



4-H Agent, Program Assistant, and Adult Volunteer Information Packet

June 24 – 27, 2025

If you are a person with a disability and desire any assistive devices, services, or other accommodations to participate in this activity, please contact the 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



Virginia Cooperative Extension
Virginia Tech • Virginia State University



www.ext.vt.edu

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2025 CONGRESS LEADERSHIP TEAM

| | |
|--------------------------|---------------------------|
| Coordinator | Alyssa Walden |
| Co-coordinator | Chad Proudfoot |
| Business Manager | Cheryl Cox |
| Congress Dean | Kelly Mallory |
| Assistant Congress Dean | James Mason |
| Past Congress Dean | India Pearson |
| Dean of Women | Megan Sheets/Ashley Craun |
| Assistant Dean of Women | Hannah Bishop |
| Dean of Men | Sam Leech |
| Assistant Dean of Men | Aaron Martin |
| Congress Elections Chair | Kim Monroe |

| | |
|------------------------|--|
| Headquarters/Logistics | Chad Proudfoot |
| Assemblies | Tonya Price |
| 4-H All-Stars | Glenda Snyder |
| Clover Fest | Hermon Maclin, Isaiah Morton, MaryBeth Lerch |
| Service Learning | TBD |
| Competitions | Katherine Carter, Hunter Liles, MaryBeth Lerch |
| Programming | Sam Fisher |
| Volunteers | Chad Proudfoot |
| Workshops | Erika Bonnett, Dennis Donaldson |
| Multimedia Team | Brian Hairston, Lisa Laliberty |

| <u>District Role</u> | <u>Advisor For Men</u> | <u>Advisor for Women</u> | <u>Elections Chair</u> |
|----------------------|------------------------|--------------------------|--------------------------|
| Central | Jake Morgan | Kelsey Laubach | LK Mondrey |
| Northeast | TBD | Rachael Morris | Cathy Howland/Lori Clark |
| Northwest | NW Adult Volunteer | Jenny Thompson | Meagan Dyer |
| Southeast | Isaiah Morton | Lara Edwards | Karen Baker |
| Southwest | Bailey Robertson | Crystal Peek | Ashley Clark |

CONGRESS LEADERSHIP ROLES AND COMMITTEE STRUCTURE

Congress Leadership Staff Roles

The overall role of the Congress Leadership Staff (designated state office staff and field faculty assigned to leadership roles) is to coordinate the event, supervise delegates and adults, ensure their health, safety, and well-being, and respond to situations in which delegates or adults have not followed the Congress Code of Conduct.

The **Congress Coordinator(s)**, comprised of Virginia State 4-H Staff, is responsible for the programmatic functions of 4-H Congress.

- Provide input to State 4-H Cabinet on the educational significance of 4-H Congress and maintain fidelity to local and district programs
- Determine how the programmatic events at Congress exist as culminating events to local and district programs and interface with field staff regarding overall program suggestions and solutions
- Initiate the Congress Leadership Rotation Schedule in September and help fill roles via district directors at each 4-H District Meeting (initiate the request in the September quarterly 4-H Agent Meeting and finalize by the December quarterly 4-H Agent meeting)
- Interface and communicate consistently with the Congress Leadership Team through the Congress Dean
- Coordinate the registration process, assign duties, secure space, food and lodging, workshop presenters, speakers, service learning opportunities, competition needs, elections process, assemblies, and recreational activities/events.
- Review the prior budget and determine participant costs and adjustments for the current year.
- Communicate with All-Stars to plan events they sponsor.
- The Congress Dean will receive forms and procedures for the Congress Headquarters Notebook related to the following activities/functions: accidents/illnesses, infirmary visits, delegate sign-out and early departure, lost meal tickets, lost room keys, lost and found items, health history forms/code of conduct forms, and state car usage.

The **Dean of Congress**, working in collaboration and consultation with the **Congress Coordinator(s)** is responsible for decision-making for all issues related to delegate and adult Code of Conduct infractions and violations and is responsible for the management of and communication with Congress Leadership Staff and Congress Coordinator(s).

Specific responsibilities of the **Dean of Congress**:

Before Congress:

- Develop a rotational schedule for Congress Headquarters for Congress Leadership Staff to provide daily support and send to the State 4-H Office.

- Provide consistent communication with the field and Congress Coordinators on relevant updates before the event.
- Provide support and guidance into final Congress planning with the State 4-H Cabinet by attending one day of the Spring Congress Shakedown meeting.
- Provide input into the registration and procedural process as necessary.
- Serve as liaison to the State 4-H Office through the development of the 4-H Congress program (i.e. phone calls, Zoom sessions) initiated through the State 4-H Office and by the 4-H Congress Leadership Team as needed.

At Congress:

- Remain in and provide leadership from the State 4-H Congress Headquarters office (present daily); be prepared with an alternative delegation plan as necessary.
- Communicate changes as they occur to the coordinator(s)/ designees.
- Coordinate and be responsible for nightly delegate check-in procedure with the assistance of Chaperones, District Advisors, and Deans of Men and Women.
- Familiarize yourself with all forms and procedures in the Congress Headquarters Notebook related to the following activities/functions: accidents/illness, infirmary visits, delegate sign-out and early departure, lost meal tickets, lost room keys, lost and found items, health history forms/code of conduct, and state motor pool vehicle usage.
- Know and be able to implement the process for locating missing delegates and adults. Develop a communication system with designated fill-in folks throughout the day.
- Be familiar with Congress event locations and times and be prepared to direct delegates and adults to appropriate areas for information and assistance.
- Assist Congress Coordinators with programmatic decisions made during Congress (e.g., programmatic changes due to severe weather, etc.).
- Responsible for final decisions related to disciplinary actions for Code of Conduct violations.

The Assistant Dean of Congress supports the Dean, serves in his/her absence, and is in a learning mode to serve as Dean the following year.

- Required to provide support (physical presence in the office) to the Congress Dean daily.
- Be familiar with Congress event locations and times and be prepared to direct delegates and adults to appropriate areas for information and assistance.
- Know and be able to implement the process for locating missing delegates and adults.
- Assist Congress Dean with nightly delegate check-in procedure.

The Past Dean of Congress is an advisor and supports the current Dean of Congress.

- Ensure that dorm supervisors monitor all occupied floors of the dorm.

- Be familiar with Congress event locations and times and be prepared to direct delegates and adults to appropriate areas for information and assistance.

