

# **Salt Lake County 4-H**

## **Events & Contests**

January 2022 Edition



Extension  
**UtahState**University



# Table of Contents

## Chronological List of Contests & Events | 3

### County Contests

#### Family Consumer Science (FCS)

4-H Cooking Challenge	5
Consumer Decision Making	5
FCS Bowl	6
FCS Presentation & Demonstration	6
FCS Skill-a-thon	7
Fashion Review	7
Favorite Foods	8

#### General

General and Horse Demonstration	9
Discovery Days	10
Impromptu Speaking	10
Portfolios	11
Public Speaking	11
Horse Classics	12
Horse Shows	12
Jr. Livestock Show	13
Shooting Sports	13
Small Animal and Pet Advocate Pet Show	14

#### STEM

Digital Arts	14
Design Challenge	15
Game Design Challenge	15
Pixelations	16

### State Contests

4-H Classic	18
Digital Arts	18
Envirothon	19
Game Design Challenge	19
Pixelations	20
Shooting Sports & Western Heritage	20
State Dog & Pet Show	21
State Horse Show	21
Utah State Fair	22



## County Events

Achievement Night	24
Cloverbud Camp	24
Creative Connections	25
Fall for FCS	25
Family Camp	26
Family STEM Night	26
Spring into STEM	27
Teen/Junior Teen Council	27
Volunteer Appreciation Dinner	29
4-H Day Camps	29

## State Events

4-H Prom	31
4-H University	31
Design Team Training	32
i4-H	32
Junior Youth Conference (JYC)	33
Mock Legislature	33
Mustang Camp	34
Teen Summit	34
Teen Winter Retreat	35
TRY Team Training	35

### Key



County Contest



State Contest



County Event



State Event



# Chronological List of Event & Contests

## Monthly

Creative Connections  
Teen/Jr. Teen Council

## January

FCS Presentation & Demonstration  
General & Horse Demonstration  
Public Speaking  
Pixelations (CC)  
Teen Winter Retreat

## February

4-H Prom  
4-H University  
Digital Arts (CC)  
Favorite Foods  
Pixelations (SC)

## March

Cloverbud Camp  
Consumer Decision Making  
Design Challenge  
Digital Arts (SC)  
FCS Skill-A-Thon  
TRY Team Training

## April

4-H Cooking Challenge  
Envirothon  
FCS Bowl  
Game Design Challenge (SC)  
Horse Shows  
Mock Legislature  
Spring Into STEM

## May

Family STEM Night  
Horse Shows  
Shooting Sports & Western Heritage

## June

4-H Classic  
4-H Day Camps  
Fashion Review  
Game Design Challenge (SC)  
Horse Shows  
i4-H  
Junior Youth Conference (JYC)  
Mustang Camp  
Shooting Sports & Western Heritage  
State Dog & Pet Show

## July

4-H Day Camps  
Family Camp  
Horse Shows  
Teen Summit

## August

4-H Discovery Days  
Horse Shows  
Jr. Livestock Show  
Small Animal & Pet Advocate Pet Show

## September

Fall for FCS  
Horse Shows  
Portfolios  
State Horse Show  
Utah State Fair

## October

Achievement Night  
Design Team Training  
Volunteer Appreciation Dinner

## November

Impromptu Speaking



# County Contests



County contests are open to all 4-H youth who are enrolled in at least one chartered club.



# 4-H Cooking Challenge

FCS | 3rd-12th Grade | 1-2 hours | Free | April



A team of two members or an individual contestant will prepare and complete a dish highlighting the challenge ingredient. The dish must be completed and presented to the judges within a 40-minute timeframe, including clean-up. The contestant will provide all equipment and ingredients. Contestants can prepare an appetizer, main course, or dessert. Once their dish is ready, contestants will have up to 3 minutes to describe the presented dish, tell how they highlighted the challenge ingredient, and share some facts/knowledge about it.

Youth can compete individually or as a team of two, and registration is on ZSuite.

Challenge Ingredient:

2021-2022: Eat Beef (or protein substitute)

2022-2023: Very Berry

2023-2024: Zucchini

More information:

<https://extension.usu.edu/utah4h/files/cooking-challenge-contest-guidelinespdf.pdf>

*Pam Van Wagoner | [pamela.vanwagoner@usu.edu](mailto:pamela.vanwagoner@usu.edu) | 801-604-5531*

---

# Consumer Decision Making

FCS | 3rd-12th Grade | 2-4 hours | Free | March



Consumer Decision Making is a competitive team event that teaches youth financial management, how to be savvy consumers, and decision-making skills. Youth compete in teams of three to four. Team members are given a scenario in a class of items, such as bicycles, sunscreen, or backpacks, and a set of criteria to determine which item will best meet their needs. Each team member will work individually to rank the items of six different classes and give their verbal reasoning to judges on two of the classes. Team members' scores are combined, with the lowest score dropped for each class of a four-member team.

More information:

<https://extension.usu.edu/utah4h/events/state-contests/4h-classic/consumer-decision-making>

*Pam Van Wagoner | [pamela.vanwagoner@usu.edu](mailto:pamela.vanwagoner@usu.edu) | 801-604-5531*



# FCS Bowl

FCS | 3rd-12th | 6-8 Hours | Free | April



FCS Bowl is a knowledge bowl team competition that tests youth's knowledge of all aspects of Family Consumer Science. Teams of four youth compete in this "quiz show" style competition. In the first portion of the game, youth take turns to answer questions, buzzing in against the opposite team. In the second portion, any youth from the team can buzz in to respond to the question. In addition to the quiz bowl, youth take a knowledge test to determine the order of play. Youth can create a team or contact the FCS coordinator to join the county team.

