



Virginia 4-H All Stars Nomination Application Users Guide

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8.2017



Virginia Cooperative Extension
Virginia Tech • Virginia State University
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Virginia 4-H All Stars Nomination Form – Users Guide

Entries should be listed in chronological order from first years to most recent years of participation, using first year of participation as the starting point. Use the following format to indicate the years of participation: *Activity, Event, or Accomplishments, number of years of participation: list of years of participation or range of years of participation*. When listing a year of participation, use the 4-H year ending on September 30. For example, listing “2015” for a project would indicate that the project was completed in the October 1, 2014 to September 30, 2015 year.

Section 1 – Club or Unit Learning Experiences:

List learning experiences through participation in 4-H events. List event name, location (city, state), and year. Be specific in describing the event. If you participated in a learning experience for multiple years, list all the years for which you participated.

Examples:

Natural Science Museum Tour with 4-H Cloverways Club, Green City, VA, 1: 2013
Charlestown Race Track Field Trip, Cloverdale, WV, 1: 2014
Southern States Feed Mill Field Trip, Green City, VA, 1: 2014
4-H Livestock Club Farm Tour to Clover Fields Farm, Clover City, VA, 2: 2014 and 2015
Basket Weaving Workshop, Clover County 4-H Day Camp, Cloverville, VA, 1: 2016
Junior 4-H Camp Teen Counselor Training, 4-H Teen Clover Club, Clover City, VA, 1: 2016

Section 2 – Out of Unit Learning Experiences:

Out of Unit event takes place when another Extension unit is involved or could be outside of the unit boundaries. List event name, location (city, state), and year. If you participated in a learning experience for multiple years, list all the years for which you participated.

Examples:

Junior 4-H Camp, Jamestown 4-H Center, 3: 2104-2016
4-H Day at the State Capitol with 4-H Teens for Action Club, Richmond, VA, 3: 2014, 2016, and 2017
Block & Bridle Horse Judging Clinic, Blacksburg, VA, 2: 2014 and 2016
Teen Cluster Training and Leadership Day, Clover and 4-H Leaf Counties, Green Leaf, VA, 3: 2014-2016
State 4-H Congress, Week Delegate, Virginia Tech, Blacksburg, VA, 2: 2015 and 2016
State Fair Field Trip with 4-H Leaf and Greendale 4-H Clubs, Doswell, VA, 1: 2015
WHEP Competition Workshop, State 4-H Congress, Virginia Tech, Blacksburg, VA, 1: 2016
Citizenship Washington Focus, National 4-H Center, Chevy Chase, MD, 1: 2016
National 4-H Congress, Atlanta, GA, 1: 2016
Teen and Adult Leader Training (TALT), W. E. Skelton 4-H Center, Wirtz, VA, 1: 2016
Statewide Teen Weekend, Northern Virginia 4-H Center, Front Royal, VA, 1: 2017

Section 3 – Club Membership:

List the club(s) and year(s) of membership.

Examples:

Town and Country 4-H Cloverbud Club, 3: 2009-2011
Green Clover County 4-H Livestock Club, 5: 2011-2015
Teens United 4-H Club, 2: 2015 and 2017

Section 4 – Projects:

List the 4-H projects and years where you were enrolled, completed and acquired usable skills and knowledge. 4-H projects are a series of defined learning experiences in one curriculum/topic area including at least six hours of educational instruction and should include goals, documentation of learning activities, project reflection, and project evaluation. Projects **are not** single activities or events. Projects also include formal record or project books or other unit-level documentation. A “shooting education portfolio” is equal to a project. The All Star nomination form includes a space for project verification. The county 4-H Agent, staff, or volunteer should sign off on each project verifying that all are legitimate and fit the project definition above.

Examples:

Plant and Soil Science, Literature in the Garden, 2: 2008 and 2009
Horse and Pony, Introduction to the Horse, 1: 2009
Senior Horse Project, 3: 2009-2011
Science, Engineering, and Technology, Aerospace, 1: 2010
Citizenship, My Heritage, 2: 2011 and 2012
Junior Stockmen’s Contest, 4: 2012-2015
Citizenship, My Government, 3: 2013-2015
In School STEM Project, 1: 2014
Self-Determined Project with Clover County 4-H SPIN Club, Colonial Virginia History, 1: 2016

Section 5 – Portfolios:

A 4-H portfolio is a professional compilation of a member’s entire 4-H career. It is NOT a scrapbook. It includes components such as a cover page, table of contents, resume, reflective essay of one’s 4-H career, project record book(s), and project information. These documents are those that are a comprehensive showing of your entire 4-H career including projects, activities, leadership and service. Portfolios submitted for National 4-H Congress interviews will count in this section. Include level submitted (Unit and/or State) and Year(s)

Examples:

Submitted for 4-Leaf County Achievement Night Award, 1: 2013
Submitted for State 4-H Horse Show Portfolio Competition, 1: 2014
Submitted at State 4-H Congress for consideration to become a National 4-H Congress Delegate, 1: 2015 and 2016

Section 6 – Officer Positions or Committee Chairs:

Club or Unit Level - List officer or chairman position, club or group, year.