Deans of Men and Women

- Responsible for implementing nightly delegate check-in procedures to ensure that all delegates are present.
- Provide support to the Congress Deans on a daily rotational basis as outlined by Congress Deans.
- Know and be able to implement the process for locating missing delegates and adults.
- Be familiar with Congress event locations and times and be prepared to direct delegates and adults to appropriate areas for information and assistance.
- Assist Congress Dean with nightly delegate check-in procedure.
- Assist in resolving immediate behavioral and Code of Conduct issues and refer major issues of concern to the Congress Dean.
- Support the staffing of Congress Headquarters.

Assistant Deans of Men and Women

- Support and shadow the Deans of Men and Women to be prepared to take over responsibilities the following year.
- Be familiar with Congress event locations and times and be prepared to direct delegates and adults to appropriate areas for information and assistance.
- Assist Congress Dean with nightly delegate check-in procedure.
- Support the staffing of Congress Headquarters.

State Elections Chair

- Distribute Cabinet Applications to the 4-H listserv promptly and send a follow-up deadline reminder email to the 4-H listserv.
- Collect all paperwork and photos from those running for the Officer and Ambassador positions.
- Create the virtual ballots for the statewide officer and ambassador elections in each district and submit them to the State 4-H Office.
- Work with State 4-H Office and District Election Chairs to plan and carry out virtual town halls.
- Create election posters for each officer position as well as for candidates running from each district to hang during Congress registration. These posters should be submitted to the State 4-H Office for approval four weeks before Congress so that they can be sent to the Virginia Tech Printing Department.
- Contact District Election Chairs two months before Congress regarding their responsibilities. Send a reminder email to election chairs two weeks before Congress.

- Verify ballot counts and certify results after voting. Inform Tonya Price of the results.
- Work with State 4-H Staff in settling disputes and/or problems that may arise regarding the election.

District Advisors for Men/Women are provided with a list of all of the adults and their room numbers who are serving as chaperones for the boys or girls in their district.

- Primary responsibility is to collect the nightly report forms from chaperones and submit them to the Dean of Men or Dean of Women (respectively) in a timely fashion.
- Assist in resolving immediate behavioral and Code of Conduct issues and refer major issues of concern to the Congress Dean.

Chaperones are responsible for conducting the nightly unit meetings and completing the delegate check-in paperwork at the end of each day. Chaperones submit these nightly report forms to District Advisors in a timely fashion.

- Can be paid or unpaid staff.
- Assist Congress Dean with nightly delegate check-in procedure.
- Refer behavioral issues to District Advisors and/or the Dean of Men or Women to be taken to the Congress Dean.

2025 Committee Descriptions

Headquarters/Logistics – Chad Proudfoot, Kelly Mallory

The Headquarters/Logistics committee will be responsible for the overall scheduling and logistics of conducting State 4-H Congress. The main committee members will be a part of the Congress Leadership team. Before the start of Congress, this committee will be responsible for reviewing Congress registrations to ensure all data has been entered, assigning lodging, creating and printing reports, health history forms, etc. During Congress, this committee will help other committees ensure they are prepared for their sections, help with set-up/tear-down, address emerging issues, and coordinate all evening paperwork.

Assemblies – Tonya Price

The Assembly committee will work to prepare all Assemblies. This committee will determine evening emcees, prepare and write scripts, prepare and plan rehearsals and work directly with Virginia Tech production. The Assembly committee will be responsible for stage set-up and overall evening theme and decorations. This team will also relay any specific needs to the headquarters/logistics committee to ensure that all needs are met.

4-H All-Star – Glenda Snyder

The 4-H All-Star committee will serve two purposes. The committee chair will coordinate between the State 4-H Congress and the committee. This committee will ensure that the site is ready for the All-Star ceremony and coordinate the logistics with Headquarters/Logistics.

Clover Fest– Hermon Maclin, Isaiah Morton, MaryBeth Lerch

The Share-the-Fun committee will work to prepare the Thursday evening show. This committee will work to highlight youth and alumni from across the state. This committee will also work to create a fair and equitable way to highlight youth and alumni for the performance portion of the evening. This committee will need to work with Assemblies to create and write scripts and determine the evening emcee.

Service Learning – VACANT

The Community Service Committee will work to determine how to either create community service projects or create service learning opportunities. This committee will create opportunities for all Congress participants, youth and adults to participate during a set period during Congress.

Competitions – Katherine Carter, Hunter Liles, MaryBeth Lerch

The Competitions committee will work together to prepare and plan for Congress Competitions. This committee will be directed to determine how to incorporate Congress Competitions into the overall schedule. In addition, this committee will ensure that competition rules and guidelines are established and distributed to ensure proper entry during registration. This committee will also ensure all awards are ordered and ready for distribution, as well as prepare for award recognition during the Share-the-Fun show. The competition committee will work with the State 4-H Program leader to determine the amount of Congress incentives available to each district and a fair and equitable way to divide those incentives per district.

Programming – Sam Fisher

The Programming committee will be responsible for finding additional programming outside of competitions, workshops, and assemblies. It will also determine the schedule's activities and programs for potential downtime. This committee will work with all other committees to ensure that no conflicts exist with other programming and that activities and programs are planned to be inclusive of all 4-H programming.

Volunteers – Chad Proudfoot

The Volunteer committee works directly with volunteers through the other committees. This includes assigning volunteers to teams and preparing and conducting a volunteer orientation at the start of Congress. This committee works closely with other committees to ensure that all programming has adequate volunteers to host a successful event. The committees overseeing the various tasks make individual volunteer assignments.

Workshops – Erika Bonnett, Dennis Donaldson

The Workshop Committee will determine how to solicit and conduct workshops during Congress. Workshops should include all 4-H programming. This committee will determine speaker needs and relay the information to the Headquarters/Logistics team. The committee will also determine what day works best for all attendees to participate in Congress workshops.