More information: <https://extension.usu.edu/utah4h/events/state-contests/4h-classic/fcs-bowl>

*Pam Van Wagoner | [pamela.vanwagoner@usu.edu](mailto:pamela.vanwagoner@usu.edu) | 801-604-5531*

---

# FCS Presentation/Demonstration

FCS | 3rd-12th | 2 hours + prep time | Free | January



The FCS presentation is a contest for individuals to present on any topic about home economics or family consumer science, except for cooking with a recipe. Favorite Foods is a contest entirely dedicated to presentations on cooking with a recipe.

Examples of topics include sewing a pencil case, designing a flower bed, or building a wooden trunk. Presentations are given on the completed project and describe the process. At the county level, presentations must be between 10 and 15 minutes for the Senior division, 7-10 for Intermediate, and 5-10 for Junior.

More information: <https://extension.usu.edu/utah4h/events/state-contests/4h-classic/fcs-bowl>

*Pam Van Wagoner | [pamela.vanwagoner@usu.edu](mailto:pamela.vanwagoner@usu.edu) | 801-604-5531*



# FCS Skill-A-Thon

FCS | 3rd-12th Grade | 2 hours + team practice/studying | Free | March



This team contest covers skills and knowledge gained by participating in all aspects of the Family Consumer Science project. The first part identifies three areas: clothing and sewing, foods and cooking, interior design, and home repairs. For this portion of the contest, team members work independently to identify various items from each category.

Next, contestants judge a food class similar to the consumer decision-making contest, ranking the options provided and giving reasons for their ranking. Finally, the team is given a scenario based on a life skill. They are given time to prepare then present their solution to the judges.

The Skill-A-Thon is a team event, with four youth per team.  
Registration will be on ZSuite.

More information: <https://extension.usu.edu/utah4h/events/state-contests/4h-classic/skill-a-thon>

*Pam Van Wagoner | [pamela.vanwagoner@usu.edu](mailto:pamela.vanwagoner@usu.edu) | 801-604-5531*

---

# Fashion Review

FCS | 3rd-12th Grade | 2 hours + prep time | Free | June



Fashion Review is divided into two categories: constructed and purchased/modified clothing. Contestants in both categories model their clothing and are interviewed by the judges. They should be prepared to describe the work they did on their clothing, share information about their experience working on this project, and answer other questions about the project.

Youth entering a purchased/modified project will be scored 100% on their modeling and interview. Youth who enter a constructed item will be judged 50% on their modeling and interview and 50% on sewing construction. Contestants should be prepared for judges to examine their project following the interview.

Registration will be on ZSuite.

More information: <https://extension.usu.edu/utah4h/events/state-contests/4h-classic/fashion-revue>

*Pam Van Wagoner | [pamela.vanwagoner@usu.edu](mailto:pamela.vanwagoner@usu.edu) | 801-604-5531*



# Favorite Foods

FCS | 3rd-12th | 2 hours + prep time | Free | February



Favorite Foods contestants will be judged on their selection, knowledge, and presentation of their favorite food. Contests must arrive at the event with all food prepared to serve. They should also provide a place setting and be prepared to offer samples of their favorite food to the judges. Contestants should be ready to answer the following questions:

- Why is it your favorite?
- Where did you get the recipe?
- Were there any special techniques used while preparing it?
- What else would you like to share about your favorite food?

Youth may enter as individuals or as a team of two.

Registration is on ZSuite.

More information:

<https://extension.usu.edu/utah4h/events/state-contests/4h-classic/favorite-foods>

*Pam Van Wagoner* | [pamela.vanwagoner@usu.edu](mailto:pamela.vanwagoner@usu.edu) | 801-604-5531



# General & Horse Demonstration



General/Horse | 3rd-12th Graders | 5 hours prep, 2 hours at contest | Free | January

**General:** Giving a 4-H project demonstration can be fun! They are a show and tell about a fact, idea, or process. Demonstrations are a presentation on the process of a completed project. At the county level, presentations must be between 10 and 15 minutes for the senior division, 7-10 for the intermediate, and 5-10 for the junior. Youth select the topic of their choice to demonstrate and can include:

- Animals
- Plants
- STEM
- Citizenship and civic education
- Communication and expressive arts
- Environmental education
- Health
- Personal safety
- Personal development

**Horse:** Demonstration or illustrated talk of skills or methods of the horse industry and showcases the contestant's knowledge of the equine industry. Presentations should be 9-12 minutes in length for the senior division, 6-9 minutes for intermediate division, and at least 5 minutes for the junior division. Contestants may compete as a team of two or as an individual. Creative audio/visual aids are encouraged to help convey the significant points of the presentation, but the contestant must be involved in the creation of them. Visual aids may include, but are not limited to: handouts, posters, props, videos, slides, and computer-generated media. No live animals may be used.

\*FCS topics should be entered in the FCS Demonstration contest.

More information: General 4-H demo: <https://extension.usu.edu/utah4h/files/demonstrations.pdf>

Horse demo: <https://extension.usu.edu/utah4h/files/horse-livestock-symposium-demo-rules.pdf>

*Pam Van Wagoner | [pamela.vanwagoner@usu.edu](mailto:pamela.vanwagoner@usu.edu) | 801-604-5531*

*Sage Allen | [sage.allen@usu.edu](mailto:sage.allen@usu.edu) | 385-468-4817*



# Discovery Days

General | K-12th Grade | 1-100+ Hours | Free | August



4-H Discovery Days is the culminating event for Salt Lake County 4-H youth projects. Youth enter projects in the Indoor Exhibits, where they are judged and awarded ribbons. For youth in grades 3-12, judges will also select entries to advance to the State Fair. 4-H Discovery Days is held at Wheeler Historic Farm and offers hands-on activities, family games, and other activities in addition to the Indoor Exhibits. 4-H Discovery Days is held in place of the traditional County Fair, which Salt Lake County no longer offers.

Youth must be enrolled in a chartered 4-H club by July 1st to compete, and projects are submitted by club leaders in mid-August. All submitted entries are displayed for exhibit during Discovery Days.