Examples:

Secretary, 4-H Millennium STEM Club, 1: 2010

President, 4-H Millennium STEM Club, 1: 2011

Chair, Recreation Committee, 4-H Sewing Club, 1: 2015

Chair, Stall Decorating Committee for State 4-H Horse Show, Green County 4-H Club, 1: 2015

Chair, Fundraising Committee, 4-H Green Clovers Club, 2: 2015 and 2016

President, Teens Honor Club, 1: 2016

District or State Level - List officer or chairman position, club or group, year.

Examples:

Chair, Evening Programs Committee, Teen Advisory Board, Southwest 4-H Center, 1: 2014

Educational Clinics Committee Chair, Green Valley Horse Show, 1: 2015

Ambassador, Southeast District, 4-H State Cabinet, 1: 2015

Vice President, 4-H State Cabinet, 1: 2016

Section 7 – Committee Membership, Program Planning, or Assistance with Short-term Program Activities

List committee or event, your specific role or responsibilities, and year

Unit level assignments

Examples:

Christmas Parade Float Committee, 4-H Clover Horse Club, helped to decorate club float for county Christmas parade, 3: 2012, 2013, and 2015

Fundraising Committee, Town & Country 4-H Club, helped with Tractor Supply fundraising drive, 4: 2013-2016

Teen Assistant, Holiday Fun 4-H Day Camp, 1: 2015

Green County 4-H Horse Camp Planning Committee, helped to plan horse camp activities, 1: 2015

4-Leaf Senior Club Drill Team Decorations Committee, helped with preparing decorations for club drill team, 2: 2016 and 2017

Achievement Night Planning Committee, represented the Livestock Club on this committee, offered input on the program agenda, and assisted with set-up on the night of the program, 1: 2016

Share-the Fun Committee, helped as stage crew for county Share-the-Fun Contest, 1: 2016

District/State/National assignments

Examples:

National WHEP Contest Entertainment, provided entertainment for Awards Banquet at the 2004 National WHEP Invitational hosted by Virginia, Virginia Tech, Blacksburg, VA, 1: 2004

Northern District Presentation Contest, helped with organizing and awarding ribbons, 3: 2012-2014

Statewide Teen Weekend Recreation Committee, assisted with planning recreational activities and games for 2015 Statewide Teen Weekend held at Holiday Lake 4-H Center, 1: 2015

Section 8 – Teen Leadership of a club, project group or other long-term program:

List club or project group, your specific role or responsibilities, and year

Examples:

Six Easy Bites Project, led project for juniors in our home-school club including planning project activities, teaching project content, and leading project activities, 1: 2014

Horse Judging Teen Leader, led educational activities to prepare the Green Clovers 4-H club members for the Block & Bridle and State Horse Judging competitions, 2: 2015 and 2016

Cloverbud Leader for SPIN Club, led Cloverbud activities during county 4-H SPIN Club while juniors were working on Aerospace project, 1: 2016

Section 9 – 4-H Camp Leadership: Teen Leader, Counselor-in-Training, or Special Leadership Role:

List camp, title or role, and year

Examples:

Green Clover and 4-Leaf Counties Junior 4-H Camp, Counselor-in-Training, 1: 2013

Clovers County Junior 4-H Camp, Teen Counselor, 3: 2014-2016

Green Forbs County Junior 4-H Camp, Little Fox, 1: 2014

Green Clover and 4-Leaf Counties Junior 4-H Camp, Big Coyote, 1: 2015

Big Clovers County Junior 4-H Camp, Teacher, Arts & Crafts Class, 1: 2015

Northern District Horse Camp at NOVA, Counselor, 2: 2016 and 2017

Green Forbs Junior 4-H Camp, Eagle, 1: 2016

Holiday 4-H Center Cloverbud Camp, Teen Leader, 1: 2016

Section 10 – Recruitment & Promotion of 4-H:

List talks to civic groups, individuals, media appearances, programs, interviews, news articles, parades, informational exhibits, social media, face-to-face contacts.