EXPECTATIONS OF ALL ADULT VOLUNTEERS AND PAID STAFF

1. The minimum delegate/adult ratio at Congress is 10:1. In cases where units have no adult accompanying their delegation, ***it is the responsibility of that unit*** to recruit the assistance of an adult from a neighboring unit to supervise their delegation. Units should work with each other to ensure that every youth has an adult chaperone assigned – males for males and females for females. It is necessary to list the adult chaperone for every delegate on the electronic Congress Registration form. Please do not list a chaperone for a delegate without checking with that adult first! Find a chaperone from your district for male and female delegates, if possible. It will be necessary to assist with lodging assignments and management issues.
2. It is the responsibility of the 4-H Agent to make sure each Congress delegate is enrolled and active with 4-H Online and that all authorization forms are complete and up-to-date. If authorizations are not complete and up-to-date within 4-H Online, the 4-H Agent is responsible for working with the youth to become an enrolled 4-H member. Paper enrollment and registration papers **will not** be accepted. Please note that State 4-H Congress has its own Code of Conduct Form, which must be completed as a part of the Congress registration process in 4-H Online
3. Agent/volunteer orientation is very important. Meetings will take place on Tuesday afternoon. Please check the schedule for specific times and locations. **All adults are expected to view the pre-recorded training videos and attend the mandatory sessions on Tuesday.** This session will review specific guidelines, schedules, volunteer assignments, and changes from the year before or since registration.
4. All adults at Congress share the following responsibilities:
 - **Model and enforce** the State 4-H Congress CHARACTER COUNTS! ® Expectations, Code of Conduct, and Dress Code with all Congress participants.
 - CHARACTER COUNTS! ®: The six pillars of character are trustworthiness, respect, responsibility, fairness, caring, and citizenship. They provide the foundation for 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. As an adult at Congress, you will be provided with ribbons in your registration packet which mark the six pillars of character. We will be celebrating one or two pillars each day. As you encounter youth delegates that you believe exemplify those pillars in their actions, you will be able to celebrate this positivity by giving them a ribbon for that pillar to add to their nametag. If you run out of ribbons, please stop by Congress Headquarters to get more. The pillars we will celebrate each day are:
 - Tuesday, June 24 – Respect & Trustworthiness Day
 - Wednesday, June 25 – Caring & Responsibility Day
 - Thursday, June 26 - Citizenship Day
 - Friday, June 27 – Fairness Day
 - **Be concerned and take action as warranted** for the health, safety, and well-being of all Congress delegates.
 - **Serve as mentor** to all Congress delegates and assist in the supervision of the unit delegation.
 - **Ensure that all delegates** attend and participate in Congress events, activities, assemblies, etc.

- **Participate** in assigned responsibilities. **Do not switch out responsibilities without notifying Congress Headquarters.**
- Adult chaperones are responsible for planning activities and ensuring all youth are supervised during scheduled Unit Free Time.

ADULT VOLUNTEER POSITION DESCRIPTIONS

The assistance of adult volunteers and agents at Congress is critical to its success. While at Congress, we depend on agents and adult volunteers to perform jobs assigned by the State 4-H Office. This year, volunteer assignments are being handled differently.

Each adult attending State 4-H Congress is expected to volunteer daily to help ensure a positive experience for our youth delegates. The Volunteer Committee will be making assignments to help with these efforts. Unless the Volunteer Committee approves of a change, each adult is expected to perform their assignment(s) each day. Many tasks can be anticipated, while others occur on an “as needed” basis. We ask that each adult be flexible and willing to jump in wherever needed.

Adult volunteers must be 19 or older by January 1 of the current year. Virginia Cooperative Extension summer interns who do not meet this age requirement may still attend 4-H Congress as volunteers.

For 2025, the Volunteer Committee and Congress Leadership Team have identified broad categories to classify the multitude of volunteer duties that might occur at Congress. These categories will help target the specific volunteer assignments that adult volunteers/chaperones might be assigned to. Adults will be asked to indicate their order of preference for volunteer assignments throughout Congress. This will be requested on the Congress Registration Form.

Facilities Team

Team members are responsible for helping with directional signage, supervising and moving Congress delegates, and serving as staff for dances and evening activities.

Headquarters Team

Team members will work with the Headquarters Committee and be called upon to answer questions, work with healthcare needs, and assist with the administration of Congress Headquarters. This will include staffing the headquarters during program functions and other events.

Operations Team

Team members will serve as assembly ushers and workshop room monitors, assist with Congress photos, monitor district meetings and elections, and supervise dorms.

Program Team

Team members will support service learning activities and programmatic events, such as the fun run, congressional games, dance and assist with refreshments. This also includes set up and clean up duties.

4-H CONGRESS MANAGEMENT INFORMATION

GENERAL INFORMATION

1. **4-H delegates attending Congress are expected to participate in an orientation on the expectations and outcomes of Congress.** Congress can be an incentive for older 4-H members, offering expanded experiences beyond their local level. We would suggest that youth who are new to 4-H and wish to attend be oriented to and commit to the ideals, goals, and expectations of 4-H. This makes it easier for the youth to fit into the "4-H culture" that exists at Congress. It is also safer for you or the adult chaperoning that youth have behavioral expectations clearly outlined.
2. To provide a safe environment for Congress participants, we will have medical staff personnel on our Congress management team.

REGISTRATION

1. Any Virginia 4-H member who will be at least 14 by September 30, 2025, may attend the 2025 Virginia 4-H Congress. Any youth who turned 19 on or before December 31, 2025, may not attend Congress as a delegate. Adult volunteers must be at least 19 or older by January 1 of the current year. Virginia Cooperative Extension summer interns not meeting this age requirement may still attend 4-H Congress as a volunteer.
2. Delegates, Volunteers, and Extension Faculty and Staff must register for Congress via 4-H Online. All delegates, volunteers, and Extension Faculty and Staff must be enrolled members within the 4-H Online system.
3. Delegates will be asked to select their top five (5) Educational Workshop selections during the registration process. Once workshop capacities are established and final workshop times are assigned, delegates will be placed in one of their selections. Best efforts will be made to get all delegates in their top choices, but final workshop assignments will depend on interest and participation in the particular workshop. Workshop assignments will be distributed in the Congress Welcome packets. Once workshops are assigned, there will be no changes in workshop assignments upon arrival at Congress.
4. Delegates who will be participating in state **competitions** are to mark their choice of competitive events within the 4-H Online registration. A list of competitive events is provided in this packet.
5. Be sure to have a copy of everyone's health form and code of conduct when traveling to and from Congress in the event of an emergency.
6. **REGISTRATION PROCESS FOR DELEGATES AND ADULTS:** Registration will be online only through 4-H Online. All participants must be enrolled 4-H members or adult volunteers. Registration is available through enrolled member family accounts at: <https://v2.4honline.com>. Registration will close at 11:59 PM on May 10th, 2025.

7. **REGISTRATION PROCESS FOR FACULTY AND STAFF:** Faculty and Staff will need to register for Congress using 4-H Online as well. Each Extension Faculty/Staff member must create a personal member profile within 4-H Online to ensure they are properly enrolled. For more information, please see the tip sheet on [How VCE Faculty/Staff need to enroll](#). If you should have any problems or questions about this process, please contact a member of the 4-H Online Training Team.

NO REGISTRATIONS will be accepted after May 10.