More information: <https://extension.usu.edu/saltlake/4h/discovery-days>

*Pam Van Wagoner | [pamela.vanwagoner@usu.edu](mailto:pamela.vanwagoner@usu.edu) | 801-604-5531*

---

# Impromptu Speaking

General/Leadership | 3rd-12th Grade | 2 hours | Free | November



Contestants will select a topic for their speech by randomly drawing three questions from a pool of questions. They have one minute to choose one question and return the other two. Questions will be relevant to today's youth and may include current events, 4-H, social issues, quotes, etc. Contestants may not use costumes, posters, visual aids, or props for their presentations. After selecting a topic, they are given an index card and pencil with three minutes to organize their thoughts and prepare their speech. Each must be between 3-5 minutes in duration. Points are deducted for every 30 seconds over or under the time limit.

Registration will be on ZSuite.

More information:

<https://documentcloud.adobe.com/link/track?uri=urn%3Aaaid%3Aascds%3AUS%3Ab627aad1-f86d-4fe3-8cc1-b17008732906#pageNum=1>

*Sage Allen | [sage.allen@usu.edu](mailto:sage.allen@usu.edu) | 385-468-4817*

*Pam Van Wagoner | [pamela.vanwagoner@usu.edu](mailto:pamela.vanwagoner@usu.edu) | 801.604.5531*



# Portfolios

General/Leadership | 3rd-12th Grade | 2-5 hours | Free | September



4-H portfolios are a combination of a resume and cover letter to summarize the 4-H member's background, skills, and accomplishments. Portfolios are updated each year and only include the most pertinent information. The resume, once initially completed, will only need minor edits and updates throughout the year. However, the cover letter objectives can change depending on the purpose of the portfolio. Portfolios entered into the county contest can also be used throughout the year to apply for ambassadorships, state and regional leadership roles, and various animal projects/shows.

Submissions are through ZSuite.

More information: <https://extension.usu.edu/utah4h/more/4-h-portfolios>

*Sage Allen | sage.allen@usu.edu | 385-468-4817*

*Pam Van Wagoner | pamela.vanwagoner@usu.edu | 801.604.5531*

---

# Public Speaking

General & Horse | 3rd-12th Grade | 2-8 Hours Prep | Free | January



**General:** Contestants give a 6-8 minute prepared speech. The topic is not required to be 4-H related but must be relevant to today's youth. Contestants are judged on appearance, language effectiveness, pronunciation and enunciation, organization of contents, and overall quality of speech.

**Horse:** An original talk on any appropriate topic related to the horse industry; no visual aids may be used. Speeches should be 7-10 minutes in length for the senior division, 6 – 8 minutes for intermediates, and a minimum of 5 minutes for juniors.

Registration is on ZSuite.

More information:

**General:** <https://adobe.ly/3AzS5jX>

**Horse:** <https://bit.ly/3o0zyl0>

*Pam Van Wagoner | pamela.vanwagoner@usu.edu | 801.604.5531*

*Sage Allen | sage.allen@usu.edu | 385-468-4817*



# Horse Classics

**Outdoor/Animal | 3rd-12th Grade | Time varies |**

**County contest(s) are free; the state contest (4-H Classics) has a fee.**



'Horse Classics' includes all the contests that horse-loving youth can compete in outside the arena. Specifics for each of these contests are outlined in this document. Some are team contests, and some are individual; you do not need to have access to a horse to participate in these contests because they are meant to demonstrate and test your knowledge of the equine industry.

These contests include:

Hippology

Horse Bowl

Horse Demonstrations

Horse Judging

Horse Public Speaking

*Sage Allen | [sage.allen@usu.edu](mailto:sage.allen@usu.edu) | 385-468-4817*

---

# Horse Shows (Western)

**Outdoor/Animal | 3rd-12th Grade | 100+ hours | Cost varies | April-Sept**



The Utah 4-H Western Horse Program teaches youth to work with a project horse and test their equine knowledge throughout the year. Youth can show their horses in multiple western disciplines, including western horsemanship, showmanship at halter, western rail work, trail, ranch riding, reining, and bareback rail work. The shows offer three-speed events and include barrel racing, pole bending, keyhole, gymkhana, scurry, and quadrangle.

For the 2021-2022 4-H year, the events are: test, showmanship, western rail work, bareback rail work, barrels, pole bending, and scurry. Youth training horses five or younger can participate in the 2-Handed project and those training horses three years old to yearlings who have not been started under saddle can participate in the In-Hand project. Both projects include specific events that differ from the western individual project. We hope to add English and Working Ranch Horse shows soon. In the meantime, there are open state-wide shows for those interested in those disciplines.

\*It is the individual's responsibility to have access (own or lease) to a horse to participate.

County: <https://extension.usu.edu/saltlake/4h/animal-program/horse-program>

State: <https://extension.usu.edu/utah4h/programs/horse/index>

*Sage Allen | [sage.allen@usu.edu](mailto:sage.allen@usu.edu) | 385-468-4817*



# Jr. Livestock Show

**Outdoor/Animal | 3rd-12th Grade | 100+ hours | Free | August**



The 4-H Jr. livestock program's purpose is to provide experiences to develop a youth's life skills and learn about the science of livestock selection, care, and management. The exhibitor must own or possess, feed, and care for their project animal(s) for no less than 100 consecutive days for market beef and 60 consecutive days for market swine, sheep, and goats before the show; no interruption of ownership can occur. There are market, showmanship, and breeding classes for the different species the youth can enter with their animal. An auction is held for youth and their livestock at the show's end.

Because this is a partnered contest with the SLCo Jr. Livestock board registration is unavailable on ZSuite and is held on an independent website. Additionally, all animals must be tagged and follow all rules and deadlines per the Utah Junior Livestock Association (UJLA).