List Description of recruitment or promotion activity, year

Examples:

Presentation to the Board of Supervisors about activities for the Cloverway Junior Club, 1: 2013
Appearance on WDBJ7 Morning Segment for National 4-H Week representing Adventures Home School Club, 1: 2014

4-H Teen Club booth for Heritage Day Festival, developed 4-H exhibit board and talked with Heritage Day visitors about 4-H and our 4-H club, 1: 2014

Green City Christmas Parade, Green Clovers 4-H Club Float, 1: 2014

Big Clovers 4-H Club booth at the Green County Fair, designed promotional exhibit, 1: 2015

Designed winning t-shirt design for the State 4-H Horse Show, 1: 2015

Presentation to the Farm Bureau about the Greendale 4-H Livestock Club activities, 2: 2015 and 2016

4-H Scores Big in State Shooting Competition, Cloverville News Messenger (September 28, 2015), wrote and submitted news article to promote the Greenleaf Sharpshooters Club, 1: 2015

Generation Next Teen Club Facebook Page, developed Facebook page to promote our county teen club, 1: 2016

Section 11 – Competitive Events with Live Judging

Competitive Events with Live Judging: Public Speaking, Presentations, Fashion Revue, Demonstrations, Share-the –Fun, Shooting Education, Robotics and Judging events: Livestock, Forestry, Soils, Dairy, Horse, Poultry & Egg Grading, Meats, Hippology, Stockman’s & LifeSmarts, Science Fair, Horse & Livestock Shows, Food Challenge, WHEP, Table Setting, Extemporaneous Speaking, Radio Spot, Chicken Que, Egg Cookery, Beef Ambassador, Horse Bowl, First Lego League, etc.. Entries can include those in open shows or events if the 4-H’er participated in the show or event as part of their 4-H project. For example, if a unit 4-H club organized participation in an open show or event as part of a 4-H club activity with 4-H members participating as part of their overall 4-H project goals, etc.

Club or Unit Events - List name of competition, club, year

Examples:

Spotsylvania County Presentation Contest, Home-School Club, 4: 2012-2015

Hippology Contest, Greenville Rough Riders, 1: 2016

Clovers County Science Fair, STEM Club, 1: 2016

Area, District, State Events – List name of competition, location, year

Examples:

PD4 Area Presentation Contest, Clover City, VA, 2: 2013 and 2014

4-Leaf County Fair Livestock Show, Fincastle, VA, 4: 2013-2016

Beef Ambassador Contest, State 4-H Congress, Virginia Tech, Blacksburg, VA, 1: 2015

State 4-H Congress Presentation Contest, Virginia Tech, Blacksburg, VA, 1: 2016

State 4-H Horse Show Drill Team Competition, Lexington, VA, 1: 2016

State 4-H Livestock Judging Competition, Doswell, VA, 1:2016

State 4-H Equismartz Horse Bowl, Doswell, VA, 2016

Regional (multi-state), National, or International Events – List name of competition, location, year

Examples:

National WHEP Contest, Madison WI, 1: 2006

Western National Roundup Livestock Judging Competition, Denver, CO, 1: 2012

Section 12: Competitive 4-H EXHIBITS

4-H Exhibits - Entries that are judged, but not in person: Home Arts, Dairy Month Posters, Photography, Sewing, etc. Entries can include those in open shows or events if the 4-H'er participated in the show or event as part of their 4-H project. For example, if a unit 4-H club organized participation in an open show or event as part of a 4-H club activity with 4-H members participating as part of their overall 4-H project goals, etc.

Club or Unit Events - List name of competition, club, year

Examples:

Dairy Month Poster Contest, Go Green Club, 1: 2014

Home Arts, 4-Leaf County Fair, 1: 2014

Photography, Greenway County Fair, 1: 2014

Sewing, 4-H Leaf Youth Fair, 1: 2015

Baked Goods, Big Green County Fair, 1: 2015

Fair 4-H Scrapbook, Greenville Youth Fair, 2: 2015 and 2016

Green Valley Elementary School Character Counts Poster Contest, 1: 2016

Area, District, State Events – List name of competition, location, year

Examples:

Dairy Month Poster Contest, State 4-H Congress, Virginia Tech, Blacksburg, VA, 1: 2014

