through your Zsuite account.

06

What types of activities do you do in 4-H?
4-H offers a wide variety of programs, projects, events, contests, and more for youth in agriculture, leadership, STEM, and Family Consumer Sciences. No matter your interest, you can find a club that helps you learn and grow in that area.

07

How often does a 4-H club meet?
It depends on each club. Contact your club leader to find out more information.

08

What can 4-H help me with?
4-H is a great opportunity to make new friends, learn new skills, and shine as a leader. 4-H is all about learning by doing! There's something for everyone here.







FOR MORE INFORMATION

Instagram
@cachecounty4h

Facebook
Cache County 4-H

Website
extension.usu.edu/cache/4h/

Email Newsletter
extension.usu.edu/cache/sign-up

Phone
(435) 752-6263

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