SLCo Jr. Livestock Board: <https://www.facebook.com/slcojrlivestock/>

SLCo 4-H: <https://extension.usu.edu/saltlake/4h/animal-program/jr-livestock-program>

UJLA Sanctioned Shows: <https://utahjuniorlivestock.com/>

*Sage Allen* | [sage.allen@usu.edu](mailto:sage.allen@usu.edu) | 385-468-4817

---

# Shooting Sports

**Outdoor/Animal | 3rd-12th Grade | 15-40 hours | Costs vary | Spring**



SLCo 4-H has a community shooting sports club you can join in ZSuite, Str8Shooters. Disciplines included in the club are archery, .22 rifle, and shotgun. Each discipline has individual sections to learn how to use them in different scenarios. Youth learn about outdoor recreation, firearm safety, wildlife identification, and shooting skills and techniques.

The contest includes a knowledge test with two parts: multiple choice and animal identification, and various skills portions within each discipline. The book used for the test is "Today's Hunter-Utah." Youth will compete as individuals, and they can choose which disciplines they'd like to participate in.

- Archery is divided into 3D shoot, field shoot, and Fita shoot.
- .22 rifle is divided into NRA 3 position, NRA small-bore silhouette, and CMP sporter
- Shotgun is divided by trap, skeet, and 5 stand shooting.

Youth must provide their own firearm/bow, equipment, and ammo/arrows. Youth must have completed the Hunter Education Course and have their certificate before participating in club meetings or contests.

<https://extension.usu.edu/saltlake/4h/shootingsports>

*Sage Allen* | [sage.allen@usu.edu](mailto:sage.allen@usu.edu) | 385-468-4817



# Small Animal & Pet Advocate Pet Show

Outdoor/Animal | 3rd-12th Grade | 1-4 hours prep | Free | August



The 4-H Pet Show enables youth passionate about companion animals to showcase their skills and knowledge about pet care and show off their pets to an audience. The Pet Show is an opportunity to present a specific pet-care skill and talk with the public about their companion animal. Live animals are not required for participation. A plush or toy animal is appropriate and will not be penalized. Exhibitors may enter one pet per class but must have a new poster/display per class. Classes include

- |                |                        |
|----------------|------------------------|
| A. Dogs        | D. Reptiles & Aquatics |
| B. Cats        | E. Other               |
| C. Pocket Pets |                        |

More information: <https://adobe.ly/3o3RDWb>

Note: These are the 2021 rules and are subject to change. However, these changes are typically date changes or updates on current diseases. Entry submissions to be emailed to [sage.allen@usu.edu](mailto:sage.allen@usu.edu).

*Sage Allen* | [sage.allen@usu.edu](mailto:sage.allen@usu.edu) | 385-468-4817

---

## Digital Arts

STEM | 3rd-12th Grade | 2-20 hours | Free | February



This is a digital art contest where entries are entered and judged online. Project entries can be entered as a team (up to three youth) for videography but must be individual entries for graphic design. All entries must represent one of the pillars of 4-H and include an explanation of why.

The pillars are

- Agriculture
- Civic engagement
- Healthy living
- STEM

Registration is on ZSuite, and submissions are emailed.

More information: <https://extension.usu.edu/utah4h/programs/stem/index>

*Pam Van Wagoner* | [pamela.vanwagoner@usu.edu](mailto:pamela.vanwagoner@usu.edu) | 801-604-5531



# Design Challenge

STEM | 3rd-12th Grade | 2 hours | Free | March



Compete in this event as an individual or teams of up to three. Everyone is given the same design challenge and has 40 minutes to design a solution. When the time is up, each contestant/team will have 5 minutes to present their solution and be scored. All supplies are included for this contest.

Registration will be on ZSuite

More information: <https://extension.usu.edu/utah4h/programs/stem/index>

*Pam Van Wagoner* | [pamela.vanwagoner@usu.edu](mailto:pamela.vanwagoner@usu.edu) | 801-604-5531

---

# Game Design Challenge

STEM | 3rd-12th Grade | 4-25 hours | Free | April



Create and build your very own board game! Contest entries are entered and judged asynchronously (not in person), and the Game Design Challenge is open to individuals, teams, and families.

To submit an entry, email [pamela.vanwagoner@usu.edu](mailto:pamela.vanwagoner@usu.edu).

More information: <https://extension.usu.edu/utah4h/programs/stem/index>

*Pam Van Wagoner* | [pamela.vanwagoner@usu.edu](mailto:pamela.vanwagoner@usu.edu) | 801-604-5531



# Pixelations

STEM | 3rd-12th Grade | 2-20 hours | Free | January



Pixels are the tiny building blocks used to create photographs and videos. In this contest, youth will use computational thinking strategies to develop a pixelation picture utilizing the medium of their choice. Acceptable mediums include quilling, melting beads, diamond art, cross-stitch, paper, etc. Entries are entered and judged through email.

Registration will be on ZSuite. Entries will be emailed to [pamela.vanwagoner@usu.edu](mailto:pamela.vanwagoner@usu.edu)

More information: <https://extension.usu.edu/utah4h/programs/stem/index>

*Pam Van Wagoner | [pamela.vanwagoner@usu.edu](mailto:pamela.vanwagoner@usu.edu) | 801-604-5531*



# State Contests



State contests require youth to be enrolled in at least one chartered club. Most state contests also require youth to compete at the county level to qualify for state. State contests are held all over the state and gives an opportunity to meet other 4-H'ers outside of SLCo.



# 4-H Classic

General | 3rd-12th Grade | Varies | Approx \$120 | June



This state event encompasses 4-H's classic contests, including FCS, Speech, Design Challenge, Agriscience, and Horse & Livestock. Youth must compete in the correlating county contest and earn a blue ribbon to attend and compete in this event. Senior aged youth (9-12th grades) can qualify for the Western National Roundup, the national contest that takes place in Denver, Colorado.

In addition to the State Contests, 4-H Classic will offer workshops and classes on various topics. 4-H youth will select courses to attend when not competing. Workshops for adult leaders are also available.