4-H Horseless Horse Show, Greendale High School, Greenville, VA, 1: 2014

Virginia State Fair AgriScience Poster Contest, Dowsell, VA, 1: 2014

Home Arts, Green Valley Fair, Green City, VA, 1: 2014

State 4-H Horse Show Photography Contest, Lexington, VA, 3: 2014-2016

Photography, Green Valley Fair, Green City, VA, 2: 2014 and 2015

Sewing, Virginia State Fair, Richmond, VA, 1: 2015

Baked Goods, Green Clover Area Fair, Greenview, VA, 2: 2015 and 2016

Gardening, Virginia State Fair, Richmond, VA, 1: 2016

Section 13 - Blue Danish Ribbons (4-H)

List BLUE ribbons only. List the competition, level or location, and year

Examples:

Green County Presentation Contest, Green City, VA, 3: 2010, 2012, and 2013
Planning District 7 Public Speaking Contest, Clover City, VA, 3: 2012-2014
Northern District Public Speaking Contest, Greendale, VA, 1: 2014
Green County Area 4-H Livestock Show, Commercial Heifer Show, Green City, VA, 2: 2014 and 2015
Clover County 4-H Horse Project Book Competition, Greendale, VA, 1: 2015
Green Valley 4-H Fair Livestock Judging Contest, Greenridge, VA, 2: 2015 and 2016
State Shooting Education Competition, Rifle Silhouettes, Appomattox, VA, 1:2015
SW District Horse Judging Contest, Greenville, VA, 1: 2016

Section 14 – 4-H Awards & Recognition at Club or Unit Level

This includes awards such as Honor Club Membership (can only count once), County Awards/Medals, “I Dare You” Award, Outstanding 4-H Member, etc.

List the award, the competition or 4-H club/unit, and year.

Examples:

Outstanding Senior 4-H Member, Green Forbs County, 1: 2009
“I Dare You” Award, Greendale County, 1: 2009
Honor Club Membership, Clover City, 2: 2009 and 2010
Equine Science Project Medal, Green Forbs County, 1: 2010
Horse Judging Certificate, Big Green County Horse Judging Competition, 3: 2011-2013
Electricity Project Medal, Green County, 1: 2013
Outstanding 4-H Club Member, Go Green 4-H Club, 2014

Section 15 – 4-H Awards & Recognition at Area, District, State, National, International Level

This includes any awards that were given outside of the club or unit level.

Area or District Awards: List the award, the competition or 4-H club/unit, and year

Examples:

4-H Teen Counselor Golden Clover Award, 4-H Leaf and Clover Counties Junior Camp, 1: 2014
Purple Champion ribbon, Northern District Public Speaking contest, 1: 2014
Grand Champion Steer, Greenway Area 4-H Livestock Show, 2: 2015 and 2016

State, National, or International Awards: List the award, the competition or 4-H club/unit, and year

Examples:

First Place Archery, State 4-H Shooting Competition, 1: 2014
First Place, selected for Virginia 4-H Horse Judging A Team, Virginia 4-H Horse Judging Contest, 1: 2015
First Place Team to compete at National level, Virginia 4-H Food Challenge Contest, 1: 2016
Third Place Team, National 4-H Food Challenge Contest, 1:2016
Second Place Hippology, State 4-H EquiSmartz Contest, 1: 2016

Section 16 – 4-H Interstate Exchange Travel or Hosting

List the exchange program or club, city and state, and specific dates

Examples:

4-H Interstate Exchange, Green Clovers 4-H Club, host family for Green City, Indiana delegate, June 15 – 22, 2015

4-H Interstate Exchange, Green Clovers 4-H Club, travel to Green City, Indiana, July 1 – 10, 2016

Section 17 – 4-H International Exchange Travel or Hosting

List the 4-H exchange program or club, locations, and specific dates

Examples -

4-H Japanese Exchange, Greenday County, host family for Tokyo, Japan delegate, July 20 – August 10, 2014

4-H FLEX, 4-H Leaf Exchange Club, academic year exchange host family, August 25, 2014 – May 25, 2015

4-H IFYE, Clover Leaf 4-H Teen Club, Teen Exchange Group member, Germany, July 5 – 20, 2015

Section 18 - COMMUNITY SERVICE (performed with or without 4-H)

List participation with charitable, cultural, historical and environmental groups on community service and improvement projects

List Description of service, organization, and year

Examples:

Worked with 4-H Leaf 4-H Club to assemble Haiti relief packages, 1: 2011

Creek Cleanup near school, Greenville Elementary School Fifth grade class, 2: 2012 and 2013

Read books to elderly patients in Greenridge Nursing Home, Battle of the Books Club, 1: 2013

Roadside litter pickup, Greenday Middle School SCA, 2: 2013 and 2014

Collected Canned Food at Football Games for local Food Bank, Clover 4-H Diversity Club, 1: 2014