8. **If participants give permission to be included in media, yes should be marked on the consent form within the 4-H Online registration system. If the participants do NOT wish to be photographed or videotaped, NO should be marked within the 4-H Online registration system.** For those who marked no, units will be asked to review the Congress slide show that might contain images of these individuals. We will remove those pictures before distributing the purchased Slideshow.
9. All youth and adult delegates will be responsible for their Congress registration payments.
- After the registration process each participant will receive an email confirmation that their registration has been submitted. Once the agent approves the registration, the participant will receive a second email with payment details and information. Payment can be made directly to the local Extension Office.
 - A. Need-Based Scholarship – Youth may be requesting a need-based scholarship to State 4-H Congress. Scholarships will be determined after the registration deadline and applied directly to the youth's registration. If a youth has requested a need-based scholarship, then we are asking that they pay \$195 until a determination has been made. Scholarship applications will be reviewed at the State-level and the youth and unit office will be copied on the award notification email. If the youth is not approved for the need-based scholarship, unit offices will need to follow up to ensure the remaining \$100 is collected.
10. Dorm rooms will be assigned after registration forms are received. Delegates should indicate roommate preferences on the Congress registration form. Please let your 4-H'ers know that there will be **no room switches** after arrival at Congress without permission from their adult chaperone and clearing through Headquarters. Adult chaperones must immediately notify the Congress Headquarters of all room changes. Room switching makes finding people very difficult in emergencies. Each delegate will be supplied with a room sign to place on their door; all delegates will be required to post on Tuesday. Adults will also be supplied with a room sign of a different color to make it easy for youth to identify their rooms in case of an emergency and these should also be posted on Tuesday.
11. Please refer to your local Extension agent for a list of policies and guidelines about State 4-H Congress Competitions. Contact Katherine Carter (meadows@vt.edu) about issues related to Congress competitions. **Be sure to note special equipment (piano, CD player, etc.) requirements on your delegate's registration.** All requests will be considered and met where possible.
12. All one-day delegates participating in a competitive event must be registered for Congress using 4-H Online. This fee (\$65) covers one meal on competition day, insurance, a t-shirt, and registration. One-

day delegates must arrange for their transportation and lodging if remaining in the area overnight.

NOTE: All “one-day” delegates will receive an email before Congress with instructions on the location and time of their competitive event, and a campus map. One-day delegates will receive a Parking Pass upon check-in for Congress Competitions. Delegates must report to the competition registration area to pick up their check-in packet and t-shirt and parking pass. Only one parking permit per competitor will be issued. Competitive event delegates are the only “one day” registrants allowed. All other Congress participants will be required to remain for the full event.

FEES

1. Any enrolled senior 4-H member and adult volunteer leader may attend Congress, but all must be registered under one of the following categories. The full fee is \$295. Additional items, such as photos, slideshow, and Congress memorabilia will be available for purchase during the registration process.

Registration Structure and Fees:

- Full Congress Registration - \$295/person
 - For both Youth and Adults
 - Includes
 - Lodging for Tuesday, Wednesday, and Thursday nights in Air-Conditioned Dorms (double occupancy)
 - 8 meals
 - Breakfast on Wednesday, Thursday, and Friday
 - Lunch on Wednesday and Thursday
 - Dinner on Tuesday, Wednesday, and Thursday
 - Congress T-Shirt
- One-day Competition Registration - \$65/person
 - For both Youth and Adults
 - Includes:
 - Congress T-Shirt
 - One meal (lunch in Dietrick Hall on Wednesday).
- A La Carte Items
 - Color Fun Run/Walk
 - \$10 to participate; proceeds will help support State 4-H Congress
 - Digital Congress Slideshow - \$5
 - Digital Congressional Delegation Photo - \$5
 - Digital Unit Photos - \$5

GENERAL SCHOLARSHIPS

1. **First-time Delegate Scholarship**—The Virginia 4-H Foundation will provide each unit with one \$147.50 scholarship for a 4-H member attending Congress for the first time. VCE employees may NOT use this scholarship.
2. **Adult Volunteer Leader Scholarship**—The State 4-H Office offers a \$295 scholarship to each unit to send one volunteer leader to Congress. VCE employees may NOT use this scholarship.

3. **Virginia 4-H Cabinet Officers/Ambassadors and Advisors** serving on the Congress Planning Team will receive \$75.00 scholarships. (The cost to the Cabinet member is \$220.) Cabinet Members must register for Congress through their member profile within 4-H Online.
4. **Air Force Youth 4-H Event Scholarships** – The Air Force 4-H Military Partnership Outreach & Support Project for Virginia is providing a limited number of 4-H event scholarships for youth ages 5 to 18 of Army-Connected families living in Virginia. These scholars will be awarded on a first-come, first-served basis. Eligible youth may live on or near an installation or live in communities across the state. Scholarships awarded can be used to assist with the cost of participating in Virginia 4-H camping opportunities or State 4-H Congress. The youth's military parent must currently serve in one of the following: **Active Duty Air Force/Space Force, Air Force Reserve, or Air National Guard**, at lojones@vt.edu or call 804-712-8467.
5. **Virginia Youth in Action Award Winner Scholarships** – The four winners of the Virginia Youth in Action Awards will receive a full scholarship (\$295.00).

STATE 4-H AREAS OF COMPETITION

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

Egg Preparation Demonstration

Extemporaneous Speaking

Discussion Meet

Rules can be found at: <https://www.vafb.com/membership-at-work/farmers-in-action/young-farmers>

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

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

Table Setting

2025 State 4-H Congress Competition Policies and Guidelines

1. Participants have a responsibility to review the rules, resource documents, and score sheets with their local 4-H Agent.
2. State contests will use the rules, score sheets, etc. posted only on the competition's 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 the local situation. All units and districts are encouraged to hold contests before Congress.
5. A list of sample topics is provided for additional information only. Participants are not limited to 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. A unit may send more than one participant in all competition categories except Share-The-Fun. For example, a unit may send more than one 4-Her 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.
10. 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.
11. 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 to try to fit into another category in another year.

12. State competition contestants are encouraged to attend 4-H Congress, but are not required to. Competitors may register as one-day participants to compete. Pre-registration is required; see Congress information for deadlines.
13. **NEW FOR 2025** Competitors will need to remain in the contest room/designated area the entire time to support other competitors and to learn from their speeches, presentations, performances, etc.
14. **NEW FOR 2025** Only competitors, the room chair, judges, and others needed to run the contest will be allowed in the competition area. Family members, Agents, leaders, coaches, and others will not be allowed to observe. This provides youth with independence and prepares them for other life situations where supportive adults are not able to be with them in interviews, class projects, or similar situations.