These contests will be offered at 4-H Classic but do not have a national contest: Design Challenge, General Demonstration, 4-H Cooking Challenge, Favorite Foods.\*

Registration will be on ZSuite.  
Participants will be responsible for their lodging.

More information & list of contests offered:  
<https://extension.usu.edu/utah4h/events/state-contests/4h-classic/index>

*Pam Van Wagoner* | [pamela.vanwagoner@usu.edu](mailto:pamela.vanwagoner@usu.edu) | 801.604.5531  
*Sage Allen* | [sage.allen@usu.edu](mailto:sage.allen@usu.edu) | 385-468-4817

---

## Digital Arts

STEM | 3rd-12th Grade | 2-36 hours | Free | March

The digital art contest is held online. Participants may enter in photography, videography, graphic design. Project entries can be entered as a team (up to three youth) for videography but must be individual entries for graphic design and photography. All entries must represent one of the pillars of 4-H and explain how the entry relates to the selected pillar. The pillars include:

- Agriculture
- Civic engagement
- Healthy living
- STEM

Registration is on ZSuite and submissions are emailed.

More information: <https://extension.usu.edu/utah4h/programs/stem/index>

*Pam Van Wagoner* | [pamela.vanwagoner@usu.edu](mailto:pamela.vanwagoner@usu.edu) | 801-604-5531



# Envirothon

Outdoor/Animal | 9th-12th Grade | 25+ hours | Enrollment Cost: TBD | April



This Utah Natural Resources Competition & Event is held annually and serves as the Utah State Qualifier for four national natural resources competitions. The team with the highest overall total represents Utah at the National Envirothon. The team with the highest overall total for the Forestry Station will represent Utah at the National Forestry Invitational. The team with the highest point total for the Wildlife Station will represent Utah at the National Wildlife Habitat Education Program Contest. The Utah Envirothon motivates students to develop the knowledge and skills necessary to address complex issues and challenges associated with management of natural resources while empowering them to be active and involved citizens.

This competition includes a “current issue presentation” and 5 test stations in the areas that include: Forestry, Aquatic Ecology, Wildlife, Soils/Land Use, and a current issue. Teams consist of four to five members and may include an alternate.

<https://extension.usu.edu/utah4h/events/utah-envirothon>

*Sage Allen* | [sage.allen@usu.edu](mailto:sage.allen@usu.edu) | 385-468-4817

---

# Game Design Challenge

STEM | 3rd-12th Grade | 4-25 hours | Free | June



Create and build your very own board game! Contest entries are entered and judged online. The Game Design Challenge is open to individuals, teams, and families.

Registration is on ZSuite and submissions are emailed.

More information: <https://extension.usu.edu/utah4h/programs/stem/index>

*Pam Van Wagoner* | [pamela.vanwagoner@usu.edu](mailto:pamela.vanwagoner@usu.edu) | 801-604-5531



# Pixelations

STEM | 3rd-12th Grade | 2-20 hours | Free | February



Pixels are the tiny building blocks used to create photographs and videos. In this contest, youth will use computational thinking strategies to develop a pixelation picture utilizing the medium of their choice. Acceptable mediums include quilting, melting beads, diamond art, cross-stitch, paper, etc. Entries are entered and judged online.

Registration is on ZSuite and submissions are emailed.

*Pam Van Wagoner | [pamela.vanwagoner@usu.edu](mailto:pamela.vanwagoner@usu.edu) | 801-604-5531*

---

# Shooting Sports & Western Heritage



Outdoor/Animal | 3rd-12th Grade | 50+ hours | Enrollment Cost: TBD | May & June

## Shooting Sports

The Shooting Sports state contest is comprised of three disciplines: archery, .22 rifle, and shotgun. The contest includes a knowledge test and a skills portion. The knowledge test includes multiple-choice questions and animal identification. The skills portion is dependent on the discipline.

- Archery is divided into 3D shoot, field shoot, and Fita shoot.
- .22 rifle is divided into NRA 3 position, NRA small-bore silhouette, and CMP sporter
- Shotgun is divided by trap, skeet, and 5 stand shooting.

Youth will compete as individuals and depending on the year they may compete in any of the disciplines. However, sometimes they have to qualify for a discipline on the county level first before state.

## Western Heritage:

This contest is a combination of 4-H shooting sports and a living history of the frontier west from 1860 to 1900. Youth dress in old west clothing, use period-style sidearms, rifles, and shotguns, and then shoot steel targets at various distances. The score is determined by the fastest time with time penalties for misses. Youth also participate in a period outfit evaluation and interview to showcase their character portrayal and historical knowledge.

\*Youth must provide their own firearm/bow, equipment, and ammo/arrows. Youth must have completed the Hunter Education Course and have their certificate before participating.

\*Senior aged youth (9-12th grades) can qualify for a national contest for both of these events at the state contest(s).

<https://extension.usu.edu/utah4h/programs/shooting-sports>

*Sage Allen | [sage.allen@usu.edu](mailto:sage.allen@usu.edu) | 385-468-4817*



# State Dog & Pet Show



**Outdoor/Animal | 3rd-12th Grade | 30+ hours | Enrollment Cost: TBD | June**

The Utah 4-H companion animal programs include the 4-H Pet Advocate Project and the Utah 4-H Dog Program. These programs are for youth interested in companion animals, including dogs, cats, miniature horses, rabbits, guinea pigs, mice, and more. Youth involved in companion animal projects will be provided with experience to help develop life skills, social skills, and animal husbandry. The 4-H Pet Advocate Program includes projects for youth who have their own pet and those who don't, but still want to learn about animal husbandry and care. The Utah 4-H Companion Animal Event is an opportunity for youth to showcase their companion animals and demonstrate their knowledge and skill with their pets! The Companion Animal Event includes the Pet Advocate and Veterinarian Science Contests, Pet Show/Demonstrations, and the State 4-H Dog Show.