Landscape project at Greenridge Community Center, Green Clovers 4-H Club, 1: 2015

Bake Sale for Relief effort to Mexico, Green City High School Spanish Club, 3: 2015-2017

Assisted with Rainbow Therapeutic Riding Center Annual Show, 1: 2015

Horse Check-in for Civil War Reenactment, 1: 2016

Planning and serving meals for Green City Homeless Shelter, 1: 2016

Made blankets for 4-H Millennium Teen Club Linus Blanket project, 2: 2016 and 2017

Played games with residents at the Greenville Senior Citizen Center, 1: 2016

Worked with Operation Turkey Thanksgiving Food Drive, 1: 2016

Green City High School Civics Club, placed wreaths with Wreaths across America National Cemetery, 1: 2017

Section 19 - State or Nationally Recognized CERTIFICATIONS

Certifications received through 4-H programming or other sources. Be specific, do not use acronyms, spell entire name of certification.

List title of certification, granting organization, and year

Examples:

Babysitting, American Red Cross, 1: 2010

Junior Master Gardener, Virginia 4-H, 1: 2010

Hunter Safety Education, Game and Inland Fisheries, 1: 2012

Junior Master Food Volunteer, 1: 2012

Cardiopulmonary Resuscitation (CPR), American Red Cross, 2: 2013 and 2015

First Aid, American Red Cross, 1: 2014

Shooting Instructor Level 1, Virginia 4-H, 1: 2014

Horsemanship Skills, Virginia 4-H State Horse Program, 3: 2014-2016

Lifeguard, American Red Cross, 1: 2015

Driver's Education, Virginia Department of Motor Vehicles, 1: 2015

Workforce Readiness, Unit School system, 1: 2016

Section 20 - MEMBERSHIP OUTSIDE of 4-H

List experiences/activities that you have participated in outside of 4-H. Be specific, do not use acronyms, spell entire name of club or organization.

List organization, your role, year

Examples:

Virginia Dressage Association, Northern VA Chapter, 6: 2012-2017

Boy Scouts, Member, 4: 2013-2016

Future Farmers of America (FFA), Member, 2: 2014 and 2015

Green City High School Spanish club, Member, 2: 2015 and 2016

Greendale Police Explorers, Member, 1: 2016

Clover City Middle School Soccer Team, Member, 2: 2016 and 2017

Section 21 - Competitions Outside of 4-H

Be specific, do not use acronyms, spell entire name of competition or event.

Local or District Events - List name of competition, location, year

Examples:

Greendale High School First Lego League Competition, Greendale, VA, 3: 2012-2104

Green County Team Soccer Matches, Green Leaf, VA, 4: 2010-2013

Junior Breeding Heifer Show, Green County Fair, Greenville, VA, 1: 2016

Awana Games, Green City Baptist Church, Green City, VA, 1: 2017

State, Regional (Multi-State), National, or International Events – List name of competition, location, year

Examples:

Virginia First Lego League Competition, Richmond, VA, 1: 2015

Virginia Commonwealth Games Archery, Roanoke, VA, 2: 2015 and 2016

Green Valley Horse Show, Clover City, TN, 1: 2016

National Archery in the Schools Tournament (NASP), Orlando, FL, 1: 2015

Virginia Scholastic State Championship Chess Tournament, Fork Union, VA, 2: 2016 and 2017

State Basketball Championship Game, Greendale, VA, 1:2017

Section 22 - Leadership Outside of 4-H

Be specific, do not use acronyms, spell entire name of club or organization.

List organization, your role, year

Examples:

Nokesville Horse Society, Show Secretary, 1: 2013

Future Farmers of America (FFA), Vice President, 2: 2014 and 2015

Green City High School Spanish Club, President, 1: 2016

Greendale Police Explorers, Team Leader, 1: 2016

Clover City High School Baseball Team, Captain, 1: 2017

Section 23 - AWARDS and RECOGNITION OUTSIDE OF 4-H

Be specific, do not use acronyms, spell entire name of club or organization.

List the award, the competition or granting organization, and year

Examples:

Second Place, Green City Dance Recital, 1: 2009

First Place, Southern Regional High School Band Competition, 1: 2013

Lead Oboe, All District Band, 1: 2014

National Honor Society Membership, Greendale High School, 1: 2015

Most Valuable Player (MVP), Greendale High School Baseball team, 1: 2017

Lettered, Green City High School Varsity Football Team, 1: 2017

President's Physical Fitness Award, 1: 2017