Educational Workshops

Wednesday, June 25 and Thursday, June 26

Delegates will be asked to select their top Educational Workshop selections during registration. Each workshop is set with a capacity. Once the workshop is full, it will not be available to register to. Workshops will be finalized and put on congress names tags. Once workshops are assigned, there will be no changes in workshop assignments upon arrival at Congress.

| Wednesday, 9:00 a.m. to 10:00 a.m. | Description |
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| Virginia Tech Helmet Lab - Injury Biomechanics research | Come experience various helmet impact tests, learn about all the unique padding technologies, learn about our Nerf toy testing, and commercial drone impact testing. |
| Composing a Landscape | Come experience a Gallery Tour of the current exhibition in Moss Arts Center, learning how to compose a landscape (through art and writing) by drawing and writing details with human relation in mind. Upon completion, students will leave with an artwork of their own featuring perspectives and landscapes of Virginia Tech's campus. |
| Unlocking Leadership: Strengths, Styles, and Strategies | This dynamic, hands-on workshop helps participants develop leadership potential through team-based challenges and reflective discussions. Participants will explore leadership styles, group dynamics, communication, and decision-making. The workshop promotes self-awareness, encouraging reflection on leadership strengths and adaptability. By engaging in leadership scenarios, participants will practice collaboration, problem-solving, and adaptability, gaining practical insights to enhance their leadership abilities and positively impact their teams and communities |
| STEM Majors and Careers in Sustainability, Environment, & Conservation | There is huge demand for STEM graduates in the world, and students/parents often feel it's essential to get a "good" job. However, environmental careers are often overlooked when students think of STEM. This session seeks to change that mindset by introducing "other" STEM disciplines for your students to consider, and to showcase in-demand career fields that are desperate for people. Virginia Tech is the #1 ranked natural resources college in the nation, and most graduates from our program enjoy a nearly 100% job placement rate and starting salaries above \$60K/year! Students will learn about our cutting edge, in-demand STEM programs and how to identify environmentally focused careers and majors that suit them. The session will also include an overview of our holistic approach to academics, a fun and interactive careers/major matching quiz activity, and most importantly—tips on how to get accepted to Virginia Tech! |

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| Finding the world's most common animals. | In this fun and interactive workshop, participants will be divided into four teams to compete in finding the best locations for nematodes, the world's most common animal. Each team will receive a bag of gummy worms to add a playful twist to the challenge. Join us for an exciting adventure in discovering nematodes! |
| The Power of Validation – Seeing the Good and True in Others | <p>Exercise in building relationships and learning how to validate those around us. Can be a game-changer! When you "validate" someone, you focus on two things: what is good and what is true.</p> <p>By the end of the session, participants will:</p> <ul style="list-style-type: none"> *Understand the importance of validation in building relationships and self-worth. *Practice recognizing and verbalizing positive qualities in others. *Gain confidence in giving and receiving affirmations. |
| Balancing Biodiversity: A Game of Invasive Species Management | Join us for an informative workshop on biological invasions. Participants will receive a brief introduction to the impacts of invasive species, pathways of introduction, and common prevention and management techniques, illustrated with examples of famous invasive species. Following the introduction, participants will engage in a hands-on activity to apply what they've learned. |
| Measuring Aerobic Fitness | Join us for a hands-on workshop where participants will learn how to measure aerobic fitness and resting metabolic rate in a laboratory setting. Additionally, blood pressure measurements will be taken. This session offers practical insights into fitness assessment techniques. |
| L.E.T.'s Go! Building Confidence Through Leadership, Etiquette, and Teamwork | Join the Northeast District 4-H Cabinet Ambassadors for a fun-filled workshop that will focus on building life skills, such as how to carry yourself with confidence, prepare for job interviews, become a strong team player, and develop or expand your leadership skills. |
| Drones in Agriculture | Join us for an exciting workshop on drones and their applications in the agriculture industry. Discover how drones are revolutionizing farming practices, from crop monitoring to precision agriculture. Learn about the latest technologies and techniques, and see real-world examples of drones in action. This workshop is perfect for anyone interested in the intersection of technology and agriculture. |
| Ignite Your Spark: Exploring STEM Through Sphero Balls | This interactive workshop will engage 4-H teens in hands-on STEM activities designed to foster curiosity, critical thinking, and problem-solving skills. Teens will work primarily with Sphero Balls to explore robotics, coding, and engineering principles, reinforcing real-world applications and career |

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| | connections in STEM fields. |
| STEM in Sports Field Management | Attendees will learn how STEM principles are fundamental to making sure Worsham Field looks it's best for Hokies all over the world and plays it's best so that athletes can stay safe as they score on the field! Attendees will learn the Science behind turfgrass management and the Technology that measures the relationships between athlete performance and field safety, the Engineering principles between professional turf equipment compared to the mowers that homeowners use, and the Mathematical knowledge required to maintain high-quality athletic fields. |
| Chill Skills: Tools for Total Tranquility | Join us for an interactive, feel-good workshop all about nurturing your social-emotional wellness! In this hands-on session, you'll dive into fun activities designed to boost your self-care routine and manage stress. Create your very own stress ball and glitter jar, whip up a healthy trail mix snack, and unwind with some relaxing yoga poses. But that's not all—you'll also discover powerful breathing techniques, explore journaling for stress relief, and wrap up with a calming guided relaxation. |
| Exploring Entomology: Career Pathways and Live Specimens | Join us to discover the exciting world of Entomology – the study of insects! Learn about this multi-faceted field and explore living insects and other arthropod species from the Hokie BugZoo. We will also provide information on the various career paths available to aspiring entomologists. |
| Part One: Introducing Youth to the Exciting World of Food Challenge - Must enroll in Part 2 also | The Food Challenge contest is an engaging and dynamic competition that many youth are unfamiliar with, but once they experience it, they're hooked. In this workshop I want to introduce participants to the contest, provide them with the knowledge and skills needed to get started. By offering this workshop, we can generate greater interest in the Food Challenge, encourage more youth to get involved, and ultimately increase participation in the state competition. Please sign up for both part one and part two if you choose this workshop. |
| Virginia Tech Application Workshop | Join us for a comprehensive review of the VT application process. We'll cover important dates and deadlines, how to get started now, and provide an overview of admissions statistics. This workshop is designed to help you navigate the application process with confidence. |