\*It is the individual's responsibility to have access (own or lease) to a dog to participate in the dog show.

Registration is on ZSuite.

More information: <https://extension.usu.edu/utah4h/programs/companion-animals>

*Sage Allen | [sage.allen@usu.edu](mailto:sage.allen@usu.edu) | 385-468-4817*

---

# State Horse Show



**Outdoor/Animal | 3-12th Grade | Spring-Early Fall | Registration cost TBD | September**

The Utah 4-H State Horse Show is the pinnacle event for many of the youth involved in the horse project. For those in the Western Individual division, it is a pre-qualifying event where each county is given a number of individuals per age division they can send to the state show each year. Salt Lake County has a point system at the county shows used to determine the qualifying youth for each age division. The State Horse Show also has other divisions that are not pre-qualifying. Any youth interested in attending and is signed up and participating in their county program may compete. They are as follows: English Hunter Jumper Show, Working Ranch Horse Gathering, Western Two-Handed Show, and In-Hand Show. The Utah State Horse Show is held at various locations throughout the state but stays in one location for a two-year rotation.

\*It is the individual's responsibility to have access (own or lease) to a horse to participate.

County: <https://extension.usu.edu/saltlake/4h/animal-program/horse-program>

State: <https://extension.usu.edu/utah4h/programs/horse/index>

*Sage Allen | [sage.allen@usu.edu](mailto:sage.allen@usu.edu) | 385-468-4817*



# Utah State Fair

General | 3rd-12th Grade | Varies | Entry fee varies on project | September



**Indoor Exhibits:** Entries are selected from the 4-H Discovery Days Indoor Exhibits to qualify for the Utah State Fair. Most entries are stored and delivered to the State Fair by SLCO 4-H staff. Qualifying cooking and horticulture participants are given a date to bring fresh food items, flowers, and produce to the county office to enter the State Fair.

**Junior Livestock Show:** This program is for youth in grades 3rd-12th, but not younger than 8. These 4-H youth raise beef, goats, sheep, and hogs. Animals participating in these state shows must be tagged using the state tags by your local 4-H agent or FFA advisor. Animals must be tagged and owned 100 days before the weigh-in of a show for beef (market steers and market heifers) and 60 days for market sheep, goats, and hogs. No interruption of ownership or possession can occur. Entry form and fee must be submitted by dates published in the exhibitor handbook. There may be limits to the number of market and breeding animals youth can show.

More Information:

<https://www.utahstatefair.com/p/thefair/participate/competitions/2019-livestock-general-rules>

<https://utahjuniorlivestock.com/>

**Indoor Exhibits:** Pam Van Wagoner | [pamela.vanwagoner@usu.edu](mailto:pamela.vanwagoner@usu.edu) | 801.604.5531

**Horse and Livestock:** Sage Allen | [sage.allen@usu.edu](mailto:sage.allen@usu.edu) | 385-468-4817



# County Events



County events are open to most 4-H members and are often free to attend.



# Achievement Night

General | 1st-12th Grade | 2 hours | Free | October



All 4-H members and volunteers are invited to attend Salt Lake County's annual achievement night to celebrate the previous year's accomplishments. The 4-H year runs from September 1st to August 30th; October is when we choose to recognize everyone's contributions and achievements from the previous year.

Achievement Night consists of dinner for the families and individuals who attend, recognizing youth who placed in county contests, awarding clubs for their hard work, and celebrating outstanding youth in the main project areas.

Registration is held on ZSuite.

*Heidi King | [heidi.king@usu.edu](mailto:heidi.king@usu.edu) | 385-468-4831*

---

# Cloverbud Camp

General | K-2nd Grade | 3 hours | \$10 | March



Bring your Cloverbuds to this fun camp! Campers will be kept busy learning and playing as they explore the world around them. The camp will run for 3 hours on a Saturday morning. Parents are welcome to stay and observe or drop their Cloverbuds off.

Registration will be on ZSuite.

This camp will be planned and run by our Junior Teen Council.

*Pam Van Wagoner | [pamela.vanwagoner@usu.edu](mailto:pamela.vanwagoner@usu.edu) | 801-604-5531*



# Creative Connections

General | All Ages | 2 Hours | Varies | Once a month



Creative Connections is a series of events designed to foster creativity and connection between parents and children. The event is held once a month and is intended to spark conversation between parents and children while creatively exploring and enjoying a variety of activities from all project areas.

This event is open to all, including those who are not registered for 4-H. To register, sign up on ZSuite or contact our staff assistant.

*Pam Van Wagoner | [pamela.vanwagoner@usu.edu](mailto:pamela.vanwagoner@usu.edu) | 801-604-5531*

---

# Fall for FCS

FCS | All Ages | 2 Hours | Free | September



Volunteers and youth are invited to this event, where we explore new ways to learn about Family Consumer Sciences. Participants create take-home projects as they learn more about incorporating FCS projects into their clubs.

Registration will be on ZSuite.

*Pam Van Wagoner | [pamela.vanwagoner@usu.edu](mailto:pamela.vanwagoner@usu.edu) | 801-604-5531*



# Family Camp

General | K-12th Grades | 3 Days | Approx. \$25 | July



Family Camp is a three-day, two-night camping experience for relationship-building between families and clubs. The camp provides educational and recreational camp experiences for youth who attend. Both structured time led by our Teen Council group and free time for families and clubs are scheduled during the camp. Activities are catered to ages 8 to 13, but youth ages 5 to 7 are welcome to attend. Participants ages 14 to 18 are encouraged to assist or be part of the youth leadership team to deliver the activities and mentor younger participants. Activities are provided for adults who attend with their youth and free time mingle and get to know other adults in the 4-H program.

This is a family event and an opportunity for all Salt Lake County 4-H members and adults to gather in a fun outdoor setting regardless of a project area.

Registration will be on ZSuite and opens in June.