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| <p>“Stream Conservation: Implementing Aquatic Macroinvertebrate Sampling to Outline Stream Health”</p> | <p>Students will learn about aquatic macroinvertebrate sampling, used to outline overall stream health, and how this information can be used to inform conservation actions. They will learn the difference between Sensitive and Tolerant species, and what to look for in a healthy vs. unhealthy aquatic environment.</p> |
| <p>Aspiring Influencer 101: Social Media Tips and Tricks</p> | <p>This workshop is designed to teach young participants how to create fun, engaging, and colorful social media pages that leave a lasting impression via Instagram pictures and videos. This workshop will guide 4-H’ers through strategies to boost their creativity and engagement online while teaching them how to post effectively, create eye-catching visuals, and write captions. Participants will also learn about the importance of maintaining a positive digital footprint and protecting their online reputation to ensure that their presence reflects their values and aspirations. These same lessons can apply to crafting a social media page for a 4-H club or unit.</p> <p>We’ll explore key topics such as:</p> <ul style="list-style-type: none"> •What makes a social media post stand out? •Best practices for audience engagement and storytelling. •Crafting a personal or club brand through design, colors, and themes. •Understanding the impact of your digital footprint and online safety tips. |
| <p>From Pig to Pork</p> | <p>Step into the world of meat processing and learn how we go from “Pig to Pork”. Participants will learn about (but not view) the harvest process and then visualize how we go from wholesale to retail products. A demonstration of sausage prep will end with a tasting of snack sticks.</p> |
| <p>Ware Lab Tour</p> | <p>The Ware Lab at Virginia Tech has been a hub for hands-on engineering since 1998, giving students a space to design, build, and collaborate on real-world projects. Before its creation, student design teams were scattered across campus, but thanks to the vision of Joe and Jenna Ware, the lab now brings engineers together in one space. This hands-on experience will give you an opportunity to tour and learn about the lab with faculty and students also sharing their experiences!</p> |
| <p>Wednesday, 11:00 a.m. to 12:00 p.m.</p> | |
| <p>Virginia Tech Helmet Lab - Injury Biomechanics research</p> | <p>Come experience various helmet impact tests, learn about all the unique padding technologies, learn about our Nerf toy testing, and commercial drone impact testing.</p> |

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| STEM Majors and Careers in Sustainability, Environment, & Conservation | There is huge demand for STEM graduates in the world, and students/parents often feel it's essential to get a "good" job. However, environmental careers are often overlooked when students think of STEM. This session seeks to change that mindset by introducing "other" STEM disciplines for your students to consider, and to showcase in-demand career fields that are desperate for people. Virginia Tech is the #1 ranked natural resources college in the nation, and most graduates from our program enjoy a nearly 100% job placement rate and starting salaries above \$60K/year! Students will learn about our cutting edge, in-demand STEM programs and how to identify environmentally focused careers and majors that suit them. The session will also include an overview of our holistic approach to academics, a fun and interactive careers/major matching quiz activity, and most importantly—tips on how to get accepted to Virginia Tech! |
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| <p>Measuring Aerobic Fitness</p> | <p>Join us for a hands-on workshop where participants will learn how to measure aerobic fitness and resting metabolic rate in a laboratory setting. Additionally, blood pressure measurements will be taken. This session offers practical insights into fitness assessment techniques.</p> |
| <p>L.E.T.'s Go! Building Confidence Through Leadership, Etiquette, and Teamwork</p> | <p>Join the Northeast District 4-H Cabinet Ambassadors for a fun-filled workshop that will focus on building life skills, such as how to carry yourself with confidence, prepare for job interviews, become a strong team player, and develop or expand your leadership skills.</p> |
| <p>Drones in Agriculture</p> | <p>Join us for an exciting workshop on drones and their applications in the agriculture industry. Discover how drones are revolutionizing farming practices, from crop monitoring to precision agriculture. Learn about the latest technologies and techniques, and see real-world examples of drones in action. This workshop is perfect for anyone interested in the intersection of technology and agriculture.</p> |
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| Agribusiness from A to Z: What's in it for Me? | Most people, when they hear the word agriculture, think about farming. This presentation, using the chocolate chip cookie as an example, will share the many types of farms and other businesses that it takes to create the food, fiber, and fuel that we all consume. Collectively, these comprise the agribusiness system. Educational and career opportunities in this broadly-defined agribusiness industry will be discussed. |
| Building your professional brand | Join us for a dynamic workshop where youth will learn to build their professional brand. Participants will receive tips on writing professional emails and phone call etiquette. They will be provided with examples of creating an elevator speech and have the opportunity to craft their own. Additionally, they will practice handshakes and making introductions in various scenarios. Finally, the workshop will cover the dos and don'ts of social media and its impact on personal branding. |
| Your Skills, Your Future, Your Choice | Join us for a workshop designed to help students identify their skills, values, and key character traits. Participants will explore career paths that align with their strengths and interests, gaining clarity on their future career direction and making informed decisions. |
| Part Two: Introducing Youth to the Exciting World of Food Challenge - Must enroll in Part 1 also | The Food Challenge contest is an engaging and dynamic competition that many youth are unfamiliar with, but once they experience it, they're hooked. In this workshop I want to introduce participants to the contest, provide them with the knowledge and skills needed to get started. By offering this workshop, we can generate greater interest in the Food Challenge, encourage more youth to get involved, and ultimately increase participation in the state competition. |

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| Getting Horses Acclimated to New Sights and Sounds | <p>Many horses tend to react or spook when they experience a loud sound or moving object. I'll be showing participants how to get their horse accustomed to objects and sounds, but also explaining the reasons horses might not adjust well to new items. The class will be a mix of classroom and time in the arena. This workshop is perfect for participants who might want to take their horse to shows, liberty events or trail challenges, but topics covered can help horses be more bombproof at home too. While this presentation will focus on horses, these principles can apply to other animal species as well.</p> |
| Virginia Tech Application Workshop | <p>Join us for a comprehensive review of the VT application process. We'll cover important dates and deadlines, how to get started now, and provide an overview of admissions statistics. This workshop is designed to help you navigate the application process with confidence.</p> |
| "Stream Conservation: Implementing Aquatic Macroinvertebrate Sampling to Outline Stream Health" | <p>Students will learn about aquatic macroinvertebrate sampling, used to outline overall stream health, and how this information can be used to inform conservation actions. They will learn the difference between Sensitive and Tolerant species, and what to look for in a healthy vs. unhealthy aquatic environment.</p> |
| Aspiring Influencer 101: Social Media Tips and Tricks | <p>This workshop is designed to teach young participants how to create fun, engaging, and colorful social media pages that leave a lasting impression via Instagram pictures and videos. This workshop will guide 4-H'ers through strategies to boost their creativity and engagement online while teaching them how to post effectively, create eye-catching visuals, and write captions. Participants will also learn about the importance of maintaining a positive digital footprint and protecting their online reputation to ensure that their presence reflects their values and aspirations. These same lessons can apply to crafting a social media page for a 4-H club or unit.</p> <p>We'll explore key topics such as:</p> <ul style="list-style-type: none"> •What makes a social media post stand out? •Best practices for audience engagement and storytelling. •Crafting a personal or club brand through design, colors, and themes. •Understanding the impact of your digital footprint and online safety tips. |

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| Ware Lab Tour | The Ware Lab at Virginia Tech has been a hub for hands-on engineering since 1998, giving students a space to design, build, and collaborate on real-world projects. Before its creation, student design teams were scattered across campus, but thanks to the vision of Joe and Jenna Ware, the lab now brings engineers together in one space. This hands-on experience will give you an opportunity to tour and learn about the lab with faculty and students also sharing their experiences! |
| Thursday, 9:45 to 11:15 | |
| DEMOCRACY IN ACTION: DESIGN, BUILD, CHANGE YOUR COMMUNITY! | How can we create positive change in our local communities? In this hands-on workshop, 4-H members will be inspired to turn their ideas into action. In honor of America 250, participants will explore objects and stories from the Smithsonian collection, learning how community stakeholders throughout history have made an impact in their hometowns through civic engagement. Following this, they will participate in a hands-on activity to design a space that meets a need in a fictitious community. Finally, they'll reflect on how to apply a similar process back home, considering the many ways democracy can be continually perfected through individual and collective efforts. |
| Sharing the Road with Trucks: Tips for Staying Safe on Our Roadways | The Sharing the Road with Trucks community outreach program is designed to educate teen drivers and soon-to-be teen drivers on the five key strategies for staying safe when encountering tractor-trailers, large trucks, buses, and farm equipment on the road. Attendees will also learn about the physics of large trucks compared to passenger vehicles, enhancing their understanding of road safety. |
| Udderly Awesome | Hey, there's more to that glass of milk than meets the eye! In this workshop, participants will explore the science behind many of the processes that take place on the dairy farm. There will be plenty of hands-on activities allowing you to learn about the biology of the dairy cow and what makes her so special. Udders, milk samples, dairy products, oh my! Who said science can't be fun? |
| Eat Beef! The west wasn't won on salad. | During this hands-on workshop, you will be introduced to the hands on portion BQA Training, with an emphasis on consumer education and advocacy, while demonstrating and allowing participants to view and "do" some of the common animal health practices utilized in beef cattle. |

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| <p>Creating a Sustainable Future through increased wood use and sustainable packaging</p> | <p>Come learn all the wonderful products that can be made from trees, how they are renewable and contribute to building a sustainable future. We will also discuss how packaging of products and the materials used can be shifted to renewable materials. There will be a 20 minute introduction, then with two hands on labs where participants will design packaging to protect an object (through testing) and one where they will learn about the strength of various wood species based on growth properties, (through testing to failure).</p> |
| <p>Leadership Strengths Escape Room</p> | <p>Leadership requires collective problem-solving, leveraging the potential of individuals' strengths. This workshop will introduce participants to the strengths-based leadership framework and allow them to experience the concepts through an escape room activity. Participants must crack codes and solve puzzles to successfully access a lockbox of prizes. Get ready; the clock is ticking!</p> |
| <p>Time Travel: Exploring the Science of the Aging Brain</p> | <p>In collaboration with the ECCA Engagement Center for Creative Aging at Virginia Tech, this workshop offers you a hands-on opportunity to explore and learn about the aging process. Participants will engage in interactive activities designed to deepen their understanding of aging and its various aspects.</p> |
| <p>Teaching fido to sniff things out: Scent detection basics for dogs and their humans</p> | <p>Scent detection with dogs is an important (and fun) job for many dogs, such as search and rescue dogs, conservation dogs, medical alert dogs, and police dogs. It is also a fun sport for people to partner with their dogs. In this workshop, we will highlight how participants can train their dogs in scent detection, including identifying their dog's preference for reinforcers, pairing the scent with the reinforcer, training a communicative response, and setting up hides. Participants will get to conduct preference assessments, pairing the scent and reinforcer, and setting up hides for the dogs to detect. Participants will also get to act as "the dog" and see how well they can use their nose!</p> |

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| <p>Learning about food science and sensory through pizza</p> | <p>Get ready for a fun and interactive pizza-making workshop! Students will start by making their own dough from scratch. While waiting for the dough to rise, enjoy a sensory demo that will engage your senses and enhance your culinary experience. This workshop promises a delicious and educational adventure in the art of pizza making.</p> |
| <p>Cute Clothes, Clean Conscience: How Fast Fashion Affects the Environment</p> | <p>Fast fashion is a term that describes cheap, low-quality clothing items that are sold to consumers who are looking for deals and to be part of the latest trends, in today's current environment many teens are shopping on TEMU or SHEIN to find these alternatives. While these can be economical in the short-term, in the long-term these clothing items don't last and fall out of fashion quickly. Additionally, the cycle of buying and discarding creates an environmental problem as many of our landfills are full of textile waste. The fast fashion industry is responsible for high carbon emissions, microplastics in the water, and is the second highest consumer of water globally. Youth can hold a high amount of their self-worth in how they look. In this workshop, youth will learn about self-worth, how to make sustainable fashion choices, do a hands-on activity to practice fashion sustainability, and be empowered to make fashion choices that they feel more comfortable in.</p> |
| <p>Water Safety</p> | <p>Several of our Virginia communities do not have access to safe swimming. If your community is one of these locations or maybe you have never had the opportunity to learn how to swim, join us for some time in the pool to explore water safety, the benefits of swimming and increase your comfort level in the water. This will be challenge by choice and we will meet you where you are at with your comfort level in the water.</p> |
| <p>Making an Impression with Tree/Plant ID (Native & Nonnative)</p> | <p>Dive into the world of tree and plant identification with this interactive and immersive workshop! Participants will embark on guided fieldwork to learn how to identify local trees and plants through hands-on activities. To make the experience even more memorable, students will create custom black/green bleached crew necks or shirts using leaves collected during their exploration. This workshop combines education and creativity for a fun and engaging learning adventure.</p> |