*Sage Allen | [sage.allen@usu.edu](mailto:sage.allen@usu.edu) | 385-468-4817*

---

# Family STEM Night

General | All Ages | 1-2 hours | Free | May



Families are invited to participate in our annual Family STEM Night. This is an open house-style event where families can participate in various STEM experiments and activities.

No registration is required.

*Pam Van Wagoner | [pamela.vanwagoner@usu.edu](mailto:pamela.vanwagoner@usu.edu) | 801-604-5531*



# Spring Into STEM

STEM | All Ages | 1-2 hours | Free | April



Volunteers and youth are invited to attend this workshop, where they will participate in hands-on activities to learn how to include STEM projects in the club programming.

Brief description of contest/event.

This event is designed to introduce beginners to STEM, but all are welcome to attend.

Registration is on ZSuite.

*Pam Van Wagoner | [pamela.vanwagoner@usu.edu](mailto:pamela.vanwagoner@usu.edu) | 801-604-5531*

---

# Teen/Junior Teen Council

General | 9th-12th Grade; 6th-8th Grade | 2+ hours/month | Free | Once a month



Teen council is for youth grades 9-12th and Jr. Teen Council is for youth grades 6-8th. Both groups work, plan, and play together to strengthen their own personal leadership, communication, facilitation, and team work skills while mentoring and teaching other youth in the SLCo 4-H program. Teen Council serves on a county and state level that paves the way to other regional and state leadership opportunities, like State Ambassador. In addition to committing to attend monthly meetings, the councils also have youth socials, service opportunities, county events they plan & facilitate, and attend state events. All 4-H youth grades 6-12th grade regardless of project area are invited to join! It is a great way to improve leadership skills and get to know other youth across the county who may be in a different main project area than you!

Participating youth register for the Teen/Jr. Teen Council club(s) on ZSuite.

*Teen Council (Grades 9-12): Sage Allen | [sage.allen@usu.edu](mailto:sage.allen@usu.edu) | 385-468-4817*

*Junior Teen Council (Grades 6-8): Pam Van Wagoner | [pamela.vanwagoner@usu.edu](mailto:pamela.vanwagoner@usu.edu)  
801.604.5531*



# Volunteer Appreciation Dinner

General | 18+ | 2 Hours | Free | October



Volunteers give so much of their time and resources to the youth of 4-H. Once a year, an annual dinner is hosted by 4-H to show appreciation to and for all they do. Volunteer awards and other recognition is rewarded during the dinner in addition to a short program.

*Heidi King | [heidi.king@usu.edu](mailto:heidi.king@usu.edu) | 385-468-4831*

---

# 4-H Day Camps

Topics Vary | Grades Vary | Approx. 3 hours for 3 Days | Cost: TBD | Summer



4-H provides experiential learning opportunities through various camps offered throughout the summer. Camps will be offered on a variety of subjects in different project categories including STEM, Family Consumer Science, Horse and Agriculture. The camps offered will be determined by funding and interest. Some examples of past day camps we have offered are: Wizard camp, Agribotics Camp, Horseless Horse Camp, TRY team led camps, etc.

Campers will learn about new project areas while conducting experiments, playing games, creating projects, and building friendships.

In general, camps will be held for 3-5 hours each day over a 3-5 day period. Registration is on ZSuite.

*Pam Van Wagoner | [pamela.vanwagoner@usu.edu](mailto:pamela.vanwagoner@usu.edu) | 801.604.5531*



# State Events



State events are for youth grades 6th-12th and usually require a registration fee. The Volunteer Leadership Team often offers partial fee waivers to those who register early. State events are held all over the state and gives an opportunity to meet other 4-H'ers outside of SLCo.



# 4-H Prom

Healthy Living | 9-12th Grades and 4-H Alumni | 2 Hours | \$20 | February



The 4-H prom is a 4-H State Ambassador's annual fundraiser. It's an evening filled with 4-H dancing, treats, and pictures.

Registration is on ZSuite.

*Sage Allen* | [sage.allen@usu.edu](mailto:sage.allen@usu.edu) | 385-468-4817

---

# 4-H University

College and Career Readiness | 6-8th Grades | 1 Day | Cost varies | February



4-H University is a day camp hosted by the State 4-H Office at Utah State University to teach Intermediate aged 4-H members about the next steps toward a successful future. We partner with on-campus departments to allow youth to experience what it would be like to earn a degree and work in a career related to their current interests. Youth attendees will have the opportunity to choose between Ag/Animal Science, Aviation, Outdoor Product Design, Small Business Development, or Outdoor Recreation and Tourism for their departmental experiences. We also host workshops for all attendees about career readiness, such as scholarship preparation, communication skills, interviewing, resume development, adulting, and financial readiness. This is an incredible opportunity for 6-8th grade youth to explore ideas for their education and career readiness.

Registration is on ZSuite.

More information: <https://extension.usu.edu/utah4h/events/4h-university>

*Pam Van Wagoner* | [pamela.vanwagoner@usu.edu](mailto:pamela.vanwagoner@usu.edu) | 801.604.5531



# Design Team Training



**General | 7th-12th Grade | 2 Days | \$50 | October**

Design Team Training is for youth interested in putting on 4-H events at the local, county, and state levels. Learn leadership skills in designing, planning, and executing unique events. We encourage teen councils, county ambassador teams, and youth interested in applying for statewide design teams in the future to attend.

The statewide design teams are the teen leaders for the following events: Junior Youth Conference, i4-H, and Teen Winter Retreat.

Registration will be on ZSuite.

More information: <https://extension.usu.edu/utah4h/events/design-team-training>

*Pam Van Wagoner | [pamela.vanwagoner@usu.edu](mailto:pamela.vanwagoner@usu.edu) | 801-604-5531*

---

## i4-H



**General/STEM | 7-8th Grade | 3 Days | approx \$150 | June**

i4-H is a three-day camp designed for students who have just completed 7th and 8th grades. Campers attend workshops, play games, participate in hands-on activities and a dance. Many of the workshops focus on learning the Design Model and Computational Thinking skills. This is an excellent opportunity for youth to gain independence as they stay away from home in a safe, fun learning environment.