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| <p>4-H is a World of Opportunity!</p> | <p>You know the 4-H pledge. It ends with the words, "for my club, my community, my country, and my WORLD". Learn more about the World of Opportunity through 4-H international exchange programs!</p> <p>Would you like to learn more about the culture of Japan, South Korea, Taiwan, Costa Rica, Argentina, or Norway? This is your opportunity to step out of your comfort zone and explore another country for 4 weeks in the summer of 2026. Not sure if you are ready to be a globe trotter, there are also opportunities to host a delegate from Japan for two weeks during the summer too! Learn all about the States' 4-H International Exchange programs!</p> <p>Wait, that is not all! As a bonus you will learn about Virginia's service learning project in the Dominican Republic too!</p> <p>As a result of participating in these programs, you will</p> <ul style="list-style-type: none"> *build cultural competency *foster respect for diversity *experience personal growth *improve communication skills <p>Please join us!</p> |
| <p>I'm a Maker: 3D Printing in 4-H</p> | <p>Discover the exciting world of 3D printing in this comprehensive workshop! Participants will learn the basics of 3D printing, from design to production. This hands-on session will cover essential concepts, tools, and techniques, providing a solid foundation for anyone interested in exploring the potential of 3D printing technology. Perfect for beginners and enthusiasts alike, this workshop will ignite your creativity and technical skills.</p> |
| <p>Exploring the Agricultural Technology Program at Virginia Tech</p> | <p>Discover Virginia Tech's unique 2-Year program, Agricultural Technology!</p> <p>Hey future Hokies! Are you ready to dive into the world of agriculture, landscaping, or turfgrass and make a real impact? Join us at our exciting session to explore what makes Virginia Tech's only 2-year program so special! Learn about our interest areas of agribusiness, crop production, landscape management, livestock production, and turfgrass management. Experience our classes firsthand with fun, interactive activities including propagating your very own plant to take home and show off! Plus, we'll guide you through the application process and answer all your questions. Don't miss out on this awesome opportunity to kickstart your future in agriculture! See you there!</p> |

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| The Road to College Equestrian and the Judge's Eye | Explore the exciting world of college equestrian programs in this engaging workshop for teens! The presentation will cover various options available for students interested in participating in college equestrian teams. Learn what judges look for in competitions and participate in a hands-on activity focused on selecting the right riding apparel. This workshop is perfect for aspiring equestrians looking to take their passion to the next level. |
| Hokie Highlights Tour | Led by Southwest District Cabinet Ambassadors and 4-H Alumni, this 90-minute walking tour will provide insights into the university's history, traditions, and student life. You'll visit key landmarks like Moss Arts Center, Lane Stadium, Newman Library, Burruss Hall, the War Memorial Chapel and many others. |



4-H AGENT'S CONGRESS CHECKLIST

Preparation and Recruitment

1. **Advertise** State 4-H Congress via your 4-H newsletter, newspaper, social media outlets, etc.
2. Identify and **recruit** delegates and volunteers. Use the Information packet and the 2025 Congress website to help.
3. Ensure that every delegate has a **chaperone** of the appropriate gender assigned to him or her and that the adult chaperone-to-delegate ratio is a minimum of 10:1. If utilizing a chaperone from another unit, **ASK** permission before listing them to ensure ratios are met and they are capable of assuming this responsibility. Make sure the chaperone's name is listed on the registration.
4. Select a 4-H leader who will receive the **volunteer scholarship** and be sure to designate that via this [Google Sheet](#).
5. Select a 4-H Member who will receive the **first-time delegate scholarship** and be sure to designate that via this [Google Sheet](#).
6. Advise if any delegates are receiving other scholarships through the district.
7. Identify delegates who wish to participate in 4-H **competitions**. Competition Areas, Policies, and Guidelines are included in this packet.
8. Please encourage your top 4-H'ers to apply for **State 4-H Ambassadors & Cabinet Officer** positions. These are important and fulfilling roles in state 4-H teen leadership. The *Responsibilities, Requirements, and Election Procedures for the Virginia 4-H Cabinet* packet can be found on the 2025 Congress website.
9. As part of the 4-H Congress Opening Assembly, we are asking each unit to submit **various pictures from their unit for an opening slideshow. These photos can include competitions, service learning, pieces of training, education programs, camp, etc. Make sure that those appearing in the photographs have signed a media release form. Photos should be uploaded to 4-H Online as part of the 4-H Agent's Congress registration. Be sure to save your photos with your unit name included.**

Registration

1. **Provide a 4-H Congress information packet** to all delegates and adult volunteers. Information packets are found on the 4-H Congress website <http://www.ext.vt.edu/topics/4h-youth/state-congress/index.html>. Delegates and adults need to complete their enrollment directly in the 4-H Online system.
2. **Registration** of Congress participants must be completed no later than **May 10**. See registration details in the Congress management section of this packet.

Unit Delegate Orientation

1. Schedule unit orientation session(s) prior to Congress. Please don't allow your delegation to come unprepared – provide an orientation. Suggested topics to cover include:
 - a. Review the **Congress mission**
 - b. Review the **Congress schedule**
 - c. Review and discuss **CHARACTER COUNTS! ® at Congress** and the **Code of Conduct**
 - d. Review **Dress Code**. Be sure to pack appropriate clothing for all Congress activities
 - e. Discuss **travel arrangements**
2. Remind delegates that there is to be **no switching of rooms** once they arrive at Congress without permission from their adult chaperone. Adult chaperones must immediately notify the Congress Headquarters of all room changes. Room switching fouls up rosters and makes finding people very difficult in emergencies. Delegates must post a room sign on their door by Tuesday evening.
3. All Congress participants are expected to **bring bed linens, towels, and toiletries** from home. We will be staying in an air-conditioned dorm.
4. Advise delegates that they will need to **bring money** if desired for souvenirs. Large sums of cash are not necessary or recommended.
5. Review **campaign speeches** and other campaign material of any candidates from your unit who are running for State 4-H Cabinet.
6. Encourage teens within the local unit program to participate in Virtual Town Hall meetings to get to know the candidates for State 4-H Cabinet officer and ambassador positions.
7. Encourage delegates to bring and use a personal water bottle. There will not be bottled water available at the volume in the past, delegates will be expected to use their own water bottles. **NOTE: Water bottles are not allowed to be filled in the dining hall! New filling stations have been installed inside and outside at various locations across campus.**
8. Remind delegates that suggestive dancing is NOT appropriate at 4-H Congress.
9. Remind everyone to be respectful by not using/turning off cell phones at assemblies and workshops.

Upon Arrival in Blacksburg

1. **Check-in** – June 24, 1:00 PM – 3:30 PM Adult and teen participants will arrive on campus. All youth delegates and adult chaperones will proceed to the designated location to check in to receive their registration packets and dorm room assignments. Delegates who leave before the conclusion of Congress must checkout through Congress Headquarters.
2. Participants and volunteers driving **cars** to Congress must park in designated lots. Parking instructions will be provided in a final Congress information email. All vehicles must display parking permits while on campus to avoid getting ticketed.
3. 4-H members are not to drive during the week.