Campers are assigned two senior aged 4-H counselors and chaperoned by an adult leader.

Registration is on ZSuite.

Teens in grades 9-12 may apply to be mentors at i4-H. Youth mentors will help plan the camp throughout the spring, then attend the camp to run workshops and help mentor the campers.

Note: The location of this event will change in 2022 and be held at USU's Logan Campus.

More information: <https://extension.usu.edu/utah4h/events/i4h>

*Pam Van Wagoner | [pamela.vanwagoner@usu.edu](mailto:pamela.vanwagoner@usu.edu) | 801-604-5531*



# Junior Youth Conference (JYC)

General | 5th and 6th Grades | 3 days | approx. \$150 | June



Junior Youth Council is a three-day camp for youth who have just completed 5th and 6th grades. Campers will play games, learn from hands-on workshops, and participate in other fun activities planned by their teen leaders. JYC is a great first opportunity for 4-H youth to travel with their county and make friends with 4-H youth from throughout the state.

Campers are assigned two senior aged 4-H counselors and chaperoned by an adult leader.

Registration is on ZSuite.

Teens in grades 9-12th may apply to be mentors at 4-H. Youth mentors will help plan the camp throughout the spring then attend the camp to run workshops and help mentor the campers.

Note: The location of this event will change in 2022 and will be held on USU's Logan Campus.

More information: <https://extension.usu.edu/utah4h/events/jyc>

*Pam Van Wagoner* | [pamela.vanwagoner@usu.edu](mailto:pamela.vanwagoner@usu.edu) | 801-604-5531

# Mock Legislature

Leadership and Civic Engagement | 9-12th Grades | 1 day | \$18 | April



Mock Legislature is an opportunity for youth across Utah to experience the role of Legislator. Partnering with Representative Paul Ray and members of the Office of Legislative Research, Utah 4-H youth get the rare opportunity to present and debate current bills on the House Floor of the Utah State Capitol. Youth practice the entire Legislative Process by studying bills prior to the event, presenting the bill, presenting the bill in committee, and passing or rejecting the bill on the House Floor. This is an incredible educational experience, giving youth a chance to practice the legislative process hands-on. Throughout the day, Utah Representatives and Senators follow the proceedings and comment on the success of the Utah 4-H program.

Registration is on ZSuite.

More information: <https://extension.usu.edu/utah4h/events/mock-legislature>

*Pam Van Wagoner* | [pamela.vanwagoner@usu.edu](mailto:pamela.vanwagoner@usu.edu) | 801.604.5531



# Mustang Camp

**Outdoor | 6-12th Grades | 2 day (overnight) camp | Cost TBD | June/July**



USU Extension and Utah 4-H are thrilled to be offering two sessions of Mustang Camp this year. Youth across the state will have the opportunity to learn about the federal entities dedicated to managing public lands, rangelands, wild horses, burros, and the relationship between healthy lands and healthy horses. The unique symbolism surrounding wild horses and burros makes management a unique problem, and is why education is crucial for implementing effective management solutions. Research has shown that providing educational opportunities outside of the classroom effectively cultivates personal interest and conservation stewardship in youth. This camp builds understanding and appreciation of our wild horses and burros.

Registration is on ZSuite.

More information: <https://extension.usu.edu/utah4h/events/mustang-camp>

*Sage Allen | [sage.allen@usu.edu](mailto:sage.allen@usu.edu) | 385-468-4817*

---

# Teen Summit

**Leadership/General | 8-12th Grades | 3 Days | Cost: TBD | July**



Teen Summit is the Premiere Youth Leadership Training Conference, hosted by Utah 4-H, for youth interested in developing meaningful leadership skills. This event provides experiences to build personal and teamwork skills for teens. We are building the leaders of tomorrow and empowering them to be leaders of today. Through workshops, team-building experiences, social networking, and a collaborative exchange of ideas, this conference empowers teens to see their ability to effect change and prepares them for the challenges they face.

Registration is on ZSuite.

More information: <https://extension.usu.edu/utah4h/events/teen-summit>

*Sage Allen | [sage.allen@usu.edu](mailto:sage.allen@usu.edu) | 385-468-4817*



# Teen Winter Retreat

Healthy Living | 9-12th Grades | 2 Days | \$48 | January



Join teens grades 9-12 from across the state at Teen Winter Retreat held in January. Youth participate in workshops about relationships and communication skills. Youth enjoy the outdoor winter activities as well as have the chance to ask our expert dating panel (Collegiate 4-H Members) questions. Come join the fun!

Registration will be on ZSuite. Space is very limited for this event.

More information: <https://extension.usu.edu/utah4h/events/teen-winter-retreat>

*Sage Allen | sage.allen@usu.edu | 385-468-4817*

*Pam Van Wagoner | pamela.vanwagoner@usu.edu | 801.604.5531*

---

# TRY Team Training

Leadership | 7-12th Grades | 30 hours | Free | March



Teens Reaching Youth (TRY) Team Training teaches teens leadership skills and strategies to be effective teachers. Teams are organized by county and project area and work with an adult mentor. In March, they attend an overnight training to receive hands-on training for a specific project area and return to their counties to plan and deliver programming. Project areas include Healthy Habits, STEM, and Agriscience.

Following the training, teens work as a team of 4-5 members to plan and provide 6-8 hours of programming for their county. The programming is delivered throughout the rest of the year. If you are interested in joining a TRY team, contact your 4-H leader. Their county must approve all youth to participate.

More information: <https://extension.usu.edu/utah4h/events/try>

*FCS and STEM: Pam Van Wagoner | pamela.vanwagoner@usu.edu | 801.604.5531*

*Agriscience: Sage Allen | sage.allen@usu.edu | 385-468-4